



# ROBINS AIR FORCE BASE

## ESOH Talk “Special Edition” Covering March, April & May 2018

This bi-monthly publication is brought to you by base Environmental, Safety, Occupational Health, Bioenvironmental (BE) and Fire Dept. to provide news and information for use by all base employees.



### Are You Trained?



Motorcycle Training: <https://motorcycle.robins.af.mil/>



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- *Personal Protective Equipment (PPE)*
- *Workplace Eye Wellness*
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### Did you know?

- ✓ *Antibiotic resistance is one of the world’s most pressing public health threats.*
- ✓ *Antibiotics are the most important tool we have to combat life-threatening bacterial diseases.*
- ✓ *Increased antibiotic resistance is compromising the effectiveness of antibiotics.*
- ✓ *Patients, healthcare providers, hospital administrators, and policy makers must work together to employ effective strategies for improving appropriate antibiotic use – ultimately saving lives.*



<https://trips.safety.army.mil/>



# Personal Protective Equipment (PPE)

**PPE shall be used whenever there are hazards that can do bodily harm through absorption, inhalation or physical contact. This equipment includes respiratory protective devices, special clothing and protective devices for the eyes, face, head, torso and extremities.**

- All PPE shall be approved for the work performed and shall be maintained in satisfactory condition.
- Supervisors are responsible for maintaining discipline with regard to personnel wearing properly fitted PPE, when required, and shall consult the installation Occupational Safety office and Bioenvironmental (BE) concerning the selection and use of PPE.
- BE is responsible for selecting respirator and filter types, and fit testing for users requiring respiratory protection. Supervisors shall instruct personnel in the use and care of this equipment.



## **Air Force personnel shall:**

- Promptly report safety, fire and health hazards to supervision or management.
- Comply with PPE requirements.
- Ensure provided PPE is used when required, adjusted to properly fit and maintained in a sanitary and serviceable condition.
- Notify their supervisors if they wear contact lenses. This information is vital to emergency medical personnel who may need to remove a lens from the individual's eye.
- Notify their supervisors in advance if they have a medical condition or are taking medications that could interfere with their safe performance of assigned duties.
- Notify supervisors of any changes in medical status which might impair their ability to safely wear PPE (e.g., weight changes, facial scarring, dental changes, disfigurement, etc.).

**PPE is not only important at work, but also at home and at play...**



# Personal Protective Equipment (PPE) Not Just For Work



According to the National Safety Council (NSC) Injury Facts, there were 23,800,000 (million) ***preventable medically consulted injuries*** that happened in or outside the home (not related to workplace) in 2016. This can be anything from falls, struck by/against, poison, choking, drowning, suffocation, fire/smoke, guns, etc. In most cases some form of PPE could have lessened or prevented the injury.





# Workplace Eye Wellness



**When it comes to eye health, the more vision ailments employees have, the more medical care they utilize, increasing healthcare related expenses. Employers are encouraged to contact Prevent Blindness America for information on the Healthy Eyes Vision Wellness Program, promoting vision care services in the workplace.**

**Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10-20 % will cause temporary or permanent vision loss. Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.**

**Nearly one million Americans have lost some degree of their sight due to an eye injury. More than 700,000 Americans injure their eyes at work each year. Luckily, 90% of all workplace eye injuries can be avoided by using proper safety eyewear.**

**Here are 10 ways that you can help prevent an eye injury in your workplace:**

## **Assess!**

Look carefully at plant operations. Inspect all work areas, access routes, and equipment for hazards to eyes. Study eye accident and injury reports. Identify operations and areas the present eye hazards.

## **Test**

Uncorrected vision problems can cause accidents. Provide vision testing during routine employee physical exams.

## **Protect**

Select protective eyewear that is designed for the specific duty or hazard. Protective eyewear must meet the current standards from the Occupational Safety and Health Act of 1970 and later revisions.

## **Participate!**

Create a 100% mandatory program for eye protection in all operation areas of your plant. A broad program prevents more injuries and is easier to enforce than one that limits eye protection to certain departments, areas, or jobs.

## **Fit!**

Workers need protective eyewear that fits well and is comfortable. Have eyewear fitted by an eye care professional or someone trained to do this. Provide repairs for eyewear and require each worker to be in charge of his or her own gear.



