



# NAVY REGION NORTHEAST NAES LAKEHURST



## SAFETY AND HEALTH NEWSLETTER

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NAES LAKEHURST SAFETY DEPARTMENT

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### SLIPS, TRIPS, AND FALLS

Most of us assume that anyone who falls at work must be a total klutz. Exactly how often do falls lead to workplace injuries? Consider the following:

The National Safety Council attributed 12,400 deaths - an average of 238 per week - to falls in the United States during one recent year. Workplace falls take over 700 lives and result in over 300,000 injuries involving time away from work. Healthcare costs due to falls, total over \$37 billion a year in the United States, second only to motor-vehicle injuries, which cost \$49 billion. Either there are a lot of klutzes out there, or this is a real problem.

On stairways alone, falls result in almost two million disabling injuries yearly. There are thousands more minor injuries caused by slips, trips, and falls each year. Slips occur when there is too little friction between a person's feet and the walking surface. Many factors can cause a slip. Ice, oil, water, cleaning fluids, and other slippery substances are probably the most obvious causes. The flooring may be inappropriate-perhaps it is a slick material-or the person who slips may not be wearing proper shoes.

Always promptly clean up spills of slippery substances. Better yet, prevent the spills in the first place. If an area is a chronic problem, re-route foot traffic in order to avoid it. If flooring is a problem, replace it or coat it with a non-slip surfacing material. What do experts recommend as the single most important step you can take in preventing slips and falls? Simple - keep floors clean. Make a mental note to always look around and be aware of any objects or wet areas or other spills on the floor. Avoid walking in areas, which pose slipping hazards if at all possible. Then take the time to do something about it. This may seem like an added hassle to your already busy workload, but in the end you may prevent someone in your staff, yourself included, from suffering a workplace injury. When you push loads, pay special attention to slippery surfaces. Any sort of stable brace is helpful. If necessary, place mounted handrails, poles, or hip bars to brace against. .

Always ensure that stairways are well lit, handrails are sturdy and steps are clear and free of debris. Steps can be covered with peel and stick non-skid waterproof pads. Be sure to keep one hand free to hold onto handrails.

Winter is coming fast. If sidewalks or walkways become icy, keep sand or rock salt on hand to spread where people walk. Keep snow from accumulating and turning sidewalks into an ice rink. Local policy is covered under NAVAIENGSTAINST 11014.2D, which states that personnel are required to clean snow and ice from around the front of their own entranceways. Building managers are to liaison with the Public Works Snow Removal Officer to keep a supply of materials available for use.

Slips, trips, and falls cause numerous injuries every day. But they are among the easiest hazards to correct. Take the time to look around your worksite for these hazards and work to prevent them. Take care not to cause any slip, trip, or fall hazards as you go about your daily activities. Don't let a slip, trip, or fall keep you from enjoying all that life has to offer.

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

# HOLIDAY SAFETY TIPS



The winter holidays are a time for celebration, and that means more home decorating, entertaining, cooking and an increased risk of fire due to heating equipment.

Each year, hospital emergency rooms treat about 8,700 people for injuries, such as falls, cuts and shocks, related to holiday lights, decorations and Christmas trees. In addition, Christmas trees are involved in about 400 fires annually, resulting in 20 deaths, 70 injuries and an average of more than \$15 million in property loss and damage.

According to the National Fire Protection Association (NFPA), cords and plugs were the leading type of equipment involved in the ignition of Christmas trees. The Consumer Product Safety Commission (CPSC) conducts surveillance of holiday lights and decorations at stores nationwide, and this year has prevented the import of 320,398 units of holiday lights that did not meet safety standards

Entertaining is a big part of the holiday season. This means your house will be loaded with holiday guests. Here a few tips to keep you and your guests safe.

- [Unattended cooking](#) is the leading cause of home fires in the U.S. When cooking for holiday visitors, remember to keep an eye on the range.
- Provide plenty of large, deep ashtrays for guests who smoke and check them frequently. Cigarette butts can smolder in the trash and cause a fire, so completely douse cigarette butts with water before discarding.
- After a party, always check on, between and under upholstery and cushions and inside trashcans for cigarette butts that may be smoldering.

- Keep matches and lighters up high, out of sight and reach of children (preferably in a locked cabinet). When smokers visit your home, ask that they keep smoking materials with them.

**Don't let your guests Drink and Drive!!**

**Here are some more holiday safety tips:**

## Fireplaces:

- Use care with "fire salts," which produce colored flames when thrown on wood fires. They contain heavy metals that can cause intense gastrointestinal irritation and vomiting if eaten. Keep them away from children.
- Do not burn wrapping papers in the fireplace. A flash fire may result as wrappings ignite suddenly and burn intensely.

## Trees:

- When purchasing an artificial tree, look for the label "Fire Resistant." Although this label does not mean the tree won't catch fire, it does indicate the tree will resist burning and should extinguish quickly.
- When purchasing a live tree, check for freshness. A fresh tree is green, needles are hard to pull from branches and when bent between your fingers, needles do not break. The trunk butt of a fresh tree is sticky with resin, and when tapped on the ground, the tree should not lose many needles.
- When setting up a tree at home, place it away from fireplaces and radiators. Because heated rooms dry live trees out rapidly, be sure to keep the stand filled with water. Place the tree out of the way of traffic and do not block doorways.



