

Get in S.T.E.P. Safety Takes Every Person

SAFE -- Staying Accident-Free Everywhere

Voluntary Protection Programs (VPP)

4 Major Elements

1. Management Commitment and Employee Involvement
2. Worksite Analysis
3. Hazard Prevention and Control
4. Safety and Health Training

The DPW would like to recognize four of its coordinators for being the first to receive 9 hour time off awards for submitting their monthly building checklists and safety meeting minutes and rosters every single month for the January-June time frame without any reminders. The DPW looks forward to receiving and rewarding more in the next half of the year. So safety coordinators, let's get with submitting.

Congrats to:

Allen Fong- Stallion Up-range Branch;
Wade King – Engineering/BOID/Master Planning;
Greg Silsby – Environmental Division, and
Pete Sanchez HVAC/Heavy Metal Shop.

Building 1510, DPW, is getting a facelift, we are still under construction but were looking really great, come by and see us if you get a chance.

If you see a snake or feral animal, DON'T TRY TO CAPTURE IT, call the Environmental Division at 678-2225 for assistance.

The DPW held Confined Space Training and had a great turn out, more CS training will come in the near future.

Blood Borne Pathogens Training was also held at the PDC, what a great turn out that was.

DPW also held Lock Out – Tag Out training for ALL DPW who required it, or just wanted to find out what it was or how it worked, on 30 August at the Auditorium, PDC, Bldg 465.

There have been a few instances of spider bites or wasp stings, ant stings and other insect encounters around the installation. They are happening inside and outside of buildings. Be aware of your surroundings and where you put your hands.

Have any questions, comments, or suggestion, call me **TODAY**. No comment or suggestion to small.

575-678-2756

About the Flu

- ◆ Flu refers to illnesses caused by a number of different influenza viruses. Flu can cause a range of symptoms and effects, from mild to lethal.
- ◆ Most healthy people recover from the flu without problems, but certain people are at high risk for serious complications.
- ◆ Currently, in the U.S., epidemiologists at the Centers for Disease Control (CDC) work with states to collect, compile and analyze reports of flu outbreaks.
- ◆ Flu symptoms may include fever, coughing, sore throat, runny or stuffy nose, headaches, body aches, chills and fatigue.
- ◆ Annual outbreaks of the seasonal flu usually occur during the late fall through early spring. Most people have natural immunity, and a seasonal flu vaccine is available. In a typical year, approximately 5 to 20 percent of the population gets the seasonal flu. Flu-related deaths range from 3,300 to 48,600 (average 23,600).
- ◆ A flu pandemic occurs when a new influenza A virus emerges for which there is little or no immunity in the human population; the virus causes serious illness and spreads easily from person-to-person worldwide.
- ◆ The H5N1 (Bird) flu virus is an influenza A virus subtype that is highly contagious among birds. Rare human infections with the H5N1 (Bird) flu virus have occurred. The majority of confirmed cases have occurred in Asia, Africa, the Pacific, Europe and the Near East. Currently, the United States has no confirmed human H5N1 (Bird) flu infections, but H5N1 (Bird) flu remains a serious concern with the potential to cause a deadly pandemic.
- ◆ The H1N1 (Swine) flu virus caused more illness in the 2009-2010 flu season in young people and pregnant women than is usual for prior flu seasons. Like seasonal flu, illness in people with H1N1 can vary from mild to severe.

Want more information on the flue? Visit <http://www.flu.gov/>.

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Dangers of distracted driving

- Distracted driving crashes killed more than 5,400 people and injured nearly 500,000 in 2009.
- Researchers report that texting while driving claimed more than 16,000 lives from 2001 to 2007.
- Reaction time is delayed for a driver talking on a cell phone as much as it is for a driver who is legally drunk.
- Drivers who are texting take their eyes off the road 400% more than when they are not texting.
- More texting leads to more crashes. With each additional 1 million text messages, fatalities from distracted driving rose more than 75%.



Healthier Workers Safer Workplaces A Stronger America.

"It is well recognized that texting while driving dramatically increases the risk of a motor vehicle injury or fatality. We are asking employers to send a clear message to workers and supervisors that your company neither requires nor condones texting while driving."