<https://www.preventblindness.org/>



## **Plan for an Emergency!**

Set up first-aid procedures for eye injuries. Have eyewash stations that are easy to get to, especially where chemicals are used. Train workers in basic first-aid and identify those with more advanced training.

## **Educate!**

Conduct ongoing educational programs to create, keep up, and highlight the need for protective eyewear. Add eye safety to your regular employee training programs and to new employee orientation.

## **Support!**

Management support is key to having a successful eye safety program. Management can show their support for the program by wearing protective eyewear whenever and wherever needed.

## **Review!**

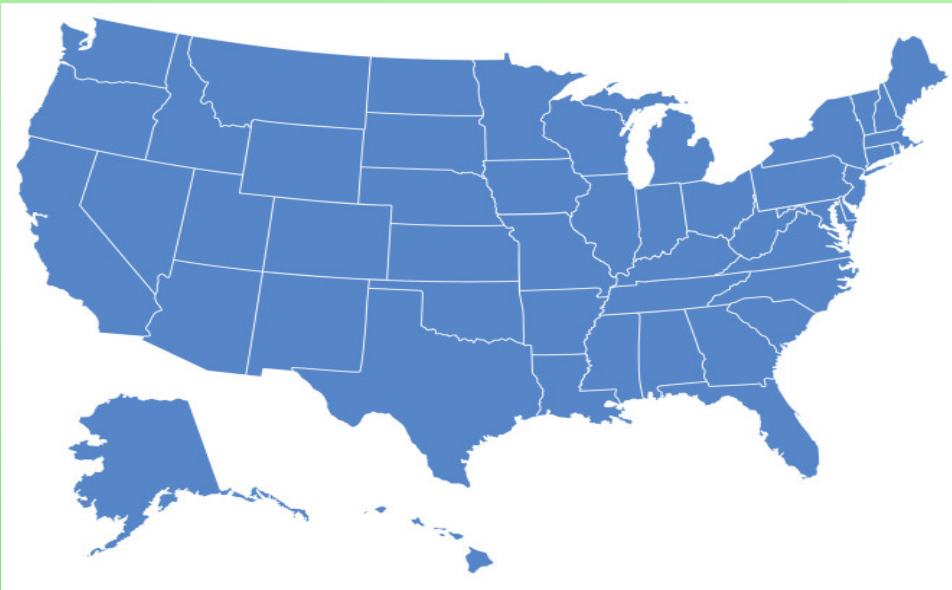
Regularly review and update your accident prevention policies. Your goal should be NO eye injuries or accidents!

## **Put it in Writing!**

Once your safety program is created, put it in writing. Display a copy of the policy in work and employee gathering areas. Include a review of the policy in new employee orientation.



# Report: 6 Best and 13 Worst States for Highway Safety Laws



More than 37,000 people were killed in traffic crashes in the U.S. in 2016. A safety group has ranked states by the number of laws they've passed to reduce that number.

**Advocates for Highway and Auto Safety credited six states— California, Delaware, Louisiana, Oregon, Rhode Island and Washington— with having the most protective road safety laws. (Washington, DC, also got a top rating.)**

The group made its rankings using 16 highway and driving laws the group considers most important in preventing injuries and deaths on roads, including seat belt, motorcycle helmet, and impaired and distracted driving.

Rhode Island has enacted the most: 13. Delaware, Oregon and Washington tie for second with 11.

The 13 states at the bottom: Arizona, Florida, Idaho, Iowa, Missouri, Montana, Nebraska, New Hampshire, Ohio, South Dakota, Vermont, Virginia and Wyoming.

Only five states have helmet requirements for all motorcycle riders and primary front and rear seat belt laws. Primary seat belt laws allow police to issue tickets without finding other violations.

More than one in every four crash deaths involves a drunk driver. But only 20 states have laws requiring: ignition interlock devices for all offenders, increased penalties for drunk drivers transporting children and comprehensive open container prohibitions.

Advocates for Highway and Auto Safety recommends the following number of states need to adopt these measures:

- Advocates for Hi16: primary enforcement seat belt law for front seat passengers
- 31: primary enforcement seat belt law for rear seat passengers
- 31: all-rider motorcycle helmet law
- 41 and DC: rear-facing child safety seat through age 2 law
- 35 and DC: an optimal booster seat law
- 30: critical impaired driving laws
- 7: all-driver text messaging restriction, and
- 19 and DC: graduated driver licensing cell phone restriction.





