



## Safety Office

Joint Expeditionary Base  
Little Creek-Fort Story

Volume 8 , Issue 3 May 2013

### Hurricane Preparedness Week –



**National Hurricane Preparedness Week 2013 runs from  
May 26th  
through June 1st.**

History teaches that a lack of hurricane awareness and preparation are common threads among all major hurricane disasters. By knowing your vulnerability and what actions you should take, you can reduce the effects of a hurricane disaster.

Hurricane hazards come in many forms, including storm surge, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. The National Weather Service is responsible for protecting life and property through issuance of timely watches and warnings, but it is essential that your family be ready before a storm approaches. Furthermore mariners should be aware of special safety precautions when confronted with a hurricane.

The **Tropical Cyclone Preparedness Guide** (PDF) can be downloaded for more information at the following:

<http://www.weather.gov/os/hurricane/resources/tropicalcyclones11.pdf>

But remember, this is only a guide. The first and most important thing anyone should do when facing a hurricane threat is to use common sense.

### Hurricane Preparedness - Be Ready

Two keys to weather safety are to **prepare** for the risks and to **act** on those preparations when alerted by emergency officials. These are essential pieces to the Weather-Ready Nation (<http://www.noaa.gov/wrn/>)

Refer to the Federal Emergency Management Agency's (FEMA) [ready.gov/hurricanes](http://ready.gov/hurricanes) for comprehensive information on hurricane preparedness at home and in your community.

**Gather Information**— Know if you live in an evacuation area. Assess your risks and know your home's vulnerability to storm surge, flooding and wind. Understand National Weather Service (NWS) forecast products and especially the meaning of NWS watches and warnings. Contact your local National Weather Service office and local government/emergency management office. Find out what type of emergencies could occur and how you should respond.

**Contacts**— Keep a list of contact information for reference.

- Local Emergency Management Office
- Local Utilities
- Local County Law Enforcement
- Local American Red Cross
- County Public Safety Fire/Rescue
- Local TV Stations
- State, County and City/Town Government
- Local Radio Stations
- Local Hospitals
- Your Property Insurance Agent



### Special points of interest:

- Bees and Wasps
- TRiPS
- Self Inspections
- ESAMS Upgrade - 2nd Note

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*"Just in case you find any mistakes, please remember they were put there for a purpose. We try to offer something for everyone. Some people are always looking for mistakes and we didn't want to disappoint you!"*



## Spring is Erupting and Here Come the Bees and Wasps!!!

Warm weather makes it easier to spend more time outdoors, but it also brings out the bugs. Most reactions to **bees** and **wasps** are mild, but severe allergic reactions can be deadly. An allergic reaction can occur even if a person has been stung before with no complications. Here are tips for preventing and treating bites and stings.

**What are causes of bee and wasp stings?** Most stings arise because an insect perceives a threat to their colony. Bees and wasps commonly sting because an intruder has neared the hive or nest. Loud noises (such as lawn mowers), bright or dark colors, and certain perfumes or perfumed body products may also encourage stings. Some types of insect venom contain pheromones, which attract other members of the colony and induce them to sting. When bees or wasps sting an individual, they inject venom under the skin of their victim.

- ◆ Honey bees, including killer bees, have barbed stingers that tear off when they try to fly away after stinging, so these bees die after the sting and thus can sting only one time. In this case the stinger and venom sac typically remain embedded in the skin of the victim.
- ◆ Bumble bees, hornets, yellow jackets, and wasps are able to sting multiple times, since their stingers are smooth and can be easily withdrawn from the victim's skin.



Bee and wasp venoms vary according to species but typically contain toxic components as well as antigens that stimulate an immune response.



Cont'd on page 5

## TRiPS - Insurance that your road trip will be a round trip



### What is it?

**TRiPS** is an on-line, automated risk assessment tool. Sailors and Marines use it before they go on liberty or leave, driving outside command limits. The system helps them recognize – and avoid – the hazards they face on the highway: fatigue, not buckling up, and driving too far.

