



# NAVY AIR LAKEHURST



## SAFETY AND HEALTH NEWSLETTER

SEPTEMBER 2003

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT

VOLUME 6, ISSUE 12

# RISKS OF SUN EXPOSURE

Skin cancer is the most common type of cancer. More than 600,000 people get it each year. When found early, most people with skin cancer can be cured.

By far, the sun causes most skin cancers, however, other things can also cause it:

- Repeated exposure to x-rays.
- Contact with chemicals like coal tar or arsenic.

## HOW CAN YOU PREVENT SKIN CANCER?

**The best way is to avoid the sun.** Try to stay out of the sun from 10am to 3pm when its rays are the strongest.

**Cover up.** When you are out in the sun, wear wide-brimmed hats, long sleeved shirts and pants. Don't forget to keep you neck covered.

**Use a sunscreen with a Sun Protection Factor as high as you can find.** Sunscreen keeps out the harmful rays of the sun. Apply it at least 15-30 minutes before going in the sun. Put on more after swimming or sweating.

### And remember these points to avoid skin cancer:

- Beware of cloudy days. You can still get burned then.
- The sun's rays can reach through you may feel cool in the water, the sun can still burn you.
- Watch out for the sun in wintertime. Snow reflects sunlight and that can burn you, too.
- Don't use sunlamps, tanning parlors or tanning pills. They can be just as harmful to your body as the

## HOW CAN YOU TELL IF YOU HAVE SKIN CANCER?

You can't tell for sure. Only your doctor can. See your doctor if:

- A mole changes size, shape or color.
- There is an unusual growth on your skin.
- Your skin changes color in certain spots.
- A sore won't heal.

Look at your skin. Check moles, spots and birthmarks monthly.

Getting too much sun causes other skin problems, such as red, scaly patches. These can also become cancer. See your doctor for this condition, too.

## WHO IS LIKELY TO GET SKIN CANCER?

People who sunburn easily, have fair skin, or have red or blonde hair get skin cancer most often. It is less common in people with black or deep brown skin. However, anyone who spends a lot to time in the sun can get skin cancer. Ninety percent of skin cancers occur on the parts of the body not usually covered with clothing.

*This information was obtained from the American Cancer Society. For more information contact the American Cancer Society.*



OCCUPATIONAL  
SAFETY & HEALTH  
DIVISION  
NEWSLETTER STAFF

Dept Head Patrick Breaux  
 OSH Mgr Stephen Rudowski  
 Fire Chief Richard Strasser  
 Police Chief Weslie Fitzgerald

### ADMIN SECTION

Jennifer Kenney

### OCCUPATIONAL SAFETY AND HEALTH DIVISION

Walter Latosh

Gordon Mason

Bruce Fredricks

Nancy Vandegrift

Wes Godwin

PO Jozefick

Chief Fire Inspector Martin V. Galler

Do you have any safety related topics you would like to see in our publication or have questions, contact us at x2525.

# FOOT SAFETY

If you are wearing safety shoes now, chances are that you have probably had an experience that made you glad that you had them on. The National Safety Council states that about one in five work related accidents involves the foot or leg. Falling objects cause most of these, however, slipping on wet surfaces, punctures, burns, and compression add to these numbers. The policy of NAES Lakehurst is to provide protective footwear to employees engaged in work operations where there is an inherent or high probability of foot hazard or foot injury. If you need or feel you need safety footwear you should request through your supervisor the opportunity to be provided with the appropriate safety footwear. Safety shoe request and reimbursement forms can be found on the Safety website at <http://www.lakehurst.navy.mil/nlweb/safety/index.html>.

**STYLE & COMFORT:** You will find that there are just as many types of safety shoes on the market as there are glasses and hearing protection. They come in every style, type, weight and materials that you find in your everyday street shoes. The average safety shoe weighs only 1-1/2 ounces more than street shoes and cost very little more.

**HAZARDS :** The hazards associated with foot safety are very similar to the hand hazards.

**MECHANICAL:** The shoe is constructed to protect the toe from falling objects with a steel or composite cap. Steel insoles or reinforced metal soles protect the foot from puncture and instep protection of aluminum, steel, fiber or plastic. To prevent slipping on wet or oily surfaces, non-slip rubber or neoprene soles are used.

