



September 2016 Issue – 66th Edition



# FALL Into Safety

With the weather cooling down and the leaves changing colors, there are hidden dangers lurking outside. Slips, trips, and falls are prevalent during this season due to the rain and leaves residing on the ground. The good news is these accidents can be prevented with a little housekeeping. Make sure to rake leaves from the yard and driveway. The roadways can also be slick, so it is advised to slow down and make sure you check your car's breaks and tires. Inspect the treads on your tires to make sure they are still good; you don't want to have a bald tire which can cause your car to slide. Your car needs traction to stay in control when maneuvering around a curve. Without traction, your car acts as a motorized sled.

## Get Your Flu Shot

Autumn is the start of flu season, and it's recommended that everyone 6 months and older gets vaccinated against the flu.

During the 2014-'15 flu season, people over age 65 comprised 60% of all cases of flu in the U.S., according to the Centers for Disease Control and Prevention. In February, the CDC reported that the number of people over age 65 hospitalized for flu was at the highest level since the CDC began recording those numbers in 2005.

Children from birth to age 4 represented the second-highest hospitalization rate this season.

Flu season occurs in the fall and winter, peaking some time between late November and early March, and it's an epidemic every year.

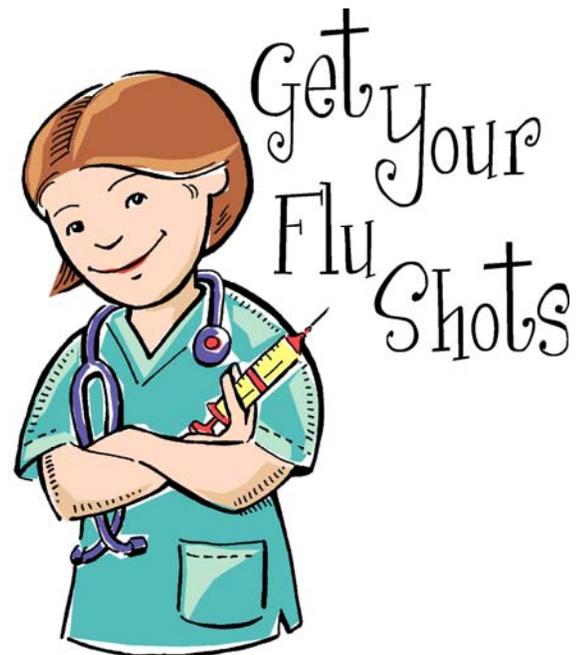
The makeup of flu viruses can change from year to year, making it difficult to predict. This flu season, "mismatched H3N2 flu viruses" were working their way around the country, producing widespread cases with high severity, the CDC reported.

Flu spreads through droplets when people sneeze or cough, and on surfaces. People are contagious one day before symptoms appear and up to a week after becoming sick. When you don't feel well, it's best to take care of yourself and co-workers by staying home. And don't go back to work (or school) for at least 24 hours after a fever is gone.

## Drive Safely As It Gets Darker

Daylight Saving Time ends every year on the first Sunday in November. This means it starts to get darker earlier. As we set our clocks backward by one hour in most areas of the country, here are some tips for driving at night.

Green Cross Tip: When you change your clocks, it's also a great time to check the batteries in your smoke alarms and carbon monoxide detectors.





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## HALLOWEEN

It tends to be a fun holiday but please be aware of trick or treaters running in front of your car, so slow down! Other hazards associated with Halloween are fire and fall injuries.

If you like to decorate, make sure you are using a ladder properly.

### LADDER SAFETY TIPS:

Use the appropriate ladder for the job.

Inspect the ladder for defects:

- \* Cracks
- \* Broken rungs
- \* Damaged/Missing leg extender brace
- \* Damaged/Missing stabilizers i.e. rubber caps for the bottom of the legs to prevent moving

Ensure that the area is clear of anything that may cause the ladder to be off balance, unstable, or knocked over.

Make sure that family members and friends know where you will be using the ladder in order to avoid accidental collision.



## FIRE HAZARDS

They exist anytime you light a candle in a pumpkin. Avoid a pumpkin tip over; find a safe place to put the pumpkin so it is out of the way of people and pets. Never leave a burning pumpkin unattended or burning overnight. If you're decorating your house into a spooky mansion, try and clean up some of the leaves to help prevent slips. Also make sure to be attentive to the children enjoying Halloween, sometimes they can be harder to see than expected, so keep an extra eye or two (or four) out for those little monsters

## Fall 2016 Safety Awareness Campaign

Wednesday, October 26 2016

08:00 am – 12:30 pm E-100 & E-104

Presenters from Accomack County Emergency Response/911

Call Center 9:00 am, E-100 Auditorium

Cold Weather Brief

Table Presentation Contest. Contact Jason Rabon x. 2290 for presentation topics and registration. Prizes for winning tables.



## Upcoming Safety Training

**November 7-11: OSHA 30-hour General Industry, SATERN #85042, 08:30 am – 05:00 pm in E-104**

If you have any questions, please contact Jeff Shelton at [carroll.j.shelton@nasa.gov](mailto:carroll.j.shelton@nasa.gov) or 757-824-7569

**November 16-17: NASA Basic Explosive Safety, SATERN #81355, 08:00 am – 04:00 pm in E-104**

If you have any questions, please contact Gordon Marsh at [gordon.d.marsh@nasa.gov](mailto:gordon.d.marsh@nasa.gov) or 757-824-1166



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## Take the Heat Off your Outlets

Space heaters and fans often claim to save energy, but that claim can often be misleading. The worst case scenario occurs when there is simultaneous heating and cooling in the workplace. If it is summer-time and you fire up your space heater, you are paying to condition the air twice.

If there is a particular space that needs to be at a higher temperature, a space heater can be useful but only if you can lower the temperature throughout the rest of the building. Office buildings under normal circumstances do not meet any such criteria.

So why shouldn't you have coffeepots, microwaves, mini-fridges, or hot plates in your workspace? First of all, most buildings are not wired to be able to supply that much electricity to each occupant on a regular basis. Secondly, most buildings have community break areas with all of these items, and they are set up and wired specifically to operate these types of devices. One coffee maker that runs for 30 minutes a day for a year will use 128 kWh of electricity. A microwave that is used for a half hour a week will use 22 kWh of electricity in a year.

It may not seem like a lot, but if 1000 employees all used an individual microwave and coffeepot, the total electricity usage for just those two appliances would be 150,000 kWh. At the average rate \$0.07 per kWh, the cost would add up to \$13,500 per year! Talk about some expensive coffee and leftovers.

Source: <http://oa.mo.gov/facilities/bright-ideas-team-bit/take-heat-your-outlets>

## WIIMS Environmental Task Review Module

If you are a Wallops Institutional Information Management System (WIIMS) Task originator, you may have received a new automated email from WIIMS with the subject line **Environmental Task Review**.

Without affecting the timeline of the approval cycle, the Wallops Environmental Office is able to re-view task requirements and determine if the WIIMS requested action is covered by existing National Environmental Policy Act (NEPA) analysis, is categorically excluded, or requires additional information before a determination can be made. If you receive an email requesting additional information, please respond to the personnel listed in the email.

## 2016 Beach Cleanup

On Saturday September 17, 2016, 18 people removed 155 pounds of trash from Wallops Recreational Beach as part of the International Coastal Cleanup.

