

Let's Talk Safety

Summer



PLANTING THE SEEDS OF SAFETY AT NAVAL AIR STATION LEMOORE

NEWSLETTER
July 2012

*Save the Date: NASL Base Safety/Traffic
Council Meets July 25th at bldg 767@ 1400*

Dry=Easy Fire

Cooked to Safety

Wednesday 4th of July

*MWR will be putting on a **FREE** Fire work show on base MWR will be putting on a 6:00p.m.-10:30p.m. Don't burn your money, enjoy the show. Food and drinks will be for sale by squadrons.*

DRY=Easy Fire

June 20th marked the start of summer. With the heat, dryness and windy days it's very easy to start a fire. Fire risk becomes more manageable when everyone accepts their responsibility on fire prevention.

"Only you can prevent forest fires", was first coined in the 1950.

In 1950, a young motherless bear cub was found after a forest fire in the Lincoln National Forest, New Mexico. He had burns and his mother could not be found. Some kind people helped him to get well. This young cub was named "Smokey." He became a loved symbol in the United States. Smokey Bear lived in the National Zoo in Washington D.C. until his death in 1976. Smokey's image still reminds people of the harm that forest fires do to wildlife.



It is illegal to smoke at gas stations!

Only u Can Prevent Fires!

- A. Measure how far away potentially flammable items, such as hand towels, paper towels or curtains, are from the cook top of your oven. They should be at least 3 feet away.
- B. Never leave anything cooking in the kitchen unattended for any period of time. This includes items cooking on your stovetop. Do not leave your home while the oven is on.
- C. Smoke cigarettes outdoors and put them out thoroughly before walking away. Dumping water on the cigarette butts can ensure that they do not cause a fire.
- D. Remain in the room at all times while candles are lit. Do not leave children unattended with candles. Use only sturdy holders.
- E. Move your outdoor grill 10 feet away from any other structure, such as your house or a tree, and never leave it unattended.
- F. Move space heaters a minimum of 3 feet away from all other items. Use your measuring tape to be sure.
- G. Service and clean all furnaces, stoves and fireplaces at least once a year.
- H. Keep flammable items, such as gasoline and other motor oils, in fireproof containers that have tight-fitting lids. Store them in the garage or shed and do not place them on high shelves.

Fires are also known to be started by the careless smokers who throw lighted cigarette butts indiscriminately. Many bush fires are started this way. Some areas are especially vulnerable to careless acts like these. **As smokers it is your responsibility to keep yourself and your surroundings safe:**

1. Don't toss your cigarette butt out the window as you drive
2. Be aware of your surroundings
3. Don't smoke in dry areas (wood chips, dry grassy areas)
4. Don't smoke at gas stations.
5. Don't fall asleep with a cigarette on your hand
6. Use "child resistant" lighters if you are around children

Only smoke in designated smoking areas. Designated smoking areas must meet this criterion:

1. Smoking areas must be away from entrances and away from building structures. Smoking is prohibited within 50 feet of flammables.
2. Do not locate outdoor areas designated for smoking in areas commonly used by nonsmokers.
3. Locate the smoking area away from supply air intakes and building entryways/egresses to prevent ETS entering the building.

Cooked to Safety

“If in Doubt, Throw it out”!

The only way to know food has been cooked to a safe internal temperature is to use a food thermometer. Cook to 160 Fahrenheit.

When measuring the temperature of a thin food, such as a hamburger patty, pork chop, or chicken breast, an “instant-read” digital thermometer should be used, if possible.

If using an “instant-read” dial thermometer, the probe must be inserted in the side of the food so the entire sensing area (usually 2-3 inches) is positioned through the center of the food.

Summer is the time for picnics, barbecues, tailgate parties, and ball games with family and friends. Unfortunately, the biggest party crasher of them all is food poisoning due to presence of bacteria. You cannot see them and you cannot taste them, but sure you can feel pain if you get sick hours or days later.



