

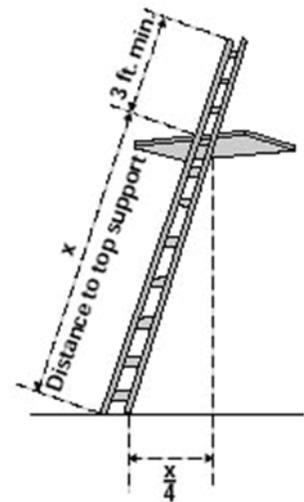
Safety & Environmental Newsletter

March 2013

Spring is near and tasks such as painting, cleaning out gutters, and inspecting roofs are perhaps on our Spring to-do list. But before you tackle these types of chores it would be good to review the following OSHA information regarding Portable Ladder Safety.

Falls from portable ladders (step, straight, combination and extension) are one of the leading causes of occupational fatalities and injuries.

- Read and follow all labels/markings on the ladder.
- Avoid electrical hazards! – Look for overhead power lines before handling a ladder.
- Avoid using a metal ladder near power lines or exposed energized electrical equipment.
- Always inspect the ladder prior to using it. If the ladder is damaged, it must be removed from service and tagged until repaired or discarded.
- Always maintain a 3-point (two hands and a foot, or two feet and a hand) contact on the ladder when climbing.
- Keep your body near the middle of the step and always face the ladder while climbing (see diagram).
- Only use ladders and appropriate accessories (ladder levelers, jacks or hooks) for their designed purposes.
- Ladders must be free of any slippery material on the rungs, steps or feet.
- Do not use a self-supporting ladder (e.g., step ladder) as a single ladder or in a partially closed position.
- Do not use the top step/rung of a ladder as a step/rung unless it was designed for that purpose.
- Use a ladder only on a stable and level surface, unless it has been secured (top or bottom) to prevent displacement.
- Do not place a ladder on boxes, barrels or other unstable bases to obtain additional height.
- Do not move or shift a ladder while a person or equipment is on the ladder.
- An extension or straight ladder used to access an elevated surface must extend at least 3 feet above the point of support (see diagram).
- Do not stand on the three top rungs of a straight, single or extension ladder.
- The proper angle for setting up a ladder is to place its base a quarter of the working length of the ladder from the wall or other vertical surface (see diagram).
- A ladder placed in any location where it can be displaced by other work activities must be secured to prevent displacement or a barricade must be erected to keep traffic away from the ladder.
- Be sure that all locks on an extension ladder are properly engaged.
- Do not exceed the maximum load rating of a ladder. Be aware of the ladder's load rating and of the weight it is supporting, including the weight of any tools or equipment.



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Upcoming Training

Hazardous Waste (HW) and Integrated Contingency Plan (ICP) Combined Annual Refresher Monday, April 29, and Wednesday, May 1, 2013, 9:00 - 11:00 am and 1:00-3:00 pm Building E-104 Chincoteague room

Integrated Contingency Plan Annual Refresher Tuesday, April 30, 2013, 10:00 - 11:00 am and 1:00-2:00 pm Building E-104 Chincoteague room

The HW refresher is required for all who handle HW. The ICP refresher is required for all personnel who handle hazardous materials, hazardous waste, or petroleum products.

To register for a class contact Marianne Simko at x2127.



The GSFC Wallops Flight Facility Environmental Management System Awareness Training is now available in Satern at <https://satern.nasa.gov>

This latest version must be completed by December 15, 2013 and then every three years thereafter.

If you need additional information, please contact Bonnie Crawford at x2234.

Ask the Inspector



Dear Sherlock,

Can you tell me some of the most common violations you find during one of your official hazardous waste inspections?

Signed,
Nervously Preparing

Dear Nervously Preparing,

Some of the most common violations include open hazardous waste containers, unlabeled containers, and burned-out fluorescent tubes not found in a closed, labeled, and dated container. It's a shame, but when I find a hazardous waste paint thinner drum with a loose bung and a burned-out fluorescent tube resting in the corner of the room, that's 2 open container violations plus an unlabeled container violation. The facility could be facing a fine of \$30,000!

March is Women's History Month



Rachel Louise Carson (May 27, 1907 – April 14, 1964) began her career as an aquatic biologist in the U.S. Bureau of Fisheries, and became a full-time nature writer in the 1950s. Her widely praised 1951 bestseller *The Sea Around Us* won her a U.S. National Book Award, recognition as a gifted writer, and financial security.

Late in the 1950s Carson turned her attention to conservation, especially environmental problems which she believed were caused by synthetic pesticides. The result was her book, *Silent Spring* (1962), which brought environmental concerns to an unprecedented share of the American people. Although *Silent Spring* was met with fierce opposition by chemical companies, it spurred a reversal in the national pesticide policy, leading to a nationwide ban on DDT and other pesticides. *Silent Spring* inspired a grassroots environmental movement that led to the creation of the U.S. Environmental Protection Agency. Carson was posthumously awarded the Presidential Medal of Freedom by Jimmy Carter.

Source: http://en.wikipedia.org/wiki/Rachel_Carson

