



Safety and Environmental Newsletter

March 2023 — 131st Edition



Nesting Season Begins in March on Wallops Island

WFF has a multitude of migratory birds and marine wildlife on and around Wallops Island beach. Some require protection and monitoring because they are listed as either “threatened” or “endangered” (T&E). T&E species on Wallops Island include:

- piping plover,
- red knot, and
- loggerhead sea turtle.



Plover chicks and adult

Marine mammals (e.g., seals, dolphins) may also be present on Wallops Island. It is illegal to harm or harass any T&E species or marine mammals or to keep parts of a marine animal (e.g., sea turtle shell or whale vertebrae).

Protected species typically arrive at Wallops Island in mid-March and leave by early fall. Two areas on Wallops Island are designated nesting areas:

- the northern end of Wallops Island, which is separated by a cable barrier and signs from the recreational area,
- the southern portion of Wallops Island and extends from Camera Stand Z-100 south to the Assawoman Island property line.

Vehicle and pedestrian access to these areas are prohibited **year-round** unless authorized by the Environmental Office.

WFF employees can learn more about the projected species on Wallops Island by viewing the [Protected Species Identification Training](#) (check the [MEMD website](#) to ensure this is the most current version).

To learn more about Natural Resources Management at NASA, visit [SATERN Course HQ-NRM](#) “NASA Natural Resources Management (NRM) Program.” This training familiarizes personnel with federal laws for protecting natural resources on- and off-Center. It is beneficial for all employees and contractors to understand their roles and responsibilities in being good stewards of our natural environment.



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National Aeronautics and Space Administration

why

WHY IT MATTERS

Back injuries are some of the most insidious injuries that plague the workplace. They can occur at almost anytime and often without warning, and the recovery process can be long and involved, translating into missed work, permanent discomfort and even surgery. The reason back injuries can occur with so little warning is because they are often the result of many smaller strains (or micro-traumas) occurring over a period of time due to repetitive motions and incorrect lifting techniques.

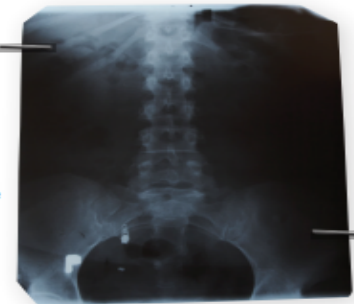
Back injuries can be a trial for both the employee and the supervisor, and every precaution should be taken to ensure the chance of injury is minimal so that the potential for injury is significantly reduced.



www.nasa.gov

IMPORTANT FACTS

Back injuries are a subgroup of musculoskeletal disorders (MSDs), which the U.S. Department of Labor defines as injuries or disorders of the muscles, nerves, tendons, joints, cartilage and/or spinal disks. MSDs are rarely caused by a single incident, but rather are the result of years of repetitive micro-traumas. According to the National Institute for Occupational Safety and Health, indirect and direct costs associated with occupational back injuries accumulate between \$24-64 billion of expenses annually.



Each year, there are approximately 50 reported lifting-related injuries at NASA, occurring in a wide range of activities and operations. Countless others go unreported as chronic back pain or discomfort, and many may still result in back injury. Bad posture, incorrect lifting techniques, lifting excessively heavy objects, using repetitive motions, twisting and overreaching can all contribute to back injuries. Some of these issues can be addressed by stretching, lifting with a buddy or using a tool to lift the object. Others require a redesign of the workplace in order to minimize the amount of strenuous lifting, twisting or repetitive motions.

To address some of these issues, take a closer look at your workplace. Could it be redesigned to become

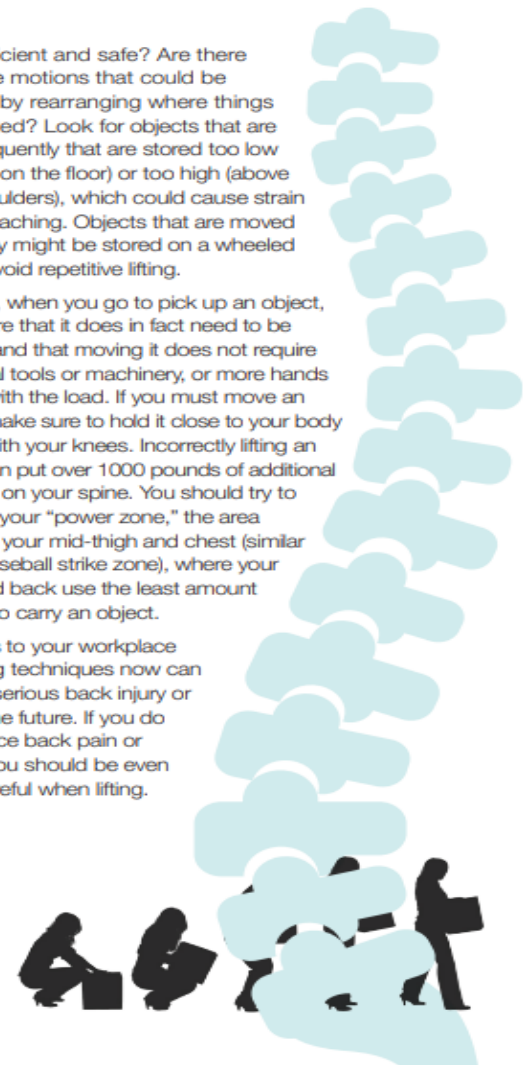
more efficient and safe? Are there repetitive motions that could be avoided by rearranging where things are located? Look for objects that are used frequently that are stored too low (such as on the floor) or too high (above your shoulders), which could cause strain or overreaching. Objects that are moved frequently might be stored on a wheeled cart to avoid repetitive lifting.