# Who's Most At-Risk From Thunderstorms?

## From Tornadoes

People who are in mobile homes or outdoors.

## From Lightning

People who are outdoors, or anyone who stays outdoors when thunderstorms are nearby.

## From Flash Flooding

People who walk or drive through flood waters.

## From Large Hail

People who are caught outdoors.



## Before the Storm...

Know your risk,  
Have a plan,  
Be prepared  
and  
Practice and  
maintain your  
plan!





# *Why Worry About Thunderstorms?*

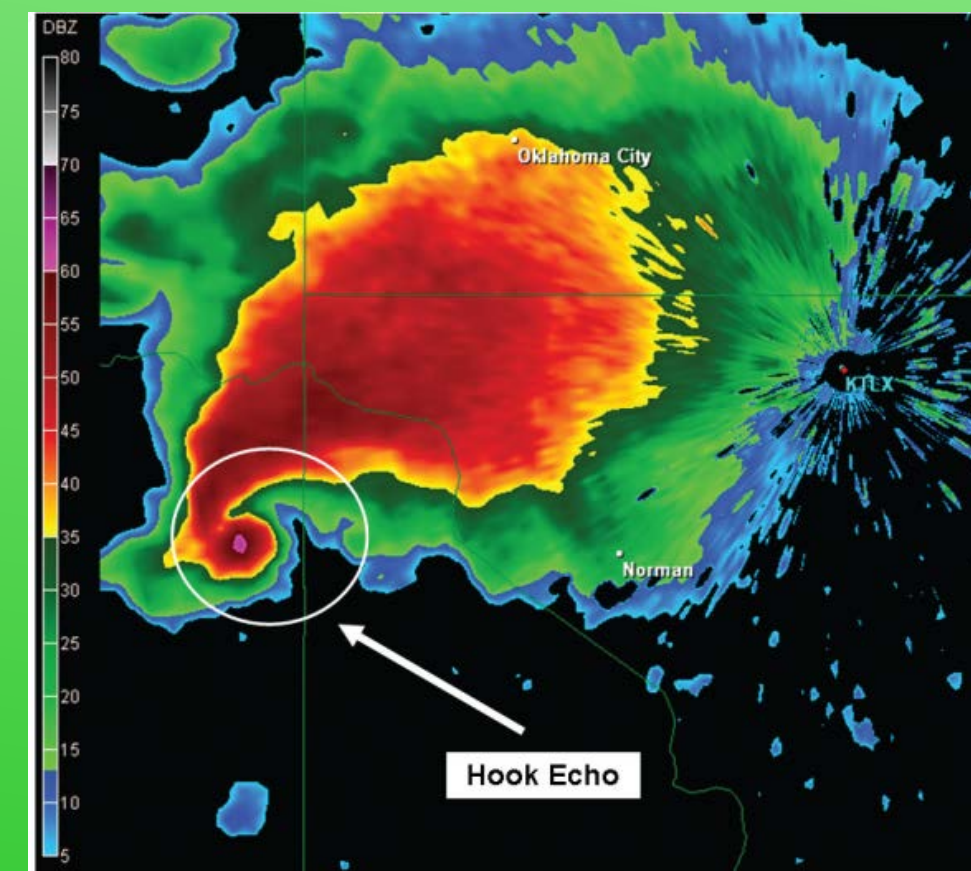
## Lightning...

- Causes an average of 55-60 fatalities and 400 injuries each year
- Occurs with all thunderstorms
- Costs more than \$1 billion in insured losses each year



## Tornadoes...

- Cause an average of 60-65 fatalities and 1,500 injuries each year
- Can produce wind speeds in excess of 200 mph
- Can be 1 mile wide and stay on the ground over 50 miles





# Why Worry About Thunderstorms?

<http://www.weather.gov/om/severweather>

## Straight-line Winds...

- Can exceed 125 mph
- Can cause destruction equal to a tornado
- Are extremely dangerous to aviation



**TURN AROUND, DON'T DROWN!**

## Flash Floods and Floods...

- Are the #1 cause of deaths associated with thunderstorms, more than 90 fatalities each year

