

## NAS Fort Worth JRB



### Occupational Safety and Health Team

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### *Summer is Here!*

When summer arrives, everyone wants to get outside. People are busy at work and play under the summer sun and the smell of barbecue grilling fills the air. You can enjoy it to the fullest if you just pay attention to a few safety basics. This issue will provide summer safety topics and a few reminders to keep you and your family safe!

### FOCUS ON FIRE SAFETY

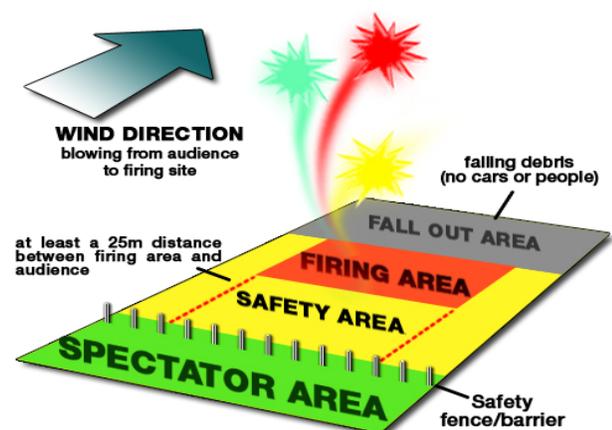
## Fireworks



Fireworks and celebrations go together, especially during Fourth of July celebrations. Remember, fireworks can be dangerous, causing serious burn and eye injuries.

- Use fireworks outdoors only.
- Obey local laws. If fireworks are not legal where you live, do not use them.
- Always have water handy. (A hose or bucket).
- Only use fireworks as intended. Don't try to alter them or combine them.
- Never relight a "dud" firework. Wait 20 minutes and then soak it in a bucket of water.
- Use common sense. Spectators should keep a safe distance from the shooter and the shooter should wear safety glasses.
- Alcohol and fireworks do not mix. Have a "designated shooter."
- Only persons over the age of 12 should be allowed to handle sparklers of any type.
- Do not ever use homemade fireworks or illegal explosives: They can kill you!
- Report illegal explosives to the fire or police department in your community.
- Read The Instructions And Warnings - Most fireworks sold in retail stores will include various instructions and warning labels. Be sure to read these, they are there for a reason. The packaging will often tell you how to light them, wear to use them, and how far back spectators should stand.

### RECOMMENDED SITE LAYOUT



Setting off your fireworks in the right place can make all the difference to your display and ensure the spectators are kept safe. So whether your display is a huge public event or a small bash in the back garden, preparation is essential.

# BEAT THE SUMMER HEAT!

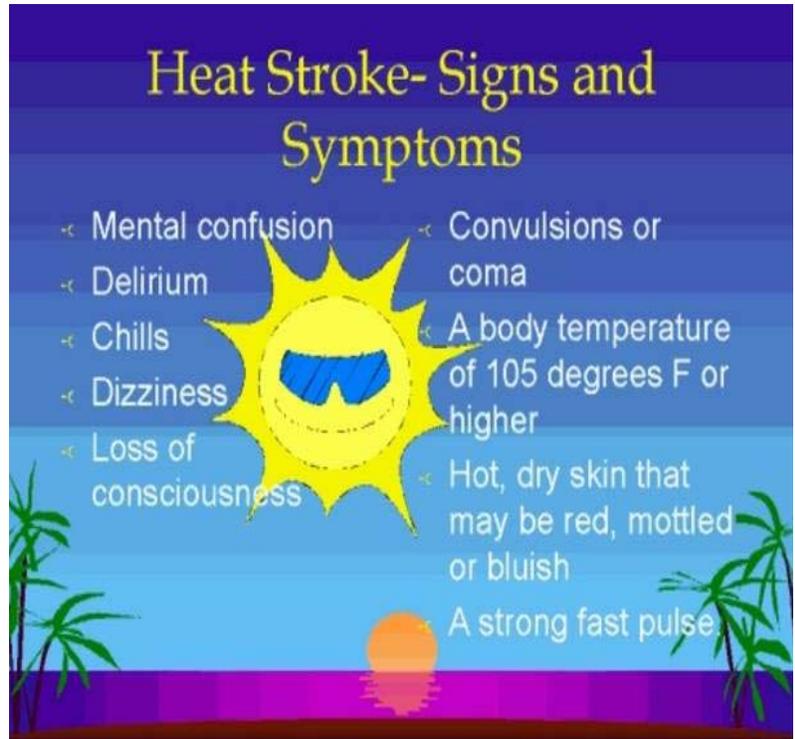
The summer heat in Texas can be intense and may even pose a danger to your health. Every year, thousands of workers across the country suffer from serious heat-related illnesses. If not quickly addressed, heat exhaustion can become heat stroke, which has killed – on average – more than 30 workers annually since 2003. Labor-intensive activities in hot weather can raise body temperatures beyond the level that normally can be cooled by sweating. Heat illness initially may manifest as heat rash or heat cramps, but quickly can become heat exhaustion and then heat stroke if simple prevention.

