

REMINDER OF MONTHLY SAFETY INSPECTIONS REQUIRED BY NAO 209-1, NOAA Safety Policy

OMAO first line supervisors are required to conduct monthly safety inspections of areas in which their employees work. The intent of the inspections is to assess and document safety rule violations, unsafe acts, and unsafe conditions. First line supervisors shall submit copies of inspection and assessment forms to their immediate supervisor and to the safety officer at their site or MOC SECO. Inspection forms and a safety observation form are available for these purposes at:

<http://www.seco.noaa.gov/>

<https://www.ems.noaa.gov/MOC/HTML/employees.htm>

If assistance is needed contact your local safety rep or Jim Schell at MOC



OMAO Monthly Safety Newsletter

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Key to Chemical Safety Material Safety Data Sheet (MSDS) review

MSDS formats may vary, but they all contain the same information.

News & Notes

7 COMMONSENSE SAFETY RULES

Your safety on the job depends on following policies and regulations, that's true. But it also involves common sense.

Follow these seven commonsense safety rules that apply to every job:

1. **Avoid distractions.** Always stay focused on the task you're doing.
2. **Keep alert to hazards.** When you find one, take immediate action to eliminate or control it.
3. **Never fool around,** take chances, or take shortcuts.
4. **Don't let the unsafe actions of others influence how you perform your job.**
5. **Ask your supervisor if you're not sure** about a safety hazard or how to perform a task. When it comes to safety, there are no dumb questions.
6. **Take advantage of safety training** to increase your knowledge of hazards and precautions, and to improve your job skills.
7. **Never get careless.** No matter how many times you've done a job, always take safety precautions.

5 BASIC SAFETY RESPONSIBILITIES

We all share these OSHA-mandated responsibilities:

1. Comply with all OSHA regulations.
2. Use assigned personal protective equipment.
3. Report hazardous conditions to your supervisor.
4. Report job-related injuries and illness and seek medical treatment.
5. Cooperate with OSHA inspections.

☞ Chemical Product and Company Identification

The name of the product as it appears on the label, plus the manufacturer's name, address, and phone number

☞ Composition, Information on Ingredients

Hazardous ingredients and exposure limits

☞ Hazard Identification

Possible health effects of exposure

☞ First-Aid Measures

What to do if exposed, and basic first aid until help arrives

☞ Firefighting Measures

How likely substance is to catch fire and under what circumstances

☞ Accidental Release

How to contain a spill or leak, clean-up procedures, and safety precautions

☞ Handling and Storage

How to handle and store chemicals to reduce the risk of accidents or exposure

☞ Exposure Controls, Personal Protection

Personal protective clothing and equipment required to prevent exposure

☞ Physical and Chemical Properties

Information about chemical's normal appearance and odor, vapor pressure, etc.

☞ Stability and Reactivity

Conditions that could cause the chemical to have a potentially hazardous reaction

☞ Toxicological Information

How chemical was tested for health hazards and results of tests

☞ Ecological Information

What happens if substance is released into the environment

☞ Disposal Information

How chemical is classified and identified for proper disposal, plus special instructions or limitations about disposal

☞ Transport Information

Essential shipping information

☞ Regulatory Information

OSHA, EPA, or other regulations that apply to the chemical

☞ Other Information

Other useful information about chemical, such as copy of label

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Lifting Safety

Watch your back! At work or at home, lift safe and stay strong. Here's how you can avoid injury:

1. Never assume you can lift something yourself. Estimate the weight of the object by tilting it up slowly. If it's hard to move, it's too heavy to lift. Get someone to help, or use a lifting aid.
2. Keep the object you're lifting as close to your body as possible.
3. Don't twist your back as you lift. Instead, move your feet to turn.
4. Always lift with your legs, not your back.
5. It's easier to lift objects with handles, and it reduces the strain on your back.
6. If you have to carry something any distance, keep a firm footing, and plan your route to avoid tripping hazards.
7. Regular exercise strengthens your back and abdominal muscles.
8. If lifting is a regular part of your job, spend a few minutes every day before work on power warm-ups.
9. Eat right and exercise. Extra pounds cause extra strain on your back.

