

MCCS Safety Spotlight



#5

October 2019

REMINDERS:

1. Conduct your;

Monthly facility inspections

Conduct Safety talks

2. Ensure you check your ESAMS "MY ACTIONS" for any inspections that require attention. Remember you have 30 days to take appropriate action to discrepancies. Also for any JHA's that require your review.

NOTES FROM THE SAFETY OFFICE...

Welcome to October's edition of the MCCS Safety Spotlight. October is Fire Prevention Month. We will take a look at 10 Home/Work, Fire Safety Tips you can use to prevent a fire. Also, by request, we will take a look at severe weather preparedness for the workplace. Actions you can take to ensure your workplace is protected from the hazards of severe weather. And finally, it's that time of the year where *Trick or Treaters* will be out and about. What can you/we do to make sure this year's activities are safe for all involved?

The U.S. Fire Administration reports that fires kill more than 4,000 Americans each year and approximately injure 20,000 more. U.S. fire departments respond to nearly 2 million fires each year. A home is often referred to as a safe haven. This month, make sure your home is protected from and is prepared for a fire. Below are 10 simple tips to help you avoid fires and reduce the risk of injury should one occur. Keep in mind, the below list is also useful in the workplace as well:

- 1) **Smoke Alarms** – These are a very important addition to your home. Smoke alarms are widely available and inexpensive. Install a smoke alarm on every level of your home and test it monthly.
- 2) **Prevent Electrical Fires** – **Don't overload circuits** or extension cords. Cords and wires should never be placed under rugs or in high traffic areas. Avoid loose electrical connections by checking the fit of the plug in the wall outlet. If the plug loosely fits, inspect the outlet right away. A poor connection between the plug and the outlet can cause overheating and can start a fire in minutes.
- 3) **Keep Plugs Safe** – Follow the manufacturer's safety precautions and use your senses to spot any potential disasters. If a plug is overheating, smells strange, shorts out or sparks – the appliance should be shut off immediately, then replaced or repaired.
- 4) **Fire Safety Sprinklers** – If installed, keep items at least 18 inches away from the sprinkler heads. This will allow for maximum coverage in the event of a fire.

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of contact;

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Recommendations:
If you have a topic
you would like to
see in the MCCA
Safety Spotlight,
let us know.

**Please post this
to your safety
boards for all
employees to
review.**

5) Heaters – Make sure there is ample space around any portable heating unit. Anything that could catch fire should be at least three feet away. Use tip over safe heaters (shuts off automatically when tipped over). Inspect your chimney annually and use fire screens to help keep any fires in the fireplace.

6) Create an Escape Route – Create and practice your escape plan with your family from every room in the house. Practice staying low to the floor and checking for hot doors using the back of your hand. This should be accomplished annually in the workplace. Ensure evacuation plans have the primary (Blue) and alternate (Red) routes identified.

7) Fire Extinguishers – Having a fire extinguisher in your home or workplace is essential to your safety! Inspect them monthly to ensure they are ready for use when needed. Remember to operate a fire extinguisher, the word **PASS**: **Pull** the pin, **Aim** at the base of the fire, **Squeeze** the handle, **Sweep** the hose back and forth at the base of the fire. As a reminder, **CALL 911** in the case of a fire. The purpose of the fire extinguisher is to provide you a means of escape.

8) Clean Dryer Vents – Clothes dryers often start fires in residential areas. Clean the lint filter every time you start a load of clothes to dry or after the drying cycle is complete. Make sure your exhaust duct is made of metal tubing and not plastic or foil. Clean the exhaust duct with a good quality dryer vent brush to prevent blockage & check for lint build up behind the dryer at least twice a year.

9) Be Careful around the Holidays – If you fill your home with lights during the holiday season, keep them away from anything that can easily catch fire. Check all of your lights prior to stringing them up and dispose of anything with frayed or exposed wires.

10) Conduct Regular Inspections – Check all of your electronic equipment and wiring at least once a month. Taking a little time to do this each month can really pay off. This can be accomplished on your monthly facility inspections as well.

Following these simple tips could potentially save your life, the life of a loved one or a fellow employee. Pass this list on to your friends and family and make this fire prevention month count!

Emergency Preparedness Checklist for Weather Events



Severe weather can happen anytime. Severe weather can include hazardous conditions produced by hurricanes, thunderstorms, damaging winds, tornadoes, large hail, flooding, and yes, winter storms associated with freezing rain, sleet, snow and strong winds.

In the case of a destructive weather event the below steps are **recommended** for your safety. These steps are not all inclusive, but do cover the majority of MCCS activities.

