



# U.S. Naval Air Facility Atsugi Japan

## Safety & Occupational Health Newsletter

APR - JUN FY-2003

PUBLISHED APRIL '03

VOL. 2 ISSUE 3



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## The 101 "Critical" Days of Summer

The clock is ticking and in a few weeks the Memorial Day weekend will be upon us and the "**The 101 Critical Days of Summer**" will begin. It will be time to pack up the family and get a little recreation under our belts. Do you call up the family and have them waiting at the curb when you get home so you can get to your destination quicker... If this sounds too frantic, consider calling a few buddies to get up a game of softball or basketball. How about a day on the water? Off-road driving or riding, anyone? Heck, if you play your cards right you may be able to fit it all in.

**But hold on! Is this the way to start the first holiday weekend of the summer?**

Many do, with deadly results. So many people are killed in the period beginning with **Memorial Day** weekend through **Labor Day** weekend that it has come to be called "**The 101 Critical Days of Summer**".

**Last year we lost 51 Sailors and Marines in traffic and other off-duty mishaps from Memorial Day weekend through Labor Day.**

They started out just like you're planning to do but something went terribly wrong and their summer liberty or vacation was extended **permanently**.

**If you don't want to be a statistic, take action now.**

Remember the old saying; you can lead a horse to water but you can't make him drink. The same holds true for risk management training. You've had the training and know the drill so now it's time to apply what you've learned. Manage the risks and take the word "**CRITICAL**" out of the "101 Days of Summer".

**Look for our "101 Critical Days of Summer" Fact Sheet in May!**

### Emergency Nos.

Fire Dept **119**  
Ambulance  
On Base **119**  
Off Base 0467-70-2164  
Acute Care 264-3951  
Safety 264-3112/3678  
Security 264-3200/3500

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### Frequently Used Telephone Nos.

NAF Atsugi CDC	264-6367	BEQ	264-3698
Action Line (CMC)	264-3677	BOQ	264-3696
Medical Appt Desk	264-3958	Trilogy	264-3736
Dental Appt	264-3612/3613	SkyMasters	264-3659
NAF Air Terminal	264-3801	O'Club	264-3621

## Base Safety Reps

### Base Safety Reps

#### NAF Atsugi

AIROPS	264-3749
MWR	264-4673
FSSC	264-3628
SECURITY	264-3840
PWD	264-3811
SUPPLY	264-3131
KAMISEYA	265-8667

#### Tenant/Associate Cmd

AIMD	264-3119
BMC	264-4691
CSD	264-3063
DCMA	264-3244
FASO	264-3231
HSL-51	264-4365
NAMTG	264-3159
NAPRA	264-3022
NEX	264-3195
NPMOD	264-3208
NMCB DET	264-3050
SHIRLEY LANHAM ELEM SCHOOL	264-4691

#### CAG/Other Cmd

CVW-5 Staff	264-3392
HS-14	264-3392
VAW-115	264-4297

**NOTE:** Any command that desires to have their Safety Rep listed on the NAF ATSUGI Safety Rep INDEX, please contact NAF Safety at DSN 264-4424.



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## Supervisors & Safety Reps: Zone Inspection SAFETY TidBits!

Zone inspections can cover a lot of territory, both literally and figuratively. If you bring along a safety specialist, you can use these inspections to uncover some common and easy-to-fix hazards:

1. **Overloaded electrical circuits** . Look for power strips plugged into power strips, too many machines plugged into one outlet, or devices that require a grounded outlet plugged into ungrounded outlets.
2. **Blocked or awkward hallways** and passageways.
3. **Extension cords** or power cords lying where people have to walk on them.
4. **Hazardous materials** stored in the open or in the wrong place.
5. **Fire extinguishers** that are missing, that don't have an inspection tag, or that haven't been inspected in a long time.
6. **Floors or decks** that are slippery or irregular.
7. **Ladders** with loose or slick treads.
8. **Missing safety lines and warning signs**

## NAF Atsugi Safety & Occupational Health Newsletter

is published quarterly by the NAF Safety Department. Articles relating to safety, Occupational Health and ORM are welcome additions for publication in the newsletter.

