



Serving the
Mid-Atlantic Region
Navy Community



Safety Office

Joint Expeditionary Base
Little Creek-Fort Story



Volume 6, Issue 5

SAFETY ADVISOR

May 2011

Special points of interest:

- ✓ MC Safety Tips
- ✓ Safety Stand Down
- ✓ VA Power "Arc & Spark"

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May is...Motorcycle Awareness Month

The arrival of Spring signals the arrival of "riding weather" for area motorcyclists. Fueled by the warmer days and the rising cost of petrol riders have pulled the bikes out of their long winter hibernation and are taking to the roads in large numbers.

Now is the perfect time for Command Motorcycle Representatives to remind riders to do a "T-CLOC's" check before they hit the road.

Riders need to be alert on some area roads, the remnants of winter still lurk in the form of loose gravel and sand in intersections and along the side of the road. Some roads out in the county have standing water from local flooding at high-tide; recent showers add to the problem...ride with caution.

Myrtle Beach Bike Week's are just around the corner and always draw large crowds for both events. Military riders are reminded of the requirements to wear their PPE while off-base. While there is no helmet law for riders over 21 in South Carolina, military personnel are still required to wear their helmets at all times. Long-sleeved shirts, and long pants, along with over the ankle protection for your feet are also required. Don't succumb to the peer-pressure from those around you who may be riding in shorts and flip-flops!

Memorial Day

Most importantly, Memorial Day is commemorated on 30 May 2011. Please take a few moments out of your time to pay respect and honor those military members who gave their lives for our freedoms; and to say "Thank You" to our military men and women who are serving here in the U.S. and those still in harms way preserving our way of life.

May's Distracted Driving Tip...

"Just in case you find any mistakes, please remember they were put there for a purpose. We try to offer something for everyone. Some people are always looking for mistakes and we didn't want to disappoint you!"



VPP—What Are Some Unique VPP Innovations?

Special Government Employees: Particularly noteworthy is the OSHA Special Government Employees Program (SGE), where qualified volunteers from VPP sites work alongside OSHA employees as team members on VPP onsite evaluations.

The program began in 1994 to help leverage OSHA's limited resources but has grown in the past ten years to provide great benefits to both industry and government.

Mentoring: The Mentoring program, formalized in 1994, matches a potential VPP site with a current VPP site.

The mentor site helps the candidate improve its safety and health man-

agement system and assists managers and employees in preparing for participation in the VPP.

State Plan consultants, and other interested stakeholders to increase their understanding of safety and health management principles, OSHA developed a 4-day training course.

This course emphasizes the VPP culture, philosophy and criteria as the basis for students to understand and evaluate safety and health management systems.



Safety and Health Management Course: Recognizing a need for OSHA enforcement personnel,

Ten Things All Car & Truck Drivers Should Know About Motorcycles

1. There are a lot more cars and trucks than motorcycles on the road, and some drivers don't "recognize" a motorcycle; they ignore it (usually unintentionally). Look for motorcycles, especially when checking traffic at an intersection.
2. Because of its small size, a motorcycle may look farther away than it is. It may also be difficult to judge a motorcycle's speed. When checking traffic to turn at an intersection or into (or out of) a driveway, predict a motorcycle is closer than it looks.
3. Because of its small size, a motorcycle can be easily hidden in a car's blind spots (door/roof pillars) or masked by objects or backgrounds outside a car (bushes, fences, bridges, etc). Take an extra moment to thoroughly check traffic, whether you're changing lanes or turning at intersections.
4. Because of its small size a motorcycle may seem to be moving faster than it really is. Don't assume all motorcyclists are speed demons.
5. Motorcyclists often slow by downshifting or merely rolling off the throttle, thus not activating the

Is this a problem in your work space?

Let's do something about it...



Problem: Damaged Insulation and wiring

Violation: 29CFR1910.303(b)(1)(iii)

Solution: Remove cord/equipment from use and tag-out until repaired or replaced.

The Deficiency Corner

QUICK TIPS: General Guidelines For Riding A Motorcycle

Be visible:

- ◆ Remember that motorists often have trouble seeing motorcycles and reacting in time.
- ◆ Make sure your headlight works and is on day and night.
- ◆ Use reflective strips or decals on your clothing and on your motorcycle.
- ◆ Be aware of the blind spots cars and trucks have.
- ◆ Flash your brake light when you are slowing down and before stopping.
- ◆ If a motorist doesn't see you, don't be afraid to use your horn.