## Hail...

- Can be larger than a softball (5 inches in diameter)
- Causes more than \$1 billion in crop and property damage each year







# Heat Stress, Know The Signs

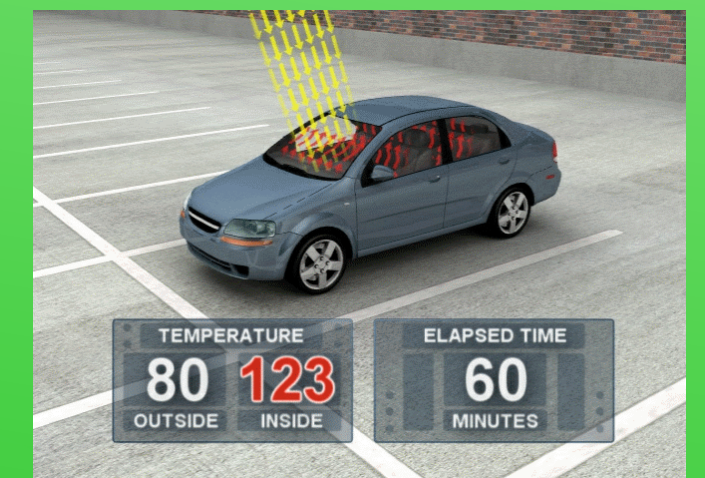
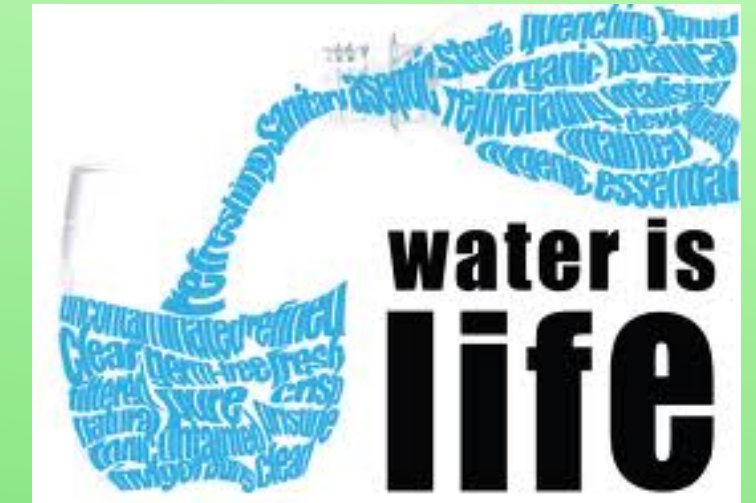


HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy				Throbbing headache
Excessive sweating				No sweating
Cool, pale, clammy skin				Body temperature above 103° Red, hot, dry skin
Nausea or vomiting				Nausea or vomiting
Rapid, weak pulse				Rapid, strong pulse
Muscle cramps				May lose consciousness

- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## CALL 9-1-1

- Take immediate action to cool the person until help arrives





# Heat Stress, Know The Signs

## HEAT STRESS

RELATIVE HUMIDITY

TEMPERATURE

70%

100°F  
37.8°C

60%

95°F  
35°C

50%

90°F  
32.2°C

40%

85°F  
29.4°C

30%

80°F  
26.7°C

**DANGER**

**CAUTION**

**LESS HAZARDOUS**

### Heat Exhaustion

**Symptoms:**

headaches; dizziness or lightheadedness; weakness; mood changes such as irritability, confusion or the inability to think straight; upset stomach; vomiting; decreased or dark colored urine; fainting; and pale, clammy skin

**Actions to take:**

- ☀ **Act immediately:** If not treated, heat exhaustion may advance to heat stroke or death.
- ☀ **Move the victim:** to a cool, shaded area to rest. Don't leave the person alone. If symptoms include dizziness or lightheadedness, lay the victim on their back and raise the legs 6 - 8 inches. If symptoms include nausea or upset stomach, lay the victim on their side.
- ☀ **Loosen clothing:** and remove any heavy clothing.
- ☀ **Give cool water:** (about a cup every 15 minutes) to the victim unless the person is sick to the stomach.
- ☀ **Cool the body:** by fanning and spraying with a cool mist of water or applying a wet cloth to the person's skin.
- ☀ **Call 911:** for emergency help if the person does not feel better in a few minutes.

