



# Oregon Military Department

## SAFETY LINE

October 2010

Welcome to our Agency's quarterly Safety Newsletter. The goal of this newsletter is to provide you with Safety related information and topics on a quarterly basis. As the agency's Safety Manager, I encourage you to participate by providing me with topics or ideas you may have as they relate to Safety. I will try to share some of that information with other employees within our agency through this link. You can contact me at 503-584-3581 or email me at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us)

### Up Coming Training Opportunities & Events

#### *FREE Health/Wellness & Job Fair*



The Oregon Military Department is hosting a Health/Wellness and Job Fair on October 6<sup>th</sup>. The event will be held at the Salem Auditorium located at 2310 17<sup>th</sup> St NE, Salem. This event will run from 11:00 AM to 6:00 PM and is **FREE and OPEN TO THE PUBLIC**.

Get a Flu Shot.com will be there from 3:00 PM to 5:00 PM to provide flu shots at no cost if you have one of their covered insurance plans (see plan list at <http://getaflushot.com/>) or at \$30 for those who have no insurance coverage. If you are interested in getting a flu shot, you need to make an appointment. Call 503-584-3581 to be put on the list.

We have a great bunch of vendors lined up this year. Check it out!

Marion County District Attorney's office (Table only)	YWCA (table only)
Salem Public Library	Boy Scouts
YMCA (table only)	Take Shape for Life
TOPS	S.T.R.E.E.T. Combat Defense System
American Red Cross	Cash Tools
AFLAC	SAIF Corporation
Juice Plus	Shaklee Wellness & Nutrition Products
Tomboy Tools	Eugene Vet Center
Celt Cog Emotion Linestic Trng	Nu Skin
Oregon Military Family Program	Salem Hospital Community Health Ed Ctr (CHEC)
Marion County Health WIC (table)	Marion County Recycle
Albany/Salem/Keizer Hearing Aid	COSTCO

Freelife International	Hire Oregon Vets (table)
I.C.E. Bands	Safety & Compliance Inc.
Senior & People with Disabilities	Military Family Life Consultants
Military One Source	SNAP Resource/Volunteer Coord.
Salem Fire Dept.	ClubZ Home Tutoring
My Pal Sticky	NW Human Services
Oregon Youth Challenge Program	Willamette University
Shred It	Edward Jones Investments
Meals on Wheels	Oregon Paralyzed Vets of America

For more information please contact Robin Webb at 503-584-3581 or by email at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us)

### AED/First Aid/CPR Training



We are currently looking at scheduling an AED/First Aid/CPR class at Kingsley Field Airbase in Klamath Falls in the **next several months**. The cost of the classes will be free but there is a \$1.25 charge for the certification card. If this is something you would be interested in attending, please contact Robin Webb at 503-584-3581 or by email [robin.m.webb@mil.state.or.us](mailto:robin.m.webb@mil.state.or.us) to get signed up. This class will be open to everyone, civilian and soldiers.

### Other Available Training Classes



Next time you are ready to do some training check out iLearn. There are many online classes offered in the iLearn course catalog such as safety training from OSHA, SAIF training, software courses for Microsoft Office, and other useful classes. Registering for classes through iLearn automatically updates your State Training Transcript which contains your list of training accomplishments. For more information and a list of classes, check out our website at <http://www.oregon.gov/OMD/AGP/Training.shtml> or contact Paul Geck in AGP at 503-584-3815 for more information.

### Worker's Compensation Statistics



**Workers Compensation Claims for 2010** – The Oregon Military Department has had 30 workers compensation claims filed so far this year (as of October 1, 2010). We have experienced three near misses, five recordable shifts in hearing and two hearing loss claims. Our agency's cost for workers compensation insurance coverage for the 2011-13 biennium has increased to \$2,136,608 which is based on past workers compensation claim costs. This is an increase of \$1,054,339 over the 09-11 bienniums. Because of our recent loss history, our costs increased more than the statewide average.



## **Winter Is Near**

### Studded Tires

Winter is almost here. Studded tires are legal in Oregon on your vehicle from November 1st through March 31<sup>st</sup>. Check out the Oregon Department of Transportation website for more information and winter driving safety tips at <http://www.oregon.gov/ODOT/COMM/winterdriving.shtml> Also, before you hit the road this winter, check out their Trip Check site at <http://www.tripcheck.com/Pages/RCmap.asp?curRegion=0&mainNav=RoadConditions> for current road conditions.