USDA Recommended Safe Minimum Internal Temperatures

Steaks & Roasts-145 F

Fish-145 F

Pork-160 F

Ground Beef-160 F

Egg Dishes- 160 F

Chicken Breasts-165 F

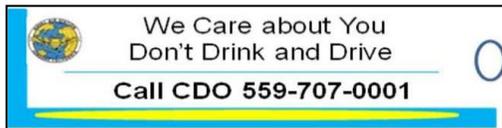
Whole Poultry-165 F



This year, the National Safety Council estimates 173 traffic deaths will occur over the holiday period which extends from 6:00 p.m. Tuesday, July 3, to 11:59 p.m. Wednesday, July 4. Nonfatal medically consulted injuries, i.e. injuries serious enough that a medical professional was consulted, are estimated at 17,300.

Let's prove this estimate wrong, have a plan. Remember many of us will be driving to work the next day. If you are 21 years of age and are going to drink it is your responsibility to have a plan:

- Designate a driver if you plan on drinking.
- Abstain from drinking if you are intending to drive
- If you are hosting an Independence Day Party:
 - ✓ Have a key "confiscation bowl"
 - ✓ Call for a taxi, or have a designated sober driver available to guest
 - ✓ Report drunk drivers (even if it is someone you know) to 911
 - ✓ Remember life is un-replaceable



ILLEGAL FIREWORKS?

California is very strict on consumer fireworks, mainly because drier conditions here make fires from certain fireworks more likely.

Should a person be in possession of no more than 25 pounds of illegal fireworks, that person is immediately guilty of a misdemeanor. After conviction, the person will also receive a fine of at least \$500 and no more than \$1,000 by the judge. A judge might also decide that the person should go to jail for up to a year or upon a combination of fine and jail time. A conviction based on possession of up to 100 pounds of illegal fireworks results in up to one year in jail or fines up to \$5,000. Those possessing up to 5,000 pounds of illegal fireworks will face fines in the \$5,000 to \$10,000 range and up to a year in jail. Possession of more than 5,000 pounds of illegal fireworks also means a possible one-year prison sentence and fines going up to \$50,000. Anybody who sells illegal fireworks to someone under 18 faces the same fines and jail time as an individual first-time conviction.

The first Independence Day fireworks celebration was in 1776, and was memorialized by then future President John Adams as follows: "The day (Independence Day) will be the most memorable in the history of America. I am apt to believe that it will be celebrated by succeeding generations as the great anniversary festival...it ought to be solemnized with pomp and parade...bonfires and illuminations (fireworks) from one end of this continent to the other, from this day forward forevermore."



Not joining the Free MWR Firework Show?

1. Only one person should be responsible for setting off fireworks
2. Don't drink alcohol if you are setting off fireworks
3. Light fireworks at arm's length, using a taper
4. Make sure everyone stands well back
5. Never go back to a firework that has been lit - even if it hasn't gone off it could still explode.

You will need...

1. Keep pets indoors - most animals get very scared by the lights and noise from fireworks
2. A closed metal box to store the fireworks - take them out one at a time
3. A bucket of water - to cool sparklers and put out any small fires
4. Eye protection and gloves
5. A bucket of earth to stick fireworks in



NAVAL AIR STATION LEMOORE TRAFFIC SAFETY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 (MSF) Advanced Rider Course (ARC-ST)	3 (MSF) Dirt Bike School	4	5 ATV (1Day Course) @0900	6 NEW! National Safety Council Alive at 25 BRC BLDG 767(3 Day Course) @0800	7
8	9 BRC BLDG 767(3 Day Course) @0800	10	11 NEW! National Safety Council Alive at 25	12 MSRC 1day Class @0700 BLDG 767	13 ERC BLDG 767(1 Day)@0800 BRC BLDG 767(3 Day Course) @0800	14
15	16	16 BRC BLDG 767(3 Day Course) @0800	18 AAA BLDG 767 @0800- 1600	19 (MSF) Advanced Rider Course (ARC-ST)	20 AAA BLDG 767 @0800- 1600	21
22	23 BRC BLDG 767(3 Day Course)	24	25	26 MSRC 1day Class @0700 BLDG 767 ATV (1Day Course) @0900	27 NEW! National Safety Council Alive at 25	27 ERC BLDG 767(1 Day)@0800 BRC BLDG 767(3 Day Course) @1500
29	30 ERC BLDG 767(1 Day)@0800 BRC BLDG 767(3 Day Course) @0800Course)	31 BLDG 767 DBS @0900				



All military personnel age 25 and under must receive 4 hours of traffic safety training within 12 months of entering the Naval service. Refresher training will be completed each year until they reach 25. IAW OPNAVINST 5100.12H.