### Heat Stroke

**Symptoms:**

dry, pale skin with no sweating; hot, red skin that looks sunburned; mood changes such as irritability, confusion, or the inability to think straight; seizures or fits; and unconsciousness with no response

**Actions to take:**

- ☀ **Call 911:** for emergency help immediately.
- ☀ **Move the victim:** to a cool, shaded area. Don't leave the person alone. Lay the victim on their back. Move any nearby objects away from the person if symptoms include seizures or fits. If symptoms include nausea or upset stomach, lay the victim on their side.
- ☀ **Loosen clothing:** and remove any heavy clothing.
- ☀ **Give cool water:** (about a cup every 15 minutes) to the victim if alert enough to drink something but not if the person is sick to the stomach.
- ☀ **Cool the body:** by fanning and spraying with a cool mist of water or wiping the victim with a wet cloth or covering them with a wet sheet.
- ☀ **Use ice packs:** under the armpits and groin area.



# April is Distracted Driving Awareness Month

## “It Was Just...”

It was just a quick call  
It was just a short trip  
It was just one drink  
It was just a picture  
It was just an email  
It was just a glance  
It was just a text  
It was just a bite

‘Just’ is all  
it takes



DISTRACTED DRIVING AWARENESS MONTH 2017

Distracted driving is a public health issue that affects us all. The latest statistics show motor vehicle fatalities are up 6% from 2015. **More than 40,000 people** were killed on our nation's roadways last year, and distracted driving is a major contributor.

Each death is 100% preventable. From cell phones to dashboard infotainment systems to evolving voice command features – all pose a threat to our safety. Just one second of your attention is all it takes to change a life forever.

Distracted Driving Awareness Month in April is a united effort to recognize and eliminate preventable deaths from distracted driving.

**Tens of thousands of people die on U.S. roads every year, and the fatality trend is going in the wrong direction. After a decade of record declines, traffic fatalities increased 14% from 2014-2016, the largest two-year increase in more than 50 years.**



MYNAMEIS-JAC

**Distractions come in all shapes and sizes!!**





# National Public Health Week 2-6 April 2018

# SAFETY



**National  
Public Health  
Week** [www.nphw.org](http://www.nphw.org)

AN INITIATIVE OF THE AMERICAN PUBLIC HEALTH ASSOCIATION

## *Safety is No Accident: Live Injury-Free*

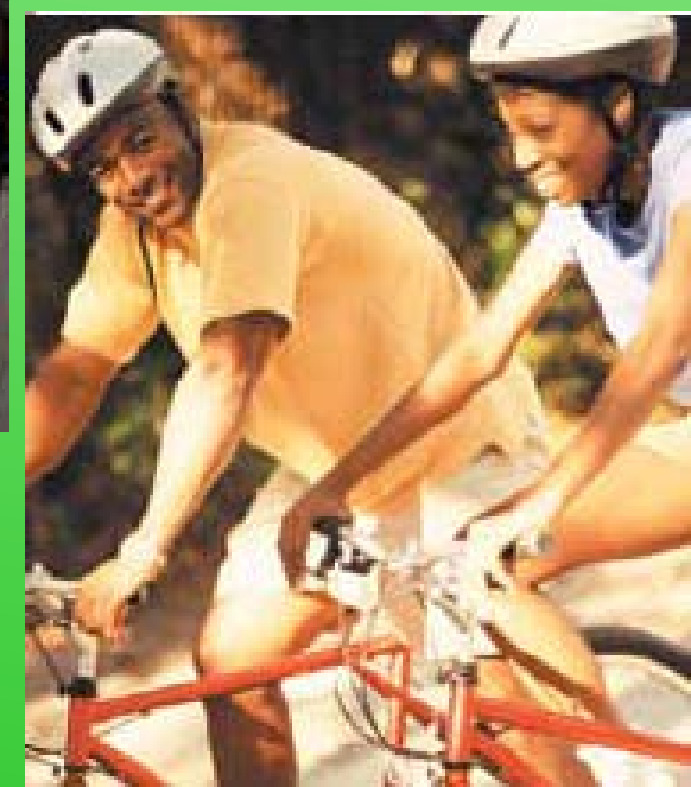
Injuries are not “accidents,” and we can prevent them from happening. Taking actions such as wearing a seatbelt, properly installing and using child safety seats, wearing Personal Protective Equipment (PPE) and storing cleaning supplies in locked cabinets are important ways to proactively promote safety and prevent injuries.