### Safe Driving Practices for Employees

You are our most valuable asset! The way you drive says everything about you and our Agency. Make a positive statement by following these work-related driving practices.

#### Stay Safe

- Use a seat belt at all times – driver and passenger(s)
- Be well-rested before driving
- Avoid taking medications that make you drowsy
- Set a realistic goal for the number of miles that you can drive safely each day
- If you are impaired by alcohol or any drug, do not drive

#### Stay Focused

- Driving requires your full attention. Avoid distractions, such as adjusting the radio or other controls, eating or drinking, and talking on the phone
- Continually search the roadway to be alert to situations requiring quick action
- Stop about every two hours for a break. Get out of the vehicle to stretch, take a walk, and get refreshed

#### Avoid Aggressive Driving

- Keep your cool in traffic!
- Be patient and courteous to other drivers
- Do not take other drivers' actions personally
- Reduce your stress by planning your route ahead of time (bring maps and directions), allowing plenty of travel time, and avoid crowded roadways and busy driving times.



## **Occupational Noise Induced Hearing Loss (NIHL)**

Hearing loss can be caused by occupational and recreational noise as well as genetic factors, diseases (e.g., otosclerosis and Meniere's disease), drugs and medications, trauma, tumors, and aging.

Hearing loss that is specifically the result of continuous or intermittent exposure to loud noise over a long period of time is referred to as noise-induced hearing loss (NIHL). Of the 40 million Americans who suffer from hearing loss, 10 million can be attributed to NIHL. Exposure to loud noise is an important and serious issue. Children, teenagers and adults are all at risk for developing NIHL. For instance, some children's toys make noise that is

capable of permanently damaging their hearing. Playing instruments, attending concerts and listening to music at a high volume are common activities that can contribute to hearing loss. The use of lawn mowers, power tools and other loud equipment can also permanently damage a person's hearing. Exposure to high levels of noise is also of concern because it can cause other conditions and symptoms including anxiety, chronic fatigue, gastrointestinal problems, high blood pressure, stress, and tinnitus (ringing in the ear).

Work-related NIHL is a significant occupational health issue. Approximately 30 million workers are exposed to hazardous noise on the job. While any worker exposed to loud noise is at risk for developing work-related NIHL, workers in certain industries and occupations are at greater risk. For instance, construction workers, factory workers, police, firefighters, military personnel, farmers, truck drivers, stadium workers and musicians are especially at risk.

Using data from the Information Management Division of the Oregon Department of Consumer and Business Services (DCBS), Oregon Dept. of Human Services analyzed accepted disabling Oregon workers' compensation claim data from 2000-2007 for NIHL.

Between 2000 and 2007, there were 719 accepted disabling NIHL claims reported to DCBS. The industry with the highest number of claims for this period was manufacturing (34.7 percent), followed by public administration (26.6 percent) and construction (10.8 percent). Occupations with the highest number of claims for the period 2000-2007 were precision production. Craft and repair workers had the highest rate of NIHL claims (25 percent), followed by service and protective service workers (i.e., police officers and detectives; 16.6 percent) and machine operators, assemblers, and inspectors (13.6 percent). Between 2000 and 2007, 96.4 percent of all NIHL claimants were male. Workers 55-64 years of age had the most NIHL claims (51.3 percent), followed by workers 45-54 years of age (29.7 percent).

Exposure to noise over time was the most common event that led to NIHL among workers (88.9 percent of all reported claims). The data also show that 43.5 percent of claimants had been at their current job for more than 20 years. The high occurrence of occupational NIHL among older workers and workers with a longer history of employment in their job may be due to the fact that it takes time for hearing loss to progress to a stage where it interferes with day to day communication or because the longer people are exposed to loud sounds, the more likely their hearing will be damaged. Unfortunately, many workers may not file workers' compensation claims until their hearing has become significantly damaged. While workers' compensation claims data are excellent sources of information about occupational illnesses and injuries, there is evidence that occupational NIHL is underreported. Possible explanations for underreporting of occupational NIHL include:

- It takes time for hearing loss to become noticeable;
- It is difficult to determine whether hearing loss is due to aging, disease, recreational or occupational noise exposure; and
- Workers may not realize that NIHL is a reportable injury under the workers' compensation system.

