

# Safety News Letter

AMEDDC&S and FSH, February 2003

## Machine Guarding Awareness Quiz

Please circle all that apply.

**Q1. Mechanical Hazards** occur at the point of operation, in the power transmission apparatus, and in\_\_

- a. the conference room.
- b. any other moving parts.
- c. a locked-out power drill.
- d. the swimming pool.

**Q2. Any moving part** of a piece of equipment that has the potential to cause injuries, should be guarded.

*Please circle all that apply.*

- a. Employee that utilizes a piece of equipment should be the one to decide, if a machine guard is required.
- b. False.
- c. If employees are trained to work around machinery, then machine guards are not required.
- d. True.

**Q3. Power Press**

- a. is safe and easy to operate.
- b. requires as much pressure to operate as a TV remote controller.
- c. requires large force to operate and is dangerous.
- d. can reform or destroy metal.

**Q4. Shearing Mechanisms** can be operated with\_\_\_\_\_

- a. Hydraulic energy.
- b. Mechanical energy.
- c. Pneumatic energy.
- d. All of the above.

**Q5.** As long as the **machine guards remain in place**, operators should

not be trained on machine guarding.  
*Please circle all that apply.*

- a. Employees require three 15 minute breaks in the morning.
- b. True. Machinery is safe.
- c. False.
- d. Operator could use songs from rock'n roll while working.

**Q6.** One type of **automated** feeding and ejection mechanism is?

- a. Robots.
- b. Coke machines.
- c. Humans.
- d. Dogs.

**Q7. Hazardous mechanical motions** include?

- a. Walking with a swagger.
- b. Rotating and Reciprocating.
- c. Transverse Movement.
- d. Tap Dancing.

Answers to Quiz on Page 2.

## It takes Team Effort To Ensure a Safe Working Environment

**Date of Accident/Incident:** Tuesday Jan 14, 2003 about 11:20 AM.

**Location:** Bldg 2792; MEDCOM, 3<sup>rd</sup> Floor, Room 313.

**Job Duties of the Employee:** Administrative Assistant

Employee indicated that she uses a certain doorway to get to a copy machine. Employee started to walk back to her desk through the same doorway, while carrying a stack of copies. The employee tripped over a box, fell down, and sustained injuries. Apparently, someone placed a box in the doorway while the employee was making copies. Employee was not aware of this



change in the surroundings (placing a potential trip hazard) in her route. It was learned that the stack of papers that the employee was carrying at that time prevented her from having a clear sight of view.



**Lost Time:** One (1) lost day. Three (3) light duty days.

**Unsafe acts** that possibly resulted in the accident:

- Placing objects in hallways.
- Lack of clear sight of view.
- Mind-set or the "smug thinking" that the surroundings do not change and maintain the same safe conditions.

## Upcoming Safety Training

Feb 12 0830-0900	Building Managers Bldg 4196; Room 101
Feb 13 0830-1030	Back Injury Prevention Room 2121; Bldg 2841
Feb 18 0830-1030	Ergonomic Awareness Room 3304, Bldg 2841

**Unsafe Acts Can Harm Others**

**Be Aware: Hazards Are There**

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## Answers to the Quiz

Q1. Ans. b. Any other moving parts. Operators should be wary of potential hazards of moving parts.

Q2. Ans. d. True. All moving parts that create a hazard should be guarded.

Q3. Ans. c. and d. The force required to operate a Power Press can destroy metal, let alone the human body. Therefore, a Power Press is dangerous.

Q4. Ans. d. All of the above. Shearing mechanisms can be operated with hydraulic, mechanical, or pneumatic energy.

Q5. Ans. c. False. Required training should be exhaustive and must address standard operating procedures for a machinery. Mechanical guards are integral part of a piece equipment (machinery). Operators should be knowledgeable enough to verify that the machine guards are well maintained and are in proper working condition.

Q6. Ans. a. Robot. A "robot" is indicative of an automatic device or system that replaces a human in several functional areas. Automatic feeding and/or ejection mechanism provides one such example.

Q7. Ans. b. and c. Moving machinery parts use Rotating, Reciprocating, and Transverse actions depending upon the application.

## AMEDDC&S and FSH Safety Council Meeting

When: Tuesday; Feb 18, 2003

Where: Bldg 2841; Room 2407

What Time: 1300 – 1400 hours

## AMEDDC&S and FSH Accident/Incident Stats Oct. – Dec., 2002

Cause	Civ	NAF	Mil
Slip/Trip	4	6	0
Sprain	4	3	4
POV		1	4
Struck By	1	2	
Cuts	3	4	
Hearing			
Other	3	4	1
Total	15	20	9

## Safety Day at FSH Mark Your Calendars

When: Tuesday, May 20, 2003

Where: Roadrunner

What Time: 1000 to 1400 hrs

Who Should Attend: Unit Managers, Collateral Duty Safety Officers, Supervisors, and all other AMEDDC&S and FSH personnel interested in learning more about safe work practices, personnel protective equipment, and other helpful info.

Events/Attractions: Forklift Rodeo, Safety Equipment Vendors, Ergonomically Safe Work Stations, and much more.

## Workplace and Stress

**Stress:** Reaction of the human organism to any threatening situation that is specific to an individual resulting from one's lifestyle, psychological make-up, and personality.

## Common Sources of Stress

- Personal Problems
- Workload
- Office Politics
- Job Security
- Task Complexity
- Fast-paced Work Environment
- Personality Clashes
- Role Ambiguity
- Lack of Advancement Potential
- Physical Working Conditions

Stress management is essential for the survival and the success of an individual. For additional assistance and help on Stress Management related issues please contact the Health Promotion Center at Phone: 210-916-3352.

## Useful Websites

OSHA WebSite: [www.osha.gov](http://www.osha.gov)

Army Safety Center WebSite: <http://safety.army.mil/home.html>

For additional assistance please contact

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Or

Mr. Richard Edges at 210-221-0563  
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Or visit

Installation Safety Office Website at:  
<http://www.cs.amedd.army.mil/iso/>

Think Safety

Use Goggles Not Glasses to Avoid Chemical Splashes