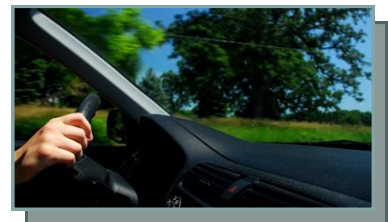
### Does It Work?

The Army developed this system in 2004 and currently has more than 769,000 registered users, who have completed more than 2,420,000 assessments. Only six Soldiers have died in wrecks while driving during assessed trips. The Navy implemented **TRiPS** in August 2006. More than 40,000 Sailors and Marines have registered, completing some 29,000 assessments. The ensuing travel has produced zero fatalities.

### Suggestions

Since **TRiPS** is voluntary, the ideal approach is for leaders to provide incentives to encourage its use. If young personnel perceive that **TRiPS** is just a way for the command to prevent them from doing what they want, they are much less inclined to use it and to answer the questions honestly.

- Positive recognition for using it may be more effective than punishment or restriction for not using it.
- Allow **TRiPS** users to depart on leave a few hours early or return a few hours later.
- Include **TRiPS** in your command's leave instruction.
- Promote **TRiPS** during safety standdowns



Cont'd on page 7

## Traffic Safety: May is National Motorcycle Safety Awareness Month

**I'M WATCHING. ARE YOU?**  
Keep an eye out for motorcycles.

**Share the Road. The Way to Go.**  
Transportation Safety – ODOT



### QUICK TIPS: General Guidelines For Riding A Motorcycle Safely

#### Be visible:

- Remember that motorists often have trouble seeing motorcycles and reacting in time.
- Make sure your headlight works and is on day and night.
- Use reflective strips or decals on your clothing and on your motorcycle.
- Be aware of the blind spots cars and trucks have.
- Flash your brake light when you are slowing down and before stopping.
- If a motorist doesn't see you, don't be afraid to use your horn.

#### Dress for safety:

- Wear a quality helmet and eye protection.
  - Wear bright clothing and a light-colored helmet.
  - Wear leather or other thick, protective clothing.
- Choose long sleeves and pants, over-the-ankle boots, and gloves.

**Remember – the only thing between you and the road is your protective gear.**

#### Apply effective mental strategies:

- Constantly search the road for changing conditions. Use MSF's Search, Evaluate, Execute strategy (**SEE<sup>SM</sup>**) to increase time and space safety margins.
- Give yourself space and time to respond to other motorists' actions.
- Give other motorists time and space to respond to you.
- Use lane positioning to be seen; ride in the part of a lane where you are most visible.
- Watch for turning vehicles.
- Signal your next move in advance.
- Avoid weaving between lanes.
- Pretend you're invisible, and ride extra defensively.
- Don't ride when you are tired or under the

influence of alcohol or other drugs.

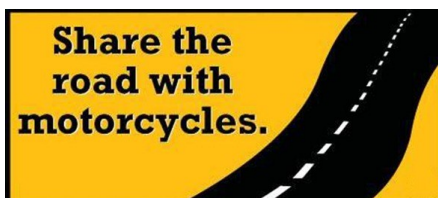
- Know and follow the rules of the road, and stick to the speed limit.

#### Know your bike and how to use it:

- Get formal training and take refresher courses.
- Call 800.446.9227 or visit [www.msf-usa.org](http://www.msf-usa.org) to locate the Motorcycle Safety Foundation hands-on *RiderCourse<sup>SM</sup>* nearest you.
- Practice. Develop your riding techniques before going into heavy traffic. Know how to handle your bike in conditions such as wet or sandy roads, high winds, and uneven surfaces.

**Remember: Give yourself space. People driving cars often just don't see motorcycles. Even when drivers do see you, chances are they've never been on a motorcycle and can't properly judge your speed.**

[www.msf-usa.org](http://www.msf-usa.org) 10/06



Reminder: To enroll in a motorcycle safety training course visit [www.navymotorcyclerider.com](http://www.navymotorcyclerider.com). Training is offered at:

JEB Fort Story, VA  
NAS Oceana, VA  
NAVSTA Norfolk Base, VA  
Cheatham Annex Yorktown, VA

### Motorcycle PPE Requirements:

Per OPNAV 5100.12 (series): All Sailors who ride motorcycles (operators & passengers) at all times, on and off and DON installation (on and off duty) shall wear the following PPE while riding motorcycles:

**Helmets:** A MC helmet meeting DOT, SHOIE, or Snell Memorial Foundation verification or host nation certification shall be worn and properly fastened under the chin. Fake or novelty helmets are prohibited.

