



## *Safety Tips for Walking*

*October 2016 Issue – 67th Edition*

Walking is good for your health, and it's good for the environment too. But before you head out on foot for a stroll, power walk, or errand, there are important safety tips to remember. Below are tips and helpful reminders to make your walks both fun and safe.

- **Leave word.** Tell somebody or leave a note at home about where you plan to go and how long you plan to be out. That way your loved ones will know to look for you if needed.
- **Identify yourself.** Walk with proper ID, and carry a cell phone with emergency contacts visible.
- **Don't wear headphones.** Avoid using earbuds or wearing headphones—you need to be able to hear approaching vehicles and be aware of your surroundings.
- **Use the sidewalk.** If a sidewalk is available, walk on the sidewalk.
- **Face traffic.** It's easier to see, and react to oncoming cars. And cars will see you more clearly too.
- **Make room.** If traffic gets heavy, or the road narrows, be prepared to move onto the shoulder of the road.
- **Be seen.** Wear high-visibility, brightly colored clothing. When out near or after sunset, reflective materials are a must.
- **Pretend you're invisible.** Don't assume a driver sees you. In fact, imagine that a driver can't see you, and behave accordingly.
- **Watch the hills.** When they crest hills, drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- **Beware of high-risk drivers.** Steer clear of potential problem areas like entrances to parking lots, bars, and restaurants, where there may be heavy traffic.



When walking, we often share the road with motor vehicles, bicycles and other walkers. To keep yourself and others safe, it's important to follow the rules of the road.

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## *Are you Prepared for a Coastal Catastrophe?*

Nor'easter's, Tropical Storms and Hurricane's can affect the Eastern Shore any time even though the official Hurricane season runs from June through November.

Unlike tornadoes and earthquakes, they can be forecasted several days ahead of landfall, giving residents time to take the following precautions:

- Know where to go in the event of an evacuation and how to get there
- Contact your local emergency management agency for information
- Establish an assembly point for family members to meet if separated, and choose one person everyone can contact with their whereabouts and status
- Board up windows and secure loose items like patio furniture
- Listen for warning sirens, stay away from windows and exterior doors, and seek shelter in a bathroom or basement
- Stay indoors until authorities tell you it's safe to go outside

These storms can cause major damage. From wind and flooding from tides, along with heavy rains and tornadoes, they can cause loss of life and property.



October 2016 Issue – 6th Edition

## 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.

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.



**Flu shots will be provided by the WFF Health Unit at the Safety Awareness Campaign on the 26<sup>th</sup> from 8:00 am – 10:00 am in the E-100 Auditorium Lobby.**

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## 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.



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## 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

**November 30: High Pressure Systems Basic Operator Basic Safety Training, SATERN #85611, 08:00 am – 04:30 pm in E-104**

If you have any questions, please contact Chuck Amrhein at [charles.amrhein@nasa.gov](mailto:charles.amrhein@nasa.gov) or 757-824-1430



# Safety & Environmental Newsletter

October 2016 Issue – 67th Edition

## 2017 Environmental Management System (EMS) High Priorities

Have you ever wondered how Wallops arrives at the Environmental Management System (EMS) High Priorities each year? Every August all environmental programs are scored based on their risk to safety and health, natural and cultural resources, legal and regulatory, mission and institution capability, reputation and stakeholder interest, cost, and mission schedule as well as the probability that the impact or benefit will occur during the upcoming fiscal year. After review by a project team of representatives from various NASA, contractor, and tenant organizations, Senior management approved the 2017 High Priorities on September 29, 2016. The 2017 High Priorities are:

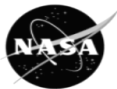
### Environmental Planning



### Natural Resources



## Environmental Management System Policy



### Goddard Policy Directive (GPD)

DIRECTIVE NO.	GPD 8500.1C
EFFECTIVE DATE:	June 28, 2012
EXPIRATION DATE:	June 28, 2017

**Responsible Office:** 250/Medical and Environmental Management Division (MEMD)  
**Title:** Environmental Policy and Program Management

#### 1. POLICY

The Goddard Space Flight Center (GSFC) missions expand knowledge of the Earth and its environment, the solar system, and the universe. To maintain our nation's leadership in this endeavor, GSFC commits to conducting missions in a manner that promotes environmental stewardship. As an integral part of all mission planning and implementation, GSFC's environmental policy is to:

- a. Consider the neighboring natural environment while executing GSFC's mission;
- b. Comply with applicable Federal, state, and local legislation and regulations, Executive Orders (EO), NASA policies, and other requirements;
- c. Prevent pollution and conserve natural resources;
- d. Implement pragmatic and cost effective solutions to environmental problems;
- e. Communicate with the GSFC community, our partners, and the public; and
- f. Continue to improve our environmental performance through our Environmental Management System (EMS) including:
  - (1) Promote awareness through education and training;
  - (2) Integrate environmentally sustainable best management practices into our daily work activities;
  - (3) Explore advances in environmental technology; and
  - (4) Provide a framework for setting objectives and targets.

These commitments enable each of us to do our part for environmental stewardship in our community.

Goddard's EMS policy is found in GPD 8500.1. The policy can be easily restated by remembering to consider the environment in your daily job.

Your commitment, to use recycling containers, turn off lights, keep hazardous waste containers closed, and report spills, maintains and improves the Wallops ecosystem.