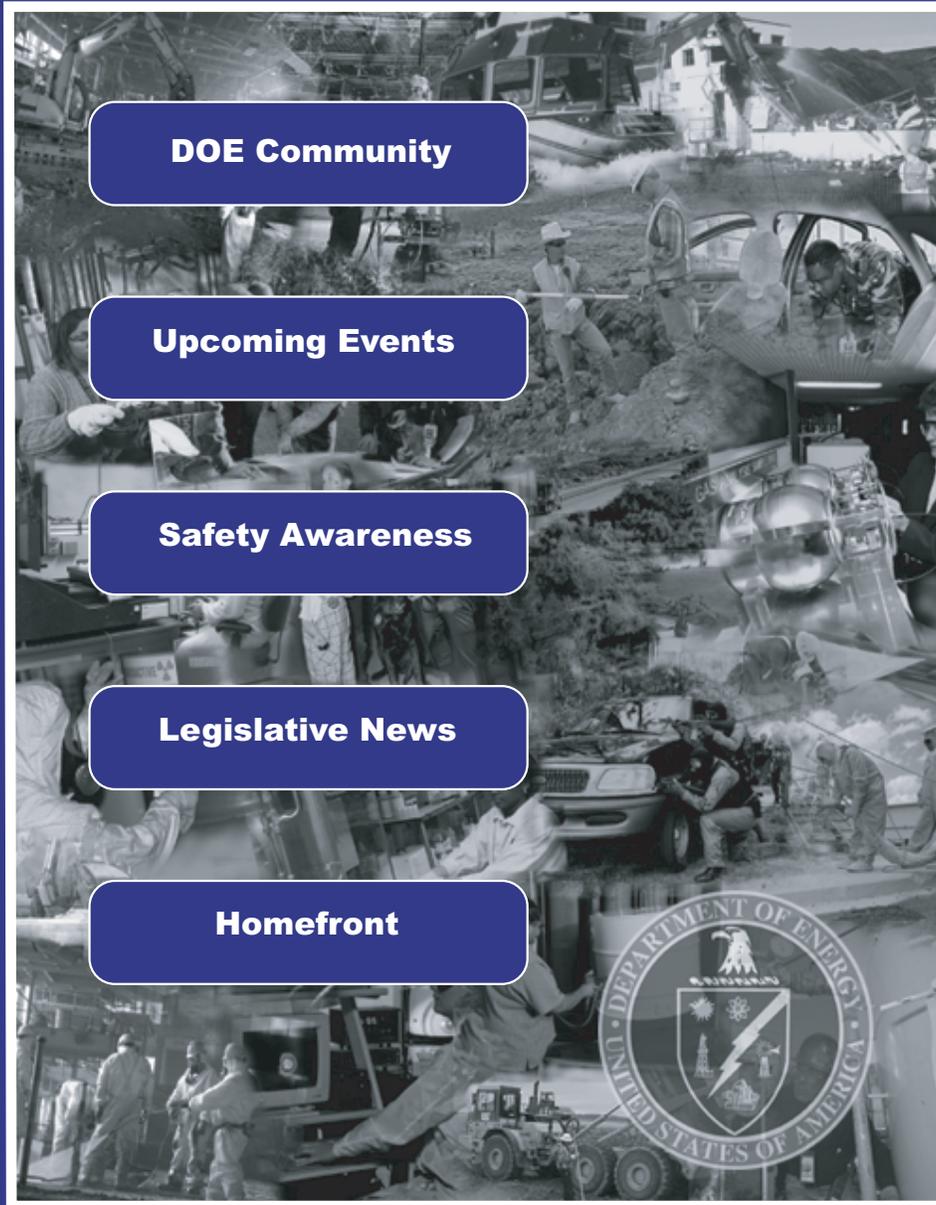


# ★ STARBURST

**YOUR ONLINE SAFETY AND HEALTH RESOURCE**



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★ **Summer 2003**

**DOE Community**

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## DHS-DOE Pilot Program Delivers Refurbished Equipment to Local Responders

Under a Department of Homeland Security (DHS) and DOE joint pilot project, called the Homeland Defense Equipment Reuse (HDER) Program, the departments have provided many local emergency responders with surplus radiological detection instrumentation and other domestic security-related equipment to enhance their preparedness capabilities. To date, seven cities have received radiological equipment through the program, including Los Angeles; San Francisco; Washington, D.C.; Philadelphia; New York; Boston and Detroit.

The surplus radiological detection equipment originates at DOE sites nationwide, and is transferred to DOE's Office of Assets Utilization, National Center of Excellence for Materials Recycling, located in Oak Ridge, Tennessee, for evaluation and refurbishing. DHS's Office for Domestic Preparedness (ODP) identifies equipment needs in local emergency responder communities, and DOE delivers the equipment to these communities, at no cost.

Also a part of the program is training and maintenance. Equipment training is available to emergency responders through ODP's Domestic Preparedness Equipment Technical Assistance Program (DPETAP). To maintain the integrity of the equipment and training, the Health Physics Society, a national organization for radiation safety professionals, provides calibration, maintenance and follow-on refresher training.

To date, the HDER program has refurbished and delivered over 1,500 radiological detection instruments. "The HDER Program is an excellent example of Federal agencies working together to address a critical homeland security issue," said Homeland Security Secretary Tom Ridge.



## EPA's New Program Recognizes Top Environmental Performers

The U.S. Environmental Protection Agency (EPA) designed its National Environmental Performance Track program to recognize and encourage top environmental performers -- those who go beyond regulatory requirements to attain superior levels of environmental performance. The program is open to facilities of all types, sizes, and complexity, public or private, manufacturing or service-oriented.

Currently, the program has over 300 members, and provides its participants with incentives to motivate further improvements. Once accepted, members must reapply every three years and maintain program criteria. Among its benefits are the following: participants are given low priority for routine inspections, members are able to network and share with other members and EPA officials to enhance their current programs, and EPA works with members to ease regulatory requirements through streamlined reporting.

To receive membership, facilities must have the following components in place:

- An Environmental Management System (EMS),
- A history of sustained regulatory compliance,
- Commitment to continuous environmental improvement, and
- A community outreach program.

According to EPA Administrator Whitman, "Performance Track is an important public/private partnership that encourages environmental excellence, involves communities in environmental protection, and focuses on measurable results. Performance Track members demonstrate in their daily business operations that economic prosperity and environmental protection can go hand in hand."

For additional information on the National Environmental Performance Track program, please visit EPA on the web at <http://www.epa.gov/performance-track/index.htm>.

## Behavioral Safety Paved the Way to VPP

By Suzanne Broussard  
[Suzanne.Broussard@SPR.DOE.GOV](mailto:Suzanne.Broussard@SPR.DOE.GOV)

From 2000 through 2001, the Strategic Petroleum Reserve (SPR) sites became the first DOE sites to be accepted into Voluntary Protection Programs (VPP) under both DOE and the Occupational Safety and Health Administration (OSHA). All four operating sites - Bayou Choctaw, Big Hill, Bryan Mound, and West Hackberry - proudly fly both Star flags at their entrances.

The SPR was able to apply for and earn Star status over a very short period of time because two very important processes had already enhanced its safety culture: Behavioral Safety, and Integrated Safety Management.

From 1993 through 1995, SPR's Safety and Health department began introducing Behavioral Safety at its sites. First, management had to be sold on the value of the process. Then, internal consultants were trained. A staged roll-out followed, as the process was implemented one site at a time. By 1996, SPR was holding its first Behavioral Safety conference. Today, the SPR Employee Behavioral Safety Process (EBSP) is in its eighth year, and is fully mature at all five sites.

The process uses peer observation and feedback to prevent accidents, predict areas of risk, and measure performance. The process provides extensive training at various levels of participation. As a result, the people who have been involved in running the process, primarily hourly employees, have become sophisticated facilitators, meeting organizers, relaxed public speakers, and database management specialists. Both the observers and those who have been observed have learned to recognize physical and behavioral hazards. They have also become adept at suggesting hazard controls. Additionally, these lessons learned have helped SPR employees to give OSHA appraisal presentations, and participate in employee interviews.

Although it's been in place for almost a decade, the behavioral process is not stagnating. Currently, SPR is

upgrading its process to incorporate more sophisticated trending, measurement of the quality of observations, and easier use of the data. The sites will use all of these improvements during recertification to demonstrate the continuous improvement required by VPP.

