

Safety Shack

VOLUME 1, ISSUE 1

FOURTH QUARTER 2015

**SPECIAL
POINTS OF
INTEREST:**

- **NEW EM 385 Training**
- **Contractor NEAR MISS Reporting**
- **Mechanical Rooms**
- **Heat Safety**



HEAT IS HERE!

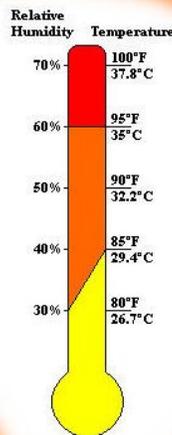
Heat in field work can cause significant health risks—seen and unseen.

1. **HYDRATE** with water or other NON-CAFFEINE drinks.
2. Protect your exposed skin with a high-level, water proof, sunscreen

THE HEAT EQUATION

High Temperature
+ High Humidity
+ Physical Work
= Heat Illness

- = Danger
- = Caution
- = Less Hazardous



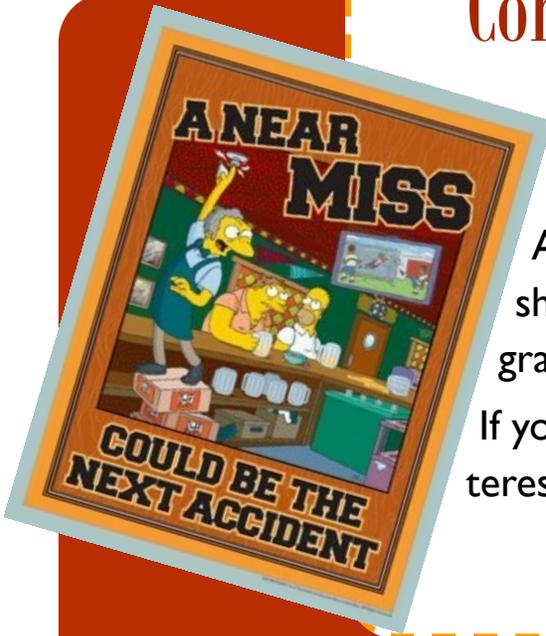
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3. **HYDRATE**
4. Seek shade periodically during the day
5. Watch for signs of Heat Exposure or Heat Exhaustion in your co-workers
6. Get medical attention **IMMEDIATELY**

Medical Condition	Symptom	Responses
Heat Cramps	Painful muscle cramps and spasms, usually in muscles of legs and abdomen. Heavy sweating.	Apply firm pressure on cramping muscles or gently massage to relieve spasm. Give sips of water; if nausea occurs, discontinue water intake.
Heat Exhaustion	Heavy sweating, weakness, cool skin, pale, and clammy. Weak pulse. Normal temperature possible. Possible muscle cramps, dizziness, fainting, nausea, and vomiting.	Move individual out of sun, lay him or her down, and loosen clothing. Apply cool, wet cloths. Fan or move individual to air-conditioned room. Give sips of water; if nausea occurs, discontinue water intake. If vomiting continues, seek immediate medical attention
Heat Stroke (Sun Stroke)	Altered mental state. Possible throbbing headache, confusion, nausea, and dizziness. High body temperature (106°F or higher). Rapid and strong pulse. Possible unconsciousness. Skin may be hot and dry, or patient may be sweating. Sweating likely especially if patient was previously involved in vigorous activity.	Heat stroke is a severe medical emergency. Summon emergency medical assistance or get the individual to a hospital immediately. Delay can be fatal. Move individual to a cooler, preferably air-conditioned, environment. Reduce body temperature with a water mister and fan or sponging. Use air conditioners. Use fans if heat index temperatures are below the high 90s. Use extreme caution. Remove clothing. If temperature rises again, repeat process. Do not give fluids.

Contractor Near Miss Reporting



Good news reporting of Contractor Near Miss is on the rise!

As a reminder, all Contractor Near Miss reports should be logged into the CIRS in the ESAMS program.

If you run into any issues contact Teresa Barnet, email: teresa.barnet1@navy.mil

"But it's always been that way!"

