

# Let's Talk Safety



PLANTING THE SEEDS OF SAFETY AT NAVAL AIR STATION LEMOORE

*NEWSLETTER*  
*May2012*

Electrical  
Shock  
Why Abandon  
Waste?  
Heat Index

A poster for a Safety EXPO event. The background is a blue-tinted image of a motorcycle. The text is as follows:

**Safety EXPO**  
11 May 10am-4pm @  
NEX Parking Lot

**NAVOSH**  
Safety

*"Our people are our most precious asset and we owe them, their families, and loved ones our commitment to do all in our power to protect their well being."*  
Secretary of the Navy Honorable Ray Mabus

# Electrical Safety Starts Everywhere



According to the Bureau of Labor Statistics Census of Fatal Occupational Injuries Research File, electrocution is the fifth leading cause of work-related deaths for 16- to 19-year-olds, after motor vehicle deaths, contact with objects and equipment, workplace homicide, and falls. Electrocution is the cause of 7% of all workplace deaths among young workers aged 16–19, causing an average of 10 deaths per year.

## Electrical Shock at Work...

**1. Shut off** the electrical current if the victim is still in contact with the energized circuit. While you do this, have someone else call for help. If you cannot get to the switchgear quickly, pry the victim from the circuit with something that does not conduct electricity such as dry wood. **Do not touch the victim yourself if he or she is still in contact with an electrical circuit!** You do not want to be a victim, too!

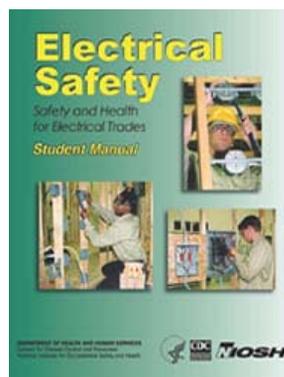
**2. Do not leave** the victim unless there is absolutely no other option. You should stay with the victim while emergency medical services (EMS) are contacted. The caller should come back to you afterwards to verify that the call was made. If the victim is not breathing, does not have a heartbeat, or is badly injured, quick response by a team of emergency medical technicians (EMTs) or paramedics gives the best chance for survival.

**3. Once you know** that electrical current is no longer flowing through the victim, call out to the victim to see if he or she is conscious (awake). If the victim is conscious, **tell the victim not to move**. It is possible for a shock victim to be seriously injured but not realize it. Quickly examine the victim for signs of major bleeding. If there is a lot of bleeding, place a cloth (such as a handkerchief or bandanna) over the wound and apply pressure. If the wound is in an arm or leg and keeps bleeding a lot, gently elevate the injured area while keeping pressure on the wound. Keep the victim warm and talk to him or her until help arrives.

*If the victim is unconscious, check for signs of breathing. While you do this, move the victim as little as possible. If the victim is not breathing, someone trained in CPR should begin artificial breathing, then check to see if the victim has a pulse. Quick action is essential! To be effective, CPR must be performed within 4 minutes of the shock.*

**4. If you are not trained in** CPR or first aid, **now** is the time to get trained—**before** you find yourself in this situation! Ask your supervisor when you can become certified in CPR. You also need to know the location of (1) electricity shut-offs (“kill switches”), (2) first-aid supplies, and (3) a telephone so you can find them quickly in an emergency.

NAS Lemoore Hospital certifies military and DOD civilian (GS) employees (only) with a BLS curriculum of the American Heart Association for AED and CPR. The course covers adult, child and infant CPR/AED. For more information call and scheduling (559)998-2415 / x4411



# Why abandon waste?



What if I get caught illegally dumping/ abandoning waste in California? Depending on what you dump, in California fines can be at a minimum of 1,500-25,000 a average jail time 6m-10yrs and a probation of 5 years.

It is very inexpensive to turn in your waste properly. Kings waste recycling at 7803 Hanford-Armona Road hours of operation are Monday through Friday from 7:00 a.m. to 4:00p.m., Saturday from 7:00 a.m. to 3:00 p.m. and Sunday from 8:00 a.m. to noon.

