

OPERATION VPP – PROTECTING OUR PEOPLE, SECURING OUR FUTURE

Communications
Committee
Members

Cliff Farmer - Chair
Danny Coker
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Audra Knox
Phillip Reed
Stewart Snoddy
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Fall Protection Vendor Gives Demonstration for MCA

(Submitted by Bill Baker)

On January 12, Spika Inc. brought a demonstration maintenance stand (UMS-RS1) for us to evaluate for fall protection. This stand is designed as a portable maintenance stand to be used on all types of rolling stock, and it is being used



by some Army units to maintain their HEMTT vehicles. Some of the features include soft solid rubber tires for all surfaces, easy vertical adjustment using a hand crank (two feet of travel), meets OSHA requirements for rails and toe boards, breaks down for easy storage and transportation, flat working surface, and lightweight structure.

We tried the stand on several vehicles to include the MK48, M9ACE, LAV, and AAV. The stand was received well by the shop floor, and several supervisors expressed interest in purchasing some stands and doing some further evaluation. Since this stand was designed as a portable maintenance stand, we have asked for some minor changes such as better casters for our floor, better gate design, narrowing the width, and increasing the total height.



As we stand now, the company will be providing an updated design with our new requirements and then the stands will be available for purchase via MSC in our tool room. They left the prototype stand with us, and it is available if anyone wants to try it in their particular application.



For more information on this stand contact Bill

Baker 639-6952 or visit Spika's website <http://www.spikawelding.com/>

NOTICE FROM RISK MANAGEMENT OFFICE: Summary of Work-related Injuries and Illnesses, OSHA's Form 300A has been posted on all Official Bulletin Boards within the MCA and TMDE. Posted on 1 February through 30 April 2010, for all MCA employees' info.