Our safety and health culture made a major shift with the acceptance of the behavioral process. Employee involvement blossomed as employees were given more and more authority to resolve hazards that they identified. Peer-to-peer coaching became acceptable and "near miss" or "at risk" conditions were identified and resolved immediately, during observations and routine work. Employees began reporting using what they learned at home, off-the-job.



The employees have taken the behavioral process to heart, internalized it, and now live it. Management's support has been unwavering, which is absolutely necessary for true employee involvement. Employee involvement is one of the major facets of the VPP process. Thanks to the SPR behavioral process, our employee participation exists. It doesn't just live on paper.

In 1999, SPR became the first DOE FE office to be validated as having implemented Integrated Safety Management (ISM). ISM enhanced SPR's safety culture by bringing to it another critical part of the VPP puzzle, documented integration of Safety and Health (S&H) in all areas of business. The training completed for ISM allowed every employee to understand how safety and health interacted with our business systems and their personal work. ISM review brought organization and recognition of the processes and procedures (documents) that ensure that interaction occurs. As a result, employees were able to describe to the OSHA VPP appraisers how safety and health was "folded in" to our subcontracts, for example. This S&H interaction became expected and institutionalized; another culture shift. As an added benefit, ISM prepared SPR for document review that begins each OSHA VPP appraisal visit.

As a result of EBSP and ISM, SPR was ready for the final culture change that occurred with its decision to apply for participation in VPP. VPP kicked the safety and health management system up another, little notch to the zero accidents level. According to OSHA interviewers, SPR employees understood what hazards were and how to control them and their responsibility and authority to do so. Also, the employees have stated that management always has an open door for safety and health issues. The employees clearly recognized that safety and health are a part of SPR's business, not something "extra." Finally, each site was granted VPP status following the OSHA on-site appraisal.



## Department of Defense Adopts VPP Principles

*By David Smith, EH-51*

Last week, the Department of Defense (DoD) officially adopted Voluntary Protection Program (VPP) principles and practices, by announcing that they will apply commercial technologies and "best practices" from industry and other government agencies, as part of an effort to reduce mishap rates for all departmental activities by 50-percent over the next two years. VPP is widely recognized as the premier safety and health program throughout the private sector, and is in place within other key government agencies, such as the Occupational Safety and Health Administration (OSHA) and the Department of Energy (DOE). The new DoD plan will surely include major portions of VPP.

This action by DoD was prompted by a recent, significant increase in mishap rates throughout the Defense Department. In Fiscal 2002, 82 military personnel died in aviation accidents, compared with 65 aviation-related deaths in fiscal 2001, showing a

staggering 26% increase within one year, according to DoD reports. DoD Secretary Donald Rumsfeld told senior managers that, "world-class organizations do not tolerate preventable accidents." Subsequently, he has called for a 50-percent reduction in mishap rates within two years, stating that this level of reduction is an "achievable goal."

## VPPPA Regional News

### Region X

The Region X Voluntary Protection Program Participants Association (VPPPA) held its annual conference at the West-Coast Hotels in Pasco May 6-8, 2003. Region X comprises the States of Alaska, Idaho, Oregon and Washington. John Drebing, the keynote speaker, presented the topic: the impossible is just an illusion! John captivates audiences through his magic and his unique memorable personal stories to inspire others to work safely.

Gary McDonough, from Georgia-Pacific, in Toledo and the Region X VPPPA Chairperson, welcomed and introduced Paul Villane, VPPPA Executive Director; Richard Terrill, Region X OSHA Administrator; Peter DeLuca, OSHA Administrator; Michael Silverstein, WISHA Assistant Director; Keith Klein, DOE-RL; and Dave Van Leuven, Fluor Hanford President and COE.

Hanford employees participated as moderators and speakers in workshop presentations. Dave Jackson gave a presentation on Region X Sites. Rich Kobelski moderated and Jack Griffith spoke on the topic of Mentoring and Outreach: both are from Fluor Hanford. Jack Griffith also spoke about Respiratory Protection, along with speakers Cliff Ledford, Randy Coleman, Jeff Bemeski (all from Fluor Hanford), and Donna Robinson (from CS&H). Steve Maki, from Fluor Federal Services, spoke on the topic of VPP Success in Construction.

To date, this was the largest conference for Region X, with 325 attendees participating in twenty workshops and training courses, including the VPP Application Workshop, and OSHA Training Courses (e.g., Homeland Defense, Bio-Terrorism, and Permit Entry Confined Spaces).

# Upcoming Events

## Voluntary Protection Programs Participants' Association Calendar of Events

### July

VPP Application Workshop® **July 9, 2003**  
(Hosted by VPPPA)  
Radisson Fort Magruder  
Hotel & Conference Center  
Williamsburg, VA  
Hotel Reservations: (757) 222-2250

Region III Chapter Conference **July 10-11, 2003**  
Radisson Fort Magruder  
Hotel & Conference Center  
Williamsburg, VA  
Hotel Reservations: (757) 222-2250

National Board of Directors Meeting **July 15-16, 2003**  
U.S. Department of Labor, OSHA  
Washington, DC

VPP Application Workshop® **July 23, 2003**  
(Hosted by VPPPA)  
Scottsdale Conference Center,  
Scottsdale, AZ  
Hotel Reservations: (800) 528-0293

Strengthening Star Quality Workshop **July 23, 2003**  
(Hosted by VPPPA)  
Scottsdale Conference Center,  
Scottsdale, AZ  
Hotel Reservations: (800) 528-0293

Region IX Chapter Conference **July 24-25, 2003**  
Scottsdale Conference Center,  
Scottsdale, AZ  
Hotel Reservations: (800) 528-0293

### August

VPP Application Workshop **August 13, 2003**  
(Hosted by Region V)  
Samaritan Regional Health Systems,  
Ashland, OH  
Hotel Reservations  
(Holiday Inn Express): (419) 281-2900  
Hotel Reservations  
(Amerihost Inn): (419) 281-8090  
Info: Ron Mauermann - (920) 438-2313

### September

**September 8-11, 2003**

19th Annual National VPPPA Conference  
Marriott Wardman Park Hotel,  
Washington, DC  
Hotel Reservations: (202) 328-2900

### November

**November 4-6, 2003**

National Board of Directors Meeting  
U.S. Department of Labor, OSHA  
Washington, DC

### 2004

**August 30-September 2, 2004**

20th Annual National VPPPA Conference  
MGM Grand Hotel, Las Vegas, NV  
Hotel Reservations: (800) 929-1111



## RENEW YOUR VPPPA MEMBERSHIP ON-LINE !

If you are a VPPPA member and would like to renew your membership on-line, you may go to the VPPPA web site at:

<https://secure.vpppa.org/vpppa/forms/membership/>

You should go to the members' "login page" and retrieve your membership record to assist you in completing the on-line renewal form.

Please remember that your VPPPA membership runs on a calendar year. Your membership starts January 1, ending December 31. When using the VPPPA automated, on-line service, the data you enter will allow their system to automatically calculate your membership dues. However, if you have any questions about your membership or the dues, you may e-mail the Membership Manager at [membership@vpppa.org](mailto:membership@vpppa.org), or call the VPPPA directly at (703) 761-1146.

# Upcoming Events

## Events of Interest

### July

**July 24 - 25, 2003**

OSHA Homeland Security: **Strategies for Protecting America's Workforce**

**Sponsor: OSHA**

Arlington Convention Center, Arlington, TX

Website/URL: [www.oshainstitute.com/homeland](http://www.oshainstitute.com/homeland)

Contact Information: Elizabeth Britton, TEEX OSHA Training Institute Southwest Education Center,  
Phone: (972) 222-1300

**July 9 - 10, 2003**

**Employee Relations for Supervisors**

**Sponsor: FPMI**

Washington, DC

Website/URL: :

[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)

Contact Information: FPMI

Phone number: 256-539-1850

E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

**July 15, 2003**

**Understanding and Managing Human Behavior**

**Sponsor: Department of the Army, NECPOC**

West Point, N.Y.

