CAPP REPORT

CIVILIAN ACCIDENT PREVENTION PROGRAM REPORT http://safety.army.mil July 1998 Volume 8 Number 3

FY 98 ARMY SAFETY CONFERENCE

The FY 98 Army Safety Conference was held in San Antonio, Texas 18 through 22 May 1998, with 189 people in attendance. The agenda with workshops, training and a listing of guest speakers will be on our web site shortly at **http://safety.army.mil**. This site also has the biographies of speakers and the slides presented at the conference, along with summaries of workshops and other events.

Brigadier General Burt S. Tackaberry, Director of Army Safety, presented briefings on current Army accident trends during the Aviation Issues Workshop, the Blockbuster Challenge, and to the General Assembly opening session on Wednesday, 20 May 1998. Briefing charts are on the web page under the POV/Aviation Special Update and under Quarterly Review. The Special Update is at the top of the web page and the Quarterly Review is on the left side.

An after-action report, with the evaluation results, was completed on 1 June. The training, conference and workshops provided were a tremendous success according to the evaluations filled out by the attendees.

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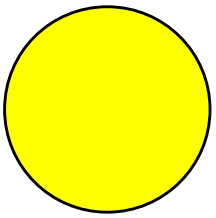
ULTRA-VIOLET (SUNLIGHT) EXPOSURE



Exposure to ultra-violet (UV) rays may be doing permanent damage to your skin. Damage from UV rays is occurring, even if you think you are not getting too much sun because you are not burned. It may be cumulative and lead to cancer in your near future or may show up years later.

The Center for Disease Control reports that in 1998, approximately 1 million new cases of skin cancer will be detected and 9,200 people will die from skin cancer. Over-exposure to UV rays is the most important risk factor for skin cancer. Some things you need to do to prevent skin cancer include:

1. Reduce direct exposure to UV rays, especially during mid-day hours.

2. Wear protective clothing; broad brimmed hats, sunglasses and long sleeved shirts and long pants.

3. Using sunscreen with sun protective factor (SPF) of at least 15.

If you think that using protective clothing could be expensive, it isn't. Use the basic rule of thumb that if light can be seen through it, then UV light goes through it too. Many companies sell specialty clothing items that have SPF ratings of 30 or higher. However, in a recent issue of *Consumer Product Magazine* it was reported that many common articles of clothing (inexpensive T-shirts have 12-14 SPF and heavy-weight T-shirts have 30 SPF) have good SPF ratings. Dermatologists recommend a minimum of 15 SPF for clothing. So, when shopping for clothing, think about sun protection factors and hold the article up to a strong light and see if you are getting blockage of light. REMEMBER--When clothing is wet, the SPF may be much less.

The best way to protect yourself from exposure to the sun is to avoid the hottest hours of of the day. The next best way to protect yourself is to provide barriers between your skin and the sun. The best barriers are those that restrict exposure completely; awning, umbrellas, roofs, and other structures. Even if you are under a barrier, such as an umbrella, sunblock and protective clothing will help shield you from the effects of the sun and its reflection on sand and water. Do not forget to wear a hat. Look for a hat with a wide (3 inches or more) brim all around, and wear sunglasses to protect your eyes.

Exposure to the sun can be a painful experience and its long-term effects of wrinkling and skin cancer can be not only disfiguring, but it can kill. **-- The POC is Major Robert Wallace, Policy, Plans, and Programs Division, U.S. Army Safety Center, DSN 558-2443 or wallacer@safety-emh1.army.mil.**

WEIL-McLAIN ANNOUNCE RECALL TO REPAIR GAS BOILERS

(Article below is a reprint from e-mail received from U.S. Consumer Product Safety Comission.)

WASHINGTON, D.C. -In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Weil-McLain of Michigan City, Ind., is recalling 8,500 Weil-McLain gas boilers for field adjustment of the gas control valve. These boilers' gas control valves, made by White-Rodgers, could have gas pressure settings that are too high. Incorrect gas pressure can cause the boiler to produce dangerous carbon monoxide, which can then leak, causing serious injury or death.

Weil-McLain has received 3 reports of carbon monoxide detectors alarming due to the release of carbon monoxide from these boilers. No injuries or deaths have been reported.

The Weil-McLain model GV gas boilers, subject to this recall, are equipped with certain White-Rodgers model 36C98-303 gas control valves with date codes 9621 through 9723. The date code and model number can be found on the unit's gas control valve, which is located at the front and center section of the boiler under the jacket. Also, all Weil-McLain GV boilers located at elevations more than 7,000 feet above sea level are being recalled. These have "WEIL-McLAIN GOLD GV" written on the boiler jacket.

