



NSF SAFETY DEPARTMENT

SAFETY & HEALTH NEWSLETTER

Volume 2, Issue No. 24

DECEMBER 2003



SAFETY THOUGHT OF THE MONTH:

THE BEST EYE PROTECTION IS THE ONE THAT IS WORN!



Inside this issue:

- Holiday Safety Tips
- Warm Up to Keep Your Game Up
- Holiday Off-Duty Safety Message
- Ladder Safety
- Protect Your Skin from Sunburn
- NSF Safety's Activities for this month



FIRE, HEALTH AND SAFETY FAIR.....A SUCCESS!

The NSF Safety Department spearheaded the recently concluded Fire, Health, and Safety Fair that took place on 14 Nov 2003 at the Base Gym. In lieu of the Safety Standdown that was traditionally conducted every year, our Department, in coordination with the Branch Medical & Dental Clinics, Public Works (Self-Help), Fire Department, Annex 18 (Marina), HazMat/HazWaste Spill Team, and Annex 18 (Recreational) presented demonstrations and exhibits. This was de-

signed to instill safety awareness, share safety ideas, and practice it in our jobs and daily undertakings. The half day affair was the first of its kind on the island. The success of the festival was the joint effort of each departments and was well attended by the Military, OPGs, and BOS Contractor personnel.

We took great pride in the teamwork displayed by the each departments/annexes and participants who gamely joined in the demonstrations. True to its meaning, the One Island, One Mission, One Team



CAPT G. T. Cooper with Mr. D. Cruz, NSF Safety & Mr. J. Diasnes, Annex 16 Fire Dept. at the Safety Fest

spirit was clearly manifested in this endeavor.



More pictures during the Safety Fest on the next page...

A HOLIDAY MESSAGE FROM THE SAFETY OFFICER....

We are blessed that over the past year, NSF Diego Garcia has not had a significant mishap involving Military and Government employees. As we enter this holiday season, many will travel. Those that will travel;

practice Risk Management (make the right choices), give yourself the proper amount of time to "Arrive Alive". For those remaining here in Diego Garcia, enjoy the activities afforded you, remember the consequences of "At-Risk Behavior" both

on and off duty; your shipmate is depending on YOU. Finally, resolute to make the coming year a safer one for all...





FIRE, HEALTH AND SAFETY FAIR.....A SUCCESS! (Con't.)



Branch Medical Clinic's Representative, as she impart knowledge on self care & cancer



BUI Jackson and fellow shipmate at their NSF PWD Self-Help booth.



Safety Fest participants during the awarding ceremony.



Medical showing proper food nutrition.



Fire Dept demonstrating fire alarm activation.



Member walking while wearing the impaired vision simulator

Holiday Safety Tips:



From now until New Year's Day there are all sorts of things to celebrate. Unfortunately, decorations, foods, and alcohol are all present dangers. A few common sense precautions can help keep your holidays safe and happy.

Candles, colored lights, Christmas trees, artificial snow, and plants add a lot of beauty to festive occasions. Unfortunately, some people often like to play with these. Make sure decorations are inspected, or checked before you use. Watch out especially for small ornaments, button batteries, and festive yet poisonous plants such as mistletoe, poinsettia, and Jerusalem cherry.

CANDLES are also popular, but don't let yours go up in smoke! Speaking of candles, have you ever let one get too close to some greenery, paper, or a table cloth? You know what can happen. Keep an eye on those candles. Never leave them burning unattended, and never place them too close to other objects. Light candles only in containers meant for lighted candles—many candles are not meant to be lit in their original, usually decorative, containers. Extinguish candles before leaving an empty room, or your home, or before going to sleep. Have an operable fire extinguisher readily available.

LIGHT DECORS....If you use outdoor lights, make sure they're approved for outdoor use. For indoor and outdoor lights, inspect them for broken or missing bulbs, and

check the cords for fraying before you use them. Don't place cords where they can trip people, and don't run them under furniture, rugs, carpeting or other objects, or around doors and windows. Examine light strands each year and discard worn out ones. Avoid over-loading lights on the outside/inside of your room or home.

HOLIDAY TREE...Consider an artificial tree, they are much cleaner and safer. A real tree should be fresh; no needles fall when tapped on ground. Tree stand should hold at least one gallon of water. Water level in tree stand should be checked every day to fill. Keep tree away from burning candles, heaters. Use only UL approved lights because they have cool bulbs. Same as with candles, turn off tree lights before leaving your room or going to sleep. Never use candles on the tree as a light. Discard tree properly.

FOODS... There's plenty to eat during holiday season. Unfortunately eating foods that isn't prepared right or that has been sitting around too long can turn happiness to misery. Food borne illness can make you very sick. It can also kill. You should always be aware of food safety precautions and follow them no matter what time of year. If you are hosting a celebration, be sure to follow safe handling, cooking, and reheating practices, especially for meats and eggs. These precautions can usually be found printed on the food packages and in published litera-

ture, such as cookbooks or health department brochures. Don't take a chance by eating food that is not fully cooked, seems to have been too long, or that contains raw eggs— not even cookie dough! The risk of serious illness is just not worth it.