Dress for safety:

- ◆ Wear a quality helmet and eye protection.
- ◆ Wear bright clothing and a light-colored helmet.
- ◆ Wear leather or other thick, protective clothing.
- ◆ Choose long sleeves and pants, over-the-ankle boots, and gloves.
- ◆ Remember – the only thing between you and the road is your protective gear.

Apply effective mental strategies:

- ◆ Constantly search the road for changing conditions.
- ◆ Use MSF's Search, Evaluate, Execute strategy (**SEESM**) to increase time and space safety margins.
- ◆ Give yourself space and time to respond to other motorists' actions.
- ◆ Give other motorists time and space to respond to you.
- ◆ Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- ◆ Watch for turning vehicles.
- ◆ Signal your next move in advance.
- ◆ Avoid weaving between lanes.
- ◆ Pretend you're invisible, and ride extra defensively.
- ◆ Don't ride when you are tired or under the influence of alcohol or other drugs.
- ◆ Know and follow the rules of the road, and stick to the speed limit.

Know your bike and how to use it:

- ◆ Get formal training and take refresher courses.
- ◆ Call 800.446.9227 or visit www.msf-usa.org to locate the Motorcycle Safety Foundation hands-on *RiderCourseSM* nearest you.
- ◆ Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

Remember: Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they've never been on a motorcycle and can't properly judge your speed.

Source: MSF—Motorcycle Safety Foundation (10-08)



HAZMAT—Shelf Life Management

Most HM is marked with a manufacturer's date, lot number, retest date and the shelf life expiration date.

After a period of time, some HM will deteriorate, break down or lose potency. Some HM received by the HAZ-MINCEN may be close to or beyond the expiration or retest date, and if

not extended or used, may become HW.

Storage personnel are responsible for executing the control programs directed by their component and installation.

Effective shelf-life control requires vigilance by all personnel, careful su-

pervision, and understanding of the intent and purpose of the control procedures prescribed by DoD 4140.27-M, Shelf-Life Management Manual.

Issues shall be directed against the oldest stocks (those with least remaining shelf life). Under normal circumstances, this policy prescribes a strict application of first-in first-out (FIFO) issue control techniques unless exceptions are authorized in accordance with chapter IV, DoD 4140.27-M.

Ten Things All Car & Truck Drivers Should Know About Motorcycles

- brake light. Allow more following distance, say 3 or 4 seconds. At intersections, predict a motorcyclist may slow down without visual warning.
- Turn signals on a motorcycle usually are not self-canceling, thus some riders, (especially beginners) sometimes forget to turn them off after a turn or lane change. Make sure a motorcycle's signal is for real.
 - Motorcyclists often adjust position within a lane to be seen more easily and to minimize the effects of road debris, passing vehicles, and wind. Understand that motorcyclists adjust lane position for a purpose, not to be reckless or show off or to allow you to share the lane with them.
 - Maneuverability is one of a motorcycle's better characteristics, especially at slower speeds and with good road conditions, but don't expect a motorcyclist to always be able to dodge out of the way.
 - Stopping distance for motorcycles is nearly the same as for cars, but slippery pavement makes stopping quickly difficult. Allow more following distance behind a motorcycle because it can't always stop "on a dime."
 - When a motorcycle is in motion, don't think of it as motorcycle; think of it as a person.

Source; www.MSF-USA.org



New Law Will Grant Motorcyclists New Red Light Rights

Thanks to a bill passed by the Virginia General Assembly and signed into law by Gov. McDonnell motorcyclists will have a new tool for those Virginia intersections where they currently cannot trip the signal light.

Many times riders find their travels hindered by red lights that will not change to allow the rider to proceed through the intersection. Motorcyclists find themselves sitting through

several light cycles waiting for a car to pull up behind them and trip the light signal.

Thanks to a new law going into effect on 01 July 2011, motorcyclists, mopeds, and bicycle riders will be allowed to proceed through the light after waiting for two minute and after insuring the intersection is clear and it is safe for them to go.

Motorcycles, mopeds, and bicycles are usually not heavy enough to cause the traffic sensors to change the lights.