"It is essential for workers and employers to take proactive steps to stay safe in extreme heat, and become aware of symptoms of heat exhaustion before they get worse," said Dr. David Michaels, assistant secretary of labor for occupational safety and health. "Agriculture workers; building, road and other construction workers; utility workers; baggage handlers; roofers; landscapers; and others who work outside are all at risk. Drinking plenty of water and taking frequent breaks in cool, shaded areas are incredibly important in the hot summer months."

The U.S. Department of Health and Human Services recommends that you limit exposure to the sun during the hours of 10:00 A.M. and 4:00 P.M., as this will minimize exposure to harmful ultraviolet radiation. During these hours, the sun's radiation is at its strongest levels. If your job requires you to work outdoors during those hours, limit your time as much as possible and take frequent breaks inside or in the shade.

Use a broad spectrum, high Sun Protection Factor (SPF) sunscreen and wear light-weight, protective clothing when working in the sun. A broad-brimmed hat and sunglasses can help protect your face and eyes from the harmful rays.

**If a co-worker becomes ill, call your supervisor for help. If the supervisor is not available, call 911. Have someone stay with the worker until help arrives. Move the worker to a cooler/shaded area. Remove outer clothing. Fan and mist the worker with water. Provide cool drinking water. IF THE WORKER IS NOT ALERT or seems confused, this may be a heat stroke. CALL 911 IMMEDIATELY.**



## NOAA's National Weather Service

### Heat Index Temperature (°F)

| Relative Humidity (%) | 80 | 82 | 84  | 86  | 88  | 90  | 92  | 94  | 96  | 98  | 100 | 102 | 104 | 106 | 108 | 110 |
|-----------------------|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40                    | 80 | 81 | 83  | 85  | 88  | 91  | 94  | 97  | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |
| 45                    | 80 | 82 | 84  | 87  | 89  | 93  | 96  | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 |     |
| 50                    | 81 | 83 | 85  | 88  | 91  | 95  | 99  | 103 | 108 | 113 | 118 | 124 | 131 | 137 |     |     |
| 55                    | 81 | 84 | 86  | 89  | 93  | 97  | 101 | 106 | 112 | 117 | 124 | 130 | 137 |     |     |     |
| 60                    | 82 | 84 | 88  | 91  | 95  | 100 | 105 | 110 | 116 | 123 | 129 | 137 |     |     |     |     |
| 65                    | 82 | 85 | 89  | 93  | 98  | 103 | 108 | 114 | 121 | 126 | 130 |     |     |     |     |     |
| 70                    | 83 | 86 | 90  | 95  | 100 | 105 | 112 | 119 | 126 | 134 |     |     |     |     |     |     |
| 75                    | 84 | 88 | 92  | 97  | 103 | 109 | 116 | 124 | 132 |     |     |     |     |     |     |     |
| 80                    | 84 | 89 | 94  | 100 | 106 | 113 | 121 | 129 |     |     |     |     |     |     |     |     |
| 85                    | 85 | 90 | 96  | 102 | 110 | 117 | 126 | 135 |     |     |     |     |     |     |     |     |
| 90                    | 86 | 91 | 98  | 105 | 113 | 122 | 131 |     |     |     |     |     |     |     |     |     |
| 95                    | 86 | 93 | 100 | 108 | 117 | 127 |     |     |     |     |     |     |     |     |     |     |
| 100                   | 87 | 95 | 103 | 112 | 121 | 132 |     |     |     |     |     |     |     |     |     |     |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
  Extreme Caution
  Danger
  Extreme Danger