DRINKS & ALCOHOL.... Many holiday celebrations include alcohol consumption. If you drink, never drink and drive. Watch for guests or other fellow shipmates. Provide plenty of alternatives to alcohol such as soda, juices, coffee, tea and cocoa. Stop serving and taking alcohol a few hours before your party ends.

Better Safe, than Sorry! You would never forgive yourself if something happened to you, your family or fellow shipmates because you weren't careful. Don't put that burden on your shoulders. Instead, Be Safe, not only on Christmas season but everyday of the year!.

Source: Safety Talks



Warm Up to Keep Your Game Up.....



Don't rush into any sport or exercise without warming up first—muscles that haven't been properly prepared tend to be injured more easily. Start out with some cardio vascular activities, such as easy jogging, jumping jacks, or brisk walking, just to get our muscles going.

Follow your brief warm-up with some stretches. Stretching is important after warm-ups because tissues will be more elastic (flexible) due to increase in heat and blood flow to the muscles.

In addition to warm-ups and stretches, practice sessions are also an excellent preparation for most sports or activities.

If we belong to a team, attend as many team practices and games as possible. This will pull us in top physical condition and help us and our teammates work together— and knowing how our teammates play will help prevent injuries.

Even if we don't belong to a team, we can use regular workouts and practices to enhance our performance and lessen the chance of injuries. Remember if the tool isn't used, it gets rusty, so keep yourself in top shape with regular practice. For instance, try doing tennis drills or practicing your serve before starting set. Shoot some baskets or play a quick game of one-on-one with a friend.

Practice gets your brain and body to work together while improving your performance. Although we should practice regularly, don't overdo it. Sudden increases in training frequency, duration, or intensity might produce better performance at first but can lead to injuries later. Out doctor, coach or a trainer can help us develop a training and conditioning program that's appropriate for our age and level of development.

Stay Safe!



Source: Tailgate Safety Topics

Holiday Off Duty Safety Message

The holiday season is here. The holidays provide the opportunity to travel long distances to be with family and friends. Such gatherings are not without risk. Between the Thanksgiving and New Year's holidays last year, ten Marines and six Sailors died in off-duty mishaps on and off the road. Others were seriously injured.

Families and friends spent the remainder of their holidays attending funerals and traveling to hospitals to visit and care for those who survived. The prediction this year? Based on past performance, eight Marines and seven Sailors could potentially be killed on the road or in other off-duty mishaps in addition to many who will be seriously injured. As supervisors, can we help save these men and women and minimize the grief of their families and friends? You bet we can. Here's how:

- Remind your folks to use common sense and risk management when making holiday travel plans. Before you sign their leave chits or approve long weekend liberty, find out where and how far they are traveling. If they are driving, use these techniques: **Have them complete a driving mishap risk indicator – self assessment survey** Estimate their risk. High scores are red flags. Provide counseling if necessary.
- Give each person a copy of the **Safety Center's vehicle checklist** so he or she can identify deficiencies and correct them. Many commands set a day aside

for mechanically minded volunteers to help shipmates complete their own inspections. Refer problems to a reputable shop. Recommend winterization of vehicles that will be driven to colder parts of the country.

- **Discourage driving between the hours of midnight and 0600.** This is the time when fatigue strikes with a vengeance and there is an increase in the number of alcohol-impaired drivers on the road. They can kill you no matter how good a driver you are. Encourage drivers to plan ahead and allow plenty of time for rest stops at a safe location every two hours.
- **Emphasize using safety belts and shoulder harnesses** and wearing personal protective equipment on motorcycles. Defensive driving techniques are a must.
- **Provide speed warnings.** Speeding reduces a driver's ability to steer safely around curves or objects in the roadway. Speed also extends the distance necessary to stop and increases the distance a vehicle travels while the driver is reacting to a dangerous situation.

Promote responsible use of alcohol. Caution against drinking and driving. Lots of good information and safe driving tips can be found in our [Motor Vehicle division](#). Highways are dangerous but they aren't the only hazards that kill and injure with equal indifference.

Death from fires and burns peak during the holiday period. With the onset of winter, we turn on our furnaces, light our fireplaces and fuel our kerosene heaters. If these heat sources are not properly maintained and vented, people can die from flames and toxic gases. Have your heating system and equipment checked and make sure smoke detectors work. If you cook with gas or heat with other fuels, including wood, install a carbon monoxide alarm.

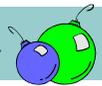
You're risking a chance of fire if you place Christmas trees too close to heat sources and use electrical lights and extension cords that are faulty. Be sure yours are "UL" approved and free of defects. Get rid of all those candles and use electric lights instead. And that wrapping paper that's strewn all over the floor when the kids are finished opening their presents? Put it in the trash, not the fireplace.

