

SAFETY UPDATE

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June 2000

187th — Outstanding CDSO

SFC Dora Baez is the Collateral Duty Safety Officer (CDSO) for the 187th Medical Battalion, Center Brigade. She is currently assigned to HHD.

SFC Baez started her military career in October 1981, arriving from Ft Hood in June 1999. She has insight into the Army Safety Program since she was Safety NCO for a Signal Battalion, 1st Cavalry Division before arriving at Fort Sam Houston (FSH).

Upon her arrival at the 187th Medical Battalion, she was immediately appointed as Safety Officer/NCO. SFC Baez, promptly implemented a



SFC Dora Baez, Collateral Duty Safety Officer for 187th—Medical Battalion.

Battalion Private-Owned Vehicle (POV) Safety Program using the Risk Management and Six Point Program. SFC Baez developed a Driver's Responsibility Card and ensures all soldiers have a card during each safety briefing.

Through the use of the internet, SFC Baez uses

photographs of actual accidents to emphasize the "it could happen to you". In addition she discusses holiday safety, second hand smoke, dangers of motorcycles, drinking and driving, aggressive driving, and child safety issues during her safety briefings.

SFC Baez has incorporated a Safety Policy Letter and Monthly Newsletter, covering safety topics and events, e.g. POV updates, statistics, reporting procedures, and importance of conducting POV safety checks.

SFC Baez conducts company inspections using checklists available on the Safety Website.

Positive Safety Attitude—ISO Receives MEDCOM Award

"Men wanted for hazardous journey. Low wages, bitter cold, long hours of complete darkness. Safe return doubtful."

This ad appeared in the early 1900s in the London Times. The next morning, 5000 men were outside the office to sign

on for the dangerous mission with Ernest Shackleton for an expedition to reach the South Pole.

Mr. Jeffress, the head of OSHA, used the above as an opening to his remarks at the recent American Industrial Hy-

giene Conference and Exposition. He went on to express their long term goals and plans for the future. However, he not only mentioned enforcement, partnerships, and assistance but also changing attitudes toward safety.

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Upcoming Training

- Risk Management, 18 Jul - 0830
- Heat Stress, 20 Jul —0830
- Next CDSO Class — 25/26 July
- Ergonomics Awareness course for Budget Analyst (or anyone responsible for purchasing equipment or furniture), 8 Aug-0830
- COR/Initiator of Service Contract Modular Course, 30 Aug, 0800-1630 hrs
- MHE (Forklift) - 12 Sep

Classes are currently held at the Buildings 2248 and 2797. For dates and times check www.cs.amedd.army.mil/iso/ or call us at 221 - 9872.

Guadalupe Gomez,
Occupational Safety and Health
Manager

187th — Outstanding CDSO *continued ...*

Among her other duties, SFC Baez is also the Detachment Fire Marshal.

Through Ms. Rose Reulbach, her installation safety office representative, she has developed a functional safety process for her area of responsibility. SFC Baez takes pride in walking around the battalion and being visible so the soldiers know who she is

and that she has vested insight and interest in their safety. She has developed a Battalion Safety Book, which will provide continuity for the next safety officer.

Goals: To become a Company First Sergeant and some day a Personnel Service Battalion Sergeant Major.

Thank you—For all your hard work!

“Over the years, I have learned the importance of training, a lot of people don’t know the importance of prevention, education and assessments until an accident/incident occurs The Army has put in place a lot of useful tools We’ve come along way by reducing accident/incidents” SFC Baez

Positive Safety Attitude—ISO Receives MEDCOM Award *continued ...*

It appears that the younger population is more attuned to safety and health than some of the old timers who state that “I’ve always done it this way and nothing has ever happened to me.”

The opening remarks may sound extreme; however, we are often in a similar peril when we do not enforce and abide by safety requirements. Many accidents are the result of a “poor” safety attitude. Normally a person does not wake up in the morning and say to themselves that they are going to have an accident. When you have a positive safety attitude, you not only look out for yourself and your co-workers, but you are looking out for your family as well.