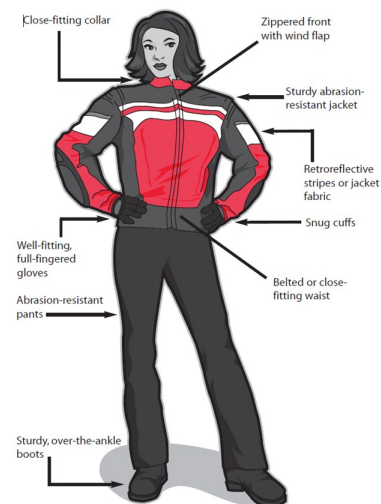
**Eye Protection:** Protective eye devices designed for motorcycle operators (impact or shatter resistant safety glasses, goggles, wrap around glasses sealing the eye or face shield properly worn. A windshield or standard sunglasses or standard eyewear alone are not proper eye protection.

**Foot Protection:** Sturdy over the ankle footwear providing protection for the feet & ankles shall be worn.

**Protective Clothing:** Riders & passengers shall wear a long sleeved shirt or jacket, long pants, and full fingered gloves/mittens designed for use on a MC. MC jackets constructed of abrasion resistant materials (leather, Kevlar and/or Cordura) and containing impact-absorbent padding are highly recommended.

To enhance the ability of other vehicle operators to see and avoid MC riders, other garments constructed of brightly colored & reflective materials are highly recommended during daylight hours.

**Reflective outer garments or vest are HIGHLY RECOMMENDED during nighttime hours (One 1/2 hour before sunset to one 1/2 hour after sunrise.)**



**Basic Riding Gear**

## Hurricane Preparedness Week *cont'd*

**Risk Analysis** - Online hazard and vulnerability assessment tools are available to gather information about your risks.

\*\*\* Check your hazards risks with FEMA's Map Portal. \*\*\* Rate your flood risk with the FloodSmart.gov portal.

**Plan & Take Action** - Everyone needs to be prepared for the unexpected. Your friends and family may not be together when disaster strikes. How will you find each other? Will you know if your children or parents are safe? You may have to evacuate or be confined to your home. What will you do if water, gas, electricity or phone services are shut off?

**Supplies Kit** - Put together a basic disaster supplies kit (and consider storage locations for different situations. Help community members do the same. Check [www.ready.gov](http://www.ready.gov) for guidance in building your disaster kit.



**Emergency Plans** - Develop and document plans for your specific risks.

- Protect yourself and family with a Family Emergency Plan - [PDF] [Google Docs]
- Be sure to plan for locations away from home
- Business owners and site locations should create Workplace Plans
- Make sure schools and daycares have School Emergency Plans
- Pet owners should have plans to care for their animals. The Centers for Disease Control & Prevention offer information on animal health impacts in evacuation shelters.
- Prepare your boat and be aware of marine safety if you are on or near the water.

**Health & Environment** - Follow guidelines to guard your community's health and protect the environment during and after the storm.

- Review the Centers for Disease Control's (CDC) health considerations before, during, and after a storm.
- Remember to follow the U.S. Food & Drug Administration's (FDA) food and water safety guidelines during disasters.
- **Review the Environmental Protection Agency (EPA) suggestions for health and environmental safety in disaster preparedness.**

**Evacuation** -



- Review the FEMA Evacuation Guidelines to allow for enough time to pack and inform friends and family if you need to leave your home. FOLLOW instructions issued by local officials. Leave immediately if ordered!
- Consider your protection options to decide whether to stay or evacuate your home if you are not ordered to evacuate.

**When waiting out a storm be careful, the danger may not be over yet...** Be alert for:

- **Tornadoes – they are often spawned by hurricanes.**
- The calm "eye" of the storm – it may seem like the storm is over, but after the eye passes, the winds will change direction and quickly return to hurricane force.