Heating and cooling companies and contractors sold these boilers nationwide from Jun 96 to Nov 97 for about $1,500 to $3,000. Approximately 1,000 GV boilers were installed from Jun 90 to Jan 98 at locations above 7,000 feet elevation.

Consumers should immediately check to see if they have a Weil-McLain GV boiler affected by this recall. For assistance in checking the boiler's gas valve model and date code, or for other additional information, consumers should call Weil-McLain at (800) 625-5249 any time. If a consumer has an affected boiler, Weil-McLain will arrange for a free adjustment of the gas control valves' pressure setting.

To report a dangerous product or a product-related injury, and for information on CPSC's teletypewriter at (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 CPSC's web site at http://www.cpsc.gov or via Internet gopher services at gopher.cpsc.gov.

The POC at USACPW is John Lanzarone, Comm (703) 806-6067, DSN 656 or e-mail: john.r.lanzarone@cpw01.usace.army.mil.

WORKERS' COMPENSATION - EMPLOYEES' RIGHTS AND RESPONSIBILITIES

We continue to find that most employees do not understand the basics of the Federal Employee Compensation Act (FECA) and have even less knowledge of the Army's Civilian Resource Conservation Program (CRCP). How can we correct this situation?

Once again we discovered we had a deficiency needing correction and no resources to fix it. We fell into the same old rut you hear from almost everyone today--"Our resources continue to shrink, demands continue to increase. How can we possibly keep up, let alone make any improvements?" I am sure we all have had these thoughts and think we have nearly exhausted all our options.

Again this year, we were trying to solve the problem of providing required FECA/CRCP training to the rank and file employees. We have been able to train the first line supervisor for quite awhile, but have not been able to take the final step--training non-supervisory or worker level employees. Each year when we addressed worker level training, the resource costs of traditional classroom training far outweighed the benefit. Everyone is well aware of the time required to present even the simplest briefing enough times to include all employees. We (the present) staff could not afford the training costs, but we also could not afford not to train our workforce.

AH! Another unsolvable dilemma!

While brain storming with the staff for a solution to the workforce training dilemma, an idea was offered. Being good team members, we all firmly believed that every person and every idea deserved to be heard, but this was way "out of the box". "Say what?" we all said in unison. "We have a closed circuit TV capability on post that is underutilized, we will tape the program for people with TV access and this subject does not have to be brought up again for at least three years. An edited version of the tape can also be used for new employees orientation which creates another savings."

As we pondered the possibilities, the apparent benefit finally began to outweigh the cost. We decided the best format would be to conduct a training session with selected "students" as we normally would, but to do it on live TV and allow viewers to call in questions. We scheduled a two-hour period in the studio planning for a thirty minute structured presentation with the balance of the time allocated to a question and answer format. Attendees (students) and viewers response was so good that we ended up with a ninety-minute training session. Nearly every person who watched the program has responded very positively. Typically, comments were, "I learned so much. I really appreciate knowing what the real story is." **--The POC is Mr. Ron Hendricks, Safety Manager, Ft. McPherson, GA, DSN 572-3353/3479, Comm (404) 752-3353, e-mail: afzk-so@ftmcphsn-emh2.army.mil.**

The New 42 Code of Federal Regulation (CFR): Selecting a Particulate Respirator

Beginning July 10, 1998, manufacturers will no longer produce or sell particulate respirators under the old designations of dust, mist, fume or HEPA as specified under the 30 CFR regulations. All particulate respirator users will have to start following the new 42 CFR selection criteria after that date.

There are three filter efficiency classes available under the new standard: "95," "99,", and "99.97." (The last designation is called "100.") In addition, there are three divisions within each class that designate whether the filter is approved for oil aerosols. These divisions are identified by a letter prefix of either "N," "R" or "P". The letter prefixes make sense when you think of it in the following way: N = **N**ot for oil aerosols, R = **R**esistant to oil aerosols, and P = oil aerosol **P**roof.

When you combine the efficiency classes with the divisions, there's a potential of nine different respirators to choose from. If you're currently using a dust/mist, or dust fume/mist respirator and your work place is free of oil aerosols, an N95 would be the minimal level of protection, although any of the new classes are acceptable. If oil aerosols are present it will necessitate stepping up to the R or P series respirators. If you're currently using a HEPA and your workplace is free of oil aerosols, use any of the N, R or P100 series respirators. If you're in an environment that requires a HEPA and oil aerosols are present, use an R or P100 respirator.