## **Daylight Savings & Fire Prevention**

### Daylight Savings and Smoke Alarms

Daylight savings is scheduled to end on Sunday, November 7<sup>th</sup> this year. This is a good time to not only check your current smoke alarm but also think about upgrading to a newer smoke alarm.



Fire Prevention Week 2010 (October 3-9, 2010)

Fire Prevention Week commemorates the Great Chicago Fire - the two-day blaze that killed

more than 250 people, left 100,000 more homeless, and destroyed more than 17,000 buildings on October 8 and 9, 1871.

That tragedy inspired reform across America, spurring new fire safety codes and public awareness campaigns. Each October, the National Fire Protection Association (NFPA) sponsors a fire prevention campaign to highlight the importance of fire safety education. This year's campaign is designed to educate people about the importance of smoke alarms and encourages everyone to take the steps necessary to update and maintain their home smoke alarm protection.

For more information on fire home safety, check out the Oregon State Fire Marshal's website at [http://www.oregon.gov/OSP/SFM/FPW\\_2010.shtml](http://www.oregon.gov/OSP/SFM/FPW_2010.shtml) and the Governor's Proclamation at [http://www.oregon.gov/OSP/SFM/docs/Comm\\_Ed/FPW10Proclamation.pdf](http://www.oregon.gov/OSP/SFM/docs/Comm_Ed/FPW10Proclamation.pdf).



## *Hunter Safety*

October is here and so is hunting season. Every hunter has the responsibility to enter the field well-prepared to hunt in a safe, ethical manner; the future of our hunting heritage depends on it.

Oregon Dept. of Fish and Wildlife's (ODFW) Hunter Education Program has outlined the following information to ensure that hunters are aware of the primary firearm safety rules and the most common causes of hunting incidents.

The four primary rules of firearm safety:

- **MUZZLE** – Control the direction of your muzzle at all times.
- **TRIGGER** – Keep your finger outside of the trigger guard until ready to shoot.
- **ACTION** – Treat every firearm as though it were loaded – Open the action and visually check if it is loaded. Firearms should be unloaded with actions open when not actually in use.
- **TARGET** – Be sure of your target, and what is in front of it and beyond it.

To help avoid being mistaken for game, ODFW strongly advises hunters and other outdoors enthusiasts to wear blaze orange. Blaze orange clothing makes it much easier for one hunter to spot and recognize another hunter or outdoors enthusiast because nothing in nature matches this color. Because deer and elk see blaze orange as grey your hunting will not be affected. Consider wearing both a blaze orange vest or jacket and a hat so you will be visible from all directions.

The most common causes of hunting incidents are:

- Hunter judgment mistakes, such as mistaking another person for game or not checking the foreground or background before firing.
- Safety rule violations, including pointing the muzzle in an unsafe direction and ignoring proper procedures for crossing a fence, obstacle, or difficult terrain.

Other causes of hunting incidents:

- Lack of control and practice, which can lead to accidental discharges and stray shots.
- Mechanical failure, such as an obstructed barrel, improper ammunition, or malfunctioning safety.

No hunter enters the field expecting to be the cause of, or victim of, a hunting incident. The vast majority of incidents can be avoided by proper preparation and awareness.

### **Marijuana Grows on the Increase**

With the increase of unlawful marijuana grows being located on State and National land hunters should be aware of their surroundings while recreating.

If you observe camp sites away from main roads, irrigation equipment, cultivated areas or marijuana plants, leave the area immediately from the same direction you entered. Note the location of the suspicious activities and report that information to your local law enforcement agency or the Oregon State Police TIP line, 1-800-472-7888.

### **Oregon is Black Bear Country**

Follow these guidelines to avoid conflicts:

- Keep food in bear-proof containers or store in trunk of vehicle.
- Be aware of your surroundings at all times.
- Know that by calling in an animal, you may attract bear.
- Carry bear spray and know how to use it.
- Watch for fresh bear signs such as tracks, droppings or diggings.
- Be careful when field-dressing a deer or elk. Make noise; talk and laugh so bears know you are there.
- If you have to leave the carcass overnight, hang it at least 10-12 feet off the ground and 5-6 feet from nearby trees in an open area.