Mechanical Rooms

There has been a noticeable decrease in contractors providing inspections of and any discrepancies of mechanical rooms where they do routine maintenance and/or respond to a work order.

For clarification:

A building manager is NOT responsible for reporting discrepancies in Mechanical Rooms if they are not part of their daily work area and will not be directed to inspect these areas. The rationale is obvious, they

do not know what to look for.

All FEADS remind your contractors that they are responsible for notifying Safety of discrepancies so a work order can be generated.

VPP Initial and Refresher

The Voluntary Protection Program is still alive! All new NAVFAC NW employees are given a VPP Passport book. After 20 items are completed in the passport, the supervisor signs off

that the person DID perform the actions; the passport is sent to Tes in the Safety Office and the person receives a monetary award of \$200!

Supervisors have additional items they are to

complete.

We DO review the passport...so integrity is expected.

Work is ongoing for a VPP Refresher program. What the award will be



July Safety Focus - PPE



Personal Protective Equipment (PPE) are items used to protect you from known (and at times, unknown) hazards in a work area; "equipment worn to minimize exposure to serious

workplace injuries and illnesses." This can range from fall protection harnesses or a TVEC suit to a safety hat and reflective vest. They are items that are used everyday or only once in awhile.

Every work site, PRIOR to commencing work are to review the safety plan and required

PPE (including inspection of the gear).

BLUF: Wear your PPE



EM 385 40-hour Training

POC: Teresa Barnet, Contract Safety Manager

A series of 40-hour classroom trainings will be conducted on the new EM 385 for all new PARS/CM/ET's .

Registration will be through TWMS. An email and Plan of the Week entry will be posted when it is open for registrations

Refresher Training

NAVFAC HQ will be updating the ESAMS EM385 required training. This will be "refresher" training for all personnel who have attended EM 385 in the past.

Expected date: July 2015

EM 385 Training Dates

Nov 2-6, 2015,
 NASWI 0800-1600
 Lead Instructor: Mr. Jim Hewitt,
 NAVFAC LANT
 Feb 22-26, Location TBD
 Apr 11-15, Location TBD

Employee Driven Safety Committee (EDSC)

The Employee Driven Safety Committees (EDSC) are critical component of our proactive Safety Culture.

Knowing Safety is unable to "see" every safety concern/ discrepancy in the NAVFAC Northwest area of responsibil-

ity (AOR), the EDSC's are heavily relied on to help intake concerns from employees and to identify and take corrective action on any safety discrepancies they see in their areas.

EDSC Chairperson:

CORE/IPT: Valerie Koehler
 NBK Kitsap: Shawn Huston
 PWDK Shops: James Maki
 PWDWI: BUC Adam Brown
 PWDNSE: Mike Widener

Did You Know?

Men sweat more than **women**.

AND ARE MORE SUSCEPTIBLE TO **HEAT-RELATED ILLNESS**

In a normal year approximately

371 American men & women die from extreme heat.



A great reminder why you should always drink plenty of **water**, wear **sun screen**, eat **lightly**, and **rest** often indoors or in shady areas this **summer**. Learn more about preventing heat-related illness at

UCR Environmental Health & Safety
www.ehs.ucr.edu

Be part of Safety—

Submit a short article for the upcoming “Safety Shack”.

Send your articles/pictures by **August 1st** to

Teresa Barnet

Email: tere-

sa.barnet1@navy.mil



Next time....

Crane Safety - “Tripping” into Fall - 2016 Contract Safety Meeting



**Naval Facilities Engineering
Command Northwest**

Command Safety
1101 Tautog Circle
Room 219
Silverdale, Washington 98315
Address Line 3

The NAVFAC Northwest Safety Team is committed to ensuring our workers go home each night to their family and friends through a proactive “putting prevention into practice” program and making Safety #1.

Command OSHA: Mark Hurst

Contract Safety: Teresa Barnet

SSM NBK—Kitsap: Eric Davic

SSM NASWI/NSE: Michael Widner

Admin Support: Tes Surat