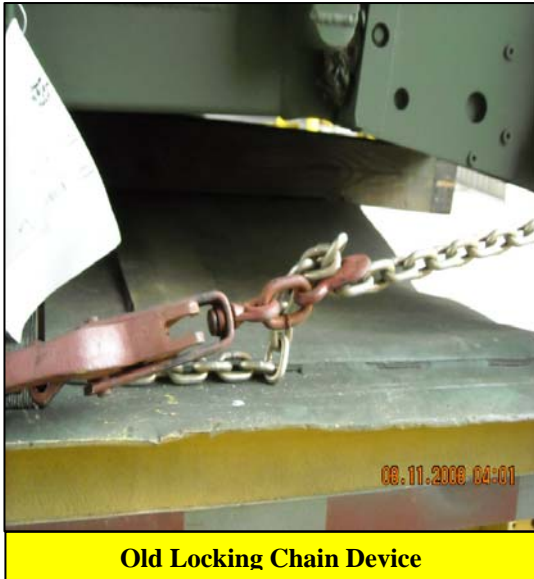


VPP Executive Steering Committee Evaluates 2009 Goals and Establishes 2010 Goals

1. Provide at least 15 opportunities for all civilian employees to be involved in VPP.
 - a. 2009 Goal – 100% Achieved
 - 1) Participate in the slogan contest
 - 2) Participate in the Pre-audit assessment
 - 3) Serve as a member on a VPP committee
 - 4) Attend the 10-hour OSHA training
 - 5) Serve as a VPP Shop Representative
 - 6) Participate in Mishap investigations
 - 7) Identify and report Near Misses
 - 8) Conduct safety inspections
 - 9) Participate in the Observation Program
 - 10) Attend VPP Conferences
 - 11) Conduct benchmarking at existing VPP Star Status Sites
 - 12) Develop Job Hazard Analysis for new tools/equipment and processes
 - 13) Identify new/safer tools and processes
 - 14) Conduct/Attend VPP training
 - 15) Conduct/Attend Safety meetings
 - 16) Participate in Fire Drills/Emergency Evacuations
 - b. Goal for 2010 – Add 5 more opportunities for all civilian employees to be involved in VPP, which will total 20 different opportunities.
2. Reduce DART and TCIR rate by 20%
 - a. 2009 Goal - Reduce DART and TCIR rate by 20% from 2008, which was DART 4.24 and TCIR 5.54 - At the end of year 2009 we had reduced the DART by 16.04% (3.56) and the TCIR by 11.01% (4.93)
 - b. Goal for 2010 - Reduce DART and TCIR rate by 20%
3. Increase the use of fall protection.
 - a. 60 different applications that need Fall Protection were identified.
 - b. Goal for 2010 – Fall Protection for the identified 60 applications is 100% developed.
4. Establish and mark 100% of personnel doors for every shop.
 - a. All existing outside egress personnel doors are marked. There are still interior doors that need to be marked. The personnel doors that were to be established are under contract to be done.
 - b. Goal for 2010 – Established 100% of all personnel doors where the need has been identified. Mark all personnel doors for every shop.
5. Fifty percent implementation of VPP
 - a. Based on completed tasks within E-tool, we have implemented 42.8% of VPP.
 - b. Goal for 2010 – Based on a July 2011 completion, 80% implementation of VPP.
6. Baseline JHA developed to 100%.
 - a. 100% complete, all baseline JHAs created, and all but one shop has been trained.
 - b. Goal for 2010 - 100% completion of yearly JHA refresher training
7. Provide 10 hour OSHA training to 50% of civilian workforce
 - a. 39% has been completed
 - b. Goal for 2010 – 100% of civilian workforce has received the 10-Hour OSHA training.
8. Expand and improve the use of fixtures to reduce risks.
 - a. 100% of fixtures have been identified and documented, but these have not been approved or serialized.
 - b. Goal for 2010 – Get 100% of identified and documented fixtures Engineering assessed, approved, and serialized.
9. New Goal for 2010 – Develop and exercise “Shelter in Place” procedures for destructive weather



Unsafe or Unhealthful Working Conditions 09-012



Hazard: Locking down the Ramp Bay Bridge – Chain Binders unsafe to use. Employee recommended using the Ratchet type chain binder.

Load binders must be properly operated by a trained professional only.

In recent years, many injuries have occurred while latching and unlatching chain or load binders. This type of injury typically occurs to the face or upper torso area. It usually occurs when workers are placing a substantial amount of force on the binder handle to fasten it and a pipe (cheater bar) or some other outside source is used to assist.

We can all agree that load binders are a very valuable tool; however, they do carry some safety hazards when not handled cautiously. Literature on load binder safety usually compares and contrasts the lever-style binder and the ratchet-style binder. **The conclusion often reached is that by using the ratchet-type binder, several safety hazards are eliminated, making this type much safer to use**

Corrective Action Taken:

After some research, Mr. Randy Bischoff, the Material Handling Supervisor ordered the ratchet binders and stated that they would start using the Ratchet type versus the Chain Binders. Mr. Bischoff further states that although both types are perfectly legal to use, we must rely upon our own preferences and requirements as they relate to load binders.

As with any equipment that we use, it is important to ensure that training on the proper and safe ways for using the equipment is first and foremost. A load may appear to be a harmless piece of equipment – until we learn the hard way - the harm that it can cause. Make safety and the safe use of chain/load binders a priority.

- Do not operate a load binder while standing on the load.
- Never use a cheater pipe or handle extender to tighten or release a load. It can easily become disconnected from the equipment while under force and place you a precarious position where you're more susceptible to injury.
- When releasing, remember there is a great deal of energy in the stretched chain. Move the handle with caution as it may whip. Keep your body clear and out of the path of the moving handle and any loose chain lying on the handle.
- When releasing the handle, use an open hand under the handle and push upward. Do not close your hand around the handle. Always keep yourself out of the path of the moving handle.
- Routinely check load binders for wear, bending, cracks, nicks or gouges. If bending or cracks are present, do not use the load binder.
- Routinely lubricate pivot and swivel points of lever binders as well as pawl part and screw threads of ratchet binders to extend product life and reduce friction wear.
- Be familiar with state and federal regulations regarding size and number of chain systems required for securing loads on trucks/equipment.
- **Always consider the safety of nearby workers as well as yourself when using any type of load binder.**

The Maintenance Center has been very fortunate that we have not had a serious injury on these binders, but even using the Ratchet Locking device, or any type of load device – you should be properly trained and follow all safety requirements.

