

MAY 2004

## CARPAL TUNNEL SYNDROME (CTS)



**What Causes CTS?** Although there are many reasons for developing this swelling of the tendons in the wrist, it can result from repetitive and forceful movements of the wrist during work and leisure activities- highly repetitive manual acts, necessitating wrist bending or other stressful wrist postures. The use of vibrating tools also may contribute to CTS. It is apparent that this hazard is not confined to a single industry or job but occurs in many occupations especially those in the manufacturing sector. Indeed, jobs involving cutting, small parts assembly, finishing, sewing, and cleaning seem predominantly associated with the syndrome. The factor common in these jobs is the repetitive use of small hand tools.



**Prevention (Supervisors note!!!)** Recommendations for controlling carpal tunnel syndrome have focused on (1) ways to relieve awkward wrist positions and repetitive hand movements, and to reduce vibration from hand tools, (2) redesigning tools or tool handles to enable the user's wrist to maintain a more natural position during work, (3) modified layouts of work stations, (4) altering the existing method for performing the job task, (5) providing more frequent rest breaks, (6) rotating workers across jobs. As a means of prevention, tool and process redesign are preferable to administrative means such as job rotation.

The frequency and severity of CTS can be minimized through training programs that increase worker awareness of symptoms and prevention methods, and through proper medical management of injured workers.

### Quotable Quotes



**Confucius say: While on a ladder, never step back to admire your work.**

**...Naval Safety Center Safetyline**

## Traffic Safety New Virginia Laws...

### Virginia General Assembly (2004):

- ❑ **DUI**- allows the Commonwealth to seize the motor vehicle of persons thrice convicted of drunk driving
- ❑ **DUI**- mandate a minimum six-month jail sentence for third-time DUI
- ❑ **DUI**- increase jail time for second and third-time DUI offenders (10 days to six months)
- ❑ **DUI**- permanently forfeit a driver's license with three DUIs
- ❑ **DUI**- eliminate presumption of bail for offenders with three DUIs in five years
- ❑ **DUI**- increase administrative license revocation periods for repeat offenders (60 days to time of trial)

- ❑ **DUI**- lowers Virginia's high BAC thresholds from .20/.25 to .15/.20
- ❑ **DUI**- criminalize driving on a DUI-restricted license
- ❑ **DUI**- mandate ignition interlock devices for all high-BAC offenders
- ❑ **DUI**- allow DUI arrests to occur anywhere up to three hours following incident
- ❑ **OLDER DRIVERS**- Any person who is 80 years old or older will be required to have his or her vision tested before his or her driver's license is renewed
- ❑ **OLDER DRIVERS**- Allows pharmacists and other licensed medical professionals to anonymously report unsafe drivers (previously limited to physicians and immediate family members)
- ❑ **DRAG RACING**- Bans the use of use of motor vehicles whose engines are supplied with nitrous oxide on public roadways (it can still be used on racetracks.) and imposes stiff penalties for injuring or killing someone while drag racing on public streets
- ❑ **DRAG RACING**- Drivers of vehicles approaching an intersection controlled by traffic lights that are dark because of power failures or similar causes shall proceed as though the intersection were controlled by all-way stop signs.



## Hazardous Material Shelf Life Extension

Hazardous waste proliferation has become a serious Navy problem. HAZMAT harms the environment, is unsafe and difficult to handle, and disposal is extremely expensive. You can be instrumental in helping the Navy solve the problem by recognizing its seriousness and taking immediate action within your command to minimize the generation of hazardous waste.

All shelf-life material is either **Type I** or **Type II**:

- **Type I** shelf-life items are materials that have a set expiration date, which cannot be extended. Once this date has passed, the material cannot be used for its intended purposes and can be turned into [DRMO](#) (for resale or disposal).

- **Type II** shelf-life items are materials that do not have a specific expiration date. The manufacturer typically will recommend that the item be re-evaluated on a particular date. The label will usually state a "Test" or "Re-Inspect" date. Type 2 shelf-life items can be extended providing the material is still viable or usable. There are no set standards for Type II shelf-life extension evaluation; often the best approach is to use common sense when examining the item. In-house inspections and tests will suffice for extension of most of your material. There is no single source of test information.

For more information and resources on extending the shelf life of hazardous material, visit our website at <http://www.nasoceana.navy.mil/safety/HAZMAT/shelflife.htm> .



## Motorcycle Safety Awareness Month

May 2004

Motorist awareness is an important component of the National Highway Traffic Safety Administration's comprehensive motorcycle safety program. Over two-thirds of fatal motorcycle crashes involve a motorcycle and another vehicle. The motorist either does not see the oncoming motorcycle at all or does not see the motorcycle in time to avoid a crash. It is important for motorists to know that their actions affect the safety of motorcyclists..

**Practice street strategies**- A motorcycle's lane position can communicate a rider's presence and intention, avoid windblast from other vehicles and help maintain a space cushion between the bike and other traffic.



## U.S. Coast Guard Safety Initiative Puts “You” in Command

“You’re in Command” is the U.S. Coast Guard’s new public safe boating outreach initiative, which encourages all recreational boaters to take responsibility for their actions on the water. As a boat owner or operator, you are responsible for your safety and the safety of your passengers. That’s why we say: “You’re in Command.”

The Coast Guard’s most recent boating-related accident statistics show:

- ❑ 681 fatalities — 4,274 injuries — \$31 million in property damage.
- ❑ Nearly 80 percent of drowning victims were not wearing life jackets.
- ❑ Alcohol was involved in more than one third of all boating fatalities.
- ❑ About 80 percent of all boating fatalities occurred on boats where the operator had not completed a boating safety education course.
- ❑ Nearly 70 percent of all reported accidents involved operator-controllable factors, like inattention, careless/reckless operation, inexperience, operating at an unsafe speed, and no proper lookout.

It’s clear that a great majority of these could easily have been prevented!

### MISHAPS IN APRIL

1. Employee was exposed to bodily fluid while providing medical treatment (**on-duty, 0 lost workdays**).
2. Service member suffered a contusion when power supply fell on her right foot (**on-duty, 0 lost workdays, human error**).
3. Service member's ATV started to tip over and member tried to stop the ATV from tipping over so he extended his left leg out causing his leg to be run over (**on-duty, 51 lost workdays, human error**).
4. Service member broke thumb playing softball. Ball hit tip of his thumb (**on-duty, 0 lost workdays, human error**).
5. Employee cut his left hand on the edge of some aluminum foil (**on-duty, 0 lost workdays, human error**).
6. Service member broke left pinky finger playing baseball (**on-duty, 0 lost workdays, human error**).
7. Service member suffered a sprained left foot while moving an ETU-110 trailer (**on-duty, 0 lost workdays, human error**).
8. Service member was exposed to freon gas when turning on the a/c in the office. He felt dizzy and started to vomit immediately (**on-duty, 0 lost workdays**).



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