For further information, please contact the Newsletter Editor at 264-4424. The editor is also the point of contact for submission and approval of related articles, ideas, and/or questions.

## Upcoming Safety Training

Coordinate Safety Training through the NAF Safety Office

### CFA Yokosuka

Mishap Prev Ashore	A-493-0078	5 da	05-09 May 03
Industrial Noise	A-493-0092	3 da	07-09 May 03
NAVOSH Ashore	A-493-0050	5da	12-16 May 03
HazSubst IRM	A-493-0077	5 da	22-23 Aug 03
HazSubst IRM Refresher	A-493-0083	1 da	19 Aug 03

### NAF Atsugi

HazSubst IRM	A-493-0077	5 da	11-15 Aug 03
HazSubst IRM Refresher	A-493-0083	1 da	12 Aug 03

For updated schedules, contact a Safety Rep from your command or the NAF Safety Dept.



HOME AND COMMUNITY SAFETY WEEK



# National Safety Month June - 2003

Today safety is a way of life. Not just on the job, but at home, in public places, and on the road. People are taking personal responsibility for their own safety, and making plans to keep their families, communities, and workplaces safe.

It's part of a new [culture of preparedness](#) addressed by National Safety Council President Alan C. McMillan. It reflects a shift from quick fixes to long-term solutions, as *Safety+Health* magazine Editor Bob Vavra [points out](#).

With that in mind, we welcome you to National Safety Month 2003. During the four weeks of June, we'll provide tips, articles, and information to help you prepare, raise awareness, and promote safety wherever you are.

National Safety Month 2003 highlights the Council's approach to preparedness through:

## Four words.

- Knowledge.** Know the issues, the risks and the responses.
- Action.** Make plans. Be prepared to handle any emergency.
- Dedication.** Be a role model. Make safety a priority.
- Community.** Engage your co-workers, family and neighbors.



## Four weeks.

**June 1-7 is Driving Safety Week.** Learn how to protect yourself, your passengers, and other drivers. Get information about distracted driving and other driver safety issues.

**June 8-14 is Home & Community Safety Week.** Find out how to protect the elderly from falls in the home, and create a safe community for your family and friends.

**June 15-21 is Preparedness Week.** Get information on how to prepare for emergencies at home, at work, and in your community.

**June 22-30 is Workplace Safety Week.** Take a position of safety leadership – learn how to promote safe practices and prevent injuries on the job.

## For life.

Be prepared, be safe, and be a leader – every day, everywhere.

We'll be updating this website throughout the month, so visit often! And be sure to bookmark [nsc.org](http://nsc.org) for all your safety needs.

Be a [Friend of Safety](#) and help support the National Safety Council's lifesaving work all year long.

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**Have a Happy Easter! Here are some Easter safety suggestions:**

- Be sure that Easter toys and dolls (such as bunnies, chicks etc) are free of choking hazards. Pieces that can be removed from a doll or toy pose a potential choking danger to small children.
- In order to prevent choking do not give small candies or chocolates to children less than 5 years of age.
- Chocolate Bunny's are an Easter tradition...however, be very careful when giving such gifts to children who are peanut or nut allergic. Make sure you read the label of contents, as many chocolates, although said to be "pure chocolate", may have been in contact with nuts or peanuts during their preparation or packaging.