Website/URL:

<http://cpolrhp.army.mil/ner/hrd/03tp/crsdesc/understandingbehavior.doc>

Contact Information: Karin Hancock

Phone number: 410-306-0065

E-Mail: [karin.hancock@cpocner.apg.army.mil](mailto:karin.hancock@cpocner.apg.army.mil)

**July 22 - 24, 2003**

**Labor Relations for Practitioners**

**Sponsor: FPMI**

Washington, DC

Website/URL:

[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)

Contact Information: FPMI

Phone number: 256-539-1850

E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

**July 23 - 25, 2003**

**GOVSEC - The Government Security Expo & Conference**

**Sponsor: National Trade Productions**

Washington, DC

Website/URL: <http://govsecinfo.com>

Contact Information: Denise Medved

Phone number: 703-683-8500

E-Mail: [govsec@ntpshow.com](mailto:govsec@ntpshow.com)

### August

**August 7 - 8, 2003**

**Leading and Managing Change**

**Sponsor: Management Concepts**

Washington, DC

Website/URL: <http://www.managementconcepts.com>

Contact Information: Customer Service

Phone number: 703-790-9595

E-Mail: [customerservice@managementconcepts.com](mailto:customerservice@managementconcepts.com)

**August 11 - 13, 2003**

**Problem Solving**

**Sponsor: Management Concepts**

Washington, DC

Website/URL: <http://www.managementconcepts.com>

Contact Information: Customer Service

Phone number: 703-790-9595

E-Mail: [customerservice@managementconcepts.com](mailto:customerservice@managementconcepts.com)

# Upcoming Events

**August 17 - 20, 2003**

## Energy 2003 - Real World, Real Solutions

**Sponsor: U.S. Department of Energy, Federal Energy Management Program**  
Orlando, Fla.

Website/URL: <http://www.energy2003.ee.doe.gov/>  
Contact Information: JoAnn Stirling  
Phone number: 800-395-8574  
E-Mail: [joann@fsec.ucf.edu](mailto:joann@fsec.ucf.edu)

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**August 21 - 22, 2003**

## Strategic Planning

**Sponsor: Management Concepts**  
Vienna, Va.

Website/URL: <http://www.managementconcepts.com>  
Contact Information: Customer Service  
Phone number: 703-790-9595  
E-Mail: [customerservice@managementconcepts.com](mailto:customerservice@managementconcepts.com)

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**August 26 - 28, 2003**

## Consensual Methods of Dispute Resolution

**Sponsor: FPMI**  
Washington, D.C.

Website/URL:  
[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)  
Contact Information: FPMI  
Phone number: 256-539-1850  
E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

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## September

**September 9 - 10, 2003**

## Advanced Statutory Training

**Sponsor: FPMI**  
Washington, D.C.

Website/URL:  
[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)  
Contact Information: FPMI  
Phone number: 256-539-1850  
E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

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**September 10 - 11, 2003**

## Leading and Retaining Employees with Disabilities

**Sponsor: FPMI**  
Washington, D.C.

Website/URL:  
[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)  
Contact Information: FPMI  
Phone number: 256-539-1850  
E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

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**September 16 - 18, 2003**

## Reduction-In-Force Procedures

**Sponsor: FPMI**  
Washington, D.C.

Website/URL:  
[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)  
Contact Information: FPMI  
Phone number: 256-539-1850  
E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

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**September 19, 2003**

## How to Rehabilitate or Remove the Problem Employee

**Sponsor: FDR Conferences Inc.**  
Washington, D.C.

Website/URL:  
<http://www.fdrconferences.org/pdf/35033GE.pdf>  
Contact Information: Allison Hopkins  
Phone number: 202-331-0004  
E-Mail: [fdr@fdrconferences.org](mailto:fdr@fdrconferences.org)

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**September 24 - 26, 2003**

## Employee Relations for Practitioners

**Sponsor: FPMI**  
Washington, D.C.

Website/URL:  
[http://www.fpmi.com/training/OE2000/2002\\_list.shtml](http://www.fpmi.com/training/OE2000/2002_list.shtml)  
Contact Information: FPMI  
Phone number: 256-539-1850  
E-Mail: [fpmi@fpmi.com](mailto:fpmi@fpmi.com)

# Upcoming Events

## October

October 28-30, 2003

### National Occupational Injury Research Symposium (NOIRS)

**Sponsor: National Institute for Occupational Safety and Health**  
Pittsburgh, PA

Contact Information: Kresta French-Fedor,  
Phone: (304) 285-6280, Fax: (304) 285-6039,  
Email: [khf6@cdc.gov](mailto:khf6@cdc.gov)

## December

December 5, 2003

### How to Rehabilitate or Remove the Problem Employee

**Sponsor: FDR Conferences Inc.**  
Washington, D.C.

Website/URL:  
<http://www.fdrconferences.org/pdf/35033GE.pdf>  
Contact Information: Allison Hopkins  
Phone number: 202-331-0004  
E-Mail: [fdr@fdrconferences.org](mailto:fdr@fdrconferences.org)

December 9 - 10, 2003

### U.S. National Security Policy Issues

**Sponsor: The Brookings Institution**  
Washington, D.C.

Website/URL:  
[http://www.brook.edu/execed/open/natl\\_security.htm](http://www.brook.edu/execed/open/natl_security.htm)  
Contact Information: Peter Schoettle  
Phone number: 202-797-6094  
E-Mail: [pschoettle@brookings.edu](mailto:pschoettle@brookings.edu)

## National Occupational Research Agenda

June 23-24, 2003

### NORA Symposium: Working Partnerships-Research to Practice

The fourth bi-annual National Occupational Research Agenda (NORA) Symposium will be held June 23-24, 2003 at the Hilton in Crystal City, near Washington DC. The conference will convene several hundred occupational safety and health researchers, stakeholders, and policymakers from the public and private sectors to review progress in the implementation of the National Occupational Research Agenda (NORA). An important aspect of this conference will be the scientific presentations addressing NORA priorities. This will be a unique forum for a broad cross-section of the occupational safety and health community to learn about the variety of research accomplished during seven years of NORA. For more information, visit <http://www2.cdc.gov/NORA/03call4sub.html>.

October 28-30, 2003

### NOIRS 2003

NIOSH, in association with its public and private sector partners, will host the third National Occupational Injury Research Symposium (NOIRS) on October 28-30, 2003 in Pittsburgh, Pennsylvania. This symposium is a means of implementing the National Occupational Research Agenda (NORA) for traumatic occupational injuries. Additionally, NOIRS will be a great source for developing collaborations, identifying best practices, and sharing innovative technological approaches to injury research and prevention. The symposium will consist of contributed oral presentations in concurrent sessions, organized sessions around topics of special interest, and poster presentations. For more information on NOIRS 2003, visit the NIOSH website <http://www.cdc.gov/niosh/noirs/noirmain.html>.

# Safety Awareness

## EMERGENCY PLANNING FOR SCHOOLS

As schools and communities across the U.S. prepare and develop plans for responding to potential emergency situations, Secretary of Education Rod Paige has unveiled a new web resource to help: <http://www.ed.gov/emergencyplan/>.

It is designed to be a one-stop shop that provides school leaders with information they need to plan for any emergency, including natural disasters, violent incidents and terrorist acts. The site is regularly updated. Secretary Paige and Homeland Security Secretary Tom Ridge recently unveiled this new resource for schools. In addition, for more information about what families and communities can do to be ready for an emergency, please visit [www.ready.gov](http://www.ready.gov).

## MINING OPERATIONS INVOLVE VERY DANGEROUS WORK

It's no secret to occupational safety and health professionals that mining operations involve very dangerous work. However, the general public and even some people in ancillary safety and health positions don't seem to understand potential safety and health hazards involved in mining. More often than not, this is because many people are unfamiliar with the types of work and activities involved in mining. In simple terms, they lack the training and education to understand the seriousness of safety and health at mines.

As a result, the Mine Safety and Health Administration (MSHA) created a web page to help children understand the hazards involved in mining. The Mine Safety and Health Administration's page that was made with kids in mind, based on the belief that training people early in life helps them throughout their lives. It also provides an online method to explore and learn more about mining. Its not just for kids, however. Many adults will benefit from visiting this site and learning about mining operations.

Visit the MSHA on-line web site at: <http://www.msha.gov/kids/kidshp.htm>.

## SCHOOL IS OUT! YOUR TEENAGER WANTS A JOB . . . BUT WILL THEY BE SAFE?

Every year about 70 teens die from work injuries in the United States. Another 70,000 get hurt badly enough that they go to a hospital emergency room.

Why do injuries like these occur? Teens are often injured on the job due to unsafe equipment, stressful conditions, and speed-up. Also, teens may not receive adequate safety training and supervision. The bottom line is that teenagers are much more likely to be injured when working than adults.

The CDC has a web site for teenagers who will be spending part of their summer working and it is important reading for parents, too. The CDC web site, "What You Should Know About Safety and Health on the Job," at: <http://www.cdc.gov/niosh/adoldoc.html> is a good primer on safety and health for new workers. Teenagers and parents alike should consider it mandatory "summer" reading for those about to look for a summer job!

