



Safety and Environmental Newsletter

July 2023 — 135th Edition



Prevent Heat Illness at Work

Outdoor and **indoor** heat exposure can be dangerous.

Ways to Protect Yourself and Others

Ease into Work. Nearly 3 out of 4 fatalities from heat illness happen during the first week of work.



- ✓ **New** and **returning** workers need to build tolerance to heat (acclimatize) and take frequent breaks.
- ✓ **Follow the 20% Rule.** On the first day, work no more than 20% of the shift's duration at full intensity in the heat. Increase the duration of time at full intensity by no more than 20% a day until workers are used to working in the heat.



Drink Cool Water

Drink cool water even if you are not thirsty — at least 1 cup every 20 minutes.



Take Rest Breaks

Take enough time to recover from heat given the temperature, humidity, and conditions.



Find Shade or a Cool Area

Take breaks in a designated shady or cool location.



Dress for the Heat

Wear a hat and light-colored, loose-fitting, and breathable clothing if possible.



Watch Out for Each Other

Monitor yourself and others for signs of heat illness.



If Wearing a Face Covering

Change your face covering if it gets wet or soiled. Verbally check on others frequently.

First Aid for Heat Illness

The following are signs of a medical emergency!



- Abnormal thinking or behavior
- Slurred speech
- Seizures
- Loss of consciousness

- 1 >> **CALL 911 IMMEDIATELY**
- 2 >> **COOL THE WORKER RIGHT AWAY WITH WATER OR ICE**
- 3 >> **STAY WITH THE WORKER UNTIL HELP ARRIVES**



Watch for any other signs of heat illness and act quickly. When in doubt, call 911.

If a worker experiences:

- Headache or nausea
- Weakness or dizziness
- Heavy sweating or hot, dry skin
- Elevated body temperature
- Thirst
- Decreased urine output



Take these actions:

- >> Give water to drink
- >> Remove unnecessary clothing
- >> Move to a cooler area
- >> Cool with water, ice, or a fan
- >> Do not leave alone
- >> Seek medical care if needed



OSHA® Occupational Safety and Health Administration

For more information: 1-800-321-OSHA (6742)
TTY 1-877-889-5627 www.osha.gov/heat

Federal law entitles you to a safe workplace. You have the right to speak up about hazards without fear of retaliation. See www.osha.gov/workers for information about how to file a confidential complaint with OSHA and ask for an inspection.

OSHA 3431-06F 2021



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FDA

FDA Proposes Sunscreen Monograph Updates

September 2021

The U.S. Food and Drug Administration (FDA) regulates sunscreens to ensure they meet safety and effectiveness standards. To improve the quality, safety, and effectiveness of sunscreens, FDA issued a proposed order that describes updated proposed monograph requirements for sunscreens. Sun safety is important for everyone, including people of all skin tones. Consumers should continue to use sun protection measures, including using broad spectrum sunscreen of SPF 15 or higher, as this important update to the monograph moves forward.



Highlights of FDA's Proposals



Sunscreen active ingredient safety and effectiveness

Two ingredients (zinc oxide and titanium dioxide) are proposed to be safe and effective for sunscreen use and two (aminobenzoic acid (PABA) and trolamine salicylate) are proposed as not safe and effective for sunscreen use. FDA proposes that it needs more safety information for the remaining 12 sunscreen ingredients (cinoxate, dioxybenzone, ensulizole, homosalate, meradimate, octinoxate, octisalate, octocrylene, padimate O, sulisobenzone, oxybenzone, avobenzene).



Sunscreen dosage forms

Sunscreen sprays, oils, lotions, creams, gels, butters, pastes, ointments, and sticks are proposed as safe and effective. FDA proposes that it needs more data for sunscreen powders.



New proposed sun protection factor (SPF) and broad spectrum requirements

- Raise the maximum proposed labeled SPF from SPF 50+ to SPF 60+
- Require any sunscreen SPF 15 or higher to be broad spectrum
- Require for all broad spectrum products SPF 15 and above, as SPF increases, broad spectrum protection increases



New proposed label requirements

- Include alphabetical listing of active ingredients on the front panel
- Require sunscreens with SPF below 15 to include "See Skin Cancer/Skin Aging alert" on the front panel
- Require font and placement changes to ensure SPF, broad spectrum, and water resistance statements stand out



Sunscreen-insect repellent combination products proposed not safe and effective



www.fda.gov



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For many of us, water activities equal fun. But it's important to be aware of electrical hazards while enjoying the water. Know how to be safe around swimming pools, hot tubs, and spas.