**Egg Safety:**

- Eggs are a potentially hazardous food, in the same category as meat, poultry, fish, and milk. In other words, they are capable of supporting the rapid growth of disease-causing bacteria like Salmonella. Before boiling eggs for Easter decorating/painting, they must be kept refrigerated.
- Never leave raw eggs in any form at room temperature for more than 2 hours. Don't eat or cook with cracked eggs or eggs that have been unrefrigerated for more than two hours.
- Hard-boiled Easter (decorated) eggs left in room temperature for many hours or days as a decoration or table centerpiece should be discarded and not eaten.
- Use only clean, unbroken eggs. Discard dirty or broken eggs. When you boil your eggs, make sure the water is hot (185-190 degrees F). Cool your eggs in cold water or just in the air.
- Cleanliness of hands, utensils and work surfaces is essential in preventing spread of bacteria. Always wash your hands when handling your eggs, especially between cooking, cooling and dyeing. Wash hands again, along with all utensils, equipment and counter tops that have been in contact with any raw food before preparing other foods.



# FLAMMABLE LIQUIDS

How much technical information is needed to understand and use **FLAMMABLE LIQUIDS** safely? These liquids are common substances found in virtually every home and workplace. When used and stored correctly, flammable liquids have many positive and necessary uses. The improper use and storage of flammable liquids can result in severe injuries and even death.

Everyone may not know or understand the properties of flammable liquids that make them so volatile. Let's start with some simple definitions from the National Fire Protection Association (NFPA) and OSHA.

## What is a **FLAMMABLE LIQUID**?

Any liquid that has a flash point below 100° F. Examples include gasoline, turpentine, kerosene, alcohol, mineral spirits, lacquer thinner, acetone and most aerosols.

## What is a material's **FLASHPOINT**?

The flash point is the lowest temperature at which a liquid gives off enough vapor to form a flammable mixture with air.

So **FLAMMABILITY** is the ability of a material to generate sufficient concentration of vapors under normal conditions to be ignited by open flames, cigarette smoking, sparks from electrical equipment, or static electricity. Some of these vapors are heavier than air and may settle in low spots or they can move a significant distance from the liquid itself.

To minimize the risk of ignition of **FLAMMABLE** liquid or vapors, use these precautions:

- Store flammable liquids in well ventilated areas away from corrosives, oxidizers, and other ignition sources
- Never smoke in an area where flammable liquids are used or stored
- Never pour flammable liquids down a drain or sink
- Dispose of empty flammable containers in a approved appropriate manner
- Wear appropriate personal protective equipment (PPE) such as splash aprons and goggles when handling flammable liquids

**FLAMMABLE** liquids also present health hazards from over-exposure. If at work, you should refer to the Material Safety Data Sheet (MSDS) of the material you're using which will list the allowable exposure limits. Over-exposures to **FLAMMABLE** liquids can cause a variety of effects.

- ❖ **INHALATION** of flammable liquids can cause irritation to the respiratory passages, nausea, headaches, muscle weakness, drowsiness, loss of coordination, disorientation, confusion, unconsciousness, and death.
- ❖ **SKIN CONTACT** with flammable liquids can cause the skin's oils to be removed, resulting in irritated, cracked, dry skin, rashes, and dermatitis.
- ❖ **EYE CONTACT** with flammable liquids can cause burning, irritation, and eye damage.
- ❖ **INGESTION** of flammable liquids can irritate the digestive tract, cause poisoning and death

Appropriate PPE can help prevent exposure to **FLAMMABLE LIQUIDS**. Use your PPE faithfully to protect your good health.

If you are unsure of what PPE to wear or need help locating the proper PPE, talk to your supervisor or department safety representative. The NAF Atsugi Safety Office can be reached at 264-3678/3121 and is always ready and available to assist you.

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## "Hand" Safety Checklist

It is always important to use the right Personal Protective Equipment (PPE) for the job at hand. You wear a hard hat to protect your head, safety shoes to protect your feet, but do you know what to wear to protect your hands?

Here are some important reminders on HAND SAFETY!

Use the RIGHT GLOVES for the work task

- 1) For rough product handling use leather gloves
- 2) When doing electrical work use electrical gloves (make sure the electrical gloves have been inspected and dated)
- 3) Use chemical gloves when handling acids, toxic chemicals and corrosives
- 4) When handling hot or cold materials use thermal protection gloves
- 5) Use cut-resistant gloves when using sharp edged metal, tools, knives, etc.
- 6) For pathogen cleanup and first aid use medical gloves
- 7) Store gloves properly to prevent damage

Do NOT wear gloves if they can be caught in machinery!

