

Nevada State Safety Office

The Safety Evening Post

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Motorcycle Safety! What's new and why it affects you!

AR 385-10 keeps getting better and better! Our current hot topic is Motorcycle safety, specifically training and how often you need it. Read on to see if you or someone you know needs additional training:

-Prior to operating any motorcycle, Soldiers will successfully complete an appropriate MSF-based Basic Rider's Course (BRC) course or a State-approved curriculum for motorcycle operator's safety training.

-Based on the type of motorcycles owned or operated, soldiers will need to complete the Experienced Rider's Course (ERC) within 12 months of completing the BRC.

- Every three years, individuals continuing to ride a motorcycle will need to complete Sustainment Training (Re-taking the ERC).

Remember, we can provide the training at no cost to the soldier. Please contact the safety office for more information or how to register for a Motorcycle Safety Foundation Course.

For additional references, check out:

-AR 385-10 para 11-9
-<https://safety.army.mil/povmotorcyclesafety/>
-DODI 6055.04, NGR 385-10,



Hazards in the workplace...are you spotting them?



Did you know the average time a hazard stay open in the NVARNG is in excess of 77 days? 60 days is our target! If we all did our part to check our work areas, our response time for closing out a hazard can be done in as little as five minutes! Let's do our part and make Nevada a safer place to work!

Here are some of the things that you can check for, in as

little as five minutes:

1. Power strips. Make sure your power strips are plugged directly into the wall.
2. Housekeeping. Keep your work area clean, free of debris, food, and excess paperwork.
3. Walkways. Make sure paths and walkways are

clear of any obstructions (Such as furniture, boxes, or protruding electrical cords) to avoid slips, trips, and falls.

4. Set a reminder. Sometimes we forget the little things. Set a reminder once a month on your outlook calendar to do your five minute check!

Safe Exposure Limits

To guard against dangerous health effects from hazardous materials in the workplace, scientists have identified exposure limits for different kinds of materials. Generally, these limits are the maximum amount of a material that you can be exposed to without possibly suffering negative health effects. Here's a rundown on the exposure limits, which you'll find in the MSDS:

⇒ **Permissible exposure limit (PEL)** is often expressed as the quantity of a hazardous material that an average person

can safely be exposed to in an 8-hour work-day. This is kind of like your doctor telling you to take one pill every 8 hours. If you take two pills in an 8-hour period, you are technically overdosing and could suffer some side effects. We keep exposure levels below the PEL with safety controls such as ventilation and PPE. The limits are usually expressed in parts per million (ppm) or milligrams per cubic meter of air (mg/cu meter).

⇒ **Threshold limit value (TLV)** is another way of looking at

exposure limits. It's similar to the PEL and, in fact, the TLV is the model on which the PEL is based. TLV is the amount of a material in the air that almost all healthy adult workers are predicted to be able to tolerate without adverse health effects.

⇒ The exposure limits may be measured over an 8-hour work-day (**time-weighted average, or TWA**), or over a very short term of exposure (**short-term exposure limit, or STEL**).



“The best safety record is obtained through humility.”

Be Safe on the Road

Regular vehicle inspections contribute greatly to your safety on the road. Here's what to look for:

Outside and in

- ⊕ Tires
- ⊕ Lights
- ⊕ Vehicle exterior, e.g., tailpipe and bumper
- ⊕ Oil or coolant leaks

under the vehicle

- ⊕ Anything behind or under the vehicle
- ⊕ Instrument panel
- ⊕ Brakes, test them before you take off

Under the hood

- ⊕ Oil level
- ⊕ Power steering fluid level
- ⊕ Windshield washer level

- ⊕ Coolant level
- ⊕ Hoses
- ⊕ Fan belt

In the trunk

- ⊕ Spare tire, jack, and tire-changing tools
- ⊕ Flashlight
- ⊕ First-aid kit
- ⊕ Flares
- ⊕ Repair tools
- ⊕ One quart of oil



Staircase Railings and Child Safety

Although updated building codes require that there be no more than four inches of space between the railings on staircases, accidents still can happen. Parents and caregivers should take precautions to see that stair railings conform to child safety codes and that attention is paid to anything needed repairing or replacing so that child safety will be ensured. There are safety measures that can be taken to ensure child safety around stair railings.

Examining for Safety

Stair railings should be inspected periodically to make sure they are sturdy and do not wobble. If you are having your home built, you should examine the stair railings yourself and bring it to the builder's attention if you think they are loose. If you move into an older home or into a home that was built before you moved in, the first thing you need to do before taking

possession is to check the stair railings and make or arrange for any necessary repairs before your child is brought into the house.

