



# Safety and Environmental Newsletter

June 2022 — 122nd Edition

4 page issue



## EMPLOYEES SEEM FATIGUED?

***We've all had our fair share of days where we feel a little tired, worn out or low energy, but as a manager or supervisor, it's important that you understand the causes and consequences of fatigue so that you can help keep employees alert while at work. Minimizing fatigue is essential for a safe and healthy workforce.***

### ***What You Can Do:***

- *Consider adding a fatigue risk management policy to your overall safety program*
- *Provide training for workers on the hazards and symptoms of fatigue and the need for adequate sleep, diet, exercise, and stress management. They should understand that fatigue is a risk factor that could lead to mishaps.*
- *Review staff issues such as work hours, workload, and worker absences.*
- *Follow NPR 1800.1, NASA Occupational Health Program Procedures for scheduling, including*
  - *Limiting shift length to 12 hours maximum.*
  - *Planning regular breaks during each work shift.*
  - *Planning critical tasks in the daytime.*
  - *Arranging schedules to allow for rest breaks and nighttime sleep.*
  - *Adjusting temperature, lighting and other work environmental factors to increase alertness.*
  - *Using checklists and teamwork to increase interaction and help monitor each other's alertness.*

***By helping your employees avoid fatigue, you're helping them return home every day safe and healthy. And that's something that helps us all sleep a little easier.***

For more information and resources, please visit the NASA Safety Center's page [here](#).



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## Marina & Boating Safety

Boats can be a great source of summer fun and leisure. But, boaters, swimmers, and marina staff must be aware of dangers in and around the water. Electrical hazards and carbon monoxide (CO) bring unique risks to the boating world. Learn to protect people and pets from these dangers.

### ELECTRICAL SAFETY

- » Never allow swimming near the boat, marina, or launching ramp. Residual current could flow into the water from the boat or the marina's wiring. This can put anyone at risk of electrical shock drownings (ESD).
- » Be sure your boat is well maintained. Have it inspected each year. Ask a qualified marine electrician to do this job.
- » Ground fault circuit interrupters (GFCIs) and equipment leakage circuit interrupters (ELCIs) should be installed and tested monthly. Run tests to find out if electrical current is leaking from the boat.
- » Only use cords intended for marine use. Never use household cords near water.
- » Know where your main breakers are on both the boat and the shore power source. This will help you respond quickly in an emergency.

### CARBON MONOXIDE SAFETY

- » Poorly tuned engines produce more CO. Keep your engine properly maintained. Follow manufacturer's instructions for service.
- » Proper ventilation for engine and generator exhaust vents must be clear and pipes should be inspected for leaks.
- » Get into fresh air right away and get help if you feel symptoms of CO poisoning. These include headache, fatigue, confusion, dizziness, nausea, or seizures. The symptoms can be similar to seasickness. Assume it is CO exposure until you are sure the boat is safe.
- » Do not swim near the boat's exhaust vents. CO accumulates there.
- » Install CO alarms inside your boat. Test CO alarms before each trip.
- » Choose a CO alarm that is listed by a qualified testing laboratory.
- » If the CO alarm sounds, move to a fresh air location right away.



### KNOW THE RISKS!

Electrical shock drownings can occur when marina electrical systems leak electrical current into the water. Boats can also serve as the source of an electrical leakage. Leakage can cause a shock that can injure, disable, or kill a person.

Carbon Monoxide is a gas you cannot see, taste, or smell. It is often called the "invisible killer." CO is created when fuels such as gasoline, diesel, or propane do not burn fully. CO is also produced when wood or charcoal is burned.

Sources of CO on your boat may include engines, gas generators, and cooking ranges. Space and water heaters can also be sources of CO. CO can collect anywhere in or around a boat. The gas is harmful to both people and to pets.

### FACT

**CO can remain in or around your boat at unsafe levels even if the engine has been turned off.**

Name of Organization Here

Contact Information Here



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169





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## GET READY!

### FLOODS

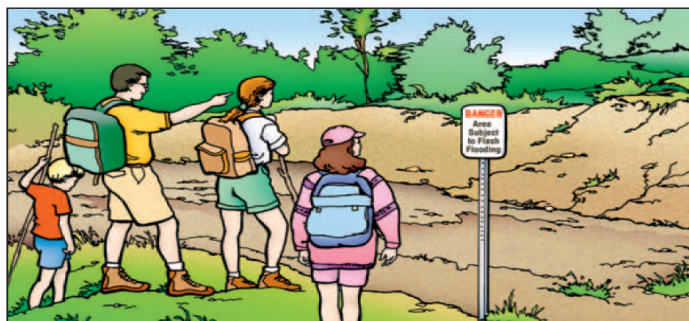
Floods can happen everywhere, making them one of the country's most common natural disasters. Flooding poses a greater threat in low-lying areas, near water, downstream from dams. Even the smallest streams, creek beds or drains can overflow and create flooding. During periods of heavy rain or extended periods of steady rains, be aware of the possibility of a flood. Flash floods develop quickly—anywhere from a few minutes to a few hours. Listen to local weather reports for flooding information.

