

# CAPP REPORT

CIVILIAN ACCIDENT PREVENTION PROGRAM REPORT <http://safety.army.mil> April 1998 Volume 8 Number

## EDITOR'S CORNER

### CIVILIANS ARE IMPORTANT TO THE ARMY

Civilian employees are very important to the Army. Without civilians a lot of important work would not be accomplished as well or as efficiently.

Since you are very important to the Army, we do not want anything bad to happen to any one of you. That is why we publish the CAPP Report. We hope it keeps you informed on dangers you can encounter both at work and at home and how to avoid them.

By keeping you "aware", we feel we are helping keep you safe from harm. After all, if you are not aware of dangers, you can not avoid them.

We hope the CAPP Report serves the purpose that we intend. Let us know. If you have any suggestions to change or improve this publication we would be happy to hear them. If you have something that you want to see in this publication -- an article, a subject, anything --we will do our best to see that it is printed.

If you would like to write an article for us, or share your experiences, just send it in. Staff telephone numbers and e-mail addresses are on the last page of this publication.

### LADDER SAFETY

According to the National Safety Council, there were 217,000 accidents related to ladders that  
(continued on page 5)

### U.S. CONSUMER PRODUCTS SAFETY COMMISSION ANNOUNCES RECALL PROGRAM OF HTPV PLASTIC PIPES.

See the article on page 2 for full details on the HTPV pipe recall.. This is a reprint of the information we received. They requested we pass this information to you.

### VOLUNTARY PROTECTION PROGRAM (VPP) IS ALIVE AND WELL!

#### Benefits cited by current VPP Participants

1. Participants of VPP establish and maintain excellent safety and health programs in their workplace.
2. Participants are not subject to routine OSHA inspections.
3. Improved employee motivation to work safely, leading to better quality and increased productivity.
4. Lost work-day case rates are more than 50 percent below the average for industries.
5. Reduced worker's compensation and other injury and illness for their industries.  
(continued on page 4)

### POV ACCIDENTS ARE ON THE INCREASE

DO NOT LET THIS HAPPEN TO YOU!



POV article on page 5

### EXTREME HEAT!!!!

Summer heat waves bring unusually high temperatures that may last for days or weeks. In the summer of 1980 a severe heat wave hit the U.S. and nearly 1,700 people lost their lives from heat-related illness. Each year, high temperatures put people at risk.

People suffer heat-related illness when the body's temperature control system is overloaded. The body normally cools itself by sweating. But under some conditions, sweating just is not enough. In such cases, a person's temperature rises rapidly. Very high body temperature may damage the brain or other vital organs.

(continued on page 2)

**EXTREME HEAT** (continued)

Several factors affect the body's ability to cool itself during extremely hot weather. When humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Other conditions that can limit the ability to regulate temperature include old age, obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use.

Summertime activity, whether on the playing field or the construction site, must be balanced with measures that aid the body's cooling mechanisms and prevent heat-related illness.

The Center for Disease Control and Prevention has a pamphlet available on line entitled "EXTREME HEAT: A Prevention Guide to Promote Your Personal Health and Safety". This pamphlet tells how you can prevent, recognize, and cope with heat-related health problems. You can find it at <http://www.cdc.gov/neh/programs/emergency/prevent/heat/heat.htm>.

NOTE: This article is an extract from this website.

MORE PREVENTION STRATEGIES FOR HOT WEATHER IN THIS REPORT ON PAGE 6.

**U.S. Safety Center Will Hold Safety Conference**

The FY 98 Safety Conference will be in San Antonio, Texas at the Holiday Inn on Durango Street from 18 May 1998 through 22 May 1998.

CHECK OUT THE SAFETY CENTER WEB PAGE FOR FURTHER INFORMATION AND TO PRE-REGISTER ON THE WEB!  
<http://safety.army.mil>

**PREVENTING BACK INJURIES**

Many experts estimate that eight out of ten people will have some back pain at one time or another, and others will experience serious pain with chronic physical problems.

Medical costs for back pain and back injury total about \$40 billion a year in lost wages and insurance claims.