- 1) Make sure to use lockout/tagout before working on machinery
- 2) Don't try to adjust equipment unless it is locked and tagged out
- 3) Never place hands in moving machinery
- 4) Make sure gloves fit properly

Always remove rings and bracelets when working on machinery!

- 1) Ensure machine guards are in place
- 2) All machines areas that have pinch, shear or roll points must be guarded
- 3) Ensure personnel who operated equipment are trained
- 4) Guard all hot areas and have signs posted

Make sure gloves are checked for wear and tear!

Never use chemicals without training. Know the hazards and the proper PPE to wear!

Read the MSDSs for all new chemicals before use and prior to selecting the proper gloves!

Wash hands after working with chemicals and properly dispose of your gloves!

**IF YOU HAVE ANY QUESTIONS CONCERNING THE PROPER PPE, YOU SHOULD CONTACT THE NAF ATSUGI SAFETY OFFICE AT 264-3678/3121 AND SOMEONE WILL BE HAPPY TO ASSIST YOU.**



# Thunderstorms & Lightning Safety



## What Can You Do?

### Before the Storm...

- Know the countryside or prefecture in which you live and the names of the regions and nearby major cities - Kanto Plains, Sagami Hara etc. Severe weather warnings are issued by the U.S. Bases and the Japanese Radio and TV by regions and cities.
- Check the weather forecast before leaving for extend periods outdoors.
- Watch for signs of approaching storms.
- If a storm is approaching, keep a AM/FM radio with your for forecasts.
- Postpone outdoor activities if thunderstorms are imminent. This is your best way to avoid being caught in a dangerous situation.
- Check on those who have trouble taking shelter if severe weather threatens.

### When Thunderstorms Approach...

- Remember, if you are can hear thunder, you are close enough to the storm to be struck by lightning. Go to a safe shelter immediately.
- Move to a sturdy building or car. Do **NOT** take shelter in small sheds, under isolated trees, or in convertible automobiles.
- If lightning is occurring and a sturdy shelter is not available, get inside a hard top automobile and keep the windows up.
- Get out of boats and away from water.
- Telephone lines and metal pipes can conduct electricity. Unplug appliances not necessary for obtaining weather information. Avoid using the telephone or any electrical appliances. Use phones **ONLY** in an emergency.
- Do **NOT** take a bath or shower.
- Turn off air conditioners. Power surges from lightning can overload the compressors.
- Get to higher ground if flash flooding or flooding is possible. Once flooding begins, abandon cars and climb to higher ground. **DO NOT ATTEMPT TO DRIVE TO SAFETY!**

**NOTE: Most flash flood deaths occur in automobiles**

### If Caught Outdoors and No Shelter is Nearby...

- Find a low spot away from trees, fences and poles. Make sure the place you pick is not subject to flooding.
- If you are in the woods, take shelter under the **shorter** trees.
- If you feel your skin tingle or your hair stand on end, squat low to the ground on the balls of your feet. Place your hands on your knees with your head between them. Make yourself the smallest target possible, and minimize your contact with the ground. Do **NOT** lie prostrate on the ground.
- If you are boating or swimming, get to land and find shelter immediately

# DRIVING - CYCLE SAFETY

## Are There Hidden "Dangers" in Your Car?

### Can Everyday Objects Turn Deadly?

Tens of millions of autos on the road today, have crash tested well and feature air bags, antilock brakes, and leave a driver with a sense of safety when driving their automobile on the road. Yet speed limits have risen and SUV's have multiplied. Meanwhile, people have turned their vehicles into second living rooms with hidden dangers, from PDAs on the dashboard to those weekend projects in the back. It is a recipe for disaster . . . **because in a crash**, any of these objects could turn into a deadly projectile.