#### Before

- Check to see if you have flood insurance coverage.
- Raise your furnace, water heater, or electrical panel if they are in areas of your home that may be flooded.
- Install “check valves” in sewer traps.
- Construct barriers, such as levees, berms, or flood walls, to stop floodwater from entering the building.
- Seal walls in basements with waterproofing compounds.
- During a flood or flash flood watch, be prepared to evacuate, including fill your car's gas tank; bring in outside furniture; move valuables to high points in your home; and unplug electrical appliances and move them to high points.
- During a flood warning, evacuate if you are so advised.
- During a flash flood warning, immediately seek higher ground.
- Keep your emergency supplies kit, including water, stored in an easily accessible, waterproof place.

#### During

- If time allows, call someone to let them know where you are going, and check with neighbors who may need a ride.
- Stay out of flood waters, if possible. Even water only several inches deep can be dangerous. If you have to walk through water, use a stick to check the firmness of the ground ahead of you. Avoid moving water.
- Do not drive into flooded areas. If your car becomes surrounded by rising water, get out quickly and move to higher ground.
- Stay away from downed power lines.



#### After

- Do not return home until local authorities say it is safe to do so.
- Do not eat or drink or cook with your tap water until local authorities say it is safe.
- Avoid floodwaters, which could be contaminated or electrically charged.
- Watch out for areas in which the floodwaters may have receded, leaving weakened roadways.
- Be extra careful when entering buildings that may have hidden structural damage.
- Clean and disinfect everything that got wet.
- Service damaged septic tanks, cesspools, pits, and leaching systems as soon as possible. Damaged sewer systems are a serious health hazard.



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June 16th

## 2022 World Sea Turtle Day

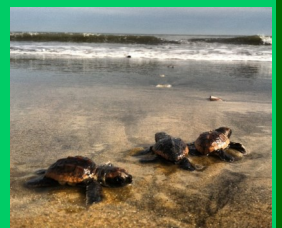
### What Can You Do to Save Sea Turtles?

- Choose sustainable seafood, visit [Monterey Bay Aquarium Seafood Watch](https://montereybayseafoodwatch.org/)
- Support sea turtle conservation and know your local stranding network. In case of sick or injured sea turtle contact: **Virginia Stranding Team**: 757-385-7575 or **Maryland DNR**: 1-800-628-9944. If you notice a dead or injured marine animal on Wallops Recreational Beach, notify Protective Services at the Island Gate.
- Reduce marine debris, participate in local beach clean-ups, choose re-usable containers and bottles. Discard fishing line and gear in proper receptacles. Do not release balloons for ceremonies and other events. Participate in the annual Fall Recreational Beach Clean-up.
- Keep nesting beaches dark and safe. Keep out of active nesting sites. Refill any holes dug at beaches, remove any beach equipment, knock down built sand castles at the end of day.



### What does WFF do to protect Sea Turtles?

Sea turtle nesting season occurs from June 1 to November 1 of each year. Research has documented significant reduction in sea turtle nesting activity on beaches illuminated with artificial lights. To minimize the effect of artificial lighting at Wallops Flight Facility on threatened and endangered sea turtles, the Wallops Island Sea Turtle Lighting Plan, dated 2021 was developed. In accordance with the administrative controls of the plan, each year, prior to the turtle nesting season, the Environmental Office will conduct a nighttime turtle lighting survey to document artificial lighting visible from the beach.



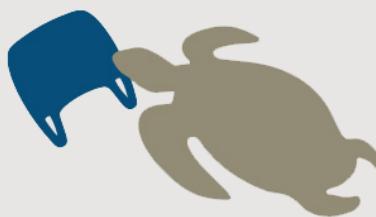
From reports in the United States, at least **115** marine species are impacted by entanglement, including mammals, turtles, birds, fish and crabs. World wide, the number tops **200**.



Most entanglement reports in the United States involve northern fur seals, Hawaiian monk seals, and sea turtles.



Plastic bags are the most commonly ingested type of debris amongst sea turtles.



June 16th is also **World Refill Day!**

To reduce plastic pollution choose refillable, reusable, or plastic free options. Buy at zero-waste stores, buy packaging free groceries, loose fruit and vegetables, and use re-usable coffee mugs and stainless steel or glass water bottles.