Sources: The Lifting Challenge, National Safety Council, 2000 Lifting and Carrying, National Safety Council, 2003

FRUITS AND VEGGIES REDUCE PANCREATIC CANCER RISK

Researchers at the University of California- San Francisco have found that eating daily servings of fruits and vegetables is associated with a nearly 50 percent reduction in the risk of developing pancreatic cancer. About 30,000 people die each year from the disease, which is difficult to diagnose and remains relatively untreatable.

The vegetables most closely associated with increased protection are onions, garlic, beans, yams, sweet potatoes, corn, yellow squash, and leafy vegetables. Fruits are helpful, especially citrus fruits, but less so than vegetables.

Those who realize the most benefit eat at least five servings of fruits and vegetables a day (one serving = a half cup).

Sitting and Back Strain

Tips for preventing annoying backaches

Sitting is one of the biggest causes of back strain. People who sit at their workstation all day often slouch forward. That makes the ligaments, not the muscles, do all the work. The ligaments then stretch, cause pain, and put pressure on the backbone. Your lower back takes most of that strain.

Here's how to make sitting easier on your back:

- ☞ **Keep your chair close to your workstation** so you don't hunch your back.
- ☞ **Sit up straight.** Avoid leaning over while working.
- ☞ **Keep your back against the chair back.**
- ☞ **Keep your feet on the floor,** knees slightly higher than hips.
- ☞ **Adjust your chair** to the proper height.
- ☞ **Turn your whole body** instead of twisting part of it to reach things.
- ☞ **Use your elbow to support your arm when you're on the phone**—don't cradle the phone in your neck.

No single sitting posture is ideal. Move around and adjust your seat regularly to help prevent fatigue, strain, and backache.

Other causes of back strain and pain include incorrect lifting and strain from poor standing posture. If you experience regular back pain, see your doctor. It's best to treat back pain before it gets worse.

What Causes Accidents?

Test your accident prevention knowledge

Safety experts claim that every accident has a cause. When those causes are identified and eliminated, accidents can be prevented. Do you agree?

Test your understanding of workplace accidents and accident prevention. Circle T for True or F for False after reading each of the statements below.

1. On-the-job accidents claim the lives of five American workers each day. **T F**
2. Accidents are often a case of being in the wrong place at the wrong time. **T F**
3. You're more likely to have an accident if you are tired or upset. **T F**
4. Unsafe acts only endanger the person acting unsafely. **T F**
5. Only inexperienced workers really need to wear personal protective equipment (PPE) when working. **T F**

Answers:

- (1) False. Workplace accidents kill more than three times that many every day.
- (2) False. Every accident has a specific cause—either an unsafe condition or an unsafe act.
- (3) True. Fatigue, anger, and worry over personal problems distract you from your work and increase your chance of having an accident.
- (4) False. Other workers nearby may also be endangered.
- (5) False. Everyone must wear required PPE.

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JULY IS UV SAFETY MONTH

Aside from burning your skin and causing skin cancer, long-term exposure to the sun's ultraviolet (UV) rays can cause serious eye damage. According to the American Academy of Ophthalmology, UV rays can damage both your eye lens and the retina.

The sun's rays may also contribute to macular degeneration, an eye disorder in which the central part of the retina is damaged, often resulting in blindness.

The Academy says the best way to protect your eyes is to wear sunglasses that block 99 percent to 100 percent of UV light, and a brimmed hat to shield your eyes, when you're outdoors this summer. Remember that UV light can reach your eyes even through the clouds, so keep the sunglasses and hat on.

Here's another important UV fact: During the summer the level of UV radiation is *three times* greater than during the winter. And the more you're exposed to UV light, the greater the risk.

