



NOAA's National Weather Service

Our Employees' Safety and Environmental Newsletter for Work and Home



Volume 3, Issue 3

July/August/September 2007

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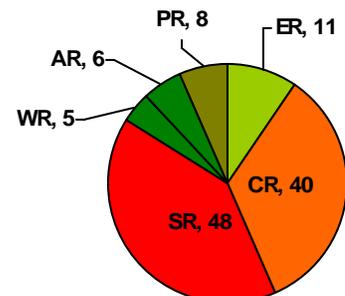
Seventeen environmental, safety and health experts from the National Weather Service and NOAA got together June 12-13, 2007 for their annual NWS Environmental, Safety, & Health Workshop. This year's workshop was hosted by the Western Region Headquarters in Salt Lake City, Utah. The two day event focused on Incident Investigation & Reporting as well as Environmental updates on NEPA, SPCC and Clean Air Act. The group also conducted risk management studies on Lock Out/Tag Out and Muscular Skeletal Disorders with concentration on lower back injuries. Another big discussion topic was safety training and a call for review on current courses like Fall Protection and ESH training for Focal Points.

S T A T S

NOAA's Environmental Compliance and Safety Assessment System (NECSAS) is a program involving the environmental and safety audits of your facilities. Audit findings consist of code deficiencies, agency policy violations, and recommended best-management practices. Once a facility audit is complete, the findings go through a review process and then are entered into a tracking system.

This chart represents the number of outstanding findings in each region from previous NECSAS audits. A majority of these findings have been outstanding for more than twelve months.

NECSAS REVIEW Open Findings by Regions



Supervisor's Desk-Side Brief

The National Weather Service continues to maintain an injury rate below 1.0. This is a remarkable achievement — not just in NOAA — but for the entire Federal government. This means less than one person is injured for every 100 NWS employees. The Federal Government's injury rate for 2006 was 4.45.



However, once an employee is injured, we are not doing such a great job in taking care of them, especially when it comes to the Federal Worker's Compensation. Many supervisors do not know the process for managing an injured employee who is entitled to workers' compensation benefits.

Supervisor should refer to the key instructions on this page and continued on page 3 after an employee experiences an on the job injury.

Supervisors, follow these steps when an injury occurs:

If you have an employee who has been injured, or an employee who needs to file a claim for traumatic injury, you should:

- Assist the employee in receiving first-aid and/or advise the employee to seek other medical attention.
- If an employee suffers a traumatic injury (single episode injury), issue a CA-16, Authorization for Examination and/or Treatment. This form generally should not be issued more than 7 days after a traumatic injury. CA-16 forms should not be issued for occupational illness claims (In many DOC agencies the Health Unit issues this form). If you have any concerns about issuing this form, call the Workers' Compensation Center, CCSI, L.P. at **1-800-743-2231**.
- Ensure that all items on the CA-1, Notice of Traumatic Injury and Claim for Continuation of Pay/Compensation, are completed. (Note: Witness statements are not mandatory.) Unsigned claim forms will not be forwarded to the Department of Labor.
- Complete supervisor's part of the CA-1 or CA-2 form and forward to CCSI, L.P. If you have an employee who need to file a claim for an occupational illness (CA-2), please contact the Workers' Compensation Center, CCSI, L.P. at 1-800-743-2231, for specific instructions.

NOAA's workers' compensation processing and liaison services are being provided by a private vendor, Contract Claims Services, Incorporated (CCSI, L.P.). This contractor has extensive experience processing Federal government workers' compensation claims, and has a reputation for providing excellent customer service. CCSI will work closely with the Department of Labor to ensure all claims are processed timely. All claims and claims-related information should be forwarded to CCSI, as follows:

In order to ensure timely claims submission, supervisor should send all initial claims (CA-1's and CA-2's) and claims for disability compensation (CA-7's) by Federal Express overnight to the following address: CCSI, L.P. 300 E. Royal Lane Suite 200, Irving, TX 75039

The contact numbers at CCSI, L.P. are **(800) 743-2231**, **FAX (888) 467-1273**

Supervisors, use the following to brief your employees on their responsibilities when injured:

Employees are responsible for:

- ⇒ Notifying the supervisor promptly of any work injury or occupational illness which has caused, aggravated, or adversely affected a medical condition.
- ⇒ Submitting the appropriate claim form to his/her supervisor within required time limits, as described on Form CA-1 and/or Form CA-2.
- ⇒ Establishing that the injury, or illness was causally related to factors of employment through the submission of factual and medical evidence which supports the claim filed.
- ⇒ Submitting claims for disability through his/her supervisor on a Form CA-7, "Claim for Compensation." The medical evidence submitted must support disability and/or medical treatment on the dates claimed.
- ⇒ Advising the supervisor promptly when the treating physician has medically released him/her to light and/or limited full duty.



Hot Weather Injury Prevention

As the summer temperatures climb, so does the potential for heat injuries. Heat injuries can be prevented by following a couple of important steps: the most important is to stay hydrated; drink plenty of non-alcoholic fluids. The second item to remember is to watch your level of activity. Below is a work/rest regimen matrix published by the Department of Labor and serves as a guide for managing your work activity during high heat periods. To utilize this guide the local wet bulb globe temperature (WBGT) must be known. Also remember, new employees and employees located in the northern areas of the U.S are more susceptible to heat related injuries.

