



Safety & Environmental Newsletter

May 2019 Issue – 86th Edition

Water Safety



Water has a large influence on the culture of DELMARVA and the population of Wallops Flight Facility. Whether you enjoy going to the Eastern shore beaches, fishing, hunting, surfing, swimming, boating, or other water activities, water connects us. Learn how to reduce risks so you and your family can enjoy our waterways.

Take these precautions when you're around water (even if you're not planning to swim):

Know your limitations, including physical fitness, medical conditions. **Never swim alone**; swim with lifeguards and/or water watchers present. **Wear a U.S. Coast Guard-approved life jacket** appropriate for your weight and size and the water activity. Always wear a life jacket while boating, regardless of swimming skill.

Swim sober. Understand the dangers of hyperventilation and hypoxic blackout. **Know how to call for help.** Understand and adjust for the unique risks of the water environment you are in, such as: rip currents, shallow or unclear water and underwater hazards, such as vegetation and animals.

How to Avoid Rip Currents

Check conditions before entering the water: are any warning flags up? Ask a lifeguard about water conditions, beach conditions, and potential hazards. While in the water, stay at least 100 feet away from piers and jetties. Permanent rip currents often exist near these structures.

How to Escape from a Rip Current

If you are caught in a rip current, stay calm and don't fight it. Swim parallel to the shore until you are out of the current. Then, turn and swim to shore. Alternately, float or tread water until you are free of the rip current and then head to shore. If you can't make it to shore, draw attention to yourself by waving and calling for help.

If Someone Else Is Caught in a Rip Current

If someone is in trouble in the water, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the victim something that floats – such as a lifejacket, cooler or inflatable ball – and yell instructions on how to escape the current. Do not attempt a rescue yourself unless you are a trained beach lifeguard.

Know What to Do in an Emergency

If a child is missing, check the water first: seconds count in preventing death or disability! Alert the lifeguard, if one is present. Recognize the signs of someone in trouble and shout for help. A swimmer needs immediate help if they:

Are not making forward progress in the water. Are vertical in the water but unable to move or tread water. Are motionless and face down in the water.

Rescue and remove the person from the water (without putting yourself in danger). Ask someone to call 9-1-1. If alone, give 2 minutes of care, then call 9-1-1. Begin rescue breathing and CPR.

Boating Safety

Though many of the waterways within the Chesapeake region are suitable for beginning boaters, there is also plenty of broad open water that demands respect. Sections of the rivers can funnel wind and develop nasty, choppy seas. Remember that accidents can happen on any type of water.

Whether you are paddling a kayak or piloting a trawler, it is important to build your boating skills, keep your vessel(s) in good operating condition, and review your safety guidelines before every trip.

Avoid canoeing or kayaking alone when possible. Two people can solve a lot of problems that one person can't. File a float plan with family or friends. Include where you expect to go, when you expect to return, and whom to call (the U.S. Coast Guard is a good first choice) if you don't return as planned. When paddling or cruising designated water trails, read important safety information and refuge rules. Explore water appropriate to your skills. If you are a novice paddler or cruise, start with low-risk waterways. Learn to recognize water hazards, such as shoals; crab pot buoys; bridge piers; high-speed boat traffic; strainers (downed trees or branches reaching into the water). If you capsize, stay with your boat unless doing so poses immediate danger. You'll be much easier for rescuers to find. When paddling in a group, assign a lead and sweep boat. Stay in your canoe/kayak if it becomes stuck on an obstruction. Remember that kayaks and canoes are not easily seen by other boaters. Try to stay out of the shipping channels, and be as predictable and visible as possible. Never paddle farther from shore than you are prepared to swim.

Gear Tips

Always wear a properly fitted, U.S. Coast Guard approved life jacket that is appropriate for your vessel. Dress for the day and be prepared to get wet. Always wear boots or shoes to avoid foot injuries. Use sunblock! Carry at least one signaling device on every trip: a flashlight or strobe, flares, horn/whistle, cell phone, VHF radio, bright flag, or mirror. Biting insects can be vicious during the warmer months. Bring repellent.

Other essentials: a first-aid kit (know what's in there, understand how to use it, and keep it stocked), plenty of drinking water, hats, and sunscreen and lip balm.

Safety on the water is everyone's responsibility.





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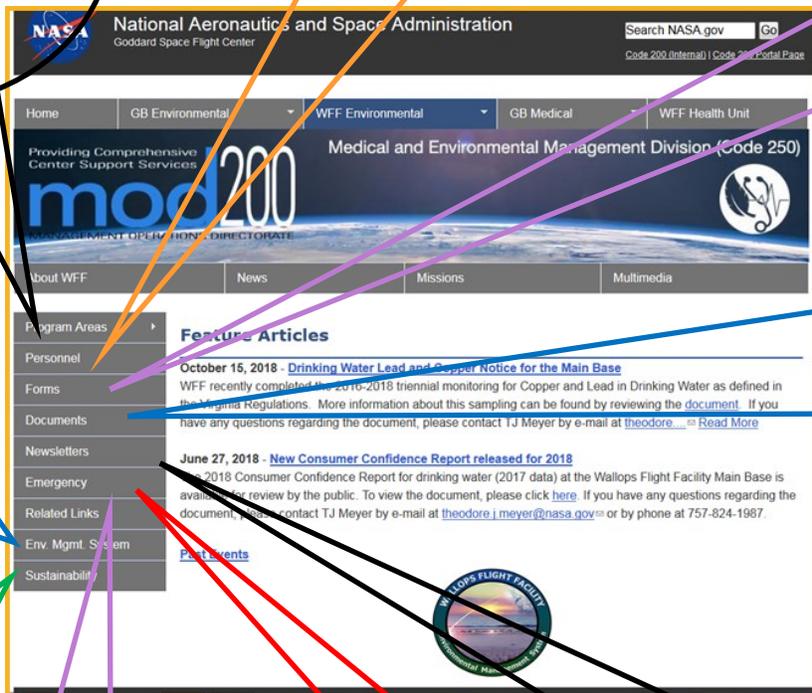
Tour the Environmental Division (Code 250) Website

<https://code200-external.gsfc.nasa.gov/250-wff/>

A click on **Program Areas** gives guidelines and training information for 13 different environmental areas.

The **Personnel** tab lists the email address and program area of responsibility for all Code 250 NASA and contractor personnel.

The SAA Inspection Form and the Hazardous Waste Inventory Form can be found under **Forms**.



The Environmental Management System current year High Priorities and policy, are found on the **Env. Mgmt. System** tab.

Click on the **Documents** tab to find the current ICP, Recreational Beach Notice, Drinking Water Consumer Confidence Report, or NEPA documents.

The **Sustainability** tab has links to related Executive Orders.

Looking for the link to NASA's partners or other environmental agencies? Those links are found on the **Related Links** tab.

Need to report a spill? Stop reading and call 911 or 757-824-1333. A list of information that Dispatch would like to know can be found at the **Emergency** tab.

Just deleted an issue of the Safety and Environmental newsletter by mistake? Archived copies can be found under **Newsletters**.