## Toy Safety:

- Follow recommended age ranges on toy packages. Toys that are too advanced could be a safety hazard for younger children.
- Before buying a toy or allowing your child to play with a toy that he has received as a gift, read the instructions carefully. If the toy is appropriate for your child, show him how to use it properly.
- Be careful of holiday gift wrapping, like bags, paper, ribbons and bows. These items can pose suffocation and choking hazards to a small child.
- To prevent both burns and electrical shocks, don't give young children (under age ten) a toy that must be plugged into an electrical outlet. Instead, buy toys that are battery-operated.
- Children under age three can choke on small parts contained in toys or games. Government regulations specify that toys for children under age three cannot have parts less than 1 1/4 inches in diameter and 2 1/4 inches long.
- Children under age 8 can choke or suffocate on uninflated or broken balloons. Remove strings and ribbons from toys before giving them to young children.
- Watch for pull toys with strings that are more than 12 inches in length. They could be a strangulation hazard for babies.

**As a parent or guardian we are the first line of defense in our children's safety.**

**So always use caution and check toys carefully when giving it to a child even if the box says it is age appropriate.**

## Lighting Up the Holidays Office Decoration

Decorating the workplace adds to the joy of the approaching holiday season. **Here are some tips:**

- For office decorating use indirect lighting for your decorations whenever possible.
- Regardless of their combustibility, no decorative materials are permitted in exit corridors, obstructing view of exit signs, fire alarm pull stations, fire extinguishers, or hose cabinets.
- Best locations for decoration include: reception areas, lobbies, foyers, and break rooms. And remember, **don't hang anything from fire sprinklers!**
- Electric lights should not be used on metallic trees.
- Never tack or staple an extension cord to the wall or woodwork--it could damage the cord and present a fire hazard. Make sure cords do not dangle from counters and table tops where they can be pulled or tripped over. If your cord lacks safety closures, cover any unused outlets with electrical tape to prevent the chance of someone making contact with a live circuit.

*If* you need a last minute holiday gift or are looking for that perfect gift here is a great idea. **Put together a gift basket containing one or more of the following items:**

- Three smoke detectors and batteries.
- A quality fire extinguisher.
- A flashlight and batteries or light sticks.
- A first-aid kit.
- A carbon Monoxide detector.
- A mobile phone.
- A second floor escape ladder.
- "Emergency kit"- energy bars, water, battery radio, flashlight/light sticks and a first-aid kit packed in a small travel bag.

**ALWAYS CALL 911 FOR EMERGENCIES**

*FROM ALL OF US AT THE SAFETY DEPARTMENT  
HAVE A SAFE AND HAPPY  
HOLIDAY SEASON!!*

# WINTER DRIVING PRACTICES



Motor vehicle accidents are the leading cause of death during winter storms. Sometimes, the best winter driving practice is to stay home,

but if you must travel, you should try to do so as safely as possible. In addition to having vehicles winterized and carrying appropriate supplies, drivers should learn how to respond to winter driving hazards.

## If Sub-Zero Temperatures Are Common

**Where You Live**, consider an engine block heater, particularly if the vehicle is not garaged. The vehicle will be more likely to start. You can help prevent wear and tear on your engine by using a 5w-30w oil instead of the usual 10w-30w oil. Check in your vehicle owners manual for recommended winter additives that are compatible with your particular vehicle.

**CLEAN YOUR VEHICLE BEFORE DRIVING** – Remove ice and snow from windows, lights and wipers. Do not forget the roof! The snow that blows off your roof may not block your vision but it can create a hazard for the driver behind you! If it is snowing heavily, stop and clean your windshield and lights as needed.

**SEE AND BE SEEN** - Use your headlights and defroster.

**ALLOW MORE TRAVEL TIME** – Driving safely means driving slower and will cause the drive to be less stressful. Give yourself more time to get to your destination. You won't have to watch the clock and drive.

**INCREASE YOUR NORMAL FOLLOWING DISTANCE** – If you need four seconds to bring your vehicle to a safe stop on dry pavement, allow at least 12 seconds in bad weather. Apply this rule to stop signs and other traffic signs and signals.

**IF YOU SKID ON ICY PAVEMENT** – Do not brake or jerk on the steering wheel! This will only cause the wheels to lock. Take your foot off the gas and gently turn the wheel in the direction you want the front of the vehicle to go. If you counter-skid and veer off in the other direction, simply adjust the wheel again.

**Keep your gas tank close to full, for a couple of reasons.**

In the summer, you can take a chance and run down to fumes. But in the winter, if you do get stuck or stranded, the



engine will be your only source of heat. And you don't want to have to worry about conserving fuel and saving the planet right at that moment...you want to stay warm. (And make sure you keep a window open a crack if you're sitting there with the engine running. We can't afford to lose any readers from carbon monoxide asphyxiation.) The other reason for a full tank is that warm daytime temperatures will fill the empty space in the tank with moisture, which will condense during the cold night. This water will sink to the bottom and, sooner or later, rust out your tank.