The automobile industry has known about this for years. In 1986 General Motors engineers were warning that passengers and drivers could sustain serious injuries from unsecured cargo.

One evening in Las Vegas three years ago, a man buckled his 16 month old daughter into her safety seat in their sedan. They were on their way home. Fifteen minutes from their home the man lost control of his car and spun off the road. The severe crash killed the man. Police found his daughter alive, still strapped in her car seat. But a standard-size metal toolbox that was on the back seat floor of their sedan had been hurled about in the rollover. It fractured his daughter's head. Today, the girl's right arm and hand are nearly useless. her legs require braces. The girl's mother said she had never thought about what was in the back of the car until this accident. But it does not have to be something as large as a toolbox to cause an injury. A husband, wife and their son were hit head-on by a pickup. The husband and wife were not injured but their son suffered a skull fracture . . . **from a cell phone**.

According to the NHTSA, in 2001 over 36,000 drivers and passengers lost their lives, another 2.9 million were injured. Transportation experts say that many injuries and deaths aren't the result of the collision, but of unrestrained cargo, pets or passengers. Loose cargo and unbelted riders are safety issues that drivers tend to overlook. More lives are being lost and more injuries are being suffered from these safety issues than we realize. People are unaware of what can happen in a collision. After the outside collision, there are always collisions inside. Both are just as serious.

In a study done by State Farm Mutual Automobile Insurance and The Children's Hospital of Philadelphia, out of 179,000 children studied 12,5613 of these children were injured by something inside of the vehicle, over 3,000 collided with loose objects, other passengers or both. It could be even worse for the adults. Effectiveness and use of child car seats surpasses adult seat belts, so the fact that adults are less protected in the first place, puts them at higher risk of being injured by loose objects or passengers not wearing their seatbelts.

The list of projectiles that could be in a vehicle is endless. From golf clubs, to strollers and, yes, even our cell phones can cause serious injuries. At 35 mph in a head-on crash, on pound can of beans in the back seat continues at that speed until it strikes someone or something with 100 lbs of force. That is more than enough force to fracture someone's skull.

The rising popularity of SUV's minivans and station wagons, lacking standard cargo trunks, can be part of the problem. For millions of drivers, everything goes into one open compartment - a one-box design.

What are some solutions? Get a cargo barrier that's been crash tested and will bolt into the frame of your automobile. When stowing items on the floor, never pile them above the top of the back seat. Use safety features, such as grocery-bag hooks, compartments and tie-down anchors. Secure all objects with heavy rope, cords or cargo straps. If your going to have something in the car for your child to play with, choose soft books or soft toys. And always, buckle up . . . it's the law!!! **"CLICK IT or TICKET"**



### CPSC, OWT Industries Inc. and Sears Announce Recall of Electric Routers Used in Woodworking

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), OWT Industries, Inc., of Pickens, S.C. and Sears Roebuck and Co. (Sears), of Hoffman Estates, Ill., is voluntarily recalling about 5,200 electric routers used in woodworking. The on-off switch on the routers could stick in the "on" position, posing a risk of serious lacerations to the operator and bystanders.

Sears has not received any reports of injuries or incidents. This recall is being conducted to prevent the possibility of injury.

This recall involves Craftsman® routers, model number 315.17510 with date codes of A0304 or lower. The model numbers and date codes are printed on a black data label located on the electric motor's housing. The routers have an aluminum base with black handles and a black motor. All affected routers were packaged with a cloth carry bag under the stock number 17518. Routers sold without the bag are not involved in the recall.

Sears sold these routers nationwide from November 2002 through January 2003 for about \$60.

Consumers should stop using these routers immediately and return them to their nearest Sears store for a product exchange. For more information, consumers can call toll-free at (800) 932-3188 between 8 a.m. and 5 p.m. ET Monday through Friday, or visit the firm's web site at [www.sears.com](http://www.sears.com).