Effective

01 JULY 2011

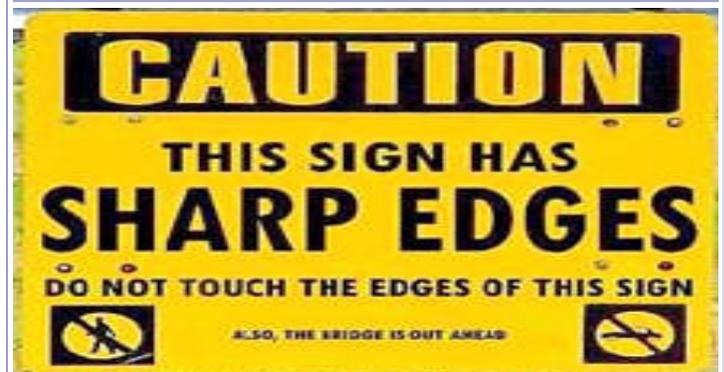
The new law will also affect 4-wheeled vehicle operators as well; they will need to be alert for motorcycles entering the roadways against the light.

Riders will need to be cautious along with vehicle operators and watch out for each other.

Who's Job is it?

**MOTORCYCLE AWARENESS
ISN'T "SOMEBODY ELSE'S JOB"
OR SOMETHING WE SHOULD EN-
TRUST TO ANOTHER GOVERNMENT
PROGRAM.
THE REALITY IS. . .IF YOU RIDE,
IT'S YOUR JOB!!!**

Safety Funnies...



Traffic Safety Training—AAA Driver Improvement

Per OPNAVINST5100.12 series, Traffic Safety Instruction requires AAA Driver Improvement Training for: All Navy military & DON civilian personnel who operate a government motor vehicle (GMV) as their primary duty, or more than 8 hours per week as part of their incidental duties. (This includes leased/rented vehicles.)

Military/Civilian personnel who have been convicted of a serious moving traffic violation while operating a GMV (i.e., reckless driving, driving while impaired, speeding, following too close, failure to yield) or who have been determined to be at fault in a traffic mishap while on/off a DoD installation. Also applies to Military/Civilian personnel driving a PMV on a DOD installation.

Military/Civilian personnel who have been convicted of a serious moving violation while driving a PMV or who have been determined to be at fault in a traffic mishap while driving off a DoD installation shall attend any required driver training or court mandated training at the individuals own expense.

Classes are limited to 30 personnel; however a minimum enrollment of 5 personnel is required for the class to be held.

Classes not reaching the minimum enrollment will be rescheduled or

directed to another AAA Class in the local CNRMA area.

- Classes are scheduled from 0730-1600. You must be present for the full course in order to receive a certificate/card.
- Personnel should use ESAMS to register for a class. If you do not have an ESAMS account, please visit our website: www.navymotorcyclerider.com and you will be able to enroll as a non-ESAMS user.
- For further info or questions please call (757) 462-2199 or 322-2913.



*****PLEASE NOTE*****

AAA Driver Improvement Courses taught on-base DO NOT qualify for VA DMV Points Reduction on your driving record.

Personnel attending this class at the request of a civilian court should contact the court offices to ensure they will accept courses taught on base.

For points reduction or to obtain information about off-base AAA Driver Improvement courses, contact the local AAA Offices.

Violation of provisions of this instruction (OPNAV 5100.12 series) by military personnel may be punishable under the Uniform Code of Military Justice. Violations of the provisions of this instruction by civilian personnel may subject them to disciplinary action or administrative action under applicable civilian personnel instruction.

Safety Stand-Down

The annual Holiday & Critical Days of Summer Safety Stand Down will be held on 26 May 2011 at the Base Theater Bldg. 3504. Presentations will be held at 1000 and 1300. All commands are urged to send their personnel to this informative training.

Due to operational commitments we will be unable to provide individual command presentations. If you are going to conduct your own stand-down, we have a library of videos and a few hand-outs you are welcome to come by and pick up.

Arc & Spark Demo

Tom Irving, Safety Representative, from Dominion Power has volunteered to demonstrate his company's new Arc & Spark trailer here at JEB Little Creek on May 12, 2011 (May 19, back-up date) commencing at 1000 and 1300 hours. The location will be beside the Navy College building (3016) where the old Security building once stood. This will be a great opportunity to see the true dangers and serious effects that high voltage electricity can and will cause when respect and extreme caution is not used while working around live power lines. Please RSVP to 462-2197.