## TORNADO !

It that season, again ... when we can expect storms and tornadoes. Like many potentially catastrophic events, when a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado. The Federal Emergency Management Agency (FEMA) web site, "**Tornado Safety Tips**" at <http://www.fema.gov/hazards/tornadoes/tornadof.shtm> may provide you with the information you need to successfully plan for such events.

In addition, the National Oceanic and Atmospheric Administration (NOAA) has a similar web site, <http://www.spc.noaa.gov/faq/tornado/#Safety> that will provide you with information about tornadoes and tornado safety.

# Safety Awareness

## CORPORATE HEALTH ACHIEVEMENT AWARD

Recognizes Organizations for Excellence in Employee Medicine Practices

The American College of Occupational and Environmental Medicine (ACOEM) has a "Corporate Health Excellence Checklist" published on their web site at <http://www.chaa.org/checklist.pdf>. The checklist is part of the ACOEM's "Corporate Health Achievement Award" (CHAA) which is a program to recognize organizations with exemplary employee health and occupational and environmental medicine practices. The web site for the CHAA program is <http://www.chaa.org/>.

CHAA have been given to deserving organizations in manufacturing and service sectors, including city health departments, federal agencies, and healthcare systems. Also, certificates of merit have been bestowed for model programs noted as sections of applications.

CHAA highlights a commitment to excellence by its sponsor, the American College of Occupational and Environmental Medicine (ACOEM). The ACOEM is the nation's largest organization of occupational and environmental physicians who promote the health and safety of people in the workplace and environment through preventive services, clinical care, research and education. The ACOEM web site is located at <http://www.acoem.org/>.

## NIOSH Uses 3-D Imaging for Safety Devices

To develop innovative designs for lifesaving protective devices, the National Institute for Occupational Safety and Health (NIOSH) is using three-dimensional scanning technology. For example, NIOSH is using project volunteers to create body shapes and postures when they are standing and suspended, to develop new designs for body harnesses.

Since a harness is worn to catch a person if that individual falls while working at any significant height, it needs to absorb and distribute the force of the person falling.

This technology can help NIOSH update its current standards, based on measurements of soldiers in the 1950s, 1970s and 1980s. This program can scan an individual in a minute, compared to 20 minutes using previous methods.

Also part of the program, NIOSH is compiling a database using more than 1,000 three-dimensional scans of faces representing the diverse U.S. workforce. NIOSH hopes to use these scans to develop and test respirator facemasks to comfortably fit a range of facial configurations. To develop criteria for design and manufacturing of tractor cabs, NIOSH will use three-dimensional scans of body sizes and shapes for more than 100 farm workers. Since, for example, a moving tractor with insufficiently placed controls can pose a safety risk.

As follow-on to the program, NIOSH is evaluating a sensor-loaded body suit, connected to a central computer. When a volunteer wears the suit, the sensors send data to the computer. The computer then translates the data into real-time images of movement on a monitor. If current tests prove successful, the body suit may become a prototype to help scientists track a person's movements in physically-demanding work activities. NIOSH hopes the suit can assist scientists in better predicting unsafe occupational movements and postures that put people at risk of injury.

## OPM Provides Disaster Guides to Federal Community

To prepare the Federal workforce for emergencies, the Office of Personnel Management (OPM) has released two emergency preparedness guides for managers and employees. These guides outline an agency's responsibilities (in the event of an emergency), provide advice (e.g., preparing a personal safety kit to keep at work) and recommendations, and encourage employees to volunteer during evacuations. Also, OPM advises managers to have the Federal Protective Service survey their buildings to make recommendations to update security and safety procedures. For more information, or to download the disaster guides, please visit <http://www.opm.gov/emergency/index.asp#employee>.

# Safety Awareness

## OLYMPIAN SHARES THOUGHTS ABOUT WORKPLACE SAFETY AT SUMMIT

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The survivor of a nearly fatal workplace accident who rehabilitated himself into a two-time Olympian inspired participants at the 3rd Annual Workplace Safety Summit held last week at Georgetown University's McDonough School of Business Center for Business and Public Policy.

If Cliff Meidl's situation was less traumatic, it would be reminiscent of the old joke about a man who asks his doctor, "When this is over, will I be able to play the piano?" The doctor says, "Sure." The man answers, "That's good, because I don't know how to play one now."

Meidl is a true survivor, miraculously recovering from being electrocuted with 30,000 volts – many times higher than an electric chair – to go on to become a two-time Olympic flatwater kayaker. Before the accident, Meidl had no ambitions to be an Olympic athlete.

"No one should suffer like I did," said Meidl, who cannot run anymore and still walks with a limp, despite undergoing 15 surgical procedures in 15 months. "Nearly 6,000 Americans die and 6 million are injured or suffer illnesses annually in workplace safety incidents. That's why I have dedicated myself to educating both employers and employees about the dangers of failing to address workplace safety problems."

Meidl, now 34, was just 20 when he had his brush with death. He was working his way through college as an apprentice plumber when he was assigned the task of taking a jackhammer to an area of concrete at a job site. As he was working, the tip of his jackhammer made contact with three unmarked high-voltage electrical cables. The impact blew him out of the hole, however he fell back in and again made contact on the still-pounding jackhammer which came into contact with his knees.

This charge was so forceful that it literally exploded out of Meidl's body burning two toes, dislodging the back of his skull and scorching his knee joints, his shoulder and his back. On the scene, he went into cardiac arrest and paramedics revived him with a defibrillator before beginning his transport to the burn center. During the ambulance ride, he again went into cardiac arrest and was again revived. He suffered his third cardiac arrest episode at the burn center where he lost consciousness for two minutes before finally being revived.



Within days of the accident, Meidl was in surgery at UCLA where he had part of both calf muscles removed and attached to his severely damaged knees. After the successful surgery, Dr. Malcolm Lesavoy challenged him with the words, "I've done my 50 percent by putting your legs back together. Now, the rest of your recovery is up to you."

After three months of hospitalization, followed by two years of supervised rehabilitation programs, he began a regimen of training that included weight lifting, riding stationary bicycles, swimming and rowing in an outrigger canoe. It took more than three years before he could walk without the aid of crutches.

It was during his time out on the water that Meidl felt that he could compete on an equal level. He decided to give the flatwater-kayaking event a try, and through hard work and determination, was able to qualify for the U.S. Olympic Team in 1996 and 2000.

In addition to his role as an Olympic athlete, Meidl has taken an active role with the Construction Safety Council and the Electrical Safety Foundation International, working in behalf of both organizations' safety missions. He also works with burn survivors and fire-fighting groups, and is extremely concerned with the issue of sudden death from cardiac arrest.

Meidl believes that defibrillators should be readily available at a variety of public and private locations throughout the United States. "I'm alive today because firefighters got to me in the first two minutes," he says.

# Safety Awareness

## OWNERS OF BURNED R.I. NIGHTCLUB FINED \$1 MILLION BY STATE

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Troubles continue to mount for brothers Jeffrey and Michael Derderian, who owned the Station nightclub in West Warwick, R.I., destroyed by a devastating fire in February. The state has fined their company, Derco LLC, \$1 million for not having workers' compensation insurance.

The fire, on Feb. 20, killed 99 people and seriously injured scores more. Four of the 16 Station employees working that night died in the fire, while several others were injured. According to Rhode Island's workers' compensation statutes, the families of dead workers are eligible for \$15,000 for burial and other expenses plus a portion of the deceased's lost wages. Since the club owners did not carry workers' compensation insurance, those families will not receive that money. Plus, the medical bills and lost-wages costs incurred by the injured Station workers are not covered by workers' compensation.

On April 9, the state's Department of Labor and Training fined the Derderians the maximum penalty of \$1,000 a day for each day the club operated from the date they purchased it, March 22, 2000, to the day of the fire. The department also referred the case to the attorney general for criminal prosecution. Attorney General Patrick Lynch said the workers' compensation issue was "just one part of our overall investigation."

At a hearing last week, attorneys for the Derderians acknowledged the lack of workers' compensation insurance but it was not out of "malice or ill will," said Jeffrey Derderian's attorney, Jeff Pine. Pine and Michael Derderian's attorney, Kathlenn Hagerty, said they plan to appeal the case to the state's Workers' Compensation Court.