Do you know how to report an unsafe condition in your workplace? If not, go to the Risk Management website: <http://www.logcom.usmc.mil/maintctr/safety.asp> and read the [MCA-VI-2600 Unsafe or Unhealthful Working Conditions, Baseline, dtd 09 Jun 09](#), or contact one of your Safety Specialist in the RMO.

HEALTH & WELLNESS



MCA's New Walking Trail

(Submitted by Cleve Solomon)

The new MCA walking trail is complete and is now open to all employees. The path is 5 feet wide and 1150 yards long (approximately 3/4 of a mile long). It provides an improved walking surface and is located outside of the back perimeter of the MCA fence line. The trail starts at the west end of the fence line near gate 1 (end nearest Main Base truck gate) and ends at the Radiac Building 2702. A potable/drinking water faucet/fountain is available mid-trail at the rear of the MCA picnic area. A project to install a sidewalk from Gate 4 to the beginning of the trail is in the works and completion is expected this spring. In the meantime, please use caution when transitioning the grassy areas especially near the railroad tracks.

Pedestrians only; no vehicles, carts, or bicycles are allowed on the walking trail. This track was designed specifically for pedestrian foot traffic in conjunction with MCA Wellness Program. The track provides an improved surface suitable for walking and running only. Any other use will damage the track, especially wheeled vehicles of any sort. Be safe and enjoy. Please report any maintenance issues related to the trail to SMBLOGCOMMCAMAIN@usmc.mil.

Free Activities Offered by the Albany Recreation and Parks Department

Bill Miller Community Center

312 Vick St., 430-5240

Monday – Thursday 9:00 am – 1:00 pm & 3:00 pm – 8:30 pm

Friday 3:30 pm – 5:30 pm

Aerobics: Monday – Thursday 6:00 – 7:00 pm

Carver Gym

410 Mercer Ave., 430-5238

Monday – Thursday 9:00 am – noon & 4:00 – 8:30 pm

Friday 9:00 am – noon

Henderson Community Center

701 Willard, 430-5241

Monday, Tuesday, & Thursday 9:00 am – 12:30 pm

Monday – Thursday 3:00 – 8:30 pm

Friday 9:00 am – noon & 3:30 – 5:30 pm

Saturday 9:00 am – noon

Lockett Station Community Center

324 Lockett Station Rd., 430-5219

Monday – Thursday 9:00 am – noon & 2:00 – 8:00 pm

Friday 9:00 am – 11:00 am & 3:30 pm – 5:30 pm

Thornton Community Center

210 Thornton Drive, 430-5242

Monday 3:00 – 6:00 pm

Monday (Square Dancing) 7:00 – 10:00 pm

Tuesday – Thursday 9:00 am – 1:00 pm & 3:30 pm – 8:30 pm

Friday 9:00 am – noon & 3:30 pm – 5:30 pm

Aerobics: Monday, Wednesday, & Friday 9:30 am – 11:00 am

Turner Gym

2301 George Ave., 430-5239

Monday – Thursday 9:00 am – 1:00 pm & 4:00 pm – 8:30 pm

Friday & Saturday 9:00 am – 1:00 pm

Local Area Races

Saturday, February 20, 2010

The Art of Surviving! 5k Hahira Elementary School - HAHIRA 5K – 8:00A.M., 1-MILE – 9:00A.M., TOT TROT – 9:15A.M KRISTY JOHNSON: kjohnson@lowndes.k12.ga.us LESLIE WHIDDON: lwhiddon@lowndes.k12.ga.us

Saturday, February 27, 2010

CHS SYRUPMAKERS RELAY FOR LIFE 5K Chamber of Commerce - CAIRO 8:00A.M. ERIN WHITE: 229-225-6634 e.white@grady.k12.ga.us

Saturday, March 06, 2010

SNICKERS MARATHON & HALF MARATHON Albany Civic Center - ALBANY REGISTER

ONLINE:<http://www.active.com> INFORMATION: 229-317-4760

info@albanymarathon.com<http://www.albanymarathon.com>



Note: While great exercise opportunities, the listed events may not qualify for the base admin leave for wellness