To sign up for any traffic course sign up using your ESAMS account:

https://esams.cnic.navy.mil/esams_gen_2/loginesams.aspx

If you do not have an ESAMS account contact your command safety office or the base Safety Office at 998-3903, 3935, 3932 or 3936. Contact Traffic Instructors: John Carter or Marc Mathes contact them at 559-998-3935.

Heating Up

Heat related illness includes: heat rash, cramps, exhaustion and stroke. These illnesses are a real danger to people not accustomed to the stress of hot weather exercise. The Wet-Bulb Globe Temperature Index (WBGT) takes into account four variables: air temperature, humidity, radiant heat and air movement. Please advised personnel on the location of the flag poles are located in front of the Station Gym, Front Security Gate, and Ops Security Gate. **To access the current flag conditions go to: <http://www.cnic.navy.mil/lemoore/>**

Work/rest regimes of permissible Heat Exposure Threshold Limit Values, as recommended by the American Conference of Governmental Industrial Hygienist handbook, "Threshold Limit Values and Biological Exposure Indices", are illustrated below for a normal 8-hour workday. Percentages are for each work hour. Temperatures are listed as WBGT values in Fahrenheit, not to be confused with actual air temperatures in Fahrenheit.



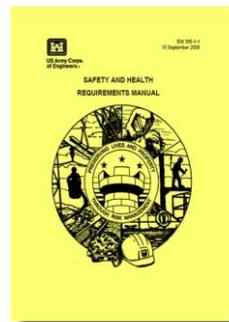
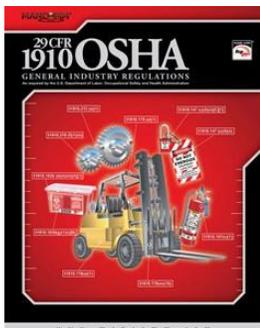
Heat Index and Physical Exercise Chart		
WBGT Index (F)	Flag Color	Intensity of Physical Exercise NAVMED P-5010 CH 3
Less than 82	White	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke; therefore, caution should be taken.
82-84.9	Green	Discretion required in planning heavy exercise for unseasoned personnel. This is a marginal heat stress limit for all personnel.
85-87.9	Yellow	Strenuous exercise and activity (e.g., close order drill) should be curtailed for new and unseasoned personnel during the first 3 weeks of heat exposure.
88-89.9	Red	Strenuous exercise curtailed for all personnel with less than 12 weeks training in hot weather.
90 and Above	Black	Physical training and strenuous exercise suspended for all personnel (excludes operational commitment not for training purposes).

Contact your local Environmental Prevention Medicine Unit (EPMU) for related weather readings. Call the Industrial Hygienist at extension 4311 or 4304 (Weekend notification information contact NHL CDO ext. 4481).

<u>Work Rest Regime</u>	<u>Light</u>	<u>Moderate</u>	<u>Heavy</u>	<u>Flag</u>
Continuous Work	86 F	80.1 F	77 F	
75% Work/25% Rest	87.1 F	82.4 F	78.6 F	Yellow
50% Work/50% Rest	88.5 F	84.9 F	82.2 F	Red
25% Work/75% Rest	90 F	88 F	86 F	Black

Stay in compliance; get safety training on base . . .

Aviation Safety Training	
0730-1600 14-16 Aug	Aviation Safety Specialist (A-493-0080)
Monthly every 2 nd Wed at 0800 Fire Warden	Fire Warden Safety Training
0800-0900 10 July 2012	Fire Warden Safety
25 July Safety Council Meeting @ 1400-1500 @ Bldg 767	



FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT THE SAFETY OFFICE LOCATED AT BLDG 767 ON FRANKLIN AVE.

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