Prevention of back injury and pain is the key. Here are some simple tips to avoid pain and injury:

Exercise and stay fit to help prevent back injuries and to recover more quickly from back injury. Exercise should include back-strengthening and aerobic exercises. Other good exercises include walking, swimming, or bicycling.

Loose excess pounds to reduce stress on the back.

Practice good posture. Over time, poor posture places excess stress on the spinal column

Before lifting heavy objects do some stretching exercises before you lift. This will increase the blood flow to working muscles, reduce muscle tension, and improve coordination and range of motion.

When lifting, bend your knees and lift with your legs--not your back. Bring the object close to your body. Avoid twisting while you lift.

Do not try to lift something that is too heavy for you to lift alone--get a buddy or a mechanical aid.

Push, do not pull. You have twice as much power pushing and less chance of injury.

When you drive for long distances, change positions frequently. Stop at least every two hours. More if you feel you  
(continued in next column)

**Back Injury (con't)**

if you feel you need it. Whenever you stop, walk and stretch slowly to loosen stiff muscles.

**REMEMBER:** If you hurt your back, get help from a professional health-care provider to avoid chronic pain or disability. No single treatment works for everyone and only your doctor will know what treatment is best in your particular case.



**DO NOT DRINK AND DRIVE!**

**DESIGNATED DRIVERS SAVE LIVES!**

**THE CONCEPT WORKS!**

**U.S. CONSUMER PRODUCT SAFETY COMMISSION ANNOUNCES RECALL PROGRAM**  
(Reprinted as received, by request of U.S. Consumer Products Safety Commission)

The U. S. Consumer Product Safety Commission has announced that they, along with virtually the entire furnace and boiler industry, along with the manufacturers of high-temperature plastic vent (HTPV) pipes are announcing a Recall Program. This Program will replace, free of charge, an estimated 250,000 HTPV pipe systems attached to gas or propane furnaces or boilers in consumers' homes. The HTPV pipes could crack or separate at the joints and leak carbon monoxide, presenting a deadly threat to consumers.

Carbon monoxide is a colorless, odorless gas produced by incomplete burning of carbon-based fuels, including natural gas and propane. The initial symptoms of CO poisoning are similar to the flu, and may include dizziness, fatigue, headache, nausea, and irregular breathing. High-level exposure to carbon monoxide can cause death.

To determine if consumers have HTPV pipe systems that are subject to the program, consumers should first check the vent pipes attached to their natural gas or propane furnaces or boilers. Vent pipes subject to this recall program can be identified as follows:

- a. Vent pipes are plastic.
- b. Vent pipes are colored gray or black.
- c. Vent pipes have the names "Plexvent", "Plexvent II", or "Ultravent" stamped on the pipe or printed on stickers placed on pieces used to connect the vent pipes together.

Consumers should now check the location of these vent pipes. For furnaces, only HTPV systems that have vent pipes that go through the sidewalls of structures (horizontal systems) are subject to this program. For boilers, all HTPV systems are subject to this recall. Other plastic vent pipes such as white PVC or CPVC, are not involved in this program.

After checking the vent pipes, consumers should call the special toll-free number (1-800-758-3688), available between 0700 and 2300 EST seven days a week, to verify that their HTPV pipe systems are subject to the recall. Consumers with eligible systems will receive new, professionally installed venting systems free of charge. Consumers who already have replaced their HTPV pipe systems may be eligible for reimbursement for some or all of the replacement costs.

All consumers should have their fuel-burning appliances inspected annually to check for cracks or separations in the vents that allow carbon monoxide to leak into the home. In addition, Consumer Products recommends that every home should have at least one carbon monoxide detector that meets the requirements of the most recent Underwriters Laboratories 2034 standard or International Approval Services 6-96 standard.

