

Safety & Environmental News



CHART A COURSE FOR SAFETY

7th Issue



Heat Stress



July 19, 2010

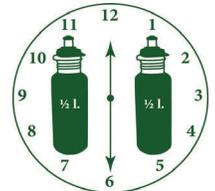
Workers exposed to extreme heat or work in hot environments may be at risk for heat stress. Exposure to extreme heat can result in occupational illnesses and injuries such as heat stroke, heat exhaustion, heat cramps, or heat rashes. Heat can also increase the risk of injuries due to sweaty palms, foggy glasses, and dizziness. At Wallops Flight Facility, hot environments may be encountered when working outside during hot, humid summer days, in unconditioned indoor areas, when working in some confined spaces, or when working in protective clothing that prevents or hinders the body's cooling process.



Heat stroke may occur when the body is unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down. Symptoms include hot, dry skin (no sweating), hallucinations, chills, headache, high body temperature, confusion, dizziness, or slurred speech. Heat stroke is a life threatening condition. If heat stroke is suspected call 911 immediately and get the individual to a cool area and soak the individual with water.

Heat exhaustion is caused by excessive loss of water and salt, usually through excessive sweating. Symptoms include heavy sweating, weakness or fatigue, dizziness, confusion, nausea, clammy, moist skin, pale or flushed complexion, muscle cramps, slightly elevated body temperature, or fast and shallow breathing. Workers should rest in a cool, shaded, or air-conditioned area. Drink plenty of water or other cool nonalcoholic beverage and take a cool shower or bath.

Heat syncope is a fainting episode or dizziness that may occur with prolonged standing or sudden rising from a sitting or lying position and is associated with body dehydration. Symptoms are light-headedness, dizziness, and/or fainting. Sit or lie down in a cool place when you begin to feel symptoms. Slowly drink water, clear juice, or a sports beverage.



½ liter every ½ hour

When working in extremely hot environments, periods of work and rest in a cool environment are often recommended. The American Conference of Governmental Industrial Hygienists (ACGIH) method is used to determine the appropriate work/rest regimen, clothing, and equipment to use to control worker heat exposures. The WFF Safety & Mission Assurance Office (S&MA) can provide work area assessments and the WFF Health Unit can provide medical assistance and information. Further information can also be accessed at the following URL - <http://www.cdc.gov/niosh/topics/heatstress/>

What Have You Done for Safety Lately??

Highlights from Wallops Mechanical Systems Branch Code 548

David Wilcox, Branch Head

This branch endorses safety in many aspects, for instance, at each branch meeting the agenda includes a particular safety topic to be discussed; in addition, Joe Ruffing of Code 548, provides an update on topics discussed at the Employee Safety Committee, and these topics are made available electronically.

Another way this branch endorses safety is by going the extra mile, in this case, by installing a fully functional eyewash station in their new fabrication area that was not a requirement, but was viewed as a necessary precaution. Also, regular safety inspections of lab areas are conducted to detect any hazards or problems.

Annually, funds are allocated to cover safety glasses, Personal Protective Equipment, signage, and other safety equipment.

What a great example of proactive safety at work!



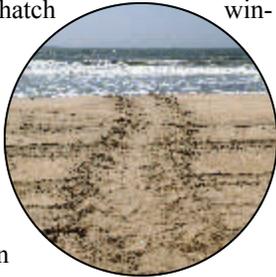
Safety Editor: Olive Finney

Environmental Editor: Valerie Speidel



We now have 3 loggerhead sea turtle nests on Wallops Island!

The first nest's hatch window is between August 15th and September 15th. The second nest's hatch window falls between August 28th and September 28th, and the third nest should hatch somewhere between



Sea Turtle Crawl Tracks



Sea Turtle Egg in Chamber

September 13th and October 13th. The nests have been enclosed and the Environmental Office will continue to monitor the nests through hatching.

Interesting facts about loggerhead sea turtles:

- Female loggerheads begin laying eggs around 20 years of age.
- They often return, sometimes over thousands of miles, to the beach where they hatched to lay their eggs.
- Each nest contains an average of at least 100 eggs.
- After nesting, the turtles are on their own to develop, hatch, make it to sea, and survive in the ocean, leaving the hatchlings with a 5% survival rate.
- A fully grown loggerhead turtle can weigh up to almost 400 pounds with the carapace (shell) being 3.5 feet long!



Female Loggerhead Sea Turtle

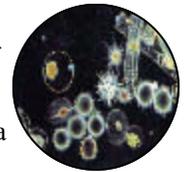
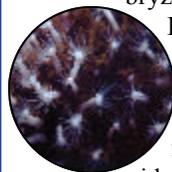
Science on the Shore

Upcoming Events...

Miniature Marine Marvels

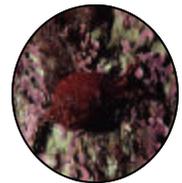
Saturday, July 24, 9:00 am – Noon

There is more to our oceans and bays than laughing gulls and flounder. Join Dr. Dominique Dagit for a study of the world of plankton, bryozoans, hydroids, and other tiny organisms that play a BIG role in marine ecosystems. The event will start on a Marine Science Consortium (MSC) research vessel.



Participants will trawl in Queens Sound for critters, and then transport them back to the lab at MSC's campus. At the lab, microscopes and other viewing aids will be used to identify and learn about these amazing creatures.

Ages 9 – Adult. Please dress for the weather and wear sneakers or boots. Spaces are limited, please contact The Marine Science Consortium at 757-824-5636 to register.



Empty Seas

Wednesday, July 28, 7:00pm at the NASA Visitor's Center



Our oceans and their resources are certainly well loved by the entire world. Unfortunately, overharvesting and overuse of these precious marine resources are constant concerns, especially for those of us on the Eastern Shore who live so closely with and rely so much on them. Join Dr. Dominique Dagit for a lively discussion as she explores the pressures on our fisheries, what is currently being done to relieve them, and what we can do to increase our awareness and help our

threatened seas.

About the Professor: Dr. Dominique Dagit is a professor of biology and ichthyology at Millersville University. Her research is focused on studying the largest and most diverse group of vertebrates on the planet – fish! In particular, she is studying the morphology, development, and phylogeny of a little known group of shark relatives known as the chimaeras or ratfishes. Dr. Dagit also works closely with global fisheries and conservation organizations in the development of fishery guides for identification as well as guidelines for sustainable management of shark fisheries.



Four piping plover chicks have officially fledged from Wallops Island!!



Plover nest with eggs



Baby plover chicks hatch



2 of the 4 fledged plovers with their mom