The fire was caused by a pyrotechnics display, which set the soundproofing foam on the club's ceiling on fire. The club, which was packed with fans of the band

Great White, has a legal capacity of 404. Investigators searching the rubble allegedly found a partially burned, unsigned contract between the band and club that listed a capacity of 550, causing some victims' families to claim the club was overcrowded the night of the fire.



- Wear a hat with a three-inch brim or a bill facing forward, sunglasses that block 99-100% of ultraviolet rays, and cotton clothing with a tight weave.
- Stay in the shade whenever possible, and avoid sun exposure during the peak intensity hours - between 10 a.m. and 4 p.m.
- Sunscreen with a sun protection factor (SPF) of 15 or greater should be effective for most people. Be sure to apply enough sunscreen - about one ounce per sitting for a young adult.
- Apply sunscreen at least 30 minutes before going outside, and use sunscreen even on cloudy days.
- Reapply sunscreen every two hours, or after swimming or sweating.
- Never leave children alone in or near the pool, even for a moment.
- Install a fence at least four-foot high around all four sides of the pool. Make sure pool gates self-close and self-latch at a height children can't reach.
- Keep rescue equipment (a long pole with a hook on the end and life preserver) and a portable telephone near the pool.
- Whenever infants or toddlers are in or around water, an adult should be within arm's length.

# Safety Awareness

## Designing a Safety Awareness Program to Fit Your Site

By Ann Schubert

Every site has its own special safety problems that need to be addressed. Below is a description of the approach taken at the West Valley Demonstration Project (WVDP) to identify and reduce its leading source of injury, serving as a practical example for other sites.

First, WVDP management reviewed its site's accident history (i.e., first aids and OSHA recordable injuries). At the same time, Safety Observers were polled to identify the site's top five safety concerns. This allowed management to examine both the source of accidents and the concerns of its work force. As a result, slips, trips and falls were determined to be the top safety concerns.

After developing a program to address its safety concerns, WVDP personnel gave a presentation to the Central Safety Committee--a monthly meeting of upper management held to address on-site safety issues--to encourage support for its new safety initiative. With support from upper management and West Valley's Safety Success Team--an employee-driven initiative--West Valley initiated its *Winter Safety Campaign* to target slips and falls due to ice and snow.

Employees worked with operations to ensure that equipment and personnel were available for Winter. Meetings to discuss needed supplies for snow removal (e.g., plows, snow blowers, sanders, shovels, ice melt) were held with Safety, Site Services and Maintenance. PPE were inventoried. Additionally, Maintenance personnel established a snow removal hotline that could be called if assistance was needed.

To increase site awareness of the importance of maintaining walkways free from ice and snow, the Safety Success Team sponsored an *Adopt a Walkway* program. Teams of individuals signed up to be responsible for shoveling and clearing small sections of walkways or stairs near site offices. Each group attended a briefing on proper PPE to wear when using ice melt, and the ergonomics of snow shoveling. As a result, this program helped to maintain local walkways and stairs free from ice and snow during continued

snowfall, reduced potential slips and falls, and encouraged employees to be responsible for theirs and their co-workers' safety.

Also part of the campaign, WVDP designed and conducted an educational program to address hazards both on and off-site. The program consisted of distribution of a crossword puzzle to site employees, followed by a weekly newsletter containing the answers to the puzzle within the articles. At the end of the season, employees who completed and turned in their puzzles were entered into a raffle to receive prizes.



At the end of its *Winter Safety Campaign*, West Valley re-examined its safety record, and found that compared to its previous year, injuries due to slips, trips and falls decreased 67%--even during an unusually harsh Winter. To celebrate the success of the campaign, WVDP held a Hawaiian luau and distributed prizes to its employees.

This example demonstrates how a site (i.e., West Valley Demonstration Project) encouraged both management support and worker involvement in both identifying and addressing its site safety concerns, and tailored a successful program to meet its goals. As a result, its successful program included work group and resource planning, management support, employee involvement, and safety awareness training and education. These elements can be used to develop a safety awareness campaign tailored to any site. As an additional benefit, employees who participate in a site safety awareness campaign carry safe behavior home. This helps to keep employees safe and reduces lost time due to injuries, whether on or off-site.

# Safety Awareness

## Hot and Buggy

### Ways to Identify, Avoid and Treat Injuries and Illnesses Caused by Insects

After a long Winter, we look forward to the sunshine and warm weather of Spring and Summer. With increasing temperatures, we tend to spend more time outside. Working or spending recreational time outside increases our risk of crossing paths with insects. Here's an overview of what to look for and avoid, to reduce your risk of insect-related injuries and illnesses, as well as how to treat their bites and stings:

#### Hornets and Bees



Hornets, wasps and yellow jackets can sting repeatedly. Bees only sting once. However, they leave behind a barbed stinger and poison sac that continues to pump venom. This must be removed as soon as possible. Carefully scrape the back

of a knife or other thin straight-edged object across the stinger. If you are unable to do so, you can pull out the stinger with tweezers or your fingers, but avoid pinching the venom sac at the end of the stinger which will cause more venom to be released. After you remove the stinger, wash the site thoroughly with soap and water, cover the site with a clean, cold compress to reduce swelling and discomfort, and remove nearby rings and constricting items because the affected area may swell.

If you are stung by a bee, hornet, wasp or yellow jacket, watch for the following symptoms of a severe allergic reaction:

- Unusually prominent swelling and tenderness at the site of the sting,
- Hives or difficulty breathing or swallowing.

Although severe allergic reactions to insect stings are rare (about 0.5% of the population), they tend to occur very quickly, usually within minutes, and can be fatal if left untreated. If you notice any of the symptoms above, seek medical attention immediately.

To avoid being stung, do **NOT** –

- Wear sweet-smelling perfumes, hairsprays or deodorants; brightly colored clothing or clothes with flowery patterns; eat in areas (especially near trash cans) where there are bees or hornets. Insects are attracted by sweet smells, bright colors and food odors.
- Panic if you uncover a hive or nest. Instead, stop and back away slowly. If, however, they begin to sting, then run. Seek shelter, if possible.

#### Ticks



While environmental factors affect the numbers of ticks in any given area (i.e., increased rainfall), deer ticks can be found throughout the country. Deer ticks are a concern because some carry Lyme's disease. This disease is so prevalent, it is also found in nearly every part of the U.S. The bacteria which causes Lyme's disease, *Borrelia burgdorferi*, is carried by the nymph stage of the deer tick, and causes more than 16,000 new infections every year.

Although most people infected with the disease develop a rash, 20 to 40-percent do not. If you have been bitten by a tick, regardless of whether you develop a rash or not, watch for non-specific flu-like symptoms, including fever, swelling of the lymph nodes, neck stiffness, general fatigue, headaches, migrating joint aches, or muscle aches. If you notice these symptoms, seek medical attention. Antibiotics have been used successfully to treat most cases. However, if left untreated, this disease can cause chronic and disabling arthritis, muscle pain, heart disease, and brain and nerve disorders.

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To reduce your risk of tick bites, **remember to** –

Avoid overgrown brush and woody areas, or cover hair and exposed skin if working in these areas (e.g., hat; light-colored, long-sleeved shirt; pants tucked into socks and/or boots; high boots or closed shoes covering the entire foot).

- Apply tick-toxic chemicals to work areas, in accordance with regulations and standards.
- Apply insect repellents before going outdoors.
- Shower and wash clothes after potential exposure.

After working in a potentially tick-infested area, do a careful body check for ticks. If you find any, remove them with tweezers, making sure to remove the head with the body, then cleanse the area with antiseptic. Save the tick for the next week or two (in a small plastic bag or container), in the event you notice symptoms of Lyme's disease. If you are unable to remove the head, seek medical attention.

## Mosquitoes



Mosquito bites have been linked to many vector-induced diseases, including Arboviral Encephalitides (i.e., encephalitis and West Nile virus). While one of several forms of encephalitis can be transmitted by infected mosquitoes, all can be fatal. Symptoms for both diseases may include only fever and headache, but can progress to paralysis, seizures, coma and death. Survivors may have long-term neurological deficits (from mild to severe). Approximately 500 to 3,000 new cases are reported each year.

If infected with the West Nile virus, people over the age of 50 tend to be at the greatest risk of severe illness. For most healthy people, symptoms tend to be mild, flu-like symptoms, if they appear at all.

If you are bitten by a mosquito, you can help ease the itching and pain by applying anti-itch creams (e.g., calamine lotion) as needed to help prevent scratching,

or anti-inflammatory creams (e.g., hydrocortisone cream) to help ease the inflammation and itching. For multiple bites or severe itching, you can take an over-the-counter antihistamine (e.g., Benedryl, Claritin), as directed.

