

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

SAFE -- Staying Accident-Free Everywhere

THANKSGIVING safety tips!

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

Keep the cooking range free of clutter. Even though you have myriad dishes to prepare, don't overload a cook top with too many pots and pans. Trying to cook all your dishes at once could cause grease to accidentally spill onto a range top and cause a fire.

Never put a glass casserole or lid on the stove or over a burner. If it gets hot and explodes, it will send dangerous shards of glass in all directions.

Do not try to hold your child in one arm while cooking with the other. Holding a child while cooking is an invitation for a burn. It's best to keep your child out of the kitchen while you're cooking.

Evaluate appliances wisely and look for the UL Mark. When purchasing electric cooking products such as electric knives, slow cookers and food processors, look for the UL Mark. The UL Mark is one of the most widely recognized and trusted safety symbols among consumers. Manufacturers use it to indicate that a product meets specific safety standards.

Do not pour water on a grease fire. Pouring water on a grease fire can cause the fire to spread. In the event of a range-top fire, turn off the burner, put on an oven mitt and smother the flames by carefully sliding a lid onto the pan. Leave the lid in place until the pot or pan is cooled.

Avoid using a turkey fryer. Because turkey fryers pose a number of distinct safety concerns, including burn and fire hazards, UL does not certify any turkey fryers.

Keep a clean work surface. Be sure to wash surfaces, utensils, the sink and hands after handling raw food. It's a good idea to identify one cutting board for raw meats and one for other uses.

Un-stuff the turkey. According to the USDA, for optimum safety, stuffing a turkey is not recommended. For more even cooking, cook the stuffing outside the bird in a casserole dish until it reaches an internal temperature of 165 degrees Fahrenheit.

Thaw the bird with care. If using a frozen turkey, the USDA recommends thawing it in the refrigerator in its original wrapping, in a tray or pan that can catch any juices that may leak.

Call for help. If you've accidentally cooked the giblets inside the turkey, melted the "hock lock" or have any other questions about cooking your Thanksgiving bird, be safe and call the pros at the USDA Meat and Poultry Hotline: 1-888-MPHotline (1-888-674-6854)

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

(575)678-2756



HAPPY THANKSGIVING !!!

V.P.P.
Voluntary Protection Program

Get in S.T.E.P.

Hazardous Waste Profile: waste characterization before storage and off-site shipment for treatment and disposal

The WSMR Hazardous Waste Storage Facility Permit prohibits storage of hazardous waste at the facility unless the waste has been fully characterized in accordance with specified requirements. This waste characterization must include all of the information necessary to treat, store, and dispose of the waste in compliance with the permit, federal/state regulations, DoD and Army Policy. This also includes the proper preparation for off-site shipment to a specific Treatment, Storage & Disposal Facility (TSDF); namely, the determination of the U.S. Department of Transportation shipping name, hazard class, and generator identification information.

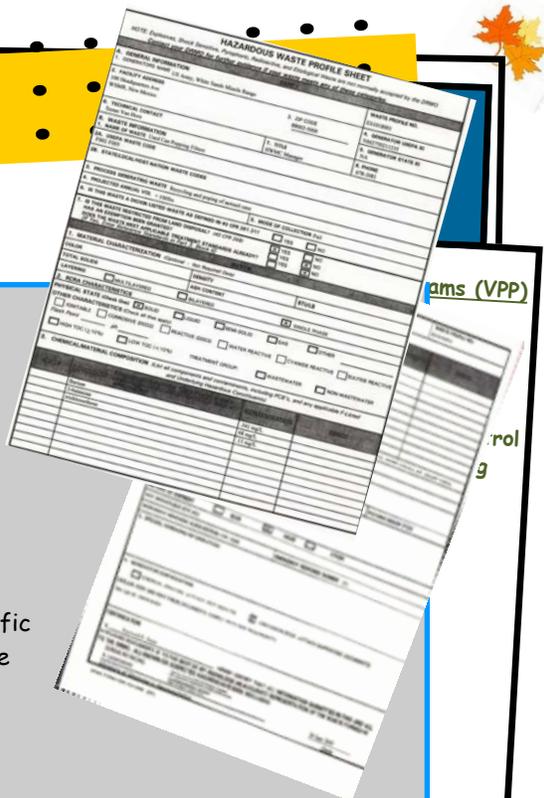
Waste is characterized using current sampling and analysis or acceptable (user) knowledge, or a combination of the two. Army program requirements (*Army Reg 200-1, 10-1. Hazardous waste, d. Program Requirements, (1)*) requires a systematic evaluation of waste streams to ensure all potential hazardous or special wastes are properly identified and characterized.

Hazardous waste characterization must be reviewed on an annual basis or whenever your waste stream changes. If you confirm that your process hasn't changed (including the hazardous materials you use), we can then renew your profile using 'acceptable (user) knowledge'.

The annual evaluation of your profile must be completed whether or not you turn-in waste for disposal at the HWMC.

Questions? Call 678-4641

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FOR ALL DPW EMPLOYEES DPW SAFETY DAY

The Garrison Command has received this OPOrd Tasker and has tasked every Garrison organization to have a Safety Stand Down Day.

The DPW will have our Safety Stand Down Day on 17 November 2010.