### CPSC, Walt Disney Parks and Resorts Announce Recall of Woody Dolls

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Walt Disney Parks and Resorts is voluntarily recalling about 40,000 Woody dolls sold at the WALT DISNEY WORLD® Resort in Lake Buena Vista, Florida, DISNEY'S VERO BEACH Resort, Magic of Disney and Flight Fantastic shops located at the Orlando International Airport and Disney's Worldport shop located at Pointe Orlando. The Woody doll's clothing has buttons that can detach, posing a choking hazard for young children.

Walt Disney Parks and Resorts has received one report of a child removing a button from the Woody doll. No injuries have been reported.

The recalled doll is a cowboy named Woody, a character in the animated films Toy Story and Toy Story II. The Woody doll is a soft-bodied doll with soft plastic head, hands, boots and hat; wearing blue jeans a red/yellow -checked shirt, a black/white-spotted vest with a sheriff's badge; a red-patterned bandana and is 13 inches tall. A label sewn into the left side seam of the doll reads, "WALT DISNEY WORLD®" on one side and "©DISNEY, ALL NEW MATERIALS, POLYESTER FIBERS," several State license numbers, and "WALT DISNEY ATTRACTIONS, LAKE BUENA VISTA, FL, PRODUCT OF CHINA" on the other side. Only the Woody dolls described above are included in the recall.

These recalled soft dolls were sold from January 2000 through January 2003 for about \$12.

Consumers should immediately take the doll away from children and contact Walt Disney Parks and Resorts at (866) 228-3664 between 9 a.m. and 5 p.m. ET Monday through Friday to receive a full refund. For more information, please visit our web site [www.waltdisneyworld.com](http://www.waltdisneyworld.com). This recall does not involve items sold at the DISNEYLAND® Resort, through the Disney Store, the Disney Catalog, DisneyStore.com or at other retail outlets.

**Additionally, the talking versions of the Woody doll are NOT part of this recall.**

## ERGONOMICS AND YOUR EYES

When we talk about ergonomics, we almost always talk about back problems, carpal tunnel problems in our wrist and tight muscles in our neck. There is another part of our body - our EYES - which we really need to start taking better care of at work.

"Computer Vision Syndrome" is a term used by many doctors to describe computer related eye problems. These ailments include a cluster of symptoms such as blurred vision, irritated eyes, headaches, dry eyes and eye strain.

Most office workers spend up to 6 to 8 hours a day staring at a computer screen which can really affect their vision. The fuzzy letters, the illuminated background, the glare from lighting across the screen can cause many eye problems.

**There are some preventive measures we can take to help reduce the effects of computer vision syndrome to our eyes.**

- [ **Buy glasses for computer use.** If you are finding yourself squinting while doing computer work, you may need a stronger prescription. If you wear bifocals and find yourself lifting your head to read the computer you might want to get a separate pair of glasses with a stronger prescription just for computer use. You can also increase font size when typing to reduce eyestrain.
- [ **Glare can be a problem.** Depending on where your VDT screen is on your desk glare can be a big problem. Overhead lighting and sunlight coming in from a window will affect the amount of glare on the screen. Use black type when typing and stay away from fancy screen savers to reduce the problem. Use a glare screen to help reduce the glare.
- [ **Position your monitor.** Your monitor should be directly in front of your keyboard tray with the top of the monitor screen at eye level while you are sitting up straight. This is important for people who wear bifocals, since they tend to raise their chins to see through the lower half of the glasses. Remember, your monitor should not be closer than 12" nor further than 36" away.
- [ **Take mini-breaks.** At least once an hour look away from your work and refocus on something further away. Take a walk away from your computer and look out the window to a point a distance away. Close your eyes for a couple of seconds to rest them. Blink your eyes to remoisten them.

With today's increasingly visual forms of communication and entertainment, these precautions are more important than ever at work and at home.