According to the Centers for Disease Control and Prevention (CDC), you can do the following to avoid or reduce your exposure to mosquito bites:



- Apply insect repellent containing DEET (N,N-diethyl-meta-toluamide) to exposed skin when you are going to be outside for any length of time. For details on [using insect repellent safely](#), visit the U.S. Environmental Protection Agency's (EPA) site.

When you are outside for any extended length of time, wear long-sleeves, long pants and socks. Treating clothes with repellents containing

- permethrin or DEET will give extra protection, since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to skin. Do not spray repellent containing DEET on the skin under your clothing.

- Since the hours between dusk and dawn are peak mosquito biting times, consider avoiding outdoor activities during these times -- or take extra care to use repellent and protective clothing during evening and early morning.
- Because mosquitoes lay their eggs in standing water, limit the number of places around your home for mosquitoes to breed (i.e., by getting rid of items that hold water). If you want examples of this, visit the CDC's site on [prevention of West Nile virus](#).

# Safety Awareness

## Avoiding Heat Stress: Take a Proactive, Rather Than Reactive, Approach

*This article originally appeared in [Industrial Safety & Hygiene News](#), an online newsletter. The article was written by Rick Kaletsky, a safety consultant specializing in hazard recognition, inspections and citation resolution.*

Working in hot environments can be more than merely uncomfortable - it can present significant hazards. Heat stroke is an extremely serious situation caused by the failure of the body's internal mechanism to regulate its core temperature. It's a condition that can result in death.

According to OSHA, heat stroke is considered a medical emergency; sweating stops and the body can no longer rid itself of excessive heat. The victim can experience: dry, pale skin (no sweating); hot red skin (looks like sunburn); mood changes (irritable, confused); seizures/fits; and collapsing/passing out. The results of heat exhaustion can also be very troublesome: headaches; dizziness/light headedness; weakness; mood changes; feeling "sick to your stomach"; vomiting; decreased and dark-colored urine; fainting/passing out; and pale, clammy skin. (Note: OSHA issues laminated cards detailing heat stress and heat exhaustion information, available in both English and Spanish.)

Adverse physiological effects stemming from heat-related disorders can also result in heat cramps, heat rash and lack of coordination, poor concentration and judgement. For those who work outside, the acute and/or chronic adverse effects of sunburn are worthy of note. As to chronic effects, skin cancer certainly presents a primary concern.

### Addressing the problem

OSHA currently has two avenues to address documentable hazards concerning work in hot environments: the general duty clause [Section 5(a)(1) of the Act] and personal protective standards under 29 CFR 1910.132. Eventually, the subject could be covered by an ergonomics standard.

### Several proactive approaches can be employed to prevent heat stress

**Engineering controls** - These may include general ventilation, as well as spot cooling by local exhaust ventilation at points of high heat production. Keep in mind, though, that conventional fans move air without actually causing the temperature to be lowered. Shielding (often reflective, with openings for manual or instrumental operations) can be erected to help deal with radiant heat sources. Evaporative cooling and mechanical refrigeration can have great value.

Other engineering methods can include cooling fans, the elimination of steam leaks, equipment modification, and the use of power tools to reduce manual labor. In technical terms, a goal is to modify the environmental thermal load by increasing convective cooling, controlling radiant heat gain and controlling vapor pressure build-up.

Some companies provide air-conditioned crane cabs, control rooms, shelters and/or break rooms. In extreme heat (especially combined with high humidity - a frequent contributing factor to heat-induced illnesses), consider using powered misters.

**PPE** - As for personal protective equipment (PPE), localized cooling can be provided by specially-designed air-supplied hoods or helmets. Ice vests, with internal pockets to hold pre-frozen gel-type packs, have met with a high level of success. Similarly, there are vest-style garments that employ a battery-powered pump, and a pouch that holds a bag filled with water and crushed ice.

Note, too, that wearing respirators and special suits to protect against toxic substances can increase the risks of heat-induced illnesses. This is not to imply that such PPE should simply be eliminated due to heat concerns; rather, when it is necessary to wear such items, there must be heightened diligence in combating the adverse effects of the hot environment.

**Dress codes** - Company dress codes may interfere with heat stress protection. This can particularly be the case where close-fitting hats, and ties or other neck-hugging apparel is required (or allowed). In general, exposed employees should wear light, loose-fitting, breathable clothing.

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However, be mindful of the hazards of droopy or billowy clothing that could be susceptible to being pulled in by rotating machinery (or otherwise caught on machinery or other items).

Keep in mind that in your efforts to keep employees cool while working in and around high temperatures, clothing must be suitable to protect against hot splashes or other direct contact with hot surfaces or substances.

**Work practices** - Helpful work practices should include acclimatization by way of gradual exposures - brief periods followed by longer periods of work in the subject environment. Liberal break times, especially during the early days of acclimatization, can be most important. Be sure to give extra consideration to those who work abnormally long shifts, or double shifts. Also, reacclimatization may be needed for workers who have not been at the job for several days.

For those who work outside, at least in hot weather, a logical option is to start the normal workday very early in the morning, or schedule the heavier work early in the morning. A decrease in work load and work pace can help. Utilize a buddy system, with workers working in pairs or threes.

Keep workers from eating large meals, drinking caffeinated and alcoholic beverages, and smoking before working (or while working) in hot environments. Remember that certain medications or supplements (including some diet products in common use) can exacerbate the hazards of work in hot environments; check with your physician, pharmacist or other licensed, knowledgeable healthcare professional.

**Plenty of fluids** - It is critical that employees be afforded the opportunity to drink a large amount of fluid. Dehydration must be avoided. Employees should not wait until they are thirsty before drinking. The drinking should be done as a preventive maintenance of sorts.

Cool drinking water should suffice. Many companies have started to use sports-type "replacement fluids." It is recommended that you discuss the use of these beverages with a suitable physician before offering unlimited quantities of them besides water. In fact, it's a good idea to have the water, whether it's used by itself

or with a syrup or powder concentrate, analyzed. Not many plants have taken that step.

Protecting those who work in hot environments is a critical matter. Each worker who may be exposed to the rigors of heat stress should receive specific training in the attendant hazards and precautions, and the detection of early signs of heat disorders.

## The Safety-Fitness Connection: Ten Ways to Integrate Worker Fitness into Your Safety Systems

*By Fred Drennan and David Richey, Ph.D. Fred Drennan, is president & CEO of Team Safety, Inc., and David Richey, Ph.D., is board chairman, Quality/Training Systems Development of Team Safety, Inc. The Ojai, Calif. company installs systems and offers fitness programs to keep workers healthy and productive. For more information, visit [www.teamsafetyinc.com](http://www.teamsafetyinc.com). This article originally appeared in *Industrial Hygiene and Safety News*.*

With Baby Boomers hitting their fifties, employers are feeling the impact of the aging workforce. According to the Surgeon General, 60 percent of adults are overweight and out of shape - primary risk factors for cumulative trauma disorders to backs, knees, shoulders and necks. These injuries make up half of all workers' comp and healthcare costs. Clearly, there is a great need to help workers improve their fitness and adopt healthier lifestyles.

It's not that employers haven't tried. Annual health fairs can raise awareness, lunchtime aerobics classes may appeal to some employees. Some employers have invested substantially in professional quality onsite gyms only to get 15 percent participation. When I tell employers we get 85 percent to 100 percent participation every day in the programs we offer, they scratch their heads and ask: "How do you do it"?

### Filling a gap

Without hesitation, I tell them, "You must make the safety/fitness connection." Integrate fitness into your daily safety routine and you fill a gap that has too long been missing from injury prevention programs. Basic flexibility, strength and knowledge about fitness and

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health are an individual's most important safety asset. Fit, healthy workers of any age are more productive and less likely to be injured - at work or at home.

Employers must encourage workers to adopt healthier lifestyles, improve fitness and reduce risk factors for injury. Here are ten things you can do to make the safety/fitness connection and get results.

## 1. Management must set the priority

When you firmly link fitness and safety in your training, your systems and your culture, you can easily justify the requirement for 100 percent participation. Senior management must set the priority, provide the training and systems, and support the program - top down.

## 2. Make supervisors accountable

We know that the success or failure of any safety program is directly related to supervisor involvement. They must understand the role of fitness in preventing injury and translate the safety/fitness connection to the workers.

A core process of implementing a fitness program into the daily safety routine must be supervisor training. They must know how to lead, apply positive reinforcement, give constructive feedback, set goals and use team-building techniques - as well as be accountable for maintaining participation.