## Drinking and Boating- A Preventable Tragedy

### Free OSHA Heat Safety Tool

OSHA has released a free application for mobile devices that enables workers to monitor the heat index. The application displays a risk level based on the current heat index, as well as reminders about protective measures that should be taken at that risk level. This application is available for any android-based phones and the iPhone. It is available for download in English and Spanish online. The website is: <http://www.osha-slc.gov/RI>



A recent tragic accident prompts this reminder about boating and alcohol. Two boaters, out for a day of fishing, were returning to the boat ramp to load up for the day. Less than one-half mile from the ramp they ran into a channel marker. Both men were thrown from the boat. One man survived, the other did not. Investigation of the accident turned up several beer cans in the boat.

Most boaters, even though they logically know that they should not drink and boat, don't understand the enhanced effects that alcohol can have on the water. Natural stressors such as: exposure to sun, glare, wind, noise, vibration, and motion on the water produces "boater's hypnosis" or fatigue. This in itself reduces reaction time almost as much as being under the influence. Adding alcohol to these environmental stressors intensifies their effects.

Alcohol can decrease a person's ability to handle a boat in many ways. As a depressant, alcohol goes straight to the nerves, blood stream, and the brain. As recreational boaters it is hard enough to remember all the rules, regulations, boat handling techniques, etc. while lucid. A few beers to quench the thirst in a rapidly dehydrating body and the following happens:

**Eroding sense of balance** - Most boating deaths result from falling out of a small open boat, without a PFD(portable floating device), whether it capsizes or not.

**Vision fades** - Because of the sun and reflection of light, objects on the water can be hazy and difficult to see. Color perception and peripheral vision deteriorate and at night depth perception decreases. You can imagine what happens if you can't distinguish between the red and green markers (or worse, don't see the markers at all) or red and green lights of an oncoming vessel at night.

**Coordination suffers** - Should a person fall into the water they may have trouble just floating, let alone grasping onto a life ring. Add the shock of the cold water and the risk of cramping and drowning is increased significantly.

**Surface blood vessels dilate** - Blood vessels on the surface of the skin dilate to increase the rate of body heat loss while in the sun. If, while these vessels are dilated, you fall overboard into cold water hypothermia sets in quickly and this further reduces your decision-making abilities.

**Dehydration sets in** - As the sun beats down and the body naturally tries to cool itself by expelling perspiration to cool the skin, the body starts to get dehydrated. Drinking alcohol while dehydrated greatly enhances the rate at which the alcohol is absorbed.

**Judgment is impaired** - One of the things that drinking tends to do is to make you begin to lose your judgment. After a drink or two people tend to become relaxed and are more likely to perform dangerous acts that they might not normally do if not under the influence. Because their judgment is impaired they may not even realize they are doing something dangerous. This, combined with the other debilitating symptoms previously covered, spells disaster.

**One-third of all boating fatalities are alcohol related.** It is illegal to operate a boat, or to permit others to do so, while under the influence of alcohol, narcotics, or barbiturates. Penalties are severe and could include fines up to \$5000, imprisonment of up to one year, non-paid public service work, and mandatory substance abuse counseling.