“Focus on safety by chain of command will occur only if there is focus by commanders. Every soldier is a combat multiplier—we cannot risk one life unnecessarily. The objective is simple—enhance combat readiness through proactive risk management.” Shinseki

The two keys to a positive safety attitude are prevention and protection. Prevention comes in the form of preventing an incident from becoming an accident. A hazard is an incident without control, which has the potential to cause damage, whereas an accident is when the potential of an incident (hazard) is realized. All accidents result from incidents but all incidents do

not have to result in accidents.

During a recent ceremony where the Installation Safety Office (ISO) was recognized as having the most improved program in the MEDCOM, Colonel Thresher related a story concerning the “Domino Theory of Safety”. He indicated that he had heard about the theory a few years ago where an incident is the starting domino in a line of tumbling dominoes and the last is the accident. Just because the first domino is pushed over, the last one does not have to fall. All of the dominoes in-between are opportunities for intervention. If you remove one, you can stop the accident from happening.

For example, just because oil was spilled onto the floor (incident) an accident does not have to result. A domino can be removed by wiping up the oil, putting an absorbent on it, barricading, warning, etc. Many individuals have the opportunity to intervene – supervisors, peers, subordinates, or visitors. If you fail to act, you are partially responsible for the accident.

The other part of the positive attitude involves the wearing of protective equipment and/or using proper procedures. A few years ago an individual felt he was too “macho” to wear protective clothing and safety glasses. He caused a fire by not using the proper procedures and was severely burned by not wearing the proper clothing.



SSG Long, 147th Med Log Battalion, performing POV safety inspection on PVT Allen’s vehicle before the July 4 weekend.

Also, he could not get to the safety shower because he wasn’t wearing his safety glasses. The impacts on himself and his family were dramatic. He is scarred throughout his body, has a fake nose and artificial ear. He and his wife are divorced, his two daughters are in counseling, and his father died of a heart attack when he walked into the hospital room to see his son.

Remember, it doesn’t always happen to the other guy. An incident can become an accident if you don’t have a positive safety attitude.

It is obvious that FSH is developing a positive safety attitude. The ISO has received over 60 near misses, incidents, accidents reported online since we initiated online reporting in March. The improvement award could not have been possible without the dedicated contributions from everyone on Post.

OSHA NEWS

The Occupational Safety and Health Administration (OSHA) is very active throughout the U.S. and particularly within South Texas. They have hired additional personnel for both the Austin and Corpus Christi offices. This is seen in increased visits to employers, to include federal facilities, and responses to all complaints.

\$49,000 in fines to a Houston Firm for failure to have fire extinguishers at a worksite, lack of adequate fall protection for roofing operations, guardrails missing on ends of scaffolding, and not wearing hard hats on a construction job site where falling hazards exist.

\$128,000 in penalties in Houston The findings at a Houston plant included: lack of guarding on floor and wall openings, lack of machine guarding, lack of testing hoist chains, exposure to energized circuits (faceplates broken and knockouts missing), improper adjustments on grinder rests and tongue guards, and failure to label electrical circuits (breaker boxes and switches).

\$6100 in penalties in Lockhart Lifting an individual on the forks of a

forklift, lack of proper stairs, house-keeping, and lack of machine guarding were some of the findings in a small plant in Lockhart.

Complaints in Pleasanton OSHA responded to complaints in Pleasanton at a 30 person facility. The complainant alleged exposure to mold from the damp walls and insects through holes in the screens. The employer had to show receipts for new screens and pictures of the freshly painted walls. Still, OSHA wasn't satisfied. They wanted receipts for the paint even though it was paint that the employer had from previous painting.

Written Programs are not enough – they must be fully implemented During a recent OSHA compliance inspection, four willful violation citations were issued. Two for confined space and two for lockout procedures. The employer had comprehensive written programs for both but failed to implement them. (**Note:** A willful violation is one in which the employer either knowingly failed to comply with a legal requirement or acted with plain indifference to employee safety.)

OSHA is the MINIMUM Standard Private corporations and federal facilities that are forward thinking recognize that the OSHA requirements are the minimum standards that must be met. The progressive leaders of these organizations appreciate the value of their personnel. They understand that going beyond minimum Environmental, Safety, and Health compliance contributes to their bottom line. It also allows sustainability for the future.