## 3. Make it easy & fun

People like to do things that are fun and make them feel better. Making them do crunches or aerobics could send them out the door! We've found that daily stretching is a first step everyone can take. Just ten minutes can immediately relieve tension, stress and pain. Daily stretching can improve posture and basic strength.

Once employees learn they can do something physical and it feels good, they'll keep doing it. People tell us they look forward to coming to work in the morning since starting the stretch routine. A supervisor at a public agency using our fitness program says his company used to start work ten or 15 minutes late every day because of stragglers, but now everyone gets to work on time so they won't miss the stretch routine.

## 4. Measurement

People like to be measured - how far they've walked, how much weight they've lost. You can measure flexibility using standard equipment and repeat periodically to show workers how they've improved. Employees tell us they look forward to flexibility testing. (Lack of flexibility is a key risk factor for musculoskeletal injury.) Stretching improves flexibility and strength, and can aid in weight loss.

## 5. Frequent visits of qualified trainers

It takes professional skill to improve the fitness of a large population. It's not enough to have a chiropractor or physical therapist demonstrate a few stretches a couple of times a year.

If you really want employees to challenge themselves to improve, you must provide a professional they can trust. Qualified trainers with excellent people skills must visit the site often to help supervisors train, deliver encouragement, provide constructive feedback and measure and process results.

## 6. Deliver safety training during the fitness routine

Make your stretching time a health and safety meeting. In our program, we provide scripted, short safety messages with supervisor leader notes for every day of the year. Topics include biomechanics, ergonomics, risk factors for back and other soft tissue injuries, health topics and general safety topics such as near-miss reporting and housekeeping. Keep attendance and provide quizzes to document the training.

## 7. Make the program relevant to the work

Photograph workers performing their tasks. When they see the stress they routinely put on their bodies, and learn that flexibility and strength can prevent injury, they quickly make the safety/fitness connection, and you get personal buy-in. We use site photos during program orientations and to train workers on biomechanics to more safely perform the tasks. The fitness program can be designed to counteract the effects of repetitive stress and strain inherent in their work and their activities at home.

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## General Water Safety Tips

### 8. Public scorekeeping

Most health clubs use scorekeeping to track attendance and fitness goals. The same applies at work. Individuals like to know how they are doing and how their team members are doing.

One of our most popular core processes is posting individual, team and organization flexibility scores. Each quarter, teams crowd around the bulletin boards to see the results. This stimulates friendly competition, as employees enjoy getting together at the start of the day and encouraging each other to do their best.

### 9. Add variety

Studies show boredom creates "exercise drop-outs." People lose interest doing the same thing over and over, like walking or riding an exercise bike. Without variety and challenge, employees will drop out, or simply go through the motions without getting the benefit. People who adopt a lifetime of exercise regularly mix up their routine. As a core process, we provide new stretches every quarter.

Once employees feel comfortable with a daily fitness routine, you can increase the intensity and personalize the program. We add "fitness sticks," calibrated to coincide with our flexibility measurement software, to improve shoulder and trunk flexibility and help improve postures. Later, we add stretch cords of varying resistance to introduce balanced strength. The important thing is that employees can use the equipment to increase the challenge at their own pace.

### 10. Reward results

Reward employees and supervisors for participation and engagement in the safety process and the fitness program. Integrate fitness participation in your safety recordkeeping system and audit frequently. We've developed a comprehensive computer program that tracks the systems we install; however, a number of programs are available that may be adapted for your use. Management should discuss fitness participation and improvement data at staff and employee meetings along with their safety performance measurements.

- Learn to swim. The best thing anyone can do to stay safe around water is to learn to swim.
- Always swim with a buddy. Never swim alone. The American Red Cross has swimming courses for people of any age and swimming ability. To enroll in a swim course, contact your local Red Cross chapter.
- Swim in a supervised areas only.
- Obey all rules and posted signs.
- Watch out for the dangerous "too's"--too tired, too cold, too far from safety, too much sun, and too much strenuous activity.
- Don't mix alcohol and swimming. Alcohol impairs your judgement, balance and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Pay attention to local weather conditions and forecasts.
- Stop swimming at the first indication of bad weather.
- Maintain constant supervision. Watch children around any water environment (pool, stream, lake, tub, toilet, bucket of water), no matter what skills your child has acquired and no matter how shallow the water.
- Don't rely on substitutes. The use of flotation devices and inflatable toys cannot replace parental supervision. Such devices could suddenly shift position, lose air, or slip out from underneath, leaving the child in a dangerous situation.

# Legislative News

## Federal Actions



Bill	Sponsor	Bill Title	Summary	Status
HR 1758	Rep. Ted Strickland (OH)	Reform of Energy Workers Compensation Act	To amend the Energy Employees Occupational Illness Compensation Program Act of 2000	5/2/2003: Referred to House Subcommittee on Workforce Protections.
<p><b>How does this affect the DOE Community?</b></p>			<p>Improves program benefits for DOE contractor employees exposed to toxic substances at DOE facilities, provides coverage under subtitle B for certain additional individuals and illnesses, establishes an ombudsman, makes technical corrections, etc.</p>	
HR 1583	Rep. Charlie Norwood (GA)	Occupational Safety and Health- Fairness Act of 2003	To amend the Occupational Safety and Health Act of 1970	5/2/2003: Referred to House Subcommittee on Workforce Protections.
<p><b>How does this affect the DOE Community?</b></p>			<p>Clarifies (1) that when an assessment of penalty is determined, mistakes, inadvertence, surprise, or excusable neglect will be taken into consideration; (2) the definition of willful violations; (3) fairness of penalty assessment; (4) roles and responsibilities of the Occupational Safety and Health Review Commission; (5) awards of attorney's fees and costs; and (6) independent review.</p>	
HR 1338	Rep. John B. Shadegg (AZ)	Amendment to Federal Power Act	To amend the Federal Power Act to provide for Federal and State coordination of permitting for electric transmission facilities	4/10/2003: Referred to House Subcommittee on Energy and Air Quality.
<p><b>How does this affect the DOE Community?</b></p>			<p>Establishes DOE as lead agency, upon applicant request, for the purposes of coordinating all applicable Federal authorization and related environmental review of a facility. Defines the following roles for the Department (and, in particular, the Secretary): Consolidated Environmental Review and Record of Decision, appeals, conforming regulations and Memoranda of Agreement, maintaining and enhancing the transmission infrastructure, granting authorization for anticipated use (i.e., electric transmission, distribution) of a facility, managing right-of-way for reliability and environmental protection, and the renewal process.</p>	

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## Federal Actions



Bill	Sponsor	Bill Title	Summary	Status
HR 1583	Rep. Charlie Norwood (GA)	Occupational Safety and Health- Fairness Act of 2003	To amend the Occupational Safety and Health Act of 1970	5/2/2003: Referred to House Subcommittee on Workforce Protections.
<p><b>How does this affect the DOE Community?</b></p>		<p>Clarifies (1) that when an assessment of penalty is determined, mistakes, inadvertence, surprise, or excusable neglect will be taken into consideration; (2) the definition of willful violations; (3) fairness of penalty assessment; (4) roles and responsibilities of the Occupational Safety and Health Review Commission; (5) awards of attorney's fees and costs; and (6) independent</p>		
HR 1719	Rep. Curt Weldon (PA)	Nuclear Security Initiative Act of 2003	To promote enhanced nonproliferation cooperation between the United States and the Russian Federation and foster various other actions that will increase the national security of the United States, and for other purposes.	4/10/2003: Referred to House Committee on International Relations.
<p><b>How does this affect the DOE Community?</b></p>		<p>Defines DOE's and the Secretary's roles in expanding the International Nuclear Materials Protection and Cooperation program, defines the Silk Road Initiative, and provides for programmatic funding.</p>		
HR 1644	Rep. Joe Barton (TX)	Energy Policy Act of 2003	To enhance energy conservation and research and development, to provide for security and diversity in the energy supply for the American people, and for other purposes.	4/9/2003: House preparation for floor; placed on the Union Calendar, Calendar No. 42.
<p><b>How does this affect the DOE Community?</b></p>		<p>Outlines DOE's role and responsibilities regarding energy conservation, R&amp;D, Price-Anderson Act Amendments (i.e., extension of indemnity) security and researching new fuels for energy supply.</p>		

