

Alert today. Alive tomorrow

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SECO WORKSHOP 2010

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Every year members of NOAA's environmental, safety and health community meet to discuss accomplishments achieved and set goals focused on the continuous improvement of the environmental, safety and health programs that affect NOAA employees, contractors and their operations. This year the SECO Workshop 2010 covered such topics as NOAA's Incident Investigation Process, Radiation Safety and Regulations, NFPA Electrical Standards, NOAA Diving Safety, Environmental Liabilities and NOAA Energy Program updates just to name a few. Each session was designed to address the interests & concerns of the line offices. The classroom environment made it easier for those attending the sessions to have dialogue with the presenters when needed. Attendees appreciated the opportunity to network with colleagues and brainstorm ways to address common concerns. Overall, the conference had favorable feedback and was a great success. If you would like to get a copy of any of the presentations, please contact Lillian Britton at: 301-713-2870 or email at: lillian.britton@noaa.gov.

Minh Trinh, SECO, provides a NECSAS update



Jim Norris, SECO Director, addresses the participants at the SECO Workshop



Mark George, SECO, addresses the participants on Environmental Due Diligence



Hard hats, they're not just for decoration



Heat Injury Prevention

Heat Stress

Heat stress is the buildup in the body of heat generated by the muscles during work or coming from warm and hot environments. When the body becomes overheated, less blood goes to the active muscles, the brain, and other internal organs. Persons experiencing heat stress may become weaker, tired sooner, less alert, less able to use good judgment, and less able to function. As strain from the heat becomes more severe, there can be a rapid rise in body temperature and heart rate. Heat exhaustion and heat stroke result when the body is subjected to more heat than it can cope with.

Heat Exhaustion Symptoms

- Body temperature that is slightly higher than normal, caused by excessive loss of water from the body.
- Skin that is pale, moist, and clammy to the touch.
- Excessive sweating.
- Headaches and perhaps muscle cramps.
- Tiredness and dizziness (possibly vomiting).
- Possibly fainting (victim may regain consciousness if their heads are lowered).

First Aid for Heat Exhaustion

- Move the victim to shade and elevate the victim's feet.
- Loosen the victim's clothing.
- If the victim is conscious, give him or her cool water to drink.
- Apply cool, wet cloths.
- If the victim vomits, do not give any more fluids.
- Transport the victim to the nearest medical facility as soon as possible



Heat Stroke Symptoms

Heat stroke is a life-threatening medical emergency. Collapse, unconsciousness, and death may occur if this condition is not treated immediately. Be alert for the following symptoms:

- High body temperature (105 degrees or higher).
- Flushed skin that feels hot and dry, due to the stopping of sweating.
- A rapid, strong pulse.

First Aid for Heat Stroke

- Remove bulky clothing from the victim.
- Sponge the skin with cool water or rubbing alcohol, or place the victim in cold water until the body temperature is lowered.
- Aggressive and quick cooling is critical. Apply ice and cold water to the underarms and groin.
- Transport the victim to the nearest medical facility immediately.

Sun Safety

The sun can be one of the biggest threats to enjoying outdoor recreation. Too much sun can give you painful sunburn, cause heat exhaustion, or lead to heat stroke. Sunburn may also cause long-term skin damage—even skin cancer. You can reduce the risks from too much sun by following these simple guidelines.

- Build up your exposure gradually.
- Use a sunscreen product.
 - Higher skin protection factor ratings provide better protection.
 - Reapply sunscreen after swimming.
- Plan activities to avoid the sun when it's the strongest, from 10 a.m. to 3 p.m.
- Wear a hat and clothing that cover as much of your body as possible.
- If you do get sunburned, rinse or soak in cool water or use cold compresses. If you have a mild case with no blisters, use a gentle, non-medicated cream. See a doctor for severe, painful sunburn.

Remember:

Sun intensifies when it reflects off sand, water, and concrete. You can get burned even when it's overcast or foggy.



Safety Depends on You

For safety information, visit: [SECO's website](#)
Use NOAA's Safety Hotline to confidentially,
report Safety & Health Issues 1-877-723-3133

For information on NOAA's Annual Safety & Environmental Workshop [click here](#) or go to the [SECO.NOAA.GOV](#) website and click on the link.