**If you would like an ergonomic evaluation of your workspace, please call the NAF Atsugi Safety Office at 264-3678 for information or to make an appointment to have the survey scheduled.**

## Springtime Wheezing

### AAAAI News Release on Managing Allergic Asthma

Asthma affects more than 17 million people in the United States. While asthma has been known to affect people year round, spring can be particularly troublesome for the 10 million Americans who suffer from allergic asthma, according to the American Academy of Allergy, Asthma and Immunology (AAAAI). Warmer temperatures mean higher pollen and mold spore counts, causing trouble for the allergic asthma sufferer.

"Allergic asthma occurs when a sensitized patient is exposed to allergens to which their immune system is sensitive, causing the production of the allergy antibody called IgE," said Gailen D. Marshall, Jr., MD, PhD, FAAAAI. "Inhaling pollens, dust mite proteins, molds, animal dander or other allergens cause the airways of sensitive individuals to constrict because of IgE-armed mast cell activation as well as increased mucus production and entry of inflammatory cells into the airway, all combining to cause a potentially serious asthma attack."

Symptoms of asthma include coughing, shortness of breath, rapid breathing, wheezing and chest tightness. While the symptoms of allergic and non-allergic asthma are similar, the triggers vary, depending on the type of allergen to which the individual patient is sensitive:

#### Non-allergic asthma triggers:

- Air Pollution
- Fumes
- Perfumes
- Household cleaning agents
- Insecticides
- Fresh paint
- Tobacco
- Infection

#### Allergic asthma triggers:

- Pollens
- House dust mites
- Animal dander
- Mold spores (indoor and outdoor)
- Cockroaches

### Managing your allergic asthma

Asthma is a chronic disease that requires ongoing management and treatment. The AAAAI recommends the following actions to control allergic asthma:

- Minimize outdoor activities when pollen counts are high. Peak pollen times are usually between 10 a.m.-4 p.m. Get pollen count information for your area from the National Allergy Bureau at [www.aaaai.org/nab](http://www.aaaai.org/nab).
- Keep your car windows closed when traveling.
- Try to stay indoors when humidity is reported to be high, and on windy days when dust and pollen are blown about.
- Take a shower after spending time outside—pollen can collect on your skin and hair.
- Consult an allergist/immunologist, who can evaluate your history and conduct tests to find out if your asthma needs to be managed more effectively. They will help you develop an asthma action plan to manage your symptoms.

To learn more about allergens visit <http://@allergies.about.com/library/weekly/aa030203a.htm>



Naval Safety Center  
[www.safetycenter.navy.mil/safetips/](http://www.safetycenter.navy.mil/safetips/)

# SafeTips



## Extension Cords: Do's & Don'ts

**NOTE:** Extension cords are NEVER to be used in the workplace without prior NAF Safety approval. The following information is presented for extension cord use at home or on recreational outings.

1. If an extension cord is not marked for outdoor use, use it indoors only. The UL label will tell you if it is OK for outdoors
2. Inspect the cord before you use it. Look for areas that are cracked or frayed. If you find any, dispose of the cord.
3. The appliance or tool that you are using the cord with will have a wattage rating on it. Match this up with your extension cord. Don't use a cord that has a lower rating.
4. Don't run extension cords through doorways, or through holes in ceilings, walls or floors.
5. Make sure the appliance or tool is off before you plug it into the cord.
6. Make sure the plug is fully inserted in the outlet.
7. Don't remove, bend or modify any of the metal parts of the cord's plug.
8. Don't plug a three-prong plug into a two-hole cord.
9. You shouldn't have to force a plug into an outlet.
10. If the plug is too loose in the outlet, the outlet may be too old and needs to be replaced.
11. Some cords are polarized; one hole on the plug is larger than the other. Match up the outlet and the cord.
12. During use:
  - Keep away from water.
  - Don't use it when it is wet.
  - Keep it away from children and pets.
  - Don't plug one extension cord into another.
  - Don't overheat the cord. Uncoil it, and don't cover it with anything.
  - Don't drive over the cord. Don't drag it on lay anything on it.
  - Don't walk on it.
13. After use:
  - Remove it from an outlet by pulling on the plug, not the cord.
  - Store it indoors.
  - Unplug it when not in use.