# Legislative News

## Federal Actions



Bill	Sponsor	Bill Title	Summary	Status
S 1005. PCS (Related to Bill S 14.PCS)	Sen. Pete Domenici (NM)	Energy Policy Act of 2003	To enhance the energy security of the United States, and to introduce the Energy Research, Development, Demonstration, and Commercial Application Act of 2003; George E. Brown, Jr. and Robert S. Walker Hydrogen Future Act of 2003; Nuclear Energy Finance Act of 2003; Price-Anderson Amendments Act of 2003; Indian Tribal Energy Development and Self-Determination Act of 2003; Alaska Natural Gas Pipeline Act; National Energy Data Preservation Program Act of 2003.	5/6/2003: Placed on Senate Legislative Calendar under General Orders. Calendar No. 87.
<div style="display: flex; justify-content: space-between;"> <div style="background-color: #003366; color: white; padding: 5px; width: 25%;"> <b>How does this affect the DOE Community?</b> </div> <div style="flex-grow: 1; padding: 10px;"> <p>Outlines DOE's role and responsibilities regarding energy security, research and production, payment and royalties, easements on Federal land, loan guarantees, a Clean Coal Power Initiative campaign, conservation, Advanced Reactor Hydrogen Co-Generation Project, Price-Anderson Act Amendments (i.e., extension of indemnity) security and researching new fuels for energy supply, DOE programs of energy research, development, demonstration, and commercial application that target energy efficiency, diversity of energy supply, decreasing dependence on foreign energy, energy security, and decreasing environmental impact of energy-related activities; DOE programs to implement Initiatives that target research, development, and commercial application in energy efficiency, distributed energy and electric energy systems, renewable energy, nuclear energy, fossil energy, science, energy and environment, coal technology loans, electricity reliability standards and transmission access, regional markets, and market transparency and manipulation; and repeals the Public Utility Holding Company Act of 1935.</p> </div> </div>				
S 1050 (Related to Bills S 1047, S 1048, S 1049)	Sen. John W. Warner (VA)	National Defense Authorization Act for Fiscal Year 2004	To authorize appropriations for fiscal year 2004 for military activities of the Department of Defense, for military construction, and for defense activities of the Department of Energy, to prescribe personnel strengths for such fiscal year for the Armed Forces, and for other purposes.	5/22/2003: Passed/agreed to in Senate. Status: Passed Senate with amendments by Yea-Nay Vote. 98 - 1. Record Vote Number: 194.
<div style="display: flex; justify-content: space-between;"> <div style="background-color: #003366; color: white; padding: 5px; width: 25%;"> <b>How does this affect the DOE Community?</b> </div> <div style="flex-grow: 1; padding: 10px; text-align: center;"> <p>Authorizes appropriations for national security programs of the Department of Energy (DOE) for FY 2004.</p> </div> </div>				

# Legislative News

## Federal Actions



Bill	Sponsor	Bill Title	Summary	Status
HR 1961	Rep. Jerry F. Costello (IL)	---	To provide for the external regulation of nuclear safety and occupational safety and health at the Department of Energy.	5/6/2003: Referred to House Committees on Science, Energy and Commerce, and Education and the Workforce.

### How does this affect the DOE Community?

To transfer DOE's authority over nuclear or enforcement authority regarding nuclear safety and occupational safety and health responsibilities to the Nuclear Regulatory Commission and to the Occupational Safety and Health Administration, respectively.



## Keeping Up-to-Date on Computer Security with FedCIRC

The Federal Computer Incident Response Center (FedCIRC) provides the Federal community with resources and points of contact regarding computer security incident reporting, incident prevention and response.

Effective March 1st, FedCIRC became part of the Department of Homeland Security (DHS), Information Analysis and Infrastructure Protection (IAIP) Directorate. IAIP will continue its mission under the DHS, and can be located at <http://www.dhs.gov>, under the department links DHS Organizations and Threats and Protection, as well as at its former web address, <http://www.fedcirc.gov>.



## FEMA Offers Rapid Response Information System Online

The Federal Emergency Management Agency (FEMA) offers its Rapid Response Information System (RRIS), which is comprised of several databases. RRIS provides a search mechanism for information regarding biological, chemical, and radiological agents; agent characteristics; symptoms and signs of exposure; appropriate PPE; decontamination and detection equipment; and first-aid; Federal response capabilities; training; help-line and hotline information; and other related Federal references.

To access RRIS, visit <http://www.rris.fema.gov>.

## Improving the Training of Skilled Support Personnel for Responding to Terrorist Actions

*A report released by the National Clearinghouse*  
According to a report released by the National Clearinghouse for Worker Safety and Health Training, safety and health training requirements for skilled support personnel are insufficient to protect these response workers during incidents relating to the release of weapons of mass destruction (WMD). The report, commissioned by the National Institute of Environmental Health Sciences (NIEHS) Worker Education and Training Program (WETP), contains recommendations for improving Federal training requirements for skilled support personnel. The report also examines the feasibility of implementing a National Registry of Trained Workers to be used by emergency management organizations during future responses.

The report is available online at:  
[http://www.wetp.org/front/NIEHS\\_rev\\_010303.pdf](http://www.wetp.org/front/NIEHS_rev_010303.pdf).

## OSHA Offers Evacuation Planning Matrix to Management

The Occupational Safety and Health Administration (OSHA) now offers an Evacuation Planning Matrix at its web site to provide employers with ideas, assistance and online resources to assist them preparing for workplace emergencies.

According to OSHA chief John L. Henshaw, "Recent events in the United States have underscored the critical importance of workplace evacuation planning. An effective evacuation plan will increase the likelihood that employees will reach shelter safely if an emergency that requires evacuation does occur."

Included in the Evacuation Planning Matrix are checklists to assist employers to evaluate or develop evacuation plans, methods for assessing workplace risk, and related online resources. The Evacuation Planning Matrix is available at OSHA's web site at <http://www.osha.gov/dep/evacmatrix/index.html>.

## OSHA's Response to Anthrax Attacks: "We Blew It !,"

Originally reported by James L. Nash  
([jnash@penton.com](mailto:jnash@penton.com)) for *Occupation Hazards*  
[www.occupationalhazards.com](http://www.occupationalhazards.com)

The failure to integrate industrial hygiene expertise into the 2001 cleanup of the Hart Senate office building led to unnecessary hazard exposures for workers and costly delays in completing the anthrax removal project, according to Robert Curtis, Director of the Program Support Division at the Occupational Safety and Health Administration (OSHA).

"We blew it terms of protecting people from an agent we didn't know much about," asserted Curtis during a May 12 roundtable at the American Industrial Hygiene Conference and Expo (AIHCE), held in Dallas. "Good industrial hygiene work practices would have normally protected people from exposure."

One reason OSHA was unable to provide timely technical assistance in the anthrax attacks is the agency was "distracted" by its partial involvement with many others in responding to the World Trade Center disaster, according to Curtis.

In addition, although employers are normally responsible for the health and safety of their workers; since Congress is the employer at the Hart building, and Congress has always exempted themselves from OSHA jurisdiction, OSHA lacked any authority and jurisdiction to compel the appropriate work practices that would have protected workers cleaning up the Hart building.

The situation at the U.S. Postal Service's (USPS) Brentwood facility was somewhat different. Although the USPS self regulates for worker safety and health, they do have some permanent safety and health staff members with health and safety experience. That is not the case with the U.S. Congress.

### Specific failures in the anthrax cleanup identified by Curtis included:

Heat stress experienced by over-protection of workers, who often wore two levels of protective clothing more appropriate to hazardous chemical spills; excessive protection also led to delays in finishing the project, as workers needed to take frequent breaks to "cool down;"

Negative air pressure from the contaminated area was not maintained nor directed outside - instead air from contaminated areas of the building was actually vented into clean parts of the building, further complicating the anthrax removal project;

Workers involved in the project were poorly trained, often non-English speaking, and as a result they did not always wear proper respiratory protection, recognize warning or understand signs;

### Poor air sampling:

An excessively and unnecessarily rigid health and safety plan added to the cost and to delays in completing the project.

In retrospect, Curtis said he believed OSHA's HAZWOPER standard should have guided cleanup of both the Brentwood facility and the Hart building. The OSHA official, attached to the agency's Salt Lake Technical Center, spoke at a session devoted to "lessons learned" from the anthrax attacks.

He expressed the hope that the next time there is a chemical or biological attack, if there is a next time, OSHA will do better.

Fortunately, no workers died or became ill during the anthrax cleanup. "We were able to dodge the bullet," Curtis commented. "We were lucky because it turned out anthrax was not as deadly as it could have been."