**Recover**

- Wait until an area is declared safe before returning home.
- Remember that recovering from a disaster is usually a gradual process.

**Resources**

- \* FEMA - Are You Ready? Guide \* 2013 Hurricane Preparedness Week Poster
- \* National Weather Service Weather Safety \* Tropical Cyclone Preparedness Guide (pdf)
- \* Be a Force of Nature with NOAA's Weather-Ready Nation \* Ready.gov Hurricanes
- \* Ready.gov Kids \* American Red Cross

Courtesy of National Oceanic and Atmospheric Administration (NOAA) for additional information visit the following:

[www.ready.gov](http://www.ready.gov) [www.nhc.noaa.gov.prepare.wwa](http://www.nhc.noaa.gov.prepare.wwa) [www.noaa.gov/wrn/](http://www.noaa.gov/wrn/) [www.weather.gov](http://www.weather.gov)

## Spring is Erupting and Here Come the Bees and Wasps!!! cont'd

**How can I prevent a bee or wasp sting?** You can take preventive measures to decrease your chance of being stung by an insect. Effective prevention tips include the following:

- ◆ Avoid, and do not disturb, hives and nests
- ◆ When participating in outdoor activities, avoid fragranced body products, bright colors, and sugary drinks
- ◆ Wear long sleeves and long pants outdoors
- ◆ Do not walk barefoot outdoors
- ◆ Do not swat at swarming bees or wasps
- ◆ Exercise caution around fruit trees and blooming flowers
- ◆ Keep garbage away from outdoor activity areas



### Bee and Wasp Sting At A Glance

- ◆ Bees and wasp stings may produce local reactions or systemic (body-wide) allergic reactions.
- ◆ Localized pain, redness, and swelling are the most common reaction to a sting.
- ◆ Severe allergic reactions to stings are known as anaphylactic reactions and may be life-threatening.
- ◆ Treatment of a local reaction involves cleansing, removal of the stinging apparatus if present, and application of ice packs.
- ◆ Epinephrine is the treatment of choice for severe allergic reactions.
- ◆ A self-administered injectable form of epinephrine is available for individuals at risk for anaphylactic reactions.

courtesy of [http://www.medicinenet.com/bee\\_and\\_wasp\\_sting/page5.htm#how\\_can\\_i\\_prevent\\_a\\_bee\\_or\\_wasp\\_sting](http://www.medicinenet.com/bee_and_wasp_sting/page5.htm#how_can_i_prevent_a_bee_or_wasp_sting)

*Seat belts are not as confining as wheelchairs.*

## Safety FAQ's

**Question?** What do I do with old fire extinguishers, old fire bottles? How do I dispose of them? Can I just throw them into the trash or a dumpster?

**Answer:** Per NAVFAC Environmental and the Hazardous Materials Reutilization, Hazardous Waste Minimization and Disposal Guide, Ch. 3, following are the requirements for turning in fire extinguishers that are completely empty, partially empty or full:

Organizations must:

- Obtain job order # from their organization
- Complete Form I348
- Fax Form I348 to Hazardous Waste @ 341-0436 (be sure to include bldg #, POC, and phone #)
- There are no maximum/minimum quantities of extinguishers Hazardous Waste will pick up (the customer will be charged by the pound).



NOTE: It will generally take approximately 5 working days for pick-up

*Do you have a question? Send it in, we'll be happy to answer it!!!*

## ??Self-Inspections ??

**What is a self-inspection?** It is a workplace inspection, conducted by non-safety employees as often as you feel comfortable that workplace conditions are maintained safely. This could be weekly or monthly.

The intent of the inspection is to promote employee participation by getting as many employees involved as possible. This can include but is not limited to: top management, members of safety committees and departmental employees. Rotating employees who perform these inspections allows more employees to become actively involved in the safety program.