SUMMER WEATHER EMERGENCIES

Thunderstorms

It's safest to be indoors during a thunderstorm, but if caught outdoors, seek shelter quickly or, if necessary, get inside a hardtop vehicle and keep the windows closed. If that's impossible, stay away from tall trees, flagpoles, metal fences, and towers.

In wooded areas, find safety under a thick growth of small trees. In the open, find as low a place as possible—in a ravine or beneath an underpass. Get out and away from open water. Get off and away from motorcycles, bicycles, and golf carts.

Put down golf clubs and metal baseball bats. If you're with other people, don't cluster together; keep several yards apart.

Tornadoes

If a tornado warning is issued, take shelter immediately—but never in a mobile home or a motor vehicle. Stay away from windows. Go to the lowest floor and get underneath a heavy piece of furniture such as a desk or workbench, and cover your body with blankets, a sleeping bag, or a mattress.

In a large public building, get to the inner-most part of the lowest possible floor (don't use the elevator), crunch down to make yourself as small a target as possible, and protect your head.

Floods

When a flood warning has been issued, get to higher ground without delay, staying away from low areas, creeks, streams, and underpasses. Never attempt to cross flooded areas in a car or truck.

Heat Wave Safety

Tips for surviving extremely hot weather

A heat wave is defined as three or more days of temperatures 90 degrees or higher. Most summers you can count on at least one heat wave. So remember these tips for surviving extreme heat in good health:

- ⚙️ **Slow down.** High heat and humidity put a lot of stress on your body as it tries to regulate internal temperature.
- ⚙️ **Exercise early in the morning** or in the evening after the sun goes down.
- ⚙️ **Drink plenty of water all day**—at least eight glasses a day, or two to four glasses an hour (16-32 ounces, or 1 to 2 quarts) if you are working or exercising in extreme heat.
- ⚙️ **Increase salt intake** to replace salt lost in sweat. (If you're on a low-sodium diet, check with your doctor first.)
- ⚙️ **Dress cool**—lightweight, light-colored clothing reflects heat. Wear a hat to keep the sun off your head.
- ⚙️ **Stay out of the sun during the hottest part of the day.** If you can't, at least get out of the sun occasionally and take a break in a shady, cooler place.
- ⚙️ **Pay attention to your body.** Early warning signs of heat stress include headache, heavy perspiring, high pulse rate, and shallow breathing. If you experience any of these symptoms, sit down in a shady, cool location and drink water. If symptoms persist, get medical attention.

Grill Safely

Don't let your barbecue go up in smoke

Grilling is a pleasant and healthful way to cook in the summer. But whether you use a gas or charcoal grill, you need to know the hazards. According to the City of Chesapeake Fire Department (Virginia), the leading causes of structure fires involving charcoal-fueled grills are unattended cooking and placing combustibles too close to the grill. The leading causes of fires involving gas-fueled grills are parts failure, leaks, or breaks in the fuel line.

If you use a grill this summer, follow this advice from the Home Safety Council:

- 🔥 **Position your grill at least 3 feet away from other objects**, including the house, shrubs, or bushes.
- 🔥 **Make the grilling area a "No Play Zone"** for kids and pets.
- 🔥 **Use only starter fluid made for barbecue grills** when starting a fire in a charcoal grill.
- 🔥 **Check the connection between the propane tank and the fuel line** before using a gas grill to be sure it is working properly and not leaking.
- 🔥 **Immediately turn off the gas if you detect a leak**, and don't attempt to light the grill again until the leak is fixed. Never use a match to check for leaks!
- 🔥 **Never bring a barbecue grill indoors**, or into any unventilated space. This is both a fire and carbon monoxide poisoning hazard.

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FACTS ABOUT HEART ATTACKS

More than 1 million Americans have heart attacks every year, and half of them don't survive the attack. Common symptoms include:

- ♥ **Chest discomfort**, mainly in the center of the chest that lasts for more than a few minutes or goes away and returns. The discomfort might feel like pressure, squeezing, fullness, or pain.
- ♥ **Discomfort in other areas of the upper body**, including pain or discomfort in one or both arms, the back, neck, jaw, or stomach.
- ♥ **Shortness of breath** often accompanies chest discomfort, but it can also occur before chest pains.
- ♥ **Other symptoms** may include breaking out in a cold sweat, nausea, or light-headedness.