1. Update the recall roster. Ensure all employees are accounted for and have a good contact number.
2. Ensure Employees know the MCCS Emergency contact number – **(910) 451- 4044**
3. Assign a member of your team as the individual responsible for conducting a facility safety inspection post event. Ensure they know who to contact to report any safety issues. Typically this will be the Supervisor or Manager of the facility.
4. Prior to securing the day of a destructive weather event, ensure that;
 - (a) Electrical equipment is unplugged.
 - (b) Electrical equipment is covered with plastic to prevent damage.
 - (c) Windows are closed.
 - (d) Loose items are moved from outside to inside the facility, larger items should be secured in place.
 - (e) Doors are closed and secured.
 - (f) Remove any perishable foods from office refrigerators.
 - (g) If equipped with gas operated equipment, ensure gas main is shut off.
 - (h) Ensure all Government vehicles have been fueled.
 - (i) In the case of freezing weather, place salt or sand on steps to prevent Falls.
5. Post storm inspections conducted.
 - (a) Do not move, touch or get near downed electrical lines.
 - (b) If able, inspect the outside of the facility first.
 - (c) Inspect the inside of the facility. Note any unusual smells such as gas, electrical smells etc. If present call 911 immediately.
 - (d) Inspect for any broken windows, water lines or structural damage. Notify Supervisor or Manager of inspection findings.
 - (e) Replace salt or sand as needed on steps in freezing weather.

SEMPER SAFE

“Halloween Safety”

It's that time of year again; you know that Halloween is not far away with the costumes on display and candy on sale. In preparation this Halloween, careful thought and planning should go into events you or your children may be participating in, such as a child's costume and how safe it may be for them as they excitedly rush about and the ever lurking hazard of traffic that could get young or old goblins in trouble fast. Both children and adults need to give extra attention to safety on this special night. To make sure your Halloween outing is fun and safe follow these tips:

- Trick-or-treat hours on base and in Jacksonville are typically from 1700 to 2100. Motorist please be extra cautious during these times.
- Watch for children darting out from between parked cars, enter/exit driveways slowly.
- If you are driving children, be sure they exit on the curb side, away from traffic.
- Make sure an adult will be supervising the outing for children under age 12.
- Review safety precautions with your children, including pedestrian/traffic rules.
- Plan and discuss the route to follow and stop at houses that are well-lit, never enter a house.
- Parents can add reflectors to costumes or clothing.
- Falls are the leading cause of Halloween injuries, buy costumes that won't cause you to trip.
- Use facial make-up, it's safer than masks that obstruct vision, don't wear a mask while driving.
- Use flashlights so children can see and be seen by motorists, consider use of reflective materials.
- Knives, swords and other items should be made from cardboard or flexible materials.
- Only give or accept wrapped or packaged candy.
- Don't eat your treats until an adult checks them, report anything suspicious about treats to proper authorities; if in doubt, throw it out.
- Never go into a stranger's house.
- Be cautious of animals and people you don't know.
- For adult goblins on a frightening night out with friends have a plan and plan to be safe!

For you older goblins and ghouls going to parties or outings on Halloween night many of these tips still apply. Don't let others trick themselves into getting a DUI, injured or hurting someone else. Historically over 50% of traffic fatalities on Halloween are alcohol related. Make sure they are prepared and use RM (Risk Management) to have a safe and enjoyable Halloween.

As Marines, Sailors and Civil Servants we live by our core values. So think before you jeopardize the safety of yourself, your fellow Marines, Sailors, civilian employees or family members, and remember SEMPER SAFE

MCCS MISHAPS TRENDS

During the 2019 mishap reporting period, 1, January through September 30th, MCCS has experienced 54 mishaps. The chart below shows where our mishap trends are.

Slip trip Fall (STF)	21
ERGO	16
Impact	10
Cuts	3
Other	4

Mishap prevention tips:

Luck, Fate or Planning, which one was it? Every day you go to work, you have an expectation that everything will go well. Then it happened, you were injured on the job. Why did this have to happen to ME!, You ask yourself, "What could I have done differently"? Let's first try to identify what Luck, Fate and Planning are.

1. Luck: Is the thing that happens to a person because of chance: the accidental way things happen **without being planned**.
2. Fate: A power that is believed to **control** what happens in the future.
3. Planning: The act or process of **making a plan** to achieve or do something. **A set of actions** that have been thought of as a way to do or achieve something.

In an "attempt" to answer the "What could I have done differently" question, did you review your:

(a) Job Hazard Analysis (JHA's). This document identifies workplace hazards and control measures to take that assist in preventing a mishap.

(b) Standard Operating Procedures (SOP's). This document provides a well thought-out process that details the procedures to use in performing tasks.

(c) Safety Data Sheets (SDS's). A 16 Part globally harmonized safety data sheet that details the steps to use when handling chemicals.

These are just a few, of the many tools available to help educate us on the hazards associated with our daily job tasks. When put into action, we help control our own "Fate". This takes planning on our part to take time to read and understand the policies and programs put in place to keep us safe on the job. Don't rely on luck to keep you safe!

If the answer was yes, "I reviewed my JHA's, SOP's, SDS's and or any other safety related procedures related to the job task", then unfortunately, no matter how much you prepare, an accident can still occur, and you can still get injured. When that happens, make sure you're prepared to either seek help for yourself or get the injured employee the care they need quickly. Ensure all mishaps are reported immediately.