**ELECTRICAL:** The working environment that we have at NAES Lakehurst varies from building to building. Due to the static electricity that builds up in your body it can be very dangerous in an explosive or highly flammable environment. In this work environment we need safety shoes with leather, cork, or other conductive soles with no metal exposed, which could cause sparking. For high voltage hazards the shoes differ by having a connector from calf to heel to pass electricity to the floor or ground.

**EXTREME HEAT OR COLD:** In extreme cold weather wear shoes with moisture-proof insulation and insulated socks. In the heat, wooden soled shoes or slip-on sandals work well; surfaces too hot for these require aluminized heat protective shoes or boots. Work such as in a foundry requires boots with elastic gores for quick removal in case hot metal or sparks get inside.

**CHEMICAL:** Many chemicals and solvents can burn or eat away at your everyday shoes. This type of protection requires rubber, neoprene or plastic footwear. The actual type will depend on the chemical or solvent being used.

**OTHER PROTECTION:** Your job may require additional protection, such as metatarsal guards, which cover the top of the shoe for greater protection from falling objects, puncture proof inserts, shin guards, and strap on foot guards. When you work in an area that is to be sanitary or to fight against infection you may have wear plastic or paper disposable overshoes.

**YOUR SHOES:** Make sure that when your safety shoes are approved by the American National Standards Institute (ANSI) the rating is stamped inside the shoe. Another thing you need to do is choose a shoe that you can wear all day comfortably. Keep your shoes clean and dry, inspect them regularly for cuts, cracks, and embedded metal.

# Back to School Safety Tips



*As the carefree days of summer give way to the hectic back-to-school season, parents and caregivers should take time to teach and review important safety guidelines with children.*

## Riding the Bus

School bus transportation is safe. In fact, buses are safer than cars! Even so, last year, approximately 26 students were killed and another 9,000 were injured in incidents involving school buses. More often than not, these deaths and injuries didn't occur in a crash, but as the pupils were entering and exiting the bus.

Remember these safety tips:

- ✧ Have your children put everything they carry in a backpack or school bag so that they won't drop things along the way.
- ✧ Have them wear bright, contrasting colors so they will be more easily seen by drivers.
- ✧ Make sure they leave home on time so they can walk to the bus stop and arrive before the bus is due. Running can be dangerous.
- ✧ Have a safe place to wait for your bus, away from traffic and the street.
- ✧ Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- ✧ When being dropped off, exit the bus and walk ten giant steps away from the bus. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are back away from the bus.
- ✧ Use the handrail to enter and exit the bus.
- ✧ Stay away from the bus until the driver gives his/her signal that it's okay to approach.
- ✧ Be aware of the street traffic around you. Drivers are required to follow certain rules of the road concerning school buses, however, not all do. Protect yourself and watch out!



## Walking and Biking to School

Even if you don't ride in a motor vehicle, you still have to protect yourself. Because of minimal supervision, young pedestrians face a wide variety of decisions making situations and dangers while walking to and from school. Here are a few basic safety tips to follow:

- ✧ Mind all traffic signals and/or the crossing guard — never cross the street against a light, even if you don't see any traffic coming.
- ✧ Walk your bike through intersections.
- ✧ Walk with a buddy.
- ✧ Wear reflective material...it makes you more visible to street traffic.
- ✧ Wear bike helmets at all times when bicycling.

## Riding in a Car

You might have heard before that most traffic crashes occur close to home ... they do. Safety belts are the best form of protection passengers have in the event of a crash. They can lower your risk of injury by 45%. You are four times more likely to be seriously injured or killed if ejected from the vehicle in a crash. Everyone needs to be buckled up properly. That means older kids in seat belts, younger kids in booster seats and little kids in child safety seats.



**BE CAUTIOUS, BE AWARE**

**YOU ARE THE FIRST LINE OF DEFENSE IN PROTECTING OUR CHILDREN**

# Experts: Put Kids in Back Seat of Car

WASHINGTON - Safety advocates are praising smart air bags, which turn themselves off or deploy softly if they sense a driver or passenger is too small. But they say it's still a lot smarter for drivers to put small passengers in the back seat.

Automakers, in compliance with new federal standards, will begin phasing in the new air bags next Monday, installing them in 20 percent of new vehicles. The new systems, which have weight sensors in the front seats to detect whether drivers or passengers are too small to withstand the force of an air bag, will be in all new vehicles by Sept. 1, 2006.

Advocates and federal safety officials applauded the change Wednesday but also issued a warning.