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**Lockout for Safety**

Hazardous energy!  
Thousands of people every year are injured or killed because they did not consider the effect of hazardous energy before they started working on a piece of equipment.

**Types: Hazardous Energy**

**Electrical:** Servicing equipment often exposes workers to normally guarded electrical wires & components  
– Make sure all power is off and locked out.

**Mechanical:** Machines in motion can cause injury or death – stop all equipment before repairs or adjustments – Lockout all sources of energy.

**Chemical:** Acids, bases and other chemicals release energy when they react with your skin or other materials. Block all fluid lines and drain fluids in a controlled manner.

**Thermal:** Extreme heat or cold can burn or freeze your skin - Ensure all heat sources are blocked & allow hot equipment to cool before servicing.

**Gravitational:** What goes up, must come down, and it may come down on you! During maintenance ensure all parts that can fall are physically blocked from moving.

Employees who are authorized to perform maintenance have also been trained to lock and tag energy sources to prevent inadvertent starting of equipment during repairs or adjustments. For your own safety, if you are **NOT** an “authorized employee”, do not attempt any equipment repairs or adjustments. And for the safety of others, never touch controls that are locked out.

**Accident Reports...It could happen here!**

An employee at a furniture manufacturer had three fingers amputated when he attempted to clear a jammed wood-shaping machine. As he fed the wood stock into the blades, the stock kicked forward and jammed the rotating blade. The worker placed his hands near the blade to grab the wood and when he freed the stock, his fingers were chopped off as the motor started.

A maintenance assistant was electrocuted when he opened up an electrical motor controller to replace the line fuses. He failed to turn off the power to the controller or use the proper fuse-pulling tool. As he reached inside the controller with his hands, he touched the 440-volt main electrical line. The worker died at the scene.

**Make sure you know the hazards of what you are working on and ensure you have controlled these hazards to prevent injury to you and others**

**Safety Word Search**

Y	Y	N	L	F	L	F	J	B	I	W	R	T	K
C	T	O	K	A	O	V	F	N	T	Q	M	D	K
N	S	I	K	Z	C	D	O	N	R	C	D	G	Q
E	N	T	C	D	K	I	P	E	J	W	R	R	M
G	R	A	V	I	T	Y	M	S	C	F	W	I	Q
A	U	T	H	O	R	I	Z	E	D	L	H	U	J
T	B	U	M	J	D	T	M	S	H	O	C	K	J
H	I	P	K	L	F	R	C	C	K	C	S	V	J
I	T	M	Q	O	P	P	R	E	S	S	U	R	E
L	V	A	O	C	W	I	K	N	L	L	Z	J	M
D	D	U	E	Z	Y	G	R	X	R	E	O	B	U
P	L	M	C	H	G	O	V	O	Z	D	Q	A	S

**Find the following Safety Words above:**

- |             |          |
|-------------|----------|
| AMPUTATION  | HEAT     |
| AUTHORIZED  | LOCK     |
| BURNS       | MOTION   |
| CHEMICAL    | PRESSURE |
| ELECTRICITY | SHOCK    |
| GRAVITY     | TAG      |

An Empowerment Lament

I ....

But I didn't want to seem a fool,  
Or argue over a safety rule.  
I knew he'd done the job before,  
If I called it wrong, he might get sore.

The chances didn't seem that bad,  
I've done the same, He knew I had.  
So I shook my head and walked on by,  
He knew the risks as well as I.

He took the chance, I closed my eye,  
And with that act, I let him die.  
I could have saved a life that day,  
But I chose to look the other way.

Now every time I see his wife,  
I'll know I should have saved his life.  
That guilt is something I must bear,  
But it isn't something you need share.

If you see a risk that others take,  
That puts their health or life at stake.  
The question asked, or thing you say,  
Could help them live another day.

If you see a risk and walk away,  
Then hope you never have to say,  
I could have saved a life that day,  
But I **chose** to look the other way.