

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

SAFE -- Staying Accident-Free Everywhere

GSA Vehicles and Government Driver's licenses.

Are you driving a GSA vehicle? Have you taken the Defensive Driving Classes?

Did you know that if you are driving a GSA vehicle, **YOU MUST HAVE A GOVERNMENT and STATE DRIVER'S LICENSES.** This license must be with you **EVERY** time you drive a GSA vehicle.

The WSMR police conduct spot checks throughout the year. Are **YOU** going to get stopped without your license?

IF YOU DO NOT HAVE A GOVERNMENT DRIVER'S LICENSE, THEN YOU ARE NOT ALLOWED TO DRIVE A GSA VEHICLE. Would you like to have your Government driver's license? Then ask your safety coordinator about the Defensive Driving Class.

Visit these WEBSITES to find more information on Safety!

<http://www.osha.gov>

<http://www.ehso.com>

<http://www.cdc.gov/h1n1flu/qa.htm>

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

Driving in High Winds

Wind can create difficulties for drivers of all vehicles.

High winds are especially challenging for trucks, RVs and trailers, but they also affect cars and, not surprisingly, SUVs as well. When you experience high winds:

- Reduce your speed
- Be careful when driving close to trucks, buses and other large vehicles
- Pay attention to travel warnings and bans; some states restrict the use of certain vehicles when winds are high

Take great care making steering corrections when going from protected to open areas.

2009 H1N1 Flu ("Swine Flu") and You

What are the signs and symptoms of this virus in people?

The symptoms of 2009 H1N1 flu virus in people include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills and fatigue.

Some people may have vomiting and diarrhea. People may be infected with the flu, including 2009 H1N1 and have respiratory symptoms without a fever. Severe illnesses and deaths have occurred as a result of illness associated with this virus.



What should I do if I get sick? If you get sick with flu-like symptoms this flu season, you should stay home and avoid contact with other people except to get medical care. Most people with 2009 H1N1 have had mild illness and have not needed medical care or antiviral drugs and the same is true of seasonal flu.

Continue on page 2 for more information

What a Federal Employee should do when Injured at work....

Report to Supervisor Every job-related injury should be reported as soon as possible to your supervisor. Injury also means any illness that is caused by the employment.

Obtain Medical Care Before you obtain medical treatment, ask your supervisor to authorize medical treatment by us of form CA-16.

File Written Notice In traumatic injuries, complete the employee's portion of Form CA-1.

Obtain Receipt of Notice A "Receipt" of Notice of Injury is attached to each Form CA-1 and Form CA-2.

Submit Claim for COP/Leave and/or Compensation For Wage Lost If disabled due to traumatic injury, you may claim continuation of pay (COP) not to exceed 45 calendar day or use leave.

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.

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Have any questions, comments, or suggestion, e-mail me **TODAY**. No comment or suggestion to small.

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Get in S.T.E.P.

2009 H1N1 Flu ("Swine Flu") and You.....Continued

Contamination & Cleaning

How long can influenza virus remain viable on objects (such as books and doorknobs)?

Studies have shown that influenza virus can survive on environmental surfaces and can infect a person for 2 to 8 hours after being deposited on the surface.



What kills influenza virus?

Influenza virus is destroyed by heat (167-212°F [75-100°C]). In addition, several chemical germicides, including chlorine, hydrogen peroxide, detergents (soap), iodophors (iodine-based antiseptics), and alcohols are effective against human influenza viruses if used in proper concentration for a sufficient length of time.

***What if soap and water are not available and alcohol-based products are not allowed in my facility?**
If soap and water are not available and alcohol-based products are not allowed, other hand sanitizers that do not contain alcohol may be useful.



What surfaces are most likely to be sources of contamination?

Germs can be spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth. Droplets from a cough or sneeze of an infected person move through the air. Germs can be spread when a person touches respiratory droplets from another person on a surface like a desk, for example, and then touches their own eyes, mouth or nose before washing their hands.

How should waste disposal be handled to prevent the spread of

influenza virus?

To prevent the spread of influenza virus, it is recommended that tissues and other disposable items used by an infected person be thrown in the trash. Additionally, persons should wash their hands with soap and water after touching used tissues and similar waste.

What household cleaning should be done to prevent the spread of influenza virus?

To prevent the spread of influenza virus it is important to keep surfaces (especially bedside tables, surfaces in the bathroom, kitchen counters and toys for children) clean by wiping them down with a household disinfectant according to directions on the product label.

How should linens, eating utensils and dishes of persons infected with influenza virus be handled?

Linens, eating utensils, and dishes belonging to those who are sick do not need to be cleaned separately, but importantly these items should not be shared without washing thoroughly first. Linens (such as bed sheets and towels) should be washed by using household laundry soap and tumbled dry on a hot setting. Individuals should avoid "hugging" laundry prior to washing it to prevent contaminating themselves. Individuals should wash their hands with soap and water or alcohol-based hand rub immediately after handling dirty laundry.

Eating utensils should be washed either in a dishwasher or by hand with water and soap.

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Have any questions, comments, or suggestion, e-mail me TODAY.
No comment or suggestion to small.

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