**What do you look for?** Areas to look for potential hazards when inspecting include but are not limited to :

- Housekeeping -Cleanliness of work area
- Building Conditions - Exits/stairs/aisles free of obstruction
- Electrical - faceplates/outlet covers; extension cords, etc.
- Machinery: - guards & lockout/tagout
- Chemicals - storage, labeling, etc.
- Fire Protection - extinguisher inspection, fire bill, etc.
- PPE - available & maintained & used properly
- Personnel - Proper use of equipment; and safe work practices.

**NOTE: this is NOT a NAVOSH inspection - as conducted by a Safety Specialist**

## Clean the Bay Day — Best Safety Practices

As this year's Clean the Bay Day approaches, we take this time to remind those of you who plan to participate to take a few Safety precautions while working to clean our bay areas.

- \* If participating by cleaning waterways from a boat ensure you are wearing appropriate PPE, such as a Coast Guard approved life jacket.
- \* Always have plenty of water available for drinking to prevent heat stress, or a heat stroke. If you feel tired or weak, take a break.
- \* When lifting items, follow basic back injury prevention and lifting techniques. Seek assistance from a shipmate or team worker when lifting heavy bags of trash, mulch, or any other debris....keep the load close to your body and lift with your legs!
- \* Never pick up or touch any unknown substance, or hazardous waste. Remember those items have to be disposed of properly. If you encounter such substances or materials, report it to the group leader or supervisor for proper disposal.
- \* If participating near the roads, wear a reflective vest to make yourself visible to traffic.
- \* Conduct personal ORM to take in consideration every hazard you may expect. This will allow you to identify the hazards associated with this task and controls you need in place to keep you safe.
- \* Wear sunscreen to protect your skin and sunglasses to prevent damage to your eyes from UV rays.
- \* Beware of snakes and use insect repellent to protect you from insect bites.

Following these few simple tips will minimize the chance of experiencing an injury or illness, and improve the waterways and shorelines. Please direct any safety questions to the Joint Expeditionary Base Little Creek - Fort Story Safety office at 462-7761.

### Having trouble with your access in ESAMS? See below ...

#### \*\*\* NOTICE – ESAMS Upgrade



ESAMS Software Upgrade occurred 23 March. The upgrade included the splitting of the existing **Training Records Management System (TRMS)** into New **Personnel Administration (PA)** and **Training Administration (TA)** modules.

A summary of the changes included in this upgrade are:

- Current TRMS Access was migrated to New PA and TA with matching User Rights and Scopes
- DoD ID is the required unique identifier vice the SSN. SSN can still be used to *match* with existing records in ESAMS
- Users entering ESAMS for the first time will register their account and set their own User ID and Password.
- User can now be marked as "Deployed" which will suspend Motorcycle related training requirements for the duration of their deployment.
- Email Addresses must now be unique. No email address can be on more than a single record.
- **New requirements for the assignment of Administrative Access (Access greater than Supervisor)**
  - o **Must have an e-mail address on the record**
  - o **Must have a log in preference set to:**
    - § **CAC/PKI Only**
    - Or
    - § **CAC/PKI or User ID / Password**
- **Training (create class, manage enrollment, etc.) did not change.**

# TRiPS - Insurance that your road trip will be a round trip cont'd

**TRiPS** is not designed for those traveling via planes or trains. Rather it is a program intended for use by those traveling via private transportation.

A series of basic questions guide the traveler through a risk assessment, the goal being a safe, accident-free outcome for each participant. Some of the questions include:

- what type vehicle will be driven and what category is the vehicle?
- where will the trip begin, what date and what time?
- where will the trip end, what date and what time?
- what are specific travel plans? side trips?

Based on the input that was provided an initial risk assessment is created. The option to lower that risk will be offered for which the answer must be yes. **TRiPS** provides detailed information regarding the answers provided; and after reviewing input evaluates risk and provides an additional risk assessment. **TRiPS** will then provide a summary of the Risk Assessment.

This program also provides a map and detailed driving directions from the starting address to the ending address. It is at this point that the assessment will be submitted (in the program). Once submitted, the supervisor will receive an email informing them they have an assessment to review.