Each year, nearly 150,000 people die from injuries, and almost 30 million people are injured seriously enough to go to the emergency room.

Although the greatest cost may be the compromised health of a loved one, the financial costs are also staggering— injuries account for 12% of annual medical care spending, totaling as much as \$69 billion per year.

It doesn't have to be this way. Many of these costs can be prevented by taking simple steps to protect ourselves, our families and our communities. That's what National Public Health Week is all about: taking steps now to prevent injury and violence.

**For More Information go to:  
[www.nphw.org](http://www.nphw.org)**





# Environmental Management (78 CEG/CEIE) will host: **E-Cycling Day – 6 April 2018**



## Did you know?

- Worldwide, approximately 40 million tons of electronic waste is created every year!
- Approximately 12.5% of e-waste is currently recycled.

**When: Friday, April 6, 2018**

**Where:** Building 987 Recycling Center (Behind BX on 10<sup>th</sup> Street, Robins AFB)

**Time: 9:00 a.m. until 1:00 p.m. (Rain or Shine)**

**Why:** To promote the proper disposal of unwanted electronic equipment

**What:** Items that will be accepted include:

***(Non-Government Items Only)***

Computer Monitors CD ROMs Microwaves

Computer CPU's Stereos Telephones

Laptops Copiers CB Radios

Printers Video Machines CD Players

Disk Drives VCR's Portable Radios

Floppy Drives Camcorders Cell Phones

Keyboards Modems Cables

Record Players Scanners Circuit Boards

Speakers Electrical Panels Typewriters

UPS/Battery Back-up Fax Machines Computer Mouse

Projectors Cameras Test & Networking Equipment

***Items NOT accepted include:*** televisions, appliances (vacuum cleaners, refrigerators, washers, dryers, freezers), gas powered equipment, and all NON-electronic equipment.

**Contacts:**

Casey Lucas, 78 CEG/CEIEC, 478-327-9283

Darryl Mercer, 78 CEG/CEIEC, 478-327-3976



***Don't get mad E-Cycle!***





# May is National Motorcycle Safety Awareness Month



## Motorcycle Safety is a Two-Way Street

When spring is in the air, motorcycles are everywhere. Do you long for the freedom that comes with riding on the open road? Then it's critical to respect your machine and improve your skills throughout your lifetime. But that's only half the story. Motorists interested only in four-wheeled vehicles still have a major responsibility in keeping motorcyclists safe on the road. In recognition of [National Motorcycle Safety Awareness Month](#) in May, the National Safety Council reminds riders – and drivers – to do their part.

- In 2015, 4,976 motorcycle riders and passengers died in crashes, and nonfatal injuries that year totaled 88,000. The statistical compendium on unintentional deaths and injuries published by National Safety Council (NSC). Fatalities among motorcycle riders and passengers have increased nearly 3% from 2006 to 2015, driven largely by an 8% increase in 2015.
- "Although motorcycles make up 3% of all registered vehicles and only .7% of all vehicle miles traveled in the U.S., motorcyclists accounted for 14% of all traffic fatalities, 17% of all occupant fatalities and 4% of all occupant injuries in 2014."
- Nearly one-third of riders who died in a motorcycle crash in 2014 were alcohol-impaired, and in 2015, speeding was a factor in more than 30% of motorcycle crashes.  
*From Injury Facts® 2017*



The vast majority of vehicles on the road are not motorcycles. They're cars and vans and trucks. It's quite possible that as a driver you rarely think about motorcycles. This is a problem. "When motorcycles and other vehicles collide, [it is usually the other \(non-motorcycle\) driver who violates the motorcyclist's right of way,](#)" according to an issue statement from NHTSA. "There is a continuing need to help other motorists 'think' motorcycles and to educate motorcyclists to be aware of this problem."

### Why do drivers often violate motorcyclists' right of way?

- Motorcycles are relatively small and drivers don't see them
- Drivers don't anticipate motorcycles' movements
- The driver's view of the motorcyclist is obstructed, often by the vehicle's blind spots or other vehicles
- The driver is distracted**



**Driver education programs** should emphasize these issues – especially in programs for mature drivers who may have diminished abilities.