The following lists the manufacturers participating in this program:

Armstrong Air Conditioning	International Comfort Products Corp. (USA)	Thermo Products Inc
Bard Manufacturing Company	Lennox Industries Inc	The Trane Co.
Bumham Corporation	Nordyne Inc.	Trianco-Heatmaker Inc
Consolidated Industries	Peerless Heater Company	Utica Boilers Inc..
Crown Boiler Company	Pennco Inc.	Vaillant Corp.
The Ducane Company, Inc.	Plexco Inc	Weil-McLain
Dunkirk Radiator Corporation	Raypak Inc.	Westcast Inc.
Evcon Industries, Inc.	Rheem Manufacturing Co.	York International Corp
Hart & Cooley, Inc.	Slant/Fin Corporation	
Heat Controller, Inc.	Thermo Products Inc.	

The U.S. Consumer Products Safety Commission protects the public from unreasonable risks of injury or death from 15,000 types of consumer products under the agency's jurisdiction. To report a dangerous product or-related injury and for information on their fax-on-demand service, call their hotline at 1-800-638-2772 or teletypewriter at 1-800-638-8270. To order a press release through fax-on-demand, call 301-504-0051 from the handset of your fax machine and enter the release number. Consumers can obtain this release and recall information at the Consumer Product Safety Commission's web site at <http://www.cpsc.gov> or via Internet gopher services at [gopher.cpsc.gov](http://gopher.cpsc.gov). Consumers can report product hazards to [info@cpsc.gov](mailto:info@cpsc.gov). To establish a link from your web site to this press release of CPSC's web site, create a link to the following address: <http://www.cpsc.gov/cpsc/pub/prerel/prhtml198/98072.html>.

The POC for this matter is John Lanzarone, comm 703-806-6067, DSN 656, e-mail: [john.r.lanzarone@cpw01.usace.army.mil](mailto:john.r.lanzarone@cpw01.usace.army.mil).

## VOLUNTARY PROTECTION PROGRAM (VPP) (continued)

Austere resources and organizational restructuring have become a mainstay of the work world, both Government and private sector. Partnering to pool knowledge and resources is more an operational necessity than ever. And, OSHA's VPP gives a proven effective framework for partnerships. Partnerships in action break down barriers between organizations, allowing them to work together toward a common goal.

The common goal between the Army Safety and Health Program and OSHA is to prevent injuries and illnesses in the work place. One way to partner with OSHA to reduce employee injury and illness is the VPP. The VPP provides the Army an opportunity to enhance its Safety Program by increasing emphasis on all areas of safety.

The VPP is a time-proven program to improve your Safety and Health Program. The VPP concept recognizes that compliant enforcement alone can never achieve the objectives of world-class safety programs. Good safety management programs that go beyond OSHA standards can protect workers more effectively than simple compliance.

The VPPs are designed to recognize and promote effective Occupational Safety Health Program management. In the VPP, management, labor, and OSHA establish cooperative relationships at workplaces that have implemented strong programs.

Management commits to operate an effective program that meets an established set of criteria.

Employees commit to participate in the program and work with management to ensure a safe and healthful workplace.

Initially, OSHA verifies that the program meets VPP requirements. Periodically, OSHA evaluates the work site to verify that it continues to meet VPP criteria. Participants in VPP are a select group of facilities that have designed and implemented outstanding safety and health programs.

**Star** participants meet all VPP requirements. **Merit** participants have **demonstrated** the potential and willingness to achieve **Star Program** status, and are implementing planned steps to fully meet all **Star** requirements. **What are these Programs?**

Star Program  
Merit Program  
Demonstration Program

### STAR PROGRAM

This is the most highly selective program and is for applicants with occupational safety and health programs that are comprehensive and are successful in reducing work-place hazards.

### MERIT PROGRAM

This program provides a planned set of "stepping stones" to Star participation for those employers who have demonstrated the potential and willingness to achieve Star requirements.

### DEMONSTRATION PROGRAM

This program allows evaluation of criteria different from, but potentially as protective for workers as the

Star criteria. The purpose of this program is to demonstrate that these criteria do protect workers and thus broaden the repertoire of safety and health initiatives.

OSHA provides a checklist and a scorebox to determine your eligibility for the VPP.