### **Bonneville Power Administration's Crime Witness Program**

Damaging the Bonneville Power Administration's transmission lines and property is a crime, and can result in serious injury and public access closures. Anyone who sees or suspects a crime to a BPA transmission system or BPA property can be a Crime Witness by calling the 24-hour toll-free, confidential Crime Witness hotline at (800) 437-2744. You could earn cash rewards of up to \$25,000!

For more information check out ODFW's website at <http://www.dfw.state.or.us/resources/hunting/index.asp>

## **Personal Safety**

While the Oregon Military Department is considered a "secured" facility, we are not immune to the realities of the world. A safe and secure environment is made possible through each member of the Oregon Military's involvement in crime prevention and sensible behavior.

In order to have a safe and successful Oregon Military Department experience, each person must take responsibility to recognize one's own vulnerability to crime and reduce risks through preventive action and cooperation with Oregon State Police and the Department of Public Safety.

Three factors must be present for a crime to occur:

- Desire
- Ability
- Opportunity

You can have a significant impact on the last one, OPPORTUNITY, and can significantly reduce crime by being aware of simple steps for crime prevention. These crime prevention tips can be used by all employees in any of our locations, both on and off work.

This crime prevention information is a reference guide to assist you in making the decisions that will help to keep you safe. You are primarily responsible for your own safety and security. You need to make the effort to make your surroundings as safe and secure as possible.

Remember that crimes occur only when criminals have the opportunity to commit crime. It is up to you to take that opportunity away from the criminal. Defeat the criminal before you are victimized, and also steps you can take to prevent the crime from getting worse. Crimes can generally be broken down into two categories: crimes against property and crimes against a person.

### HELP THE POLICE HELP YOU

We are most at risk when we don't realize we are vulnerable. It is human nature to become comfortable in a familiar situation and we allow our defenses to drop. However, when our barriers are down we are at risk from professional-criminals and opportunists alike.

Can you help reduce crime? Absolutely!!!! Report all suspicious activity to your local police department. When you call to report suspicious activity, you will be asked for your name and telephone number. This information is requested in case additional contact with you becomes necessary, but you can remain anonymous if you wish.

## *Holiday Safety Tips*

I know, it's hard to believe but the holidays are just around the corner. Here are some Holiday Safety Tips for you to remember from the American Academy of Pediatrics.

### **Trees**

- When purchasing an artificial tree, look for the label "Fire Resistant."
- 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, radiators or portable heaters. Place the tree out of the way of traffic and do not block doorways.
- Cut a few inches off the trunk of your tree to expose the fresh wood. This allows for better water absorption and will help to keep your tree from drying out and becoming a fire hazard.
- Be sure to keep the stand filled with water, because heated rooms can dry live trees out rapidly.



### **Lights**

- Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- Before using lights outdoors, check labels to be sure they have been certified for outdoor use. To hold lights in place, string them through hooks or insulated staples, not nails or tacks. Never pull or tug lights

to remove them.

- Check all tree lights-even if you've just purchased them-before hanging them on your tree. Make sure all the bulbs work and that there are no frayed wires, broken sockets or loose connections.
- Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- Turn off all lights when you go to bed or leave the house. The lights could short out and start a fire.

### Decorations

- Use only non-combustible or flame-resistant materials to trim a tree. Choose tinsel or artificial icicles of plastic or nonleaded metals.
- Never use lighted candles on a tree or near other evergreens. Always use non-flammable holders, and place candles where they will not be knocked down.



- In homes with small children, take special care to avoid decorations that are sharp or breakable, keep trimmings with small removable parts out of the reach of children to avoid the child swallowing or inhaling small pieces, and avoid trimmings that resemble candy or food that may tempt a young child to eat them.
- Wear gloves to avoid eye and skin irritation while decorating with spun glass "angel hair." Follow container directions carefully to avoid lung irritation while decorating with artificial snow sprays.
- Remove all wrapping papers, bags, paper, ribbons and bows from tree and fireplace areas after gifts are opened. These items can pose suffocation and choking hazards to a small child or can cause a fire if near flame.