Give your people a copy of the Safety Center's holiday checklist so they can also identify deficiencies in their homes.

Assuming personal responsibility for your actions and managing risk will keep you and your family safe and healthy during this holiday season and throughout the New Year. Commanders, CO's, and supervisors, you can help by making safety awareness and risk management a top priority this holiday period. Show you care by putting into practice what you preach. The ideas outlined above are good starting points. They can be lifesavers. What better gift can you give this holiday season?

Make it happen.

Source: Navy Safety Center



LADDER SAFETY

Slips and falls are the leading cause of deaths in and around the home, killing more than 6,000 people a year. Many more people are disabled in similar mishaps. That number suffers disabling injuries. A major subset of these mishaps involves ladders, which are involved in more than 30,000 injuries per year. Although ladders appear simple, there are rules to follow when using them.

- Use the right kind of ladder for your task, and make sure it complies with specifications of the American National Standards Institute (ANSI) and that it is listed by Underwriters Laboratories (UL). Most homeowners need a stepladder and a straight ladder (usually an extension ladder).
- Read and follow the manufacturer's instructions on the label attached to the ladder.
- Make sure your ladder is tall (or long) enough. For stepladders, obey the "not a step" markings on the top steps and the shelf.
- Check over your ladder before you trust it. Looks for damaged rungs, steps, hinges and braces. If damaged, repair it or replace it. Antiques are nice, but not when it comes to ladders.
- Make sure you can lock the spreaders on step-ladders in place.
- Extension ladders should have "safety feet" that stabilize the ladder and keep it from slipping.
- Set your ladder on a solid surface and keep it

level..

- Open stepladders fully.
- When using a straight ladder, the base should be one foot away from the vertical surface for every four feet of height (to the point when the top of the ladder will rest).
- If you're climbing onto your roof or a platform, make sure the ladder extends above the edge at least three feet.
- Never lean a ladder against an unstable surface, such as a tree limb.
- Always face the ladder when climbing. Carry tools in a tool belt or a bucket that you can raise and lower with a rope from the ladder.
- Make sure your shoes aren't slippery.
- Hold on with one hand while working on a ladder. Don't reach too far to the sides or behind you.
- Don't climb higher than the second step from the top on a stepladder or the third from the top on a straight ladder.
- Only one person should be on the ladder at a time.
- Tables, boxes, and chairs aren't ladders.

Don't put ladders on barrels, boxes, concrete blocks or other unstable bases.

Source: Navy Safety Center

SUNBURN.....

Sooner or later, that "healthy tan" will become unhealthy skin damage if you don't start dodging the sun rather than welcoming it. If you fish, golf, hike, or go to the beach, avoid as much exposure as you can. You'll still get plenty of sun.

- Use a sunscreen with a Sun Protection Factor (SPF) of at least 15.
- Some types are waterproof, but even so, you should reapply the sunscreen every two hours.
- Use sunscreen on cloudy days, too.
- It may be slightly uncomfortable in the heat, but you should wear a long-sleeved shirt and long pants.
- Also put on a hat with a large brim and sunglasses.
- If you have a choice, stay in the shade. Beach umbrellas will protect you from some of the sun exposure. They are actually very comfortable on sunny days.
- Remember that children's skin is even more sensitive than yours. They can start wearing sunscreen by the time they are six months old. Even so, minimize their exposure.
- Avoid tanning parlors.

NSF Safety's Activities for December 2003:

- 📅 Enlisted Safety Committee Meeting - 4 Dec 03, 1500H @ NSF Conference Room Target Audience: All Safety Representatives
- 📅 Safety Representatives Briefing - 17 Dec 03, 1330H B-331, NSF Safety Training Room Target Audience: All Newly Designated Safety Representatives
- 📅 Hazardous Materials Coordinator's Meeting - 18 Dec 03, 1300H B-331, NSF Training Room Target Audience: All Newly Designated Hazmat Coordinators
- 📅 Dec 2003 OSH Inspection - Joint Navy -DG 21 MWR Facilities (Cantonment Site)
- 📅 Island Indoctrination Class (Safety) Bi-weekly, 0915H @ Acey Deucey Room, Turner Club Complex Target Audience: All new personnel on Island (mandatory for officers, enlisted and civilian personnel)



KNOW YOUR SAFETY STAFF:

Ron W. Thornhill—Safety Officer
 Dave D. Cruz—Safety Specialist
 Roy F. Villanueva—Safety Specialist
 Marilyn S. Satsatin—Safety Technician



Need to Report a Safety Hazard?

Call the NSF Safety Office at 370-4123 or send email to the Safety Officer at thornhillr@dg.navy.mil

There's always room for improvement. Visit us at <http://ice.disamil> and tell us how we can improve the island's safety program.