Outstanding performance in all areas addressed in this self-assessment may qualify you for recognition as an OSHA Star participant. The checklist covers:

1. Rates
2. Management, Leadership, and Employee involvement
3. Worksite Analysis
4. Hazard Prevention and Control
5. Safety and Health Training
6. Review
7. Concurrence

Recognition in the VPP requires rigorous and detailed attention to workplace safety and health by all personnel in that workplace. Sites are approved on the basis their written Safety and Health Program and their performance in meeting the standards set by the program.

-----Written by Truman Taylor,  
U.S. Army Safety Center  
Policy, Plans, & Programs  
Division

## Ladder Safety (continued)

required visits to hospitals or emergency rooms.

Most accidents were caused by a loss of balance or by a ladder being placed on a slippery surface.

### LADDER SAFETY TIPS

- Choose the proper ladder for the job
- Before climbing a ladder, check it thoroughly. Verify weight capability. Look for missing, damaged, or loose parts.
- Place the ladder on a firm, solid surface.
- Always have a person to hold the ladder steady if there is any question about its stability.
- If you use a ladder in front of a door, lock and barricade the door.
- Never place a ladder where it could slide into power lines.
- Do not climb a ladder if you have been using alcohol or medicines, are subject to fainting spells, or if you are physically handicapped
- To climb or descend, face the ladder and grip rails (not rungs) firmly with both hands.
- Never reach or lean too far to the side while working on the ladder. This could cause the ladder to slide.
- Never try to position the ladder while you are on it. Always climb down to re-position it.
- Wear shoes with slip resistant soles, and ensure the rungs of the ladder are dry.
- On a step ladder, do not climb higher than the second rung from the top. On an extension ladder, climb no higher than the third rung from the top.
- Be sure a ladder extends 3 feet above the edge of the roof. This added length is needed to step safely onto the roof. DO NOT climb the ladder above the roof top.

**HAVE A SAFE SUMMER!**

**ALWAYS REMEMBER NEVER  
DRINK AND DRIVE. ALWAYS  
HAVE A DESIGNATED DRIVER!**

## POV Accidents (continued)

Some facts taken from the Safety Council News, Mar-Apr 1998 issue:

### The leading cause of death to persons 5 to 27 years old is motor vehicle accidents.

In 1996, 115 people a day were killed in motor vehicle accidents. That is one person every 13 minutes. Total for CY 96 was 41,907.

Of the 115 a day, there were 70 adult males, 35 adult females, and 10 children.

### AGGRESSIVE DRIVING KILLS

Drivers with high frustration levels drive with aggressive behavior. They take out their frustrations while driving their cars with little or no concern for others on the road. They run stop signs and red lights. They speed, tailgate, weave in and out of traffic, make hand and facial gestures, and scream, honk, and flash their lights.

You have seen these people in action. These drivers are very dangerous. Here are some things you can do when approached by one of these aggressive drivers on the road:

Make every attempt to get out of their way.

- Do not challenge them in any way.
- Wear your seatbelt at all times.
- Avoid eye contact.
- Ignore gestures and refuse to return them.
- If you have a cell phone, call the police, if you can do it safely. Many have special numbers--911, 77, etc.. Report the driving behavior, along with the vehicle description, license number, location, and if possible the direction of travel.

These are only a few suggestions, but the bottom line is--Avoid These People! They Are Dangerous To You and Themselves!

Here are some tips for you so you will never be the aggressive driver: Do not drive when you are highly upset or frustrated over something.

- Always remember that a car can be a lethal weapon. Use it properly!
- If you are frustrated--STOP! Take a walk, a hike, exercise, swim, meditate--whatever will work to clam you down.

If you must drive when you are upset, please take a few seconds to take long deep breaths before starting the vehicle. This will help to relax you.

Information extracted from The Florida Association of Safety Council Newsletter (Mar-Apr 98 issue) and Road & Rec, 1996 summer issue.

**WE DO NOT WANT YOU TO BE ONE OF OUR STATISTICS,  
AND WE KNOW YOU DO NOT WANT TO BE A STATISTIC!**



## PREVENTION STRATEGIES FOR HOT WEATHER

Prevention of heat-related illnesses is a concern not just for soldiers, but for everyone. Many outdoor activities which occur during hot weather, such as gardening, exercising, playing sports or even spending a day at the swimming pool require that we be mindful of strategies to prevent heat-related illnesses. Knowing the basic facts and prevention strategies to reduce the risks of these illnesses is crucial in hot summer weather. There are a variety of heat-related illnesses: heat exhaustion, heat stroke, heat cramps, and sunburn. It is important to know what these terms mean and identify signs and symptoms of each of these conditions.