Baby Gates

Baby gates can be effective in keeping children away from stairs and stair railings, and the newer ones conform to all safety standards. They are also easy to remove and install, making them easy to carry from one place to another. Even if the baby gate is new, there should be no more than two finger widths of space between any of the openings in the gate. You should check for this yourself when you buy the gate before you install it. The older model of accordion baby gates should never be used. The spaces are too big and there is too much danger of a child slipping through or getting stuck in one.

Baby Netting

Baby netting is an alternative to gates and can be used on outside stair railings as well as on the inside. Parents should take care, however, to make sure the strings, fasteners, or other items used to secure the netting to the stair railings are out of the child's reach to avoid the child getting caught in them, pinched by them, or strangled.

Space between Stair Railings

If there is too much space between stair railings, you might have to have the railings remodeled or reconstructed so that the space is smaller.

Parental Supervision Around Stair Railings

Safety gates, netting, proper spacing, or any other safety features do not take the place of parental supervision. When children are near stair railings, they should be constantly watched or moved to a safer location.



*Start with
Awareness,
Foresight,
Effort,
Team work, &
You win.*

In the Spotlight!

We wanted to take a minute to recognize SSG Ryan Davidson from Recruiting and Retention for doing an outstanding job in Safety for his organization. SSG Davidson has done a superb job with Recruiting and Retention's Safety Audits and implementing an impressive safety pos-

ture within the RSP.

Another shout out goes to CPT John Lyle, SSG Roberto Caceres, and MSgt Jordan Clark from the 92nd CST. These gentlemen have pushed the limit to correct hazards, receive 100% on quarterly safety audits, and implement a fantastic HAZ-

COM program within their organization.

From our Safety Office, we appreciate all the hard work and dedication that you put into your programs.

Do you work with someone who's been doing a great job in safety? Let us know!



Energy Saver: What Can Mercury Do to you?

Energy Saving Bulbs have been in existence for a long time now. As the name indicates, these bulbs are more effective as compared to an ordinary bulb in terms of power consumption. Most of us are currently using these bulbs in order to save on electricity consumption and ultimately the electric bill.

Energy Saving Bulbs will come in different shapes on the market with different ratings in terms of Voltage or Watts and they will definitely save our pockets especially that, we are buying electricity in our respective homes.

However, these types of bulbs, if broken, cause serious danger. If one breaks, everybody will have to leave the room for at least 15 minutes, because it contains Mercury (poisonous) which

causes migraine, disorientation, imbalances, and other different healthy problems, when inhaled.

It causes many people with allergies, severe skin conditions and other diseases just by touching or inhaling this substance.

DO NOT clean the debris of the broken bulb with a vacuum cleaner, because it would spread the contamination to other rooms in the house via carpet/floor tracking. It must be cleaned up with a NORMAL BROOM OR BRUSH, be kept in a sealed bag, and disposed of right away from the house in a bin designated for hazardous material.

If a Low energy light bulb breaks at home or in areas where bulbs are exposed:

1. Evacuate the room,

taking care not to step on the shards of glass littering the floor.

2. Do not use a vacuum cleaner to clean up the mess, as the sucking action could spread toxic mercury droplets around the house.

3. Put on rubber gloves and sweep the debris onto a dustpan.

4. Place the remains in a plastic bag and seal it.

5. Do not put the plastic in a normal household trash bin.

6. Place the remains in a municipal recycling bin for batteries which also contain mercury or take it to a council dump where it can be safely disposed.

7. Try not to inhale dust from the broken bulb.



*Mercury is dangerous,
more poisonous than
lead or arsenic!*

Exposed.

On the 10th February 2011 an individual needed to change a light saving energy bulb. As he was changing the bulb, he did not wait for the globe to cool down. Standing on a chair with a piece of cloth and remove the energy saver globe. Due to the heat of the energy saver globe he dropped the globe. As the globe fell on the floor it "exploded". As he descend from the chair he stepped into the broken glass and exposed mercury powder.

The individual was admitted to hospital for treatment of the cuts. He spent two weeks in ICU and at one stage it was feared that his foot need to be amputated. Currently his foot is connected to a vacuum pump to remove continuously dead tissue (Pictured right). A long road of recovery is awaiting him.



A picture is worth a thousand words...



Upcoming Events!

- 21 FEB: OSHA: Henderson Armory
- 22 FEB: OSHA: LVRC
- 29 FEB: OSHA: USPFO
- 07-09 MAR: RCAS-SOH Course @ LVRC
- 08 MAR: OSHA: FMS 3
- 20 MAR: OSHA: CSMS 2, FMS #1
- 21 MAR: OSHA: Clark County Armory
- 22 MAR: OSHA: 92nd CST, S & S Hangar

If you have any suggestions or contributions for the next Quarterly Safety Newsletter, please contact SSG Rachel Mira at 775-972-2731 or at rachel.mira@us.army.mil.
Thanks!



SAFETY AT WORK

Sometimes it's really important!