**NOTE:**

Directions are provided by Defense Table of Distances. Directions provided are not always the shortest route.  
 Directions are provided so that supervisors have a snap shot of their subordinates travel

Information provided by Naval Safety Center, 375 A Street, Norfolk VA 23511-4399  
 additional information may be obtained at: [www.safetycenter.navy.mil](http://www.safetycenter.navy.mil)

## The Deficiency Corner



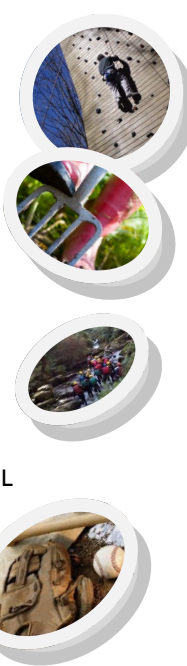
This is one inventive use of an extension cord don't you think! I mean whoever did this was forward thinking in that they covered the connections with electrical tape to protect the connections from the elements!

What you can't see, but was discovered - the primary extension cord is not only run from inside the building - it is run through a doorway up and over the top of a door that is a primary access point in and out of the building. Further, one of these electrical cords is plugged into a decorative outdoor water fountain .... A wet location .... And, not a ground-fault-circuit-protector in sight ... definitely a deficiency, not to mention a mishap in the making. **FAIL!!!!**

## OFF DUTY SAFETY

O W S S K L L A B T E K S A B X W L  
 F P I W W O B A S S K Y D I V I N G  
 S G G I O O A U H L A R Z R U P T U  
 D N H M O F R T B L E X H M T Q A N  
 M I T M D C B O O G W V Y E A M L N  
 G L S I W E E E A E N R A N K T P A  
 N E E N O G C R T E M I N R E O E S  
 I D E G R N U E I C L E V R T N C E  
 N O I O K I I P N R I G N I L W O B  
 E M N H I K N A G S G T O O D S F G  
 D E G E N I G I T U P P T S N F T S  
 R R F I G H O R B A S E B A L L D G

- |            |           |             |        |
|------------|-----------|-------------|--------|
| BARBECUING | BOWLING   | REMODELING  | TRAVEL |
| BASEBALL   | DIVING    | SIGHTSEEING |        |
| BASKETBALL | GARDENING | SKYDIVING   |        |
| BOATING    | HIKING    | SWIMMING    |        |



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LITTLE CREEK-FORT STORY  
SAFETY OFFICE**

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LoJean Way  
Phone: 757.462-2513  
Fax: 757.462.2566  
E-mail: Lorraine.way@navy.mil

*Who is Responsible for  
Safety?  
Everyone!*

**We're on the Web!**

[https://cnic.navy.mil/cnrma/  
programs/safety/index.htm](https://cnic.navy.mil/cnrma/programs/safety/index.htm)  
(Regional Safety Website)

**Traffic Safety Sign-ups**

<https://navymotorcyclerider.com>

**On the Horizon...**

**VPP Committee  
Meeting  
6 June 2013—0900  
Location: Bldg: 1602**

**JEBLCFS-Safety Office Directory**

Safety Manager/Explosives Safety Officer—462-2193  
Deputy Safety Manager—462-2501  
Asbestos—462-2197/2198  
Bloodborne Pathogens—462-2199  
Confined Space Entry—462-2197/2198  
Ergonomics—462-2198  
ESAMS—462-2513  
Explosives Safety Program—462-2195  
Fall Protection—462-2198  
Hazard Abatement—462-2199  
Hazardous Materials—462-2513  
Hearing & Sight Conservation—462-2194  
Laser Safety—462-2195  
Lead—462-2197  
Lockout/Tagout—462-2198  
Mishaps—462-2513  
Occupational Health/IH Surveys— 462-2199  
Personal Protective Equipment—462-2198  
Projects/Plans/Purchases Program—462-2199  
Radiation Safety—462-2194  
Reproductive Hazards Program—462-2513  
Respirator/CBRNE Respirator—462-2513  
Safety Website Coordinator Asst.—462-2199  
Unsafe/Unhealthful Working Conditions—462-2513  
VPP—462-2199  
Weight/Material Handling—462-2197

*When you look in the mirror ...  
You are looking at the Person  
Responsible for Your Safety !!!*