NOAA's Oil Spill Response Effort in the Gulf of Mexico

As the nation's leading scientific resource for oil spills, NOAA has been on the scene of the BP spill from the start, providing coordinated scientific weather and biological response services to federal, state and local organizations.

We have mobilized experts from across the agency to help contain the spreading oil spill and protect the Gulf of Mexico's many marine mammals, sea turtles, fish, shellfish and other endangered marine life.

NOAA spill specialists are advising the U.S. Coast Guard on cleanup options as well as advising all affected federal, state and local partners on sensitive marine resources at risk in this area of the Gulf of Mexico. Additionally:

- NOAA is predicting the oil spill's trajectory and the path of the layers of oil floating on the surface. OR&R experts are conducting aerial surveys to update trajectory maps and visually track the movement of the spill.
- NOAA's National Weather Service is providing regular weather forecasts to a joint federal command center in Louisiana to facilitate operations planning and response efforts.
- Experienced marine mammal spotters from NOAA's Southeast Fisheries Science Center are participating in surveillance flights flown by the Office of Marine and Aviation Operations to assess the species and populations that may come in contact with the spill.
- NOAA also is using experimental satellite data from our Satellite Analysis Branch to survey the extent of spill-related marine pollution.

As a major partner in the federal response to this evolving incident, NOAA will continue to provide the necessary coastal and marine expertise required for sound, timely decision-making and help protect the affected Gulf Coast communities and coastal marine environment.



NOAA observer Dave Wesley records data during an overflight in the Gulf of Mexico. Visual observations made by Dave and his colleagues, in the form of maps and verbal briefings, are being passed along to oil spill modelers at NOAA's campus in Seattle. The Seattle modelers use these observations, along with oceanographic data on tides and currents, to predict the trajectory of the oil slick.

SPOTLIGHT ON HAZ MAT SHIPPING

"Return to sender! This isn't what I ordered!"

"Can you send these samples for me? I've gotta hurry!"

"I want to use my own life jacket on that cruise - just mail it to my hotel."

"I'll just do what UPS or FedEx tells me to do and sign whatever form they want me to sign - I'll be fine."

Sound familiar? Each of these conversations have led to improperly shipped hazardous material and the potential for violations. It is a mistake that can be very costly and very dangerous.

All of our line offices use hazardous materials to accomplish their jobs -whether it is corrosion resistant paint for weather towers, varnish/lacquer for wooden surface, solvent for cleaning parts, ethanol when collecting and analyzing specimens, emergency equipment such as self-inflating life rafts and vests, or lithium batteries to power laptops, cameras, and underwater vehicles. Getting that material and equipment where we need it means we must comply with hazardous material shipping regulations. The regulations cover shipments by land, air, and sea - including what we can carry on airplanes.



Shipping hazardous materials is complicated, but there are resources available to ensure the package is properly prepared labeled, marked, and documented.

PLEASE NOTE, relying on the commercial transporter (e.g., UPS or FedEx) does not alleviate your responsibility of ensuring compliance with DOT regulations. The shipper (e.g., the originator) who offers the hazardous material for shipping is held responsible for complying with these regulations.



Facilities which use hazardous material probably ship hazardous materials and should conduct a review of their shipping processes. The first step toward implementing a safe and compliant haz mat shipping program is understanding what materials the facility does or may ship. Once the review is complete, the facility can determine what level of haz mat shipping service they want to provide or contract out. Regardless of the approach, awareness training should be conducted for all staff involved in shipping or handling of hazardous material. Any NOAA employee shipping hazardous material is required to have specialized training; failure to have appropriate training is a violation of DOT regulations. Smart planning, conducting training, having appropriate materials, and knowing how to use your resources can help you minimize the risks involved with hazardous materials shipping.

For more information on setting up a hazardous material shipping program in your facility, contact Minh Trinh @ (206) 526-6647.

ABOUT THIS NEWSLETTER

This newsletter is brought to you by the staff of the Safety and Environmental Compliance Office (SECO). The issues will be produced on a quarterly basis and posted on <http://www.seco.noaa.gov/> to help increase awareness of the environmental, safety and health programs. If you have any questions or comments, please contact SECO at (301)713-2870.