# May is National Motorcycle Safety Awareness Month



**A helmet is the most important equipment a biker can use. In 2015, 1,922 motorcyclists who died were not wearing a helmet.**

**Helmets** are estimated to be 37% effective in preventing fatal injuries for operators and 41% for passengers, and they **saved an estimated 1,772 lives in 2015**, according to *Injury Facts® 2017*. An additional **740 lives could have been saved that year if all had worn helmets.**

The Motorcycle Safety Foundation provides there are five basic road riding rules to follow to ensure that everyone, riders and non-riders alike, can enjoy a beautiful and safe spring season.

**The following are:**

- 1. Get properly trained and licensed**
- 2. Wear all protective gear, all the time**
- 3. Ride unimpaired by alcohol or other drugs**
- 4. Ride within your own skill limits and obey traffic laws**
- 5. Be a lifelong learner by taking refresher Rider Courses**





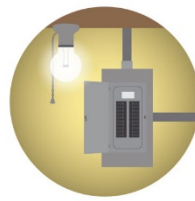
# NATIONAL ELECTRICAL SAFETY MONTH



## Be fire smart with electricity throughout your home.



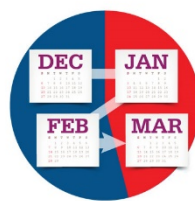
There are **more than 45,000** home electrical fires each year.



About **half** of these involve lighting equipment or home electrical wiring.



Home electrical fire deaths peak between **midnight and 6 a.m.**



Peak months for electrical fire deaths are **December through March.**

Plug only **one** heat-producing appliance (such as a coffee maker, space heater, or microwave) directly into a wall outlet at a time.

Extension cords should only be used temporarily. Have an electrician install additional wall outlets where you need them.



Never use an extension cord with a heat-producing appliance.

For more information about electrical fire safety, visit [www.usfa.fema.gov](http://www.usfa.fema.gov) and [www.nfpa.org](http://www.nfpa.org)

U.S. Fire Administration



## May is National Electrical Safety Month

Help prevent home fires! Smoke alarms should be installed in every bedroom, outside each sleeping area and on every level of the home – and tested every month.

#electricalsafetymonth

For More Info Go To: [www.esfi.org](http://www.esfi.org)







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March 2018							April 2018							May 2018						
Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat
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4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14 USR ERC	15 SST ARC	16	17	15	16	17	18 USR	19 SST	20 BRC	21 BRC	13	14 BRC	15 BRC	16 USR ERC	17 SST ARC	18	19 ERC
18	19	20	21	22	23	24	22 BRC	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30						27	28	29	30	31		

### ESOH POC's

78 ABW/SE Safety Office  
Bldg. 549, 2nd Floor Suite 213  
DSN: 468-6271  
Comm: 478-926-6271

78 MDG/SGPB Bioenvironmental Engineering  
Bldg. 207  
DSN: 497-7555  
Comm: 478-327-7555

78 CEG/CEIE Environmental Management  
Bldg. 359  
DSN: 468-9645  
Comm: 478-926-9645

778 CES/CEFX Fire Emergency Services  
Bldg. 377  
DSN: 468-2145  
Comm: 478-926-2145

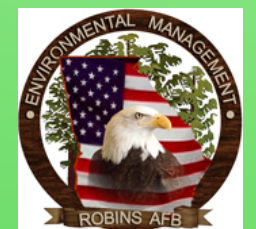
78 AMDS/ Occupational Medicine Services  
Bldg. 207  
DSN: 497-7591  
Comm: 478-327-7591

### CALENDAR LEGEND

- SST: Supervisor Safety Training, Bldg. 941, PDC Rm@ 0800
- BRC: Basic Riders Course (2 day course)
- ERC: Experienced Riders Course
- ARC: Advanced Riders Course
- MSRC: Military Sport Bike Riders Course

Motorcycle Training go to: <https://motorcycle.robins.af.mil/>

Other training: Contact 78 ABW/SE  
468-6271



78 ABW/SE- Robins AFB Safety SharePoint

<https://org2.eis.af.mil/sites/21121/>