- If you are putting in a new pool, hot tub, or spa, be sure the wiring is performed by an electrician experienced in the special safety requirements for these types of installations.
- Outdoor receptacles must have covers that keep them dry even when appliances are plugged into them.
- Ground-fault circuit interrupters (GFCIs) are special devices designed to protect against electric shock and electrocution. They are required for most pool, spa, or hot tub equipment. They may be in the form of an outlet or a circuit breaker. Test the GFCIs monthly according to the manufacturer's instructions.
- Electrical appliances, equipment, and cords should be kept at least 6 feet away from the water. When possible, use battery operated appliances and equipment, such as televisions, radios, and stereos.
- Avoid handling electrical devices when you are wet.
- Make sure that any overhead lines maintain the proper distance over a pool and other structures, such as a diving board. If unsure, contact a qualified electrician or your local utility company to make sure power lines are a safe distance away.
- Do not swim during a thunderstorm.
- Have a qualified electrician periodically inspect and—where necessary—replace or upgrade the electrical devices or equipment that keep your pool, spa, or hot tub electrically safe.
- Have a qualified electrician show you how to turn off all power in case of an emergency.

KNOW THE RISKS!

Electrocution is death by an electrical shock. Be aware when skin is wet or when surrounding surfaces, such as the grass or pool deck, are wet. Wet skin or wet surfaces can greatly increase the chance of electrocution when electricity is present.

There are several signs of electrical shock. Swimmers may feel a tingling sensation. They may experience muscle cramps. They may not be able to move. They may feel as if something is holding them in place.

If you think someone in the water is being shocked, turn off all power, but do not attempt to go in the water. Use a fiberglass or other kind of rescue hook that doesn't conduct electricity to help the swimmer. Have someone call **9-1-1**.

If you think you are being shocked while in the water move away from the source of the shock. Get out of the water.

FACT

The U.S. Consumer Product Safety Commission has reports of 14 deaths related to electrocutions in swimming pools from 2003 to 2014. Hot tubs and spas may present the same hazard as swimming pools.



NATIONAL FIRE PROTECTION ASSOCIATION
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Your Logo



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Fats, Oil, and Grease (FOG)

can clog up sewer systems, piping, and wreck havoc on septic systems.

Examples of FOG include bacon grease, butter, melted cheese, cooking oil, peanut butter, and many more.

FOG will eventually form a solid mass when mixed with food particles and sanitary waste. These fatbergs can cause back ups or overflows within the sanitary sewer system .

Do's

ALWAYS dry-wipe FOG and food from pots, pans, utensils and dishware before washing.

ALWAYS clean exhaust hoods regularly.

ALWAYS keep outdoor grease containers and dumpsters tightly covered.

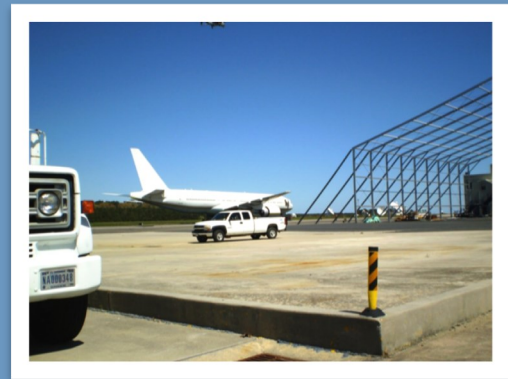
ALWAYS recycle waste cooking oil whenever possible. Check your local county or city's website for specialty waste haulers.

ALWAYS clean FOG spills immediately and prevent FOG from entering floor drains.

ALWAYS use absorbent materials to clean FOG spills. Dispose of recovered FOG in a proper disposal container such as a trash can or dumpster.

Need to Shine your Vehicle or Large Piece of Equipment?

Planes, vehicles, and equipment can only be washed at D-1 Hanger Wash Rack. The Oil Water Separator at the Wash Rack prevents oil from reaching storm water drains and the waste water treatment plant. Washing vehicles anywhere else outdoors on Wallops is a violation of our Virginia Discharge Permit.



Make Your Home More Energy Efficient!

- Windows account for 10-25% of your energy bill. During the summer, using curtains or shades can help reduce the energy use from your air conditioning unit.



- Reflective window film can help reduce heat gain during the summer, and it will keep furniture and carpets from fading.

- Programmable thermostats can save up to 10% of household heating and cooling costs annually.

Do Not Throw in E-Cigarette Items in the Trash!

E-cigarettes, including rechargeable batteries, and the cartridges and bottles that contain e-liquids (liquid nicotine mixtures), can pose a threat to human health and to the environment if they are not disposed of properly. E-cigarette and e-liquid waste should not be thrown in the regular trash or rinsed in a sink at work. These items are regulated by hazardous waste regulations and should be disposed of at home. Contact your local solid waste management facility to learn how best to dispose of these household hazardous waste items.

