

SPECIAL  
POINTS OF  
INTEREST:

- **New NAVFAC P-307**
- **New WA OSHA Rule on Crystalline Silica**
- **NEW “BRILLIANT” Spotlight**

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## NAVFAC P-307

The new NAVFAC P-307, Weight Handling Program Management is on the streets. Go to: <https://www.navfac.navy.mil/ncc> to download the manual. It is available to our contractors on the NAVFAC NW Safety Shack site:

<http://go.usa.gov/3ZWwH> (case sensitive).



## WA OSHA SILICA RULE

Washington State OSHA released new rule on Crystalline Silica

### “KEY PROVISIONS

- **Reduces the permissible exposure limit (PEL) for respirable crystalline silica to 50 micrograms per cubic meter of air, averaged over an 8-hour shift.**
- Requires employers to: use engineering controls (such as water or ventilation) to limit worker exposure to the PEL; provide respirators when engineering controls cannot adequately limit exposure; limit worker access to high exposure areas; develop a written exposure control plan, offer medical exams to highly exposed workers, and train workers on silica risks and how to limit exposures.
- Provides medical exams to monitor highly exposed workers and gives them information about their lung health. Provides flexibility to help employers — especially small businesses — protect workers from silica exposure.”

Source: [https://www.osha.gov/dsg/topics/silicacrystalline/osha\\_standards\\_silica.html](https://www.osha.gov/dsg/topics/silicacrystalline/osha_standards_silica.html)

# NAVFAC Northwest Personnel Changes

## **“FAIRWINDS AND FOLLOWING SEAS”**

**NAVAL FACILITIES ENGINEERING COMMAND NORTHWEST**

**DEPARTING**

**CAPTAIN MARK GERONIME, CEC, USN**

**COMMANDING OFFICER**

CAPT Geronime is retiring from the Navy after 25 years faithful service.



## **“WELCOME ABOARD”**

**NAVAL FACILITIES ENGINEERING COMMAND NORTHWEST**

**ARRIVING**

**CAPTAIN CHRISTOPHER KURGAN, CEC, USN**

**COMMANDING OFFICER**

CAPT Kurgan and his family come to the Northwest from Naval Construction Group ONE, Port Hueneme, CA.

This will be his first assignment in the great Pacific Northwest.



# Safety Focus - Lock Out/Tag Out

**DANGER**

## LOCKOUT SAFETY

**DANGER**

**ENERGY CAN BE DANGEROUS AND CAN BE PRESENT IN DIFFERENT FORMS:**



**ELECTRICITY**



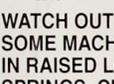
**COMPRESSED AIR**



**HYDRAULIC PRESSURE**



**GAS**

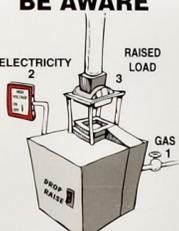


**STEAM**

**WATCH OUT FOR STORED ENERGY. SOME MACHINES STORE ENERGY IN RAISED LOADS, COILED SPRINGS, CHARGED CAPACITORS AFTER THE ENERGY SOURCES HAVE BEEN TURNED OFF.**

**BE AWARE**





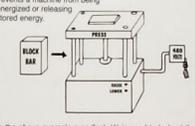
Some machinery and equipment is powered from multiple sources. For example, a machine might use electricity (2), gas (1), and a raised weight (3) which is residual energy. Any single source, by itself... even if the others are turned off and locked out... presents a danger to maintenance workers.

This is only one reason why it's important to follow the lockout procedures established by your employer. Contact your supervisor or employer safety manager for specific lockout information on specific equipment.

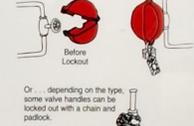
**WHAT IS ENERGY LOCKOUT?**

A lockout is a device which provides a positive means for rendering a switch, valve, raised load, coiled spring or any energy source inoperative. Lockout is a necessary step for ensuring worker safety prior to performing maintenance or service. The lockout device may be a padlock, banking plate, restraining bar, chain and padlock or any device which prevents a machine from being energized or releasing stored energy.

A Safetee Donut™ is a device that can be used to lockout round valve handles of varying diameter. The device loosely encloses the valve handle preventing access and turning.



In the above example a padlock (1) is used to lockout the electrical box and a blocking bar (2) is used to prevent the press weight from dropping (release of stored energy).



Or... depending on the type, some valve handles can be locked out with a chain and padlock.

A Multiple Lockout Device is used for accommodating padlocks when multiple locks are required.



**OPEN**  
Ready to accept padlocks

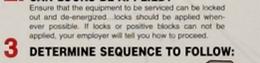
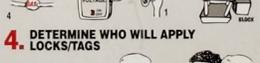


**CLOSED**  
Ready to accept padlocks

Equipment equipped with a flap device, such as an electrical box, can be locked out with a padlock or multiple lockout device and padlocks.