"We want to make sure parents are clear: Old air bag, new air bag, no air bag, kids are safer in the back seat properly restrained," said Ellen Engleman, chairwoman of the National Transportation Safety Board.

According to the National Highway Traffic Safety Administration, there have been 231 confirmed deaths due to air bags since 1990, including 144 children.

While air-bag deaths have been steadily declining since 1998 as more drivers put children in the back seat, a NHTSA survey last year found that 15 percent of infants, 10 percent of 1- to 3-year-olds and 29 percent of 4- to 7-year-olds were still riding in the front seat.

The Air Bag and Seat Belt Safety Campaign estimates that the lives of 1,700 children have been saved since 1996 because they were sitting in the back seat. The group's survey was based on accident data from 1996 through 2001.

Automakers agree that the advanced air bags are not the answer for small children.

"This is just a safety net, not a primary means for keeping our children safe," said Scott Schmidt of the Alliance of Automobile Manufacturers, which represents ten automakers.

Automakers were allowed to meet the regulations in several ways. They could install air bags that would not deploy if sensors showed the occupant was too small, or they could install air bags that would deploy at a lower speed if the occupant was too small.

So far, Ford Motor Co. is the only automaker in the Big Three who is installing the technology in cars. The 2004 Ford Taurus and Mercury Sable have advanced air bags, said Jim Boland, manager of advanced safety for Ford.

General Motors Corp. has advanced air bags in its 2003 and 2004 pickups and sport utility vehicles.

DaimlerChrysler AG is installing the technology in the 2004 Jeep Liberty and Dodge Durango, spokeswoman Angela Ford said.

NHTSA, <http://www.nhtsa.dot.gov>

Air Bag and Seat Belt Safety Campaign, <http://www.nsc.org/airbag.htm>

Alliance of Automobile Manufacturers, <http://www.autoalliance.org>

## CPSC, CFM Keanall Announce Recall of Gas Grills

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.



**Name of product:** Great Outdoors "Horizon" Gas Grills

**Units:** About 1,500

**Manufacturer:** CFM Keanall, of Mississauga, Ontario, Canada

**Hazard:** Certain wind conditions blowing at these grills can cause overheating or flashbacks under the control panel. Flames could damage the hose that supplies gas to the burner, causing an uncontrolled flame. Also, flames could come in contact with user's hands, resulting in burns.

**Incidents/Injuries:** Six incidents and no injuries have been reported.

**Description:** These are Great Outdoors Gas Grills (Horizon Model) with model number GH450SBP and GH450XBP. The model number is on the CSA approval sticker on the back of the front panel. The recalled grills have the words "Horizon" and "Great Outdoors" on the control panel. These are 36,000 BTU 450-square-inch grills. The grill has a dark blue lid and black plastic side shelves with a black frame with a large black front panel. Grills with a florescent label on the carton reading "Contains Safety Enhancement" are not included in the recall. Other model Horizon gas grills are not included in the recall.

**Sold at:** True Value stores nationwide from February 2003 through June 2003 for between \$180 and \$200.

**Manufactured in:** China

**Remedy:** Contact CFM Keanall to receive a free repair kit.

**Consumer Contact:** Call CFM Keanall toll-free at (888) 532-6255 between 8 a.m. and 7 p.m. ET Monday through Friday and between 12 p.m. and 5 p.m. ET on Saturday.

**Media Contact:** Sonya Stark, CFM Keanall, at (905) 670-7777.

## CPSC, CDX Trading Inc. Announce Recall of Toy Jets

WASHINGTON, D.C. - The U.S. Consumer Product Safety Commission announces the following recall in voluntary cooperation with the firm below. Consumers should stop using recalled products immediately unless otherwise instructed.



**Name of product:** Falcon Action Toy Jets

**Units:** About 1,500

**Manufacturer:** C.D.X. Trading Inc., of Ridgewood, N.Y.

**Hazard:** Small parts of the toy jet can detach, posing a choking hazard to young children.

**Incidents/Injuries:** No injuries have been reported.

**Description:** The recalled toys are battery-operated, multi-colored toy jet airplanes measuring about 9 inches in length and width. A clear plastic cover over the cockpit exposes a pilot with his hand on the controls. A label on the jet's wings reads "FALON" (Falcon misspelled). The toy jet plays music and some of the lights flash off and on as the jet propels itself by two small front wheels. "C.D.X. Toys CDL-22338D" and "Made in China" are embossed on a label on the battery compartment lid.