**Sunburn** is caused by over-exposure to sunlight. People from all ethnic groups are at risk for sunburn. You are at risk for sunburn even if the sun is not out. Symptoms are redness, swelling, and sometimes blistering. Pain occurs within 6 to 48 hours of exposure. The skin may peel several days later.

**Heat rash**, commonly known as prickly heat, occurs when the sweat ducts become clogged and the sweat is not removed from the skin.

**Heat cramps** occur when a person sweats heavily and loses a great amount of salt. Muscles used to perform work are affected such as the arms, legs, and abdomen. Heat cramps can occur during or after exercise or physical work, such as hiking, running, or lifting heavy objects.

**Heat exhaustion** is caused by inadequate fluid intake. The signs are weakness, faintness, dizziness, sweaty skin, headaches, nausea, and possible loss of appetite. Heat exhaustion, left untreated, can lead to heat stroke.

**Heat stroke** symptoms include headaches, nausea, high body temperature, and a possible loss



### Hot Weather (con't)

of consciousness. Emergency treatment is required for heat stroke.

#### SUN SAFETY RULES

1. The Skin Cancer Foundation and the American Academy of Dermatology recommends use of a sunscreen with an SPF of at least 15.
2. Approximately 4 hours is the maximum time a person with light pigment may safely remain in the sun, even using a sunscreen with an SPF of 15 or greater.
3. Beware of chemical sensitivity. Some people are allergic to one of the most common ingredients in sunscreens, which is para-aminobenzoic acid (PABA). A pharmacist can recommend a PABA-free sunscreen.
4. Continue to use sunscreen, even if already tanned. Remember there is no safe way to tan. Tanning of any type damages the skin.
5. If the expiration date on the sunscreen product has expired, do not use it. It will not protect you from the sun.
6. Those people that live south of the 35th degrees latitude line, an east to west line that spans roughly from Charlotte, NC to Los Angeles, CA, receive enough sun year round that sunscreens should be used even in winter.
7. When in the sun, drink plenty of fluids.

Information extracted from the Army Health Connection.

## WORK AND HOME EYE SAFETY

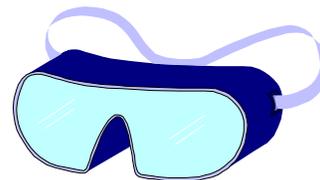
Eye injuries of all types occur at a rate of more than 1,000 per day at work. Each year some 100,000 of these will be disabling because of temporary or permanent vision loss.

A recent survey by the Bureau of Labor Statistics found that three out of five workers who suffered an eye injury wore no protection. And, of those who did, 40 percent wore the wrong kind.

You should wear safety eyewear whenever there is a chance that machines or operations present the hazard of flying objects, chemicals, harmful radiation, or a combination of these or other hazards. Any one working in or passing through areas that pose eye hazards should wear appropriate protective eyewear at such times.

Experts believe that proper eye protection could have prevented or reduced the severity of injury in at least 90 percent of all accidents.

#### EYE PROTECTION WORKS!



Perhaps the most dangerous place you can be...is at home. The average home is full of dangers that go unnoticed. In fact, household products cause more than 32,000 eye injuries each year.

Take the quiz on page 5 concerning hazards around your home.

Information was extracted from Prevent Blindness America on the Internet--  
<http://www.prevent-blindness.org/safety/hmisafe.html>

(continued in next column)

## HOME EYE SAFETY QUIZ

Take this quiz about possible hazards around your home. Answer each statement true or false. Give yourself 2 points for every "true" and 0 for every "false". Check your answers below to see how you rank.

My Home:

1. Has lights and handrails at stairs and steps.
2. Has pads or cushioning on sharp corners and edges of furniture.
3. Has safety gates at the top and bottom of stairs if small children are in the family.
4. Has cabinet and drawer locks in the kitchen and bathrooms if small children are in the family.