### Fireplaces

- Before lighting any fire, remove all greens, boughs, papers, and other decorations from fireplace area. Check to see that the flue is open.
- 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.

### *Did You Know?*

**Safety Committee Minutes** – All Safety Committee Minutes should be posted to a bulletin board or to a website that all employees can access.

**Safety Committee Members** – Do you know who your safety representatives are in your area? See Safety Meeting Schedules and Chairpersons below.

**Safety Committee Member Training** - All safety committee members are required by OSHA to attend at least

three training programs to include Hazard Identification, Accident Investigation and Safety Committee Basics Training. If you are a Safety Committee member and have not attended any of these classes (or the classes that Marc Snook and I have put on), please talk with your supervisor or call me to get you started. You can find a list of OSHA classes on their website at <https://ilearnoregon.gov> or <http://www.osha.org/pdf/pubs/catalogs/julydec2010wksp.pdf>. All OSHA classes are free to state employees and are available all over the state.

SAIF Corporation also offers FREE group training on safety related items such as fork lift training, ladder safety, confined spaces, etc. If you are interested in having a Loss Control Consultant provide some training at your facility, please contact me at 503-584-3581 or send me an email at [Robin.M.Webb@mil.state.or.us](mailto:Robin.M.Webb@mil.state.or.us) and I will work with SAIF to facilitate that training.

***SAFETY MEETING SCHEDULES & CHAIRPERSONS***

<b>LOCATION</b>	<b>CHAIRPERSON</b>	<b>MEETING DATES</b>	<b>MEETING TIMES</b>	<b>CONTACT NO.</b>
<b>JFHQ &amp; Readiness Ctrs Region 2 thru 8</b>	Owen Pence	2nd Tuesday each month	1:30 PM	541-312-4309
<b>Camp Withycombe CSMS &amp; State Shop</b>	Aaron Hochstrasser	Monthly	10:00 AM	503-557-5425
<b>Portland Airbase Civil Eng., Fire Dept. &amp; Security Forces</b>	Steve Mezzanatto	3 <sup>rd</sup> Wednesday each month	9:00 AM	503-335-4458
<b>Camp Rilea</b>	Chris Eckert	1 <sup>st</sup> Tuesday of each month	TBD	503-861-4178
<b>Klamath Falls Fire Dept., Civil Eng. &amp; Security Forces</b>	Gene Hurst	2 <sup>nd</sup> Wednesday each month	10:00 AM	541-885-6381
<b>JFHQ Federal Safety Committee</b>	MAJ Timothy Deckert	Quarterly	9:00 AM	503-584-3222
<b>Youth Challenge Program (YCP)</b>	Karen Rawnsley	Quarterly	2:30 PM	541-317-9623 ex 226

***Safety Committee Updates from Around the Agency***

What's new in your area? Look for future updates and information happening in your locations via your safety committees or if you now of a special event or happening and would like to see it posted, please let me know and I will add it to our newsletter.

**PANG:** A Safety Bulletin board has been stationed in the CE Building (142). It houses the meeting minutes and safety postings. Check it out!! If you have something you would like to see added, contact Carla Jones at 503-335-4294.

**Camp Rilea:** The Post Wide Safety Committee has been under construction this last year and will be having their first camp wide meeting on October 5<sup>th</sup>. The group will be working on developing their Safety Committee Charter and determining their membership.

**K-Falls:** Kingsley Field Air Education and Training Command (AETC) officials announced its 2010 Critical Days of Summer campaign ended with no fatalities. This is the first year the AETC has been fatality free since 1960.

**YCP:** Nothing new to report

**Camp Withycombe:** Nothing new to report

**Federal Safety Office:** There have been some changes within the Federal Safety office. MAJ Deckert has been promoted to LTC and 1LT Anthony Tavaloni has been deployed.

**JFHQ – JFHQ** underwent a Fire Drill on September 9<sup>th</sup>. The Salem Fire Department was in attendance and participated in the drill. All went well, everyone evacuated within 5 minutes and all were accounted for.



**"I want to clean up the blood!"**