David Michaels, PhD, MPH
Assistant Secretary
Occupational Safety and
Health Administration

If you have questions or need more information,
contact OSHA at 1-800-321-OSHA (6742).
TTY 1-877-889-5627.



OSHA 3616-02N-11



**MORE WORKERS
ARE KILLED
EVERY YEAR IN
MOTOR VEHICLE
CRASHES THAN ANY
OTHER CAUSE.**

**Businesses can
help solve this
big problem.**

or

V.P.P.
Voluntary Protection Program

To All DPW, SE, and FD Chiefs:
If you notice an employee, co-worker, supervisor that has gone that extra step to make your workplace a safe one, email us so we can recognize their efforts.
Consuelo.r.bencomo@us.army.mil
and nancy.hilton1@us.army.mil

Get in S.T.E.P.

Safety Takes Every Person

SAFE -- Staying Accident-Free Everywhere

Symptoms of Flu

All types of flu can cause:

- Fever* or feeling feverish/chills
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

* It's important to note that not everyone with flu will have a fever.

Taking Care of Yourself If You Are Sick

If you have been diagnosed with flu, you should stay home, follow your doctor's orders, and watch for signs that you need immediate medical attention.

- The Centers for Disease Control and Prevention (CDC) recommends that you stay home for at least 24 hours after your fever (100°F or 37.8°C) is gone except to get medical care or for other things you have to do and no one else can do for you.
- Avoid close contact with others, **especially those who might easily get the flu**, such as people age 65 years and older, people of any age with chronic medical conditions (such as asthma, diabetes, or heart disease), pregnant women, young children, and infants.
- Clean hands with soap and water or an alcohol-based hand rub often, especially after using tissues or coughing/sneezing into your hands.
- Cover coughs and sneezes.
- Drink clear fluids such as water, broth, sports drinks, or electrolyte beverages made for infants to prevent becoming dehydrated.
- Get plenty of rest.
- Get medical attention right away if you:
 - Have difficulty breathing or shortness of breath
 - Experience pain or pressure in the chest or abdomen
 - Have sudden dizziness
 - Become confused
 - Have severe or persistent vomiting
 - Experience flu-like symptoms that improve but then return with fever and worse cough

<http://www.flu.gov/>

any questions, comments, or
inquiries, call me **TODAY**.
For more information or suggestion to

575-678-2756



Voluntary V.P.P

Mr. Sammie Hubbard from the Installation Safety Office (ISO) is the newly assigned ISO Safety POC for the DPW. DPW personnel can reach Sammie at 678-8234 if you need information or contact Rita Bencomo-Garcia at 678-0372. Welcome Sammie to the DPW Safety Team, hope you're ready to work!

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- Voluntary Protection Programs (VPP)
- 4 Major Elements**
1. Management Commitment and Employee Involvement
 2. Worksite Analysis
 3. Hazard Recognition and Control

Let's start showing our gratitude for personnel doing safety great things. If you know of or see someone doing something good for safety, let us know..call 678-2756 we will recognize them.....

The Public Works Directorate consists of the Energy Transformation Office, Engineers, Master Planning (facilities/real estate), BOID (trouble desk, work requests, etc.), Housing, Operations and Maintenance here at White Sands and at Stallion to include: Building Repair, Heavy Metals/HVAC, Roads and Grounds and Utilities; Environmental (Customer Support (laws and regulations), Stewardship (animals and nature) and Compliance (air, water, land, and the HAZWASTE Center). We are an important part of what goes on at White Sands. We strive for safety in all our areas and we are great at it. We have managed to lower the vehicle accident rates and people accidents. Thanks DPW for doing a great safety job, let's keep it up!!! and thanks to our Director, Mr. T.A. Ladd for supporting us and our safety program.....

Be sure to do vehicle maintenance checks before you drive. You may have a nail in your tire and not even know it, you may have your license plate lights out and don't know it, until you get a ticket. Do your brake lights work? Are your blinkers working? What about your reverse lights? And your front lights, what about your driving lights, just too many items to remember. Be a good driver, do a PMC on your vehicle.

Here's a thank you to the janitorial staff for keeping the offices clear of trash, they work hard and we appreciate them.

Have any questions, comments or suggestions, call me TODAY. No comment or suggestion too small.
575-678-2756