### Safety Level Score

**8 Points**--Well done! You are aware of the dangers and practice good safety habits. Keep it up!!!

**4-6 Points**--You are on the right track, but you should still look for ways to be more safety conscious.

**0-2 Points**--You and your family may be risking an eye injury!

To learn more about home eye safety, contact [Prevent Blindness America](#) or the [Prevent Blindness Affiliate](#) near you. You may also check their website at <http://prevent-blindness.org/safety/hmisafe.html>.

## ARE YOU STRESSED OUT?



**TAKE THE QUIZ IN NEXT COLUMN TO FIND OUT!!!**

## STRESS MANAGEMENT QUIZ\*

See how many of these statements apply to you.

1. I often have digestive upsets.
2. I tend to lose my temper easily.
3. I have trouble sleeping.
4. People say I am a "worry wart."
5. I have difficulty concentrating.
6. I feel tired and drained all the time.
7. I watch a lot of TV.
8. I often get migraines or tension headaches.
9. I feel "blue" and have a hard time getting over it.
10. I am really impatient with other people.
11. I feel "burned out".
12. I feel the harder I work, the more behind I get.

\*Adapted from the American Heart Association. [Common Sense About Feeling Tense](#). Dallas, TX

If your score is:

**0-3** Congratulations! You don't seem to be experiencing many common symptoms of stress.

**4-8** You have quite a few symptoms of stress. Learn how to cope better.

**9-12** The many symptoms you are experiencing may be related to high levels of stress.

(Quiz taken from [Army Health Connection](#), Vol 3, Issue 3.)

There are many ways to manage stress. Actually, some stress is actually good. It pushes you to do the important things you need to do. But when you start to feel any of the signs in the QUIZ above, then your stress level is beginning to rise and could be out of control by the time you reach 9-12 "yes answers" to the QUIZ above.

Continued, unrelieved stress can lead to heart attacks, ulcers, and stroke.

Attending stress related classes could help. The U.S. Government offers many of these. Telling a person who is stressed, to relax, is like telling an alcoholic to quit drinking so much. Especially, if that is all the advice that is given. So here is a tip on relaxing--

When you are feeling stressed, or at least once a day, you should take just a few minutes to block out everything around you and take deep breaths. Think of the most peaceful scene you have ever encountered and consciously relax your body, one part at a time, starting with your toes. Go all the way to your head. You say you don't have time for this? You have work to do? You can't work when you are dead either.

**SOURCES OF INFORMATION  
ON THE INTERNET**

The following sources contain information on Federal Safety Law, Rules, and Regulations on the Internet including Compliance Assistance, Standards, Directives, New Releases, Speeches, What's New, Frequently Asked Questions, Most Frequently Violated Standards, OSHA/Consultation Office Directory, Publications, Fact Sheets, and more!

**NIOSH--[www.cdc.gov.niosh](http://www.cdc.gov.niosh)**

**EPA--[www.gov.epa](http://www.gov.epa)**

**OSHA--[www.osha.gov](http://www.osha.gov)**

**House of Representatives and its members--  
[www.house.gov](http://www.house.gov)**

**Senate and its members--[www.senate.gov](http://www.senate.gov)**

**Cap Web, a Guide to the U.S. Congress--  
[policy.net/capweb.congress.html](http://policy.net/capweb.congress.html)**

**Another link to many Government agencies--  
[www.georgemag.com/vp/fedgovt/index.html](http://www.georgemag.com/vp/fedgovt/index.html)**

**National Hwy Traffic Safety Administration  
[www.georgemag.com/vp/fedgovt/index.html](http://www.georgemag.com/vp/fedgovt/index.html)**

**U.S. Army Safety Center--<http://safety.army.mil>**

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This electronic issue is a beginning and in the future as we transition, the look will continue to change. We are automating the report so that we may e-mail it to our readers and send it to our Web Master in a more timely manner.

We thank Mike Wilkins for the wonderful job he has done with the graphics and all the folks in Media and Marketing Division who helped "lay-out" this publication in our past issues.

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