This is a mandatory safety stand down and every DPW employee must participate in the events. These locations should be your place of duty for the day, with exception of emergencies.

You may not get to all the events but you must be signed in as record, so get to as many as you can. An e-mail was sent out Thu 11/4/2010 11:25 AM to all DPW employees with a flyer attached that will tell you of the events and times and places.

Safety Coordinators: Safety specific training is required on an annual basis for everyone in DPW. This will suffice for your personnel reporting requirements to the ISO and VPP. Be sure you have your attendance rosters.

Thank you
DPW Safety Coordinator

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While You Perform Your Job Duties Do You....

- Use Hazardous Materials?
- Have expired materials that you can no longer use?
- Use Rags, Towels or Absorbents in your Shop?
- Have or manage spent fluorescent bulbs?
- Have used batteries (recyclable or other) to dispose?

If so, you may be generating a hazardous waste...

contact the
Hazardous Waste Management Center
Building 1870
WSMR, NM 88002
575.678.4641

Waste generation impacts the environment...help reduce waste



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5. Safety and Health

HOW MUCH PROTECTION DO YOU NEED?

USE THIS CHART TO WORK OUT THE CORRECT GRADE OF HEARING PROTECTION FOR YOUR WORKPLACE:

HOW LOUD IS THE NOISE HAZARD	DECIBELS	TIME EXPOSED TO NOISE	ALLOWABLE LEVEL	NOISE LEVEL ABOVE LIMIT	RECOMMENDED HEARING PROTECTION GRADE
BELT SANDER	82-92	8 HOURS	85 dBA	Up to 12 dBA	Grade 2
BAND SAW	94-95	4 HOURS	88 dBA		
TRUCK/TRACTOR	90-110	2 HOURS	91 dBA		
SKILL SAW/CHAIN SAW	95-110	1 HOUR	94 dBA	Up to 18 dBA	Grade 3
BAND SAW	94-95	30 MINS	97 dBA		
WOOD PLANER	94-96	15 MINS	100 dBA		
BRAKE RIVETTER	97-99	8 MINS	103 dBA	Up to 24 dBA	Grade 4
GRINDER	83-100	4 MINS	106 dBA		
ROUTER	98-100	2 MINS	109 dBA		
GUILLOTINE	94-103	1 MIN	112 dBA	Up to 30 dBA	Grade 5
WELDING MACHINE	99-100	30 SECS	115 dBA		
CIRCULAR SAW	100-106				
IMPACT WRENCH	104-107				
DIESEL GENERATOR	107-111				
SAND BLASTING	105-115				
COMPRESSOR	101-123				
PNEUMATIC DRILL	120-130				

APPROVED HEARING PROTECTION GRADES

Hearing Protection Grade	Equivalent Continuous Sound level (8 Hours)	Types of Approved Hearing Protection
1	86-91 dB(A)	Earplugs/Earmuffs
2	92-97 dB(A)	Earplugs/Earmuffs
3	98-103 dB(A)	Earmuffs
4	104-109 dB(A)	Earmuffs
5	110-115 dB(A)	Earmuffs

Have any questions or suggestions?
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HAPPY THANKSGIVING



V.P.P.
Voluntary Protection Program

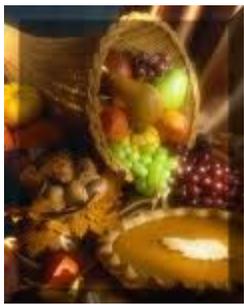
The charts on this page will show you different noise levels for specific jobs, tools, and various situations. The important thing to remember is to always protect your hearing for noise levels above 85 dB and use double protection if levels go over 105dB.

Once your hearing has been damaged it can't be fixed...

Decibel (Loudness) Comparison Chart

Here are some interesting numbers, collected from a variety of sources, that help one to understand the volume levels of various sources and how they can affect our hearing.

Environmental Noise	
Weakest sound heard	0dB
Whisper Quiet Library	30dB
Normal conversation (3-5')	60-70dB
Telephone dial tone	80dB
City Traffic (inside car)	85dB
Train whistle at 500', Truck Traffic	90dB
Subway train at 200'	95dB
<i>Level at which sustained exposure may result in hearing loss</i>	<i>90 - 95dB</i>
Power mower at 3'	107dB
Snowmobile, Motorcycle	100dB
Power saw at 3'	110dB
Sandblasting, Loud Rock Concert	115dB
<i>Pain begins</i>	<i>125dB</i>
Pneumatic riveter at 4'	125dB
<i>Even short term exposure can cause permanent damage - Loudest recommended exposure WITH hearing protection</i>	<i>140dB</i>
Jet engine at 100', Gun Blast	140dB
Death of hearing tissue	180dB
Loudest sound possible	194dB



Some interesting facts about Thanksgiving include that:

- about 270 million turkeys are raised in the United States each year
- the typical American eats about 13.6 pounds of turkey a year, with a good bit of it at Thanksgiving time.
- about 572 million pounds of cranberries and 1.4 billion pounds of sweet potatoes are produced in the United States each year
- the first Thanksgiving wasn't really celebrated by the Pilgrims, but was instead celebrated by Spanish explorer Francisco Vasquez de Coronado in Texas in 1541
- it wasn't until 1939 that Thanksgiving was officially on the fourth Thursday in November.

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