Traffic Safety Training—Motorcycle Safety

BRC / ERC / MSRC / SMARTrainer Class Info / Rider Responsibilities

Basic Rider Course (BRC): Is a two-day course required for all Active Duty Military who ride a MC on or off base; and all DoD Civilian Personnel, riding a MC on base.

Successful completion of the BRC is required prior to enrolling in the ERC or MSRC. Please retain your BRC card, it does NOT expire and you will need it for future class enrollments.



Area safety offices now have a limited number of training motorcycles available for use. When you enroll through the website you will be asked if you need a "training aid". A "yes" answer will allow enrollment to will continue. If no trainer bikes are available you will be returned to the main menu to select another class/date. There are also a limited number of helmets available. Riders may supply their own DOT helmets. You are responsible for providing the remaining personal protective equipment for the course.

Experienced Rider Course

(ERC): Is a one day course to reinforce riding skills, or gain experience with a new bike. Highly recommended if you have been deployed or off the bike for awhile. Riders will use their own MC's for this class. The ERC is required every three years following the BRC or your last ERC. To enroll in the ERC, you must provide a copy of your BRC card to show your completion of the MSF Basic Rider Course.

Military Sport-Bike Rider Course (MSRC)

Is a one-day

course required for all military personnel riding Sport Bikes on or off base and all DoD civilian personnel riding Sport Bikes on base.

Riders enrolling in the MSRC must have completed the MSF Basic Rider Course and provide proof of completion.

Riders taking the MSRC must have a MC permit or Operator's License.

Personnel are to use their own MC's for the MSRC.

The MSRC will satisfy the three year recertification requirement, however Sport Bike riders are encouraged to complete the course as soon as possible after the completing the BRC.

S.M.A.R.Trainer: (Safe Motorcyclist Awareness and Recognition Trainer) is a computerized traffic simulator that allows beginning riders the opportunity to operate a motorcycle in real life situations without the real world consequences.



Due to unforeseen circumstances S.M.A.R.Trainer classes are cancelled until further notice.

Rider Responsibilities when signing up for Motorcycle Safety Training Classes.

When signing up for Motorcycle Safety Training classes, your responsibilities do not end after you have signed up for the class.

Riders need to ensure they have provided all the necessary information when registering for classes.

This includes, you name, command info, phone numbers (work & personnel cell phone numbers are recommended). Include your work email and if you have a personnel e-mail address which you check daily include it in the remarks/notes section.

Include your supervisor in the remarks/notes section.

All of this information is needed to make sure you DO NOT lose your seat in the class you have requested.

When the e-mails are sent or phone calls are made to confirm the class, IF YOU DO NOT RESPOND you will be removed from your confirmed seat to a stand-by seat in the class.

If there is a chance you will be deployed, detailed to another area, or on-leave during the few weeks prior to the class PLEASE contact the numbers provided to you when you registered to let them know you will be attending the class.

It is your responsibility to make sure you have all the required documents when you report to class:

Drivers License

MC Operators Permit/License

MC Registration

MC Insurance (Proof of)

ID Card

Special Request Chit or note from your immediate supervisor.

Proper personal protective equipment for motorcycle riding.

Traffic Safety Training—Motorcycle Safety PPE Requirements, Enrollment, & Course Requirements

Required Personal Protective Equipment (Per OPNAV 5100.12 series)

Helmets: A MC helmet meeting DOT, SHOIE, or Snell Memorial Foundation certification or host nation certification shall be worn and properly fastened under the chin. Fake or novelty helmets are prohibited.

Eye Protection: Protective eye devices designed for motorcycle operators (impact or shatter resistant safety glasses, goggles, wrap around glasses sealing the eye, or face shield properly attached to the helmet) shall be properly worn. A windshield or standard sunglasses or standard eye wear alone are not proper eye protection.

Foot Protection: Sturdy over the ankle footwear providing protection for the feet & ankles shall be worn.

Protective Clothing: Riders & passengers shall wear a long sleeved shirt or jacket, long pants, and full fingered gloves/mittens designed for use on a MC.

MC jackets constructed of abrasion resistant materials (leather, Kevlar, and/or cordura) and containing impact-absorbent padding are highly recommended.

To enhance the ability of other vehicle operators to see and avoid MC riders, outer garments constructed of brightly colored & reflective materials are highly recommended during daylight hours.