Work/rest regimen

Continuous work
75% Work, 25% rest, each hour
50% Work, 50% rest, each hour
25% Work, 75% rest, each hour

***Values are in °C and °F, WBGT.**

More on Workers' Compensation Program

Where to go for more information:

http://ohrm.os.doc.gov/Safety_and_Health/index.htm

- ◆ [DOC Workers' Compensation Program Document](#)
- ◆ [Workers' Compensation Supervisors Handbook](#)
- ◆ [DOC Safety, Health, and Workers' Compensation Training for Supervisors](#)
- ◆ [H.R. Bulletin FY-05-018 Workers' Compensation Initiative for Return to Work](#)
- ◆ [Federal Employees Compensation Act](#)
- ◆ [DAO 202-310 Workers' Compensation for Federal Employees](#)

----- Work Load* -----

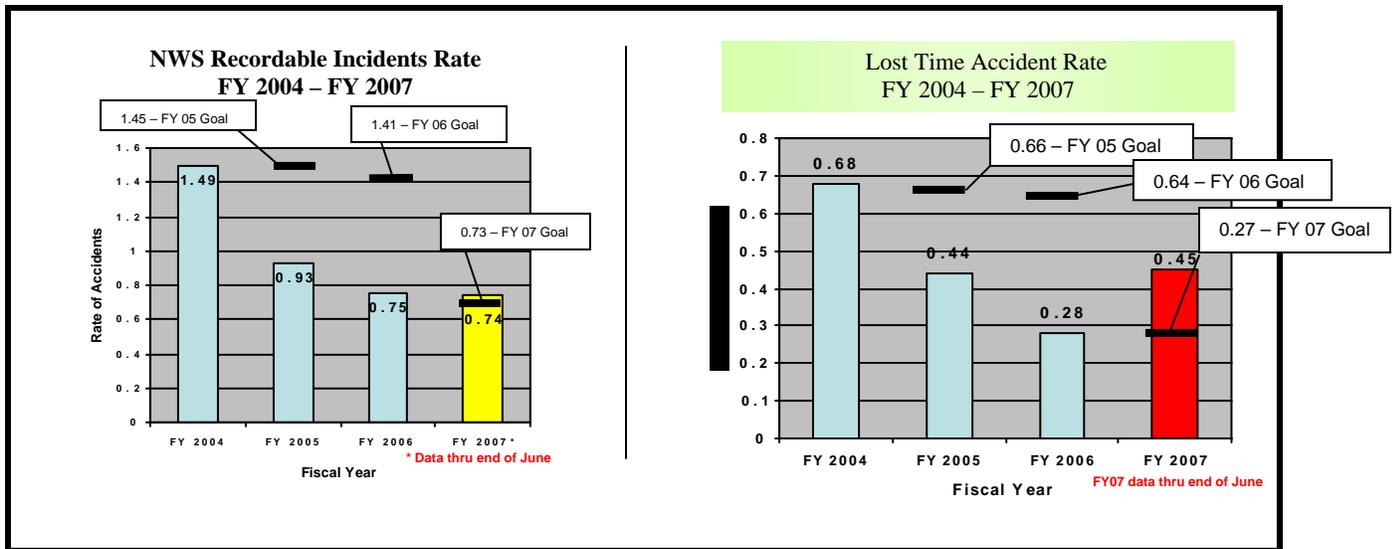
	Light	Moderate	Heavy
Continuous work	30.0°C (86°F)	26.7°C (80°F)	25.0°C (77°F)
75% Work, 25% rest, each hour	30.6°C (87°F)	28.0°C (82°F)	25.9°C (78°F)
50% Work, 50% rest, each hour	31.4°C (89°F)	29.4°C (85°F)	27.9°C (82°F)
25% Work, 75% rest, each hour	32.2°C (90°F)	31.1°C (88°F)	30.0°C (86°F)

These values are based on the assumption that nearly all acclimatized, fully clothed workers with adequate water and salt intake should be able to function effectively under the given working conditions without exceeding a deep body temperature of 38°C (100.4° F). They are also based on the assumption that the WBGT of the resting place is the same or very close to that of the workplace. Where the WBGT of the work area is different from that of the rest area, a time-weighted average should be used (consult the ACGIH 1992-1993 *Threshold Limit Values for Chemical Substances and Physical Agents and Biological Exposure Indices* (1992).

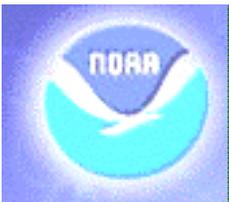
These values apply to physically fit and acclimatized individuals wearing light summer clothing. If heavier clothing that impedes sweat or has a higher insulation value is required, the permissible heat exposure value in Table III: 4-2 must be reduced by the corrections shown in Table III: 4-3. Source: OSHA Technical Manual Sec III:

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Be A True Professional - Integrate Safety Into All Your Operations



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