Don't ignore symptoms. Even if you're not sure it's a heart attack, get checked out. Delay in getting treatment can result in permanent heart damage that can greatly reduce your ability to perform everyday activities.

Take these steps to reduce the risks:

- ♥ **Don't smoke.** It doubles your risk of heart attack. But after you stop, your risk soon drops to that of a lifelong non-smoker.
- ♥ **Eat a healthy diet.** Choose foods low in cholesterol and saturated fat. Eat fresh fruits and vegetables, whole grains, and low fat and nonfat dairy products. Avoid junk food, fried food, and sugary snacks.
- ♥ **Exercise.** Find an activity you enjoy and do it regularly.

SHORTNESS OF BREATH MAY SIGNAL HEART DISEASE

Researchers at Cedars-Sinai Medical Center have found that patients with shortness of breath can have a higher risk of dying from heart disease than patients with typical cardiac pain. However, researchers say that the risk can be significantly reduced by early diagnosis and treatment.

So if you or someone you know has been experiencing shortness of breath recently, don't ignore the problem. Have it checked out by a doctor right away.

REPORT TARGETS AGES 55-64

A government report says that 50 percent of Americans ages 55 to 64 have high blood pressure, a major risk for heart disease and stroke, and that 40 percent are obese. The report suggests people in that age group pay more attention to weight, cholesterol level, blood pressure, heart attack risk, and signs of diabetes.

The Dangerous Mix

Drinking and driving are a deadly brew

Hot summer evenings are a time when many people like to unwind after work with a couple of beers. And that's great, as long as you don't drink and drive.

Even a little alcohol can affect your judgment, vision, and reflexes, the three most critical skills necessary for good, safe driving. Just two beers, two glasses of wine, or two shots of hard liquor, for example, could put a 100-pound woman at or above the legal limit. Although it would take a bit more to make a 175-pound man legally intoxicated, a couple of beers would cause just enough physical and mental impairment to seriously increase the risk of a vehicle accident.

It's a sobering thought that someone dies in an alcohol-related traffic crash every 30 minutes. Nearly 600,000 Americans are injured in alcohol-related traffic crashes each year. Three out of every 10 Americans face the possibility of being directly involved in an alcohol-related traffic crash during their lifetime. And close to 1.5 million people nationwide were arrested in one recent year for driving under the influence of alcohol and/or narcotics.

So enjoy your beer or glass of wine. You've worked hard today. You deserve a little time to sit back and unwind. Just don't do it behind the wheel of a car!

Summer Insect Dangers

Protect yourself from bugborne disease

Lyme Disease is caused by bites from infected ticks.

Symptoms: bull's-eye rash, flu-like symptoms such as fever, lymph node swelling, stiff neck, fatigue, headaches, migrating joint aches, or muscle aches

Precautions:

- ⊗ Wear light-colored clothes to see ticks more easily.
- ⊗ Wear long sleeves; tuck pant legs into socks or boots in tick-infested areas.
- ⊗ Wear high boots or closed shoes that cover your feet completely.
- ⊗ Wear a hat and use tick repellants, but not on your face.
- ⊗ Shower after being outdoors. Wash and dry your clothes at high temperature.
- ⊗ Examine your body for ticks after working or playing outside.
- ⊗ Remove any attached ticks promptly with fine-tipped tweezers.

West Nile Virus is caused by mosquito bites.

Mild symptoms: fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands

Severe symptoms: high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis

Prevention:

- ⊗ Apply insect repellent with DEET to exposed skin.
- ⊗ Spray clothing with repellents containing DEET or permethrin.
- ⊗ Wear long sleeves, long pants, and socks.
- ⊗ Be extra careful at dusk and dawn when mosquitoes are most active.