Locally—OSHA Programs which we request supervisors to evaluate this quarter are the Ladder Safety and Personal Protective Equipment (PPE) programs. Workplaces need to enforce policy memorandums and emphasize requirements during all training/briefing sessions. References:

AMEDDC&S & FSH Memo 385-9, **Ladders Safety Program & 29 CFR 1910.27**

FSH Memo 385-20, **Personal Protective Equipment Program & 29 CFR 1910.132.**

ISO personnel will target these programs in upcoming annual inspections. *Beware and Be Prepared!*

EVACU-TRAC CHAIR – A SUCCESS

Department of Nursing Science (DNS), AMEDDC&S, recognized that there was no safe or effective way to evacuate Ms. Cecilia Johnson, an employee confined to a wheelchair, during Fire drills or actual emergencies. Ms. Johnson had previously seen an Evacu-Trac and recommended DNS look into it.

The Evacu-Trac is a device, which allows one *trained* individual to move an injured person or individuals with disabilities down stairways quickly and safely during emergency evacuation procedures. The Evacu-Trac does not contain a motor, requires no installation of any

equipment or paraphernalia and requires no routine maintenance. Because of its ergonomic construction, the operator requires no extraordinary strength.



The DNS personnel have been fully trained to use the device through a video and actually transporting each other down the stairs. Ms. Reulbach, the Installation Safety Office representative for this activity, can attest to the chair's comfort and safety features as trained personnel personally transported her down the stairway.

During a recent Fire Drill, the chair proved its weight in gold as personnel evacuated the building quickly and safely with Ms. Johnson in the chair. Fort Sam Houston Fire Department and the Occupational Safety & Health Administration endorse this product.

“ISO extends a special Thank You to MG Peake and COL Thresher, Garrison Commander, for their Leadership and Support of the most improved Safety Office in MEDCOM !”

NEW Ergonomics Computer Based Training (cbt) Now Available Online

web address: www.cs.amedd.army.mil/iso_cbt

- Tutorial available (no interaction required).
 - To login (note: [new user link below log in](#))
 - Use the **last four of your SSN** as your [password](#).
 - For **Workplace Identifier** - use 0001 (required field - to be added later).
 - You will need sound (download mediaplayer from login) for 4.0 Internet Explorer (5.0 Explorer is ready).
- If your computer *is too slow or is not responding* - locate an upgraded computer within your organization.

15 computers are available at B/2248, ACES Computer Lab, 2nd Floor
(M-F, 0730-1600 hrs, walk-in basis)

In order to better serve our customers - please provide us feedback at
Juana.Zamora@CEN.AMEDD.ARMY.MIL, fax 1-9847, or call 1-9872

Fort Sam Houston Safety News—Around Post

Ladder Safety Tips

Fixed ladders must be inspected yearly (documented).

Portable ladders:

- Informal inspection before use.
- Formal periodic inspection based on usage.



PPE Tip

Per FSH Policy—Supervisors shall provide training to each employee who is required to use PPE and certify PPE requirements in writing on the FSH Form 98-E.



Installation Safety Office now has the capability to receive accidents, incidents, near miss reports via the

intranet—*Check it out on the safety webpage—www.cs.amedd.army.mil/iso/ Thank you all who have used this reporting system!*

Keep Cool this Summer



Accident investigations by ISO personnel will involve reviewing Job Hazard Analysis, CSFS Form 97-E or CSFS Form 4297-E—Additional training is available if needed.

Check the Safety Training Calendar for quarterly RM training for newly assigned personnel. Ensure all training is documented on FSH 98-E.

KUDOS

To all Garrison, MEDCOM, and USAMISSA employees for receiving Risk Management (RM) Training this past quarter. Everyone efforts contributed to at or near 100% compliance.

Mr. Gerd Jacobi, CABC, Mr. Paul Martinez, ITBC, and Mr. Ed Rodriguez, PWBC, for their safety concerns and near miss notifications. Your contributions make FSH a safer place to live and work!

2Lt West, newly appointed CDSO for A Co-187th, for his outstanding safety program.

Mr. Martin Gonzalez and his Grounds Maintenance Crew for their support in address our safety concerns.

All Garrison personnel requesting/ receiving ergonomic evaluations and their efforts in making changes in their work to improve working conditions.

LIUNA, Local 28 and NAF AFGE 3961 (Jose Flores)—For outstanding support in bringing safety concerns to the forefront.

Thank you MEDCOM Safety for all your support!