Reflective outer garments or vest shall be worn during nighttime hours. (*One 1/2 hour before sunset to one 1/2 hour after sunrise.*)

MC Safety Course registration. All

classes are posted on ESAMS. Personnel may enroll through ESAMS or on-line at: www.navymotorcyclerider.com. The website will allow personnel without an ESAMS account to enroll as a "non-ESAMS User".

Licensing Requirements: Personnel riding their motorcycles on city/state/base roadways are required to have a MC operator's



license or permit. Personnel operating a MC with a motorcycle driving permit are required to comply with issuing state regulations. (i.e., VA Motorcycle Learner's

Permit requires the rider have a MC licensed operator with them at all times on another MC. Rider's may only operate their motorcycle between 0400 and midnight.)

Personnel who do not have a MC license or permit are required to trailer/truck their bikes to the class.

Riders must bring their MC Permit/License, BRC Card, Proof of MC Insurance and MC Registration card with them to the class.

Personnel using training motorcycles must have a motor vehicle operator's license. MC permits are preferred.

Enrolling in the ERC or MSRC:

Personnel enrolling must have completed the BRC prior to enrolling in these classes. Personnel will be required to provide proof of BRC completion.

Continuing Rider Education:

OPNAVINST5100.12 series (Traffic Safety Inst.) requires all riders (military/civilian) to recertify their MC skills every three years by taking the ERC, MSRC, or other COMNAVSACFEN approved course

Violation of provisions of this instruction (OPNAV 5100.12 series) by military personnel may be punishable under the Uniform Code of Military Justice. Violations of the provisions of this instruction by civilian personnel may subject them to disciplinary action or administrative action under applicable civilian personnel instruction.

Courses Completed Off-Base: The Motorcycle Safety Foundation (MSF) Basic Rider Course (BRC) classes taught at TCC, TNCC, and Harley Davidson Rider's Edge are all acceptable to meet the Basic MC Safety Training requirements. If you complete the class at one of these locations you do not have to take the BRC again on base, (as long as you still have your MSF Card).

Special Note for Military personnel holding a VA MC Operator's Permit:

- The VA DMV **WILL NOT** issue a license waiver for personnel completing a MC Safety Course "on-base".

- You are still required to hold your permit for the full 30-day period. You must also complete the MC written & rider skills test before a VA Motorcycle Operator's license will be issued.

Questions??? Call (757) 462-2199 or 444-3140 for more info.



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Safety is everybody's job!!!

Find us on the Web...

<https://cnic.navy.mil/cnrma/programs/safety/index.htm>
(Regional Safety Website)

Traffic Safety Sign-ups (MC/AAA)

<https://www.navymotorcyclerider.com>



JEBLCFS—Safety Office Directory

Safety Manager/Explosives Safety Officer—462-2193
Deputy Safety Manager—462-2501
Asbestos—462-2197/2198
Bloodborne Pathogens—462-2199
Confined Space Entry—462-2197/2198
Ergonomics/Fall Protection—462-2198
ESAMS—462-2513/2199
Explosives Safety Program—462-2195
Fall Protection—462-2198
Hazard Abatement—462-2501
Hazardous Materials—462-2196
Hearing/Sight—462-2194
Indoor Air Quality—462-2196
Laser Safety—462-2195
Lead—462-2197
Lockout/Tagout—462-2198
Mishaps—462-2513
Occupational Health/IH Surveys—462-2194
Personal Protective Equipment—462-2198
Projects/Plans/Purchases Program—462-2196
Radiation Safety—462-2195
Recreation & Off-Duty Safety / Traffic—462-2199
Reproductive Hazards Program—462-2196
Respirator/CBRNE—462-2513/2199
Safety Website Coordinator—462-2194
Unsafe/Unhealthy Working Conditions—462-2513
VPP—462-2196
Weight/Material Handling—462-2197

On the Horizon...

VPP Committee Meeting
31 May 11—1300
Bldg. 3408—Egret Room

Safety Orientation for Supervisors
19 May 11 @ 0730
Bldg. 1602—Rm. 112-E
Bldg. 1602, Rm. 112-E @ 0730
Sign up on ESAMS!

ESAMS Orientation
17 May 11 @ 0900
Bldg. 3016, Rm. 227

Safety Stand-Down
26 May 2011—Base Theater
1000 & 1300

Traffic Safety Committee
Thursday—2 June 2011 (Tentative)
0930—1030 in Bldg. 1602
Rm. 112-E (Classroom)
All Command Reps are encouraged
to participate!