Likewise, when you go to pick up an object, make sure that it does in fact need to be moved, and that moving it does not require additional tools or machinery, or more hands to help with the load. If you must move an object, make sure to hold it close to your body and lift with your knees. Incorrectly lifting an object can put over 1000 pounds of additional pressure on your spine. You should try to lift within your "power zone," the area between your mid-thigh and chest (similar to the baseball strike zone), where your arms and back use the least amount of effort to carry an object.

Changes to your workplace and lifting techniques now can prevent serious back injury or pain in the future. If you do experience back pain or aches, you should be even more careful when lifting.



facts





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LIFTING SAFETY

checklist

LIFTING CHECKLIST

- Do you really need to move this item?
- Is there a way to move the object without manually lifting?

IF YOU MUST MOVE THE ITEM MANUALLY

- Does the lift require one or more employees to assist?
- Can the lift be broken up into several lighter lifts (i.e., moving smaller pieces separately to reduce the weight)?
- Can the workplace be altered to make this move more efficient and/or safe?
- Have you stretched or warmed up your muscles recently?
- Is this item already in your power zone (or is it too low or too high)?
- Keep the item close to your body to avoid the fulcrum effect.
- Turn with your feet, do not twist with your back.
- If you are lifting with a partner, communicate!

WORKPLACE CONSIDERATIONS

- Could your workspace be redesigned to become more efficient and safe?
- Could rearranging things remove some repetitive motions?
- Are objects stored too low (on the floor) or too high (above your shoulders)?
- Could objects be stored on a wheeled cart to avoid repetitive lifting?
- Remember to get up and stretch.
- Backache is not normal, and should not be ignored.



For more information on Lifting Safety visit [Lifting Safety \(nasa.gov\)](https://www.nasa.gov/lifting-safety)



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Scald Prevention Safety Tips

A scald injury can happen at any age. Children, older adults and people with disabilities are especially at risk. Hot liquids from bath water, hot coffee and even microwaved soup can cause devastating injuries. Scald burns are the second leading cause of all burn injuries.

Scald Safety

- Teach children that hot things can burn. Install anti-scald devices on tub faucets and shower heads.
- Always supervise a child in or near a bathtub.
- Test the water at the faucet. It should be less than 100° Fahrenheit (38° Celsius).
- Before placing a child in the bath or getting in the bath yourself, test the water.
- Test the water by moving your hand, wrist and forearm through the water. The water should feel warm, not hot, to the touch.
- Place hot liquids and food in the center of a table or toward the back of a counter.
- Have a “kid-free zone” of at least 3 feet around the stove and areas where hot food or drink is prepared or carried.
- Open microwaved food slowly, away from the face.
- Never hold a child while you are cooking, drinking a hot liquid, or carrying hot foods or liquids.
- Never heat a baby bottle in a microwave oven. Heat baby bottles in warm water from the faucet.
- Allow microwaved food to cool before eating.
- Choose prepackaged soups whose containers have a wide base or, to avoid the possibility of a spill, pour the soup into a traditional bowl after heating.

Burn Rx

Treat a burn right away. Cool the burn with cool water for 3–5 minutes. Cover with a clean, dry cloth. Get medical help if needed.

FACT!

Prepackaged **microwavable soups** are a frequent cause of scald burn injuries (especially noodle soups) because they can easily tip over, pouring hot liquid (and noodles) on the person.



Greenhalgh DG, Bridges P, Coombs E, et al.
Instant cup of soup: design flaws increase risk of burns.
Journal of Burn Care and Research, July-August 2006; 27(8):476-81



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Clothes Dryer Safety

Doing laundry is most likely part of your every day routine. But did you know how important taking care of your clothes dryer is to the safety of your home? With a few simple safety tips you can help prevent a clothes dryer fire.

- Have your dryer installed and serviced by a professional.
- Do not use the dryer without a lint filter.
- Make sure you clean the lint filter before or after each load of laundry. Remove lint that has collected around the drum.
- Rigid or flexible metal venting material should be used to sustain proper air flow and drying time.
- Make sure the air exhaust vent pipe is not restricted and the outdoor vent flap will open when the dryer is operating. Once a year, or more often if you notice that it is taking longer than normal for your clothes to dry, clean lint out of the vent pipe or have a dryer lint removal service do it for you.
- Keep dryers in good working order. Gas dryers should be inspected by a qualified professional to make sure that the gas line and connection are intact and free of leaks.
- Make sure the right plug and outlet are used and that the machine is connected properly.
- Follow the manufacturer's operating instructions and don't overload your dryer.
- Turn the dryer off if you leave home or when you go to bed.

AND DON'T FORGET...

Dryers should be properly **grounded**.

Check the **outdoor vent** flap to make sure it is not covered by snow.

Keep the area around your dryer **clear** of things that can burn, like boxes, cleaning supplies and clothing, etc.

Clothes that have come in contact with **flammable substances**, like gasoline, paint thinner, or similar solvents should be laid outside to dry, then can be washed and dried as usual.

FACT

- ❗ The leading cause of home clothes dryer fires is failure to clean them.



NATIONAL FIRE PROTECTION ASSOCIATION
The leading information and knowledge resource on fire, electrical and related hazards