**BASIC ELEMENTS OF A LOCKOUT SAFETY PROGRAM**

- 1. DETERMINE WHAT ENERGY SOURCES WILL BE LOCKED OUT**  

- 2. CAN LOCKS BE APPLIED?**  
Ensure that the equipment to be serviced can be locked out and de-energized. Locks should be applied whenever possible. If locks or positive blocks can not be applied, your employer will tell you how to proceed.
- 3. DETERMINE SEQUENCE TO FOLLOW:**  

- 4. DETERMINE WHO WILL APPLY LOCKS/TAGS**  

- 5. MULTIPLE MAINTENANCE PERSONNEL**  
If there are multiple maintenance personnel, be sure each member applies their own lock/tag. At least one member should apply a lock/tag to all the lockout points.
- 6. BE SURE ALL STORED ENERGY IS SAFELY RELEASED OR BLOCKED**  
Stored energy can be a raised blade or weight; residual line pressures from gases or liquids; capacitor stored electricity; reservoir tanks; coiled springs. It's **NOT** enough to ensure that only energy sources are blocked, stored energy is dangerous too.
- 7. FOLLOW COMPANY PROCEDURE FOR PERFORMING MAINTENANCE/SERVICE**  

- 8. BEFORE REMOVING LOCKS/TAGS AND RETURNING MACHINERY TO OPERATION, BE SURE THAT:**
  - a) all safety guards are back in place
  - b) work is complete and tools are put away
  - c) workers are positioned safely for start-up
  - d) controls are positioned correctly for start-up and machine is operation ready
- 9. ONLY PERSON WHO APPLIED LOCK/TAG REMOVES IT!**  
In accordance with company procedure, **ONLY** the person who applied the lock/tag should remove it. If there are multiple lockout points and members of the maintenance team, team leaders should remove their locks **LAST**, after all others have been removed.
- 10. FOLLOW THE PREDETERMINED COMPANY SEQUENCE OF UNLOCKING AND UNTAGGING THE LOCKOUT POINTS TO RETURN THE MACHINE TO SERVICE.**  
Be sure no one is on, in or attempts to operate the machine during this step.  

- 11. CONTINUED EMPLOYEE TRAINING AND EDUCATION**  
Because safety is everyone's responsibility all employees (and outside contractors) should have a basic understanding of lockout safety, tags and locks. Your employer will provide training and education specific to your workplace and machinery.  


**WHAT IS A TAGOUT?**





A lockout tag shows who locked out the mechanism, the time, date, and department. Other information such as phone or radio page number can also be shown. Tags should be durable and securely fastened to the lockout mechanism so they don't accidentally fall off. Tags should be legible in all weather conditions and should only be applied and removed by the same authorized individual. Lockout tags warn of danger, do not tamper with the switches or mechanisms which they are attached to.

NOTICE —This poster is designed to present a general overview of lockout/tagout safety. Consult your employer's specific written program and OSHA regulation 29CFR 1910.147 for detailed safety information.



## Contract Safety Audits - Trends



At each site walk through, an element is to share what the trends have been up to that point. The following have been noted trends since January 2016:



- SSHO's are taking it upon themselves to bring their APPs up to 2014 and AHAs with newest format from NAVFAC/LANT.
- SSHO's are welcoming the audit and suggestions to improve in the future.
- SSHO's are dedicated to the safety of their personnel on various worksites.
- Not following the "basic minimum outline" in EM385 Appendix A for APP's. This has led to Contractors missing several areas of required information in their APP's (... "shall" ... "at a minimum" ...).
- A lot of copying and paste from old APP's or OSHA site.
- Extraneous "information" - while information is "good", much of the "how to" information is best suited for an AHA or the company safety briefs.
- Information does not apply to the contract or the Pacific Northwest - i.e. hurricanes; describing work that is not listed in the DFOW or not being done in the project.
- Missing required elements in high risk areas (i.e. Fall protection, HECF, etc.).
- Failing to conduct Safety Brief prior to entering a site and/or have a Sign-In sheet as required by EM385.

Many of the trends are easy fixes and are preventable as long as our Contractors pay attention to what is required as outlined in the EM385 and UFGS.



# “BRILLIANT” Spotlight

The “Brilliant” Spotlight this quarter goes to SSHO Joe Talik-King with Jarrett/Washington Patriots.

Joe has incorporated into his AHA’s for his worksite, “Visitor AHA”. BRILLIANT! By having a written AHA, this ensures all visitors entering a site receives a thorough, consistent, safety brief prior to entry.

Keep thinking out of the box everyone and you may be the next “BRILLIANT” Spotlight!

## 40 Hour Contract Hazard Awareness (EM385) Course Graduates

**CONGRATULATIONS**

Graduates from the May 2016 EM 385-1-1,  
Contract Safety Hazard Awareness Course

John Barton	Bobby Christoforidis	Eric Corley
Glen Cox	Brian Cummings	James Davenport
Anthony Diehl	Rory Eisele	Charlie Escola
Curtis Frederickson	Matthew Gallagher	Michael Gonzalez
Dale Hardesty	Scott Jones	Martin Lybeck
Marybeth McNair	David Nishimura	
Jennifer Olson	Carl Robinson	
John Scroggs	Julia Stockton	
Zachary Triggs	Carl Young	



www.fppt.info



**Naval Facilities Engineering  
Command Northwest**

1101 Tautog Circle  
Silverdale, WA 98315

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 OSH: Mark Hurst**

**Contractor Safety Manager: Teresa Barnet**

**SSM NBK Kitsap: Eric Davis**

**SSM NASWI/NSE: Michael Widener**

**Admin Support: Karla King**