



December 2003

The Navy Region, Mid-Atlantic Public Safety, Virginia Beach Safety Storefront publishes this SafetyGram and widest dissemination within your organization as encouraged. Please post on official bulletin boards and route to your staff. Our web site at www.nasoceana.navy.mil/safety also has lots of additional information to improve your safety posture.

Improved force readiness and cost savings can best be achieved through an integrated approach to workplace safety.



Crewmembers of USS Theodore Roosevelt (CVN 71) gather in the hangar bay during Chief of Naval Operations visit to ships in the Sixth Fleet area of operations. U.S. Navy photo by Photographer's Mate 2nd Class Johnny Grasso

A team approach is crucial to mishap prevention and a successful return to work program. Equal partners to this approach are top and middle management, supervisors, employees and unions, Human Resources/Injury Compensation Program Administrators, medical providers and support personnel, and safety and occupational health professionals. A successful partnership fully integrates work processes to include safety, occupational health, medical, and workers' compensation.

Important Dates in December

25
Christmas Day,
Federal Holiday

Due Dates

31
Submit Annual Inventory of Military Exempt Lasers & Class IIB and IV Lasers to BUMED

Safety & Health Observances

"3D Month" - Drunk and Drugged Driving Prevention Month
www.nhtsa.dot.gov

Team Safety

The first topic for December's Safety-Gram is Team Safety and the Team Approach to workplace safety. "How many times do you hear that the safety committee missed its meeting this month because everyone was too busy? Or, worse, that the Safety Committee hasn't met for the last two months because someone was reassigned, left the command or whatever".

This generally happens because commands inadvertently set up safety committees in ways that almost guarantee failure. We don't need four, eight or ten chosen individuals focusing on safety one day a month. We need **EVERYONE** focusing on safety, hazard recognition and accident prevention as part of every job, every hour of the day, on each and every shift.

The command has to establish meaningful **TEAMWORK** motives and ideals among all personnel. Peers must encourage peers. Additionally, supervisors must be point persons and attitude leaders regarding safety and accident prevention. This is why safety committees must act as **SAFETY TEAMS**, and why **SAFETY TEAMWORK** must go beyond any single safety committee's activities.

SAFETY is the key word, pure and simple.

Safety results can be predicted by the conspicuous -- for example, when personnel consistently wear safety glasses to protect their eyesight. Or, key factors may be less obvious -- the consequences of a worker's poor attitude overall, or a supervisor's misunderstanding of proper incident response procedures.

Whatever the scenario, the **SAFETY TEAM'S** role is to help identify specific hazards, situations and needs, and then recommend practical steps toward solution.

3D Month (Drunk and Drugged Driving Prevention Month)

Impaired Driving is a Serious Crime

- As a community, we all support law enforcement efforts to protect us from theft, burglary, assault and terrorism. Yet, many otherwise law-biding citizens continue to view impaired driving merely as a traffic offense.
- Don't be fooled. Impaired driving is no accident nor is it a victimless crime.
- Impaired driving is one of the most-often committed crimes, randomly killing someone in America every 30 minutes and 40 people per day. That means you; your family or friends are just as likely to be victimized by an impaired driver.
- After a decade of gradual success, drunken driving fatalities have not significantly improved nationally in the last three years. The National Highway Traffic Safety Administration (NHTSA) estimates that alcohol-related fatalities rose slightly from 17,400 in 2001 to 17,419 in 2002.

An estimated 258,000 persons were injured in crashes where police reported that alcohol was present — an average of one person injured approximately every 2 minutes.

December National Enforcement Crackdown

- With more people expected to be on our highways during this holiday period, this could be one of the deadliest periods ever for impaired driving fatalities.
- To protect Hampton Roads families during this long holiday weekend, local law enforcement agencies will be out in full force, December 19 to January 4, 2004, as part of the **You Drink and Drive. You Lose.** National Crackdown to keep citizens safe from impaired drivers.
- The national crackdown is a partnership of criminal justice and traffic safety partners in all 50 States, the District of Columbia and U.S. territories, joining forces to catch impaired drivers and lock them up.
- Local law enforcement will be out in full force conducting saturation patrols and sobriety checkpoints to identify and arrest impaired drivers.
- **Drive Impaired – Go to Jail**

Holiday Lighting Safety

Indoors Lighting

- Although candles add a special touch to the holiday, you need to take special precautions with them.
- Make sure they are placed in sturdy, non-combustible holders, away from decorations and other combustible materials.
- Check your candles frequently to make sure they don't burn down too far or drip hot wax.
- Keep small children away from candles and never leave children unattended in a room with lit candles.
- Keep matches and lighters up high out of the reach of children.
- Do not use candles to decorate Christmas trees.
- Strings of light also add a warm glow to your home, especially on your tree.
- Make certain you check all of your light strands and cords for worn insulation, bare wires, lights with broken or cracked sockets, or loose connections. If you find broken strings, do not try to repair the string. Throw it away.
- Be careful not to overload electrical outlets. Never string more than three sets of lights on an extension cord.
- Do not string lights behind drapes or under carpets.

Exterior Lighting

- Lights strung on the outside of your home require additional consideration.
- Use only lights and extension cords specifically listed for outdoor use by Underwriters Laboratory (UL). UL is an independent, not-for-profit product safety testing and certification organization.
- Check all light strings for fraying, aging, and heat damage. Throw away any strings that show signs of damage.

- Connect strings of lights to an extension cord before plugging the cord into an outlet.
- If you are using a ladder, avoid contact with overhead power lines when setting up your ladder, stringing lights, or working on the roof.
- If extension cords and light strings are connected together outdoors, keep the connections dry by wrapping them with friction tape or plastic.
- Always look for the manufacturer's recommendations on the number of lights strings that can be strung together and other precautions listed on the packaging for the lights.