The selection process is easy for health care operations concerned with TB exposure because all the new classes are approved for TB protection.

For more information on the new selection process, call NIOSH at 1-800-356-4674, and request publication number 96-101. **--Extracted from Techlines, Oct 97, Vol. 4, Issue 5.**

OSHA CORNER

MACHINE GUARDING PRINCIPLES OUTLINED

OSHA's Machine Guarding regulation does not require employers to keep a written program, but three of the top ten most frequently cited OSHA regulation paragraphs come from this regulation. All machine guarding techniques have their advantages and limitations, but when establishing facility-specific machine guarding techniques, keeping a few basic principles related to these three OSHA paragraphs in mind can help employers stay ahead of the game.

Principle One: If it moves and can cause injury, it must be guarded. This statement applies not only to moving parts, but also to sparks generated during machining, flying pieces of stock, spraying liquids thrown off a machine, and falling objects that could strike workers from overhead operations.

Principle Two: Training cannot substitute for inadequate guards. OSHA says machine hazards must be either controlled or eliminated. The primary objective is to engineer the hazard out.

Principle Three: Guarding solutions are expected to vary. According to OSHA's Field Inspection Reference Manual, "A citation shall not be issued merely because the agency knows of an abatement method different from that of the employer, if the agency's method would not reduce the hazard significantly more than the employer's method."

For more information on this topic, have your fax machine ready and contact Lab Safety Supply's EZ FACTS information service. Call 1-800-393-2287 from any touch-tone phone and follow the prompts to request document number 169, *General OSHA Machine Guarding Requirements.*

--Abstracted from Techlines, June 1998, Volume 5, Issue 3.

COULD THIS HAPPEN AT YOUR INSTALLATION ?

GRAND JURY INDICTS ASBESTOS REMOVERS

A Federal Grand jury indicted three men for allegedly conspiring to illegally remove dangerous asbestos from an aging Wisconsin manufacturing plant. According to the Department of Justice, the three, employed untrained, homeless men to do the work. (continued next column)

OSHA'S TOP 10

MOST CITED STANDARDS
(Fiscal Year 1997)

Standard	Citations
Hazard Communication	9,105
Scaffolding	5,746
Lockout/Tagout	4,003
Fall Protection	3,927
Electrical	3,530
Mechanical Power Transmission	3,127
Machines, General Requirements	3,110
Electrical Systems Design	2,372
Personal Protective Equipment	2,316
Respiratory Protection	2,233
ALL STANDARDS	**110,270**

---Extracted from Occupational Hazards, May 1998 edition.

GRAND JURY INDICTS (continued)

The 16 count indictment charges the three men with willfully violating the Federal Clean Air Act. If convicted, the three defendants each face up to five years in prison, up to $250,000 in fines on the conspiracy charge, and additional penalties for other alleged asbestos removal crimes. The charges relate to the removal of nearly two miles of asbestos insulation in September 1996 from a former Weyerhaeuser building in Marshfield, Wis.

They were charged with:

- Transporting workers recruited from the Community Kitchen in Chattanooga, TN, to Wisconsin for illegal purposes.
- Obtaining false identification cards for the workers who had received no training, and
- Knowingly causing them to strip asbestos insulation without wetting it as required by regulations.

--**Extracted from Occupational Hazards, June 1998 edition, editing by S.L. Smith.**

SHIFT WORK
SLEEP DEPRIVATION IS A COSTLY PROBLEM

The Washington-based National Sleep Foundation estimates as many as 132 million Americans are sleep-deprived because of work schedules or other factors.

The foundation placed the cost of sleep deprivation-related problems at $100 billion. It conducted a survey of 1,027 people and found them complaining of daytime sleepiness, drowsy driving, accidents, reduced productivity, compromised health and impaired home life due to lack of sleep.

The 1998 Omnibus Sleep in America Poll found:

- Almost half the people surveyed (41 percent) mistakenly believed that raising the volume of the radio while driving will prevent them from falling asleep.
- Nearly three-quarters of those surveyed believed the body eventually adjusts to night shift work. The body never adjusts completely, according to the Foundation.
- Of the shift workers surveyed, 38 percent use medications and 20 percent use alcohol to fall asleep. Compare that to 23 percent and 9 percent, respectively, for fixed daytime workers.

For more information, contact the National Sleep Foundation at 202-347-3471 or visit them at Web site www.sleepfoundation.org

--Extracted from *Occupational Hazard, Jun 98 edition.*

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BURT S. TACKABERRY
Brigadier General, USA
Commanding

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