

# Safety & Environmental Newsletter

May 2011 Issue



## FEELING STRESSED?

Feeling Busy? The operational tempo at Wallops continues to move at a faster rate than we have seen in years. Being busy is good, but everyone has limitations. While everyone handles stress associated with workloads differently, we want everyone to know there are multiple avenues to seek help, and remember that “No”, may be the correct answer when the task level exceeds the available capability.

Did you know that today’s worker accomplishes in eleven hours what it took a 1950’s worker a full forty hours to complete?

Despite being more productive, earning more money and having everything supersized including our hamburgers and houses, Americans consistently report less satisfaction and happiness with their lives. There is also a point where we cease to gain in productivity despite increasing the number of hours that we work. Once this point is reached we have a decrease in productivity due to increases in physical and emotional problems.

If you are feeling overwhelmed by your daily responsibilities you are not alone. When asked, almost 20% of all workers report a mental health problem within the last 30 days. If you have noticed in yourself, or a coworker, irritability, quick temper, or mood swings these may be signs of anxiety and situational depression associated with ‘too many things to do and not enough time to do them’.

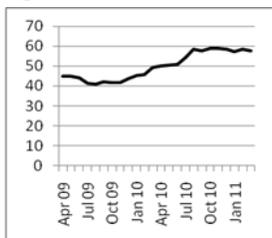
Don’t ignore these warning signs and don’t be afraid to ask for help. It is a sign of strength, not weakness, to recognize and address a problem before it becomes serious. No problem is worth risking your health.

There are several confidential resources available to you including the Health Unit, EEO and the EAP. Health Unit (Hours- Monday thru Friday, 8:00-4:30, 757-824-1266); Employee Equal Opportunity (EEO) (Hours- Monday thru Friday, 8:30 – 4:30, 757-824-1412); The Employee Assistance Program (EAP) is provided by Dr. John Ogram; (757) 442-5445. This is available 24 hours a day.

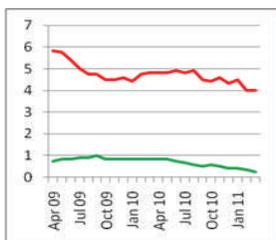
“When you gamble with safety you bet your life”

**Please continue to report unsafe conditions. The more unsafe conditions we can fix, the more we reduce our injuries. Keep it up!**

Reported Unsafe Conditions



Injuries (red) Lost Time Cases (green)



### WHAT HAVE YOU DONE FOR SAFETY LATELY?? Highlights from Code 803, Safety Office, Chief, Florence Smith

Keeping the Wallops family and the public safe and healthy is the primary concern of this Organization. To this end, hazard identification and control for projects are a primary function of the Safety Office as well as immediately addressing and correcting safety issues that are reported to us.

Another concern of the Safety Office is the stress levels that the WFF workforce is experiencing. It is Florence’s concern that many of us are multitasking to the point of letting it affect our home and our social lives. It is important to know that Florence has an open-door policy and is willing to discuss any issue at hand. Just call or come by to see her.

In addition, she feels that we all need to look out for each other and that talking is a great help in reducing stress levels. There are other resources available if needed. She further believes that “Safety is no Accident” and each of us needs to look out for each other and be the “Eyes of Safety”.

**Got a Safety Question?**  
Open any browser and type the word Safety into the URL box, and hit enter.



## The benefits to planting native plants.

Whether you want to put in a flower garden or establish or restore the landscape around your home, there are a great variety of Eastern Shore native plants from which to choose.

Native plants not only offer many practical, low cost, and environmental benefits they also offer an appealing display of foliage and flowers that surpass non-native ornamentals! There are so many benefits to planting native plants...here are just a few:

### Plant natives for:



#### The birds

The Shore is one of only a few rest stops for songbirds traveling thousands of miles each spring and fall. Native trees and shrubs provide shelter and the berries and insects that songbirds eat to fuel their long journeys. Even the smallest lot can provide critical migratory "stopover habitat" for a few migrants.



#### The butterflies

Adult butterflies are attracted to the showy flowers and nutritious nectar of native wildflowers. Many must lay their eggs on specific species of native plants which provide essential food for their caterpillars. The Monarch butterfly, which also migrates through the Shore, needs to lay its eggs on milkweed. There are two milkweeds native the Shore - Swamp Milkweed and Common Milkweed. Using native plants in your garden or landscape will not only help ensure the survival of these butterflies, but will attract an abundance of these colorful visitors to your garden.



#### To save time and money

Adapted to the Shore's environment, native species are drought and disease resistant, requiring less water, fertilizers and pesticides. Native plants are extremely well suited to "low maintenance" gardening and landscaping.

#### To save the Clams

Landscaped areas of native trees, shrubs and groundcover can result in 50% less runoff than grass lawns, significantly reducing non-point source pollution. This protects water quality in the Shore's creeks and inlets, as well as the Shore's shellfish and underwater grasses. The Shore is the largest source of aquaculture grown hard clams on the East Coast.

#### To save water

Groundwater is the Shore's only source of drinking water. An increase in native vegetation helps slow the speed of water and sediment running off the land, allowing water to infiltrate the ground, where it is filtered by the vegetation's roots and then recharges the groundwater supply.



Look for the "Plant ES Natives" plant tag during your next local garden center visit.

For a complete list of participating garden centers in the area please visit:

<http://www.deq.state.va.us/coastal/esnativegardencenters.html>

For an extensive full-color guide to local plants please visit:

[http://www.deq.state.va.us/export/sites/default/coastal/documents/esnativeplantguide\\_000.pdf](http://www.deq.state.va.us/export/sites/default/coastal/documents/esnativeplantguide_000.pdf)