**Sold at:** Variety and gift stores, flea markets and street-sale vendors sold the toy jets in the New York and New Jersey region from November 2002 through December 2002 for between \$5 and \$7.

**Manufactured in:** China

**Remedy:** Return the toy jets to the place of purchase for a full refund or purchasers from street-sale or flea markets can mail the toy to: C.D.X. Trading Inc. at 1576-78 Gates Avenue, Ridgewood, NY 11385-2728 to receive a refund including postage.

**Consumer Contact:** Contact: C.D.X. Trading Inc. at (718) 821-1600 between 9 a.m. and 5 p.m. ET Monday through Friday.

**Media Contact:** Chen Dao-Liang at (718) 821-1600

**For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>**

H  
A  
Z  
A  
R  
D  
  
A  
L  
E  
R  
T

MISHAP CORNER

MISHAP CORNER

MISHAP CORNER

## THEN.....AND NOW

Submitted by Martin V. Galler

Chief Fire Inspector

**We Were Lucky, Weren't We? WHY?** According to today's regulators and bureaucrats, those of us who were kids in the 40's, 50's, 60's, or 70's probably shouldn't have survived. Our baby cribs were covered with bright colored lead-based paint. We had no childproof medicine bottles, doors, or cabinets, and what in the heck was a bike helmet? We won't even talk about hitchhiking . . . As kids we would be carted around in cars with no seat belts or air bags and riding in the back of a truck on a warm day was always a special treat. We would spend hours building scooters . . . skateboards . . . go-carts out of old wood, rusty scraps and then rode down hills, only to find out we forgot the brakes . . . but we had our feet! We would leave home in the morning and play all day, as long as we were back when the street lights came on. (And no one was able to reach us because cell phones hadn't been invented.) We fell out of trees, got cuts, broke bones and teeth, and there were no law suits from these accidents. They were accidents. Remember accidents? No one was to blame, but us. We had fights and punched each other and got black and blue and learned to get over it. We drank water from the garden hose and not from a bottle. We ate cakes, bread and butter, and drank sugar cordials, but we were hardly ever overweight because we were always outside playing and although we shared one soft drink with four friends, no one ever actually died. We did not have Play Stations, Nintendo 64, X-Boxes, 99 channels on cable, videos, surround sound, cell phones, personal computers, Internet chat rooms. We had friends. We went outside and found them. We rode bikes, roller skated, or walked to their homes and stood in front and yelled for them to come out to play, or knocked on the door, rang the bell or just walked in to visit them. Imagine such a thing. Without asking a parent! By ourselves! Out there in the cold cruel world! How did we do it? We made up games with sticks and tennis balls and ate worms and although we were told it would happen, we did not put out very many eyes, nor did the worms live inside us forever. Tests were not adjusted for any reason.. Some students weren't as smart as others so they failed a grade and were held back to repeat it. And the next time they usually passed. Our actions were our own. Consequences were expected and there was no one to hide behind. The idea of a parent bailing us out if we broke a law was unheard of. They actually sided with the law. And despite... or, perhaps, because of all this... this generation has produced some of the most outstanding risk-takers, problem solvers, innovators and inventors, ever. The past 50 years has seen an explosion of advancement and new ideas. Why? Because we were given freedom and responsibility. . . the chance to succeed and to fail. And we learned how to make the most of what we were given. If you are one of us..... Congratulations!

### How We Get Hurt at Lakehurst Mishaps that occurred in the Month of August

- While walking an employee stepped on a protruding object causing a break in his ankle **resulting in 1 Lost Workday.**
- Employee strained shoulder exiting off a vehicle **resulting in No Lost Time.**
- Employee has a possible hernia when he lost his grip carry a backboard **resulting in No Lost Time**

#### Definitions

**Lost Work Day** - Loss of at least one full work day subsequent to the date of injury.

**Loss of Time** - any time lost from work on the day of the injury or after the day of injury, but not resulting in a full lost workday.

### Reminder To All Supervisors

**Report all injuries to the safety  
Office as soon as possible at  
X2525.**

Personal Injury Notice Reports can be printed out from the Public Safety Department's Safety Occupational Safety and Health Website at <http://www.lakehurst.navy.mil/nlweb/safety/forms/forms.html>