## All vehicles are charged by weight and/or special surcharges

Solid Waste	75/Ton
Segregated Clean Green Waste	40/Ton
Segregated Commingled, clean Recyclables	45/Ton
Construction and demolition Debris (clean wood/metal only)	45/Ton
Rinsed Pesticide Containers (Triple rinsed w/K.C Ag. Dept. manifest 582-3211 x 2830)	85/Ton
Bulk Tires, (tractor or regular size 6 or more)	125/Ton
Tractor tires (cut in eighths)	75 /Ton
Clean Cement	20/Ton
Treated Wood-(railroad ties/grape stakes etc.)	150/Ton

**Minimum Tonnage Fee** **\$10.00**

## No Asbestos of Any Kind Accepted!

Special Surcharge:

E-waste (i.e. computer monitors, TV's , cell phones)	FREE
U-Waste (i.e. household batteries, fluorescent tubes)	FREE
Disposal Containers (i.e. needles, syringes, lancets)	FREE
Refrigerators or any Freon appliance	\$ 15/each
Uncovered Loads	2/ Ton
Passenger tires (up to 5 whole tires)	3/each
Truck tires (up to 5 whole tires)	6/each
Tractor Tires (up to 5 whole tires)	12/each
Car batteries	2/each

**Note: 10 tires or more require a permit from Environmental Health Department. Their office phone number is 584-1411**

**Free** household hazardous waste day (i.e. paints, household chemicals etc.) is scheduled several times per year. Call for additional information at (559)583-8829

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 advise personnel on the location of the flag poles are located in front of the Station Gym, Front Security Gate, and Ops Security Gate.

Heat Index and Physical Exercise Chart		
WBGT Index (F)	Flag Color	Intensity of Physical Exercise NAVMED P-5010 CH 3
Less than 80	White	Extremely intense physical exertion may precipitate heat exhaustion or heat stroke, therefore, caution should be taken.
80-84.9	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).

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.

<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

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).



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3 ERC 1day Class @0800	4 AAA BLDG 767 @0800- 1600	5
6	7 DBS School House(1 Day Course) @ 0900BRC BLDG 767(3 Day Course) @0800	8 ATV (1Day Course) @0900	9	10	11 <b>Safety EXPO 10am- 4pm</b>	12
13	14 BRC BLDG 767(3 Day Course) @0800	15	16	17 MSRC 1day Class @0700 BLDG 767	18 AAA BLDG 767 @0800- 1600	19
20	21 DBS School House(1 Day Course) @ 0900BRC BLDG 767(3 Day Course) @0800	22	23	24 ERC 1day Class @0800	25 ATV (1Day Course) @0900	26
27	28	29 BRC BLDG 767(3 Day Course) @0800	30	31		



**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.cniv.navy.mil/esams\\_gen\\_2/loginesams.aspx](https://esams.cniv.navy.mil/esams_gen_2/loginesams.aspx)



If you do not have an ESAMS account contact your command safety representative 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.

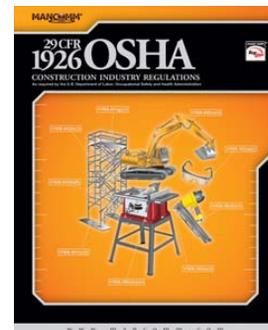
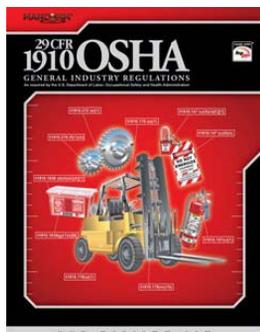
HAZMAT Training (First Responders)	
0730-1600 22-24 May	Hazardous Substance Incident Response Management (A-493-0077)
HAZMAT Refresher Training (First Responders)	
0730-1600 25 May	Refresher Hazardous Substance Incident Response Management (A-493-0083)
Aviation Safety Training	
0730-1600 14-16 Aug	Aviation Safety Specialist (A-493-0080)
Monthly every 2 <sup>nd</sup> Wed at 0800 Fire Warden	Fire Warden Safety Training
	All commands shall have a Fire Warden IAW 11320.1F Regional Fire Instruction.

Are you looking to get CPR/ AED qualified?

NAS Lemoore Hospital certifies military and DOD civilian (GS) employees (only) with a BLS curriculum of the American Heart Association for AED and CPR. The course covers adult, child and infant CPR/AED. For more information call and scheduling call:

HM3 Charles, Bull USN, NHL

BLS/ACLS/PALS Administrator  
 Staff Education and Training  
 937 Franklin Ave. Lemoore, CA. 93246  
 Work# (559)998-2415 / x4411  
 Email: [charles.bull@med.navy.mil](mailto:charles.bull@med.navy.mil)



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

<b>SHAWNNA CHARRON</b>	<b>Safety Manager</b>	<b>998-3936</b>
<b>MARIO BAUTISTA</b>	<b>Safety Specialist</b>	<b>998-3932</b>
<b>MARIA ONTIVEROS-KIDD</b>	<b>Safety Technician</b>	<b>998-3903</b> Newsletter Designer/Editor
<b>JOHN CARTER</b>	<b>Traffic Specialist</b>	<b>998-3935</b>
<b>MARC MATHES</b>	<b>Traffic Specialist</b>	<b>998-3935</b>