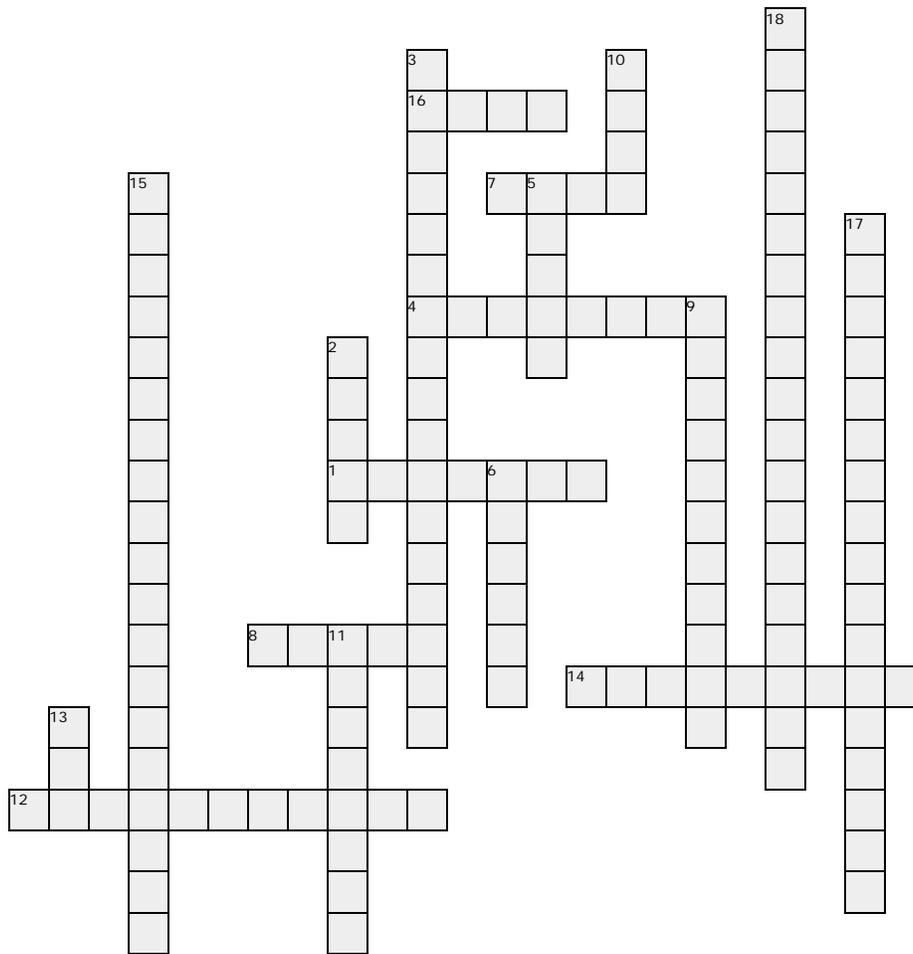


**Safe Grilling-** 76% percent of American households own a grill. There are over 600 accidental fires and explosions every year due to improper usage, resulting in countless injuries and \$4.9 million of estimated damage. Use caution and follow the safety tips below:

- Never use a grill indoors. Use the grill at least 25 feet away from your house or any building. Do not use the grill in a garage, breezeway, carport, porch or under a surface that can catch fire.
  - Never leave the grill unattended, especially when small children and pets are present.
  - Always place grill on firm, stable, flat surface -- never place on grass (AVOIDS TIP-OVERS!).
  - Be cautious of overhead obstructions, including tree branches, while grilling.
  - The number one cause of gas grill fires is an obstruction in the path of the fuel.
- Keep a fire extinguisher handy when grilling and know how to properly use it (P.A.S.S.- Pull pin, Aim at base of fire, Squeeze handle, Sweep from side-to-side).
  - You should use caution when storing your propane tank. Always keep the containers upright. Never store a spare tank under or near the grill or indoors. Never store or use flammable liquids, like gasoline near the grill.
  - Charcoal should never be used indoors, even if ventilation is provided. Since charcoal produces carbon monoxide fumes, do not store the grill indoors until the charcoals are completely extinguished.

# Safety Crossword

Please complete the crossword puzzle below. The first 2 people to return the completed puzzle with correct answers will receive a prize from the Safety Department! Good Luck!



**Across:**

1. How often does the MISHAP Committee meet?
4. Chapter 17 in the CNRSEINST5100.1A discusses what topic?
7. What is the highest level of recognition in VPP?
8. Committee designed for VPP oversight?
12. Chapter 15 in the CNRSEINST5100.1A discusses what topic?
14. How often are Facility Inspections due?
16. Who is VPP sponsored by?

**Down:**

2. Computer system that records safety training?
3. What does JHA stand for?
5. How many stages are in the OSHA Challenge?
6. Program for communicating hazardous chemicals/materials to employees.
9. Where are the safety policies and documents located?
10. How many main elements are in VPP?
11. Management Leadership and \_\_\_\_\_ Involvement
13. Short name for Personal Protective Equipment.
15. What is the name of the Emergency plan for your work center?
17. What is the form called to report a hazard to the safety department?
18. Program that monitors personnel who are exposed to blood or body fluid.