CPSC Chairman Warns Holiday Shoppers about Hazardous Recalled Toys-- New Federal Web Site Launched -- www.Recalls.gov



WASHINGTON, D.C. - U.S. Consumer Product Safety Commission (CPSC) Chairman Hal Stratton today (November 25, 2003) warned holiday season gift buyers to be on the lookout for recently recalled toys and children's products that pose serious safety threats to youngsters. To provide consumers easier access to all recall announcements, Chairman Stratton also announced the launch of a new federal government inter-agency Web site -- www.Recalls.gov.

"Before purchasing or giving any gift, particularly one intended for a child, double-check to make sure it does not pose a hazard," Stratton said. "Visit CPSC's Web site to determine if it has been recalled. Another option is to go to the easy-to-remember Web address www.Recalls.gov. It's a 'one-stop shop' for the latest information on all federal government recalls."

The new www.Recalls.gov site provides links to all federal agencies with statutory authority to issue recalls, including CPSC, the Food and Drug Administration, the National Highway Traffic Safety Administration, the Environmental Protection Agency, the U.S. Coast Guard, and the U.S. Department of Agriculture. Visitors can easily find information about all federal government recalls -- regardless of the jurisdiction of the agency or the nature of the recall.

We appreciate all those who contributed to this newsletter.

From all of us at the Virginia Beach Safety Storefront we wish you and yours a safe and enjoyable holiday season!!!



www.nasoceana.navy.mil/safety

REGIONAL SAFETY OFFICE

1750 Tomcat Blvd. Suite 2170

Virginia Beach VA 23460-2122

Oceana Bldg 230 • Dam Neck Annex Bldg 585

OC- (757) 433-2692 • fax (757) 433-2694 • DSN 433

DN- (757) 492-6630 • fax (757) 492-7411 • DSN 492

safety@nasoceana.navy.mil

Travel Tips
Common Sense is not Always Common....

Have you planned your trip? Taking time to do this will help service members, commanders, and other leaders ensure drivers and vehicles are safe prior to departure and that the trip has been sufficiently planned (time, rest stops, alternate drivers, anticipated weather conditions) to get safely to the destination and back.



AUTOMOBILE: Is your car worthy of the task ahead? How are your brakes, wiper blades, lights, tires, horn, state inspection, etc. The **NAS Oceana Auto Hobby** facility is a complete garage with 21 stalls, 10 lifts, engine overhaul storage stands, tire changer, wheel balancing and other related capabilities. Open 7 days a week and holidays. Phone 433-3403.

WEATHER: Is there the possibility of adverse weather conditions? Yes ____ No ____

LICENSE/INSURANCE: Is service member's driver's license and car insurance coverage up to date? Yes ____ No ____



FATIGUE: The Navy/Marine Corps permits 350 miles per day for PCS or TDY travel. Off-duty drivers should plan on no more than 8 hours on the road per day. Drivers should plan for at least a 15-minute rest stop every 2 hours.

SPEED: It takes the average driver 1.5 seconds to react to a hazard. At 60 mph, it will take you almost half the length of a football field just to react to a hazard... then you have to take corrective action.



ALCOHOL: A person's blood alcohol concentration (BAC) can be well below the intoxication level and still cause impairment. For a 160-180-pound person, one beer consumed in one hour will result in a BAC of .01-.02 percent. Inhibitions will be lessened and judgment will begin to be affected. A 12 ounce beer = 1.5 ounce of liquor (80 proof) = 5 ounces of wine.

UNSCHEDULED DELAY: Does service member know procedure to follow to avoid hurrying in case of an emergency or unscheduled delay (Leave/Liberty Statement)?



DRIVER RISK- ASSESSMENT SURVEY- Provides an effective risk management tool for a supervisor to determine a service member's risk level. To be filled out by the service member and discussed with the supervisor. *Information or statements made to the supervisor concerning items on this form CANNOT be used in any adverse proceeding, administrative or criminal.* If a service member has 10 or more points, the service member has a greater than average risk for a traffic mishap. The supervisor should work with the service member to reduce the risk factors. Supervisor will discuss completed form results with service member and may discuss results with the chain of command for the purpose of the service member welfare. A record may be made of counseling, however recommend gross score/result or "low, medium, or high" risk levels be recorded in lieu of answers to particular questions. Form is property of service member and will not be retained by command or supervisor.

Category	Criteria	Possible Points	Actual Points
1. Age	25 years or younger	1	
	26 years and older	0	
2. Pay grade	E-5 and below	1	
	E-6 and above	0	
3. Gender	Male	1	
	Female	0	
4. Married	Single	1	
	Married	0	
5. Driving Record	1 or more moving violations last 12 months	1	
6. Time since deployment	Deployed over 30 days and home less than 30 days	2	
	Otherwise	0	
7. Distance to travel	Less than 500 miles	0	
	500 miles thru 1000 miles	1	
	Over 1000 miles	2	
8. Incidents of Alcohol abuse	Yes- per incident	4 points each	
9. Ratio of travel days to total leave	1-4	1	
	Greater than 1-4	2	
10. Rest prior to departure	Less than 8 hours	1	
11. Hour of return to duty section	Less than 12 hours prior to next work day	1	
12. Driving alone	Yes	1	
13. Personal stressors	Marital troubles, death in family, career decision looming	1 point each	
14. Motorcycle travel	Travel by motorcycle	1	
15. Traveling during holiday periods	Yes	1	
		Total	