**“WHEN” YOU GET STUCK** – avoid spinning your wheels, as it will just cause the vehicle to sink deeper. Instead, shovel snow away from the wheel paths. Scatter sand or kitty litter around the drive wheels to improve traction. You can also try traction pads or pieces of old carpeting. If you are stranded or cannot get your vehicle back on the road – stay with your vehicle and if possible call for help.

**If you are stranded or cannot get your vehicle back on the road – stay with your vehicle and if possible call for help.**

**And guess what?**

**All of the tips above apply when driving a Government Owned Motor Vehicle too!!!**

# H A Z A R D A L E R T

## CPSC, Fisher-Price Announce Recall of Scooters and Mini Bikes



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission, (CPSC), Fisher-Price, of East Aurora, N.Y., is voluntarily recalling about 30,000 electric scooters and about 55,000 electric mini bikes. The motor control circuits can malfunction causing the

scooters and mini bikes to continue to run after the power or throttle button is released, posing a risk of injury to children.

Fisher-Price has received 56 reports of incidents with the scooters, including one report of a chipped tooth and one report of a broken arm. Fisher-Price has received 24 reports of incidents involving the mini bike, including one report of a leg laceration.

The recalled Lightning PAC Scooters and MX3 Mini Bikes are battery powered ride-on toys designed for children ages six years and older. The product names are located on the side of the toy. The recalled scooters and mini bikes have model numbers of 73530 (Lightning PAC) or 73535 and B2222 (MX3 Mini Bike), which can be found inside the battery compartment. The recalled toys were manufactured in China.

Mass merchants and toy stores nationwide sold scooters between November 2001 and October 2003 for about \$250 and sold mini bikes between May 2003 and September 2003 for about \$200.

Consumers should take the toy vehicle(s) away from children immediately and contact Fisher-Price at (800) 528-7153 anytime or log on to [www.service.mattel.com](http://www.service.mattel.com) to receive information on how to have their toys serviced for free at a certified Power Wheels Service Center. The Service Centers will make modifications to the toy vehicles' circuitry.

## CPSC, Crosman Corporation Announce Recall of Air Rifles



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Crosman Corporation, of East Bloomfield, N.Y., is voluntarily recalling about 1,500 spring-piston, break-action air rifles. The air rifles can discharge unexpectedly when the user closes the barrel, posing a serious risk of injury to consumers and bystanders.

Crosman Corporation has received one report of an air rifle unexpectedly firing, though no injuries have been reported.

The recalled break-action, spring air rifles include Crosman Model numbers RM177, RM177X, RM677, RM677X, RM877 and RM622 that were produced before August 2001. Models produced after that time are not included in this recall. The recalled air rifles have brown wood stocks, black barrels, and blue and white striped spacers on the butt plate. The RM622 shoots .22 caliber airgun pellets; the other models shoot .177 caliber airgun pellets. The RM177X and RM677X were sold with scopes. Each barrel is imprinted with the model number and the words, "Manufactured for Crosman Corp. by Mendoza."

Authorized dealers, gun shops and sporting goods dealers nationwide sold the air rifles from June 2001 through August 2001 for between \$130 and \$250.

Consumers should stop using these air rifles immediately and contact Crosman Corporation at (800) 724-7486 between 8 a.m. and 4:30 p.m. ET Monday through Friday for instructions on returning the rifle for a free repair or replacement with a comparable model. Crosman will also reimburse consumers for the cost of shipping. Consumers also can log on to the company's Web site at [www.crosman.com](http://www.crosman.com) to view safety and recall information posted since September 2001.

## CANDLE SAFETY

It does not seem to matter which ethnic, cultural, religious group or geographic location is used, holidays worldwide are celebrated with feasting and the lighting of candles. Candlelight seems to make a spiritual connection with many ritualistic celebrations and ceremonies. Candle lighting ceremonies during Advent, Hanukkah and Kwanzaa are beautiful traditions. But remember it is important to:

- Keep matches, lighters and candles away from children and never leave burning candles unattended.
- A long wick means a larger flame that may also smoke and sputter.
- Do not allow flame to directly touch side of glass container. Keep wick trimmed and centered.
- Sides and bottom of container may become hot while candle is burning. Handle carefully.
- Store in a cool, dry place. Exposure to moisture might inhibit relighting. Color, fragrance and specific usage affect wax consumption. It is normal for some wax to be left lining the edges of the container.

Use these simple safety tips will help prevent many of the 10,000 candle-related fires that occur each year. Stay safe this holiday season; it's the best gift you can give.

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

- Employee injured shoulder during PT **resulting in 1 Lost Workday.**
- Employee injured lower back lifting equipment **resulting in No Lost Time.**
- Employee was bent over on knees working for a long period of time causing knee pain **resulting in No Lost Time.**
- Employee was hit by a hose attached to a piece of equipment **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 Department as  
soon as possible at  
X2525.**

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