



140th Wing Safety

Monthly Safety Memo

January 2016

Special points of interest:

- Preventing MSDs
- Prohibited Weapons
- Quest for Zero Focus
- Check 3 Case Study

Prohibited Weapons

The following list are those weapons which are prohibited from Buckley AFB:

- Incendiary Devices (except matches and lighters)
- Bows, Crossbows & Arrows
- Blowguns
- Knives/Machetes over 3 inches in length, gravity knives and switchblade knives
- Nun chucks, throwing stars & metallic knuckles
- Slingshots
- Spears/Swords
- Firearm Silencers, Machine guns, guns with sawed off barrels
- ALL Fireworks
- Reference Appendix 8 to Annex K of the 460 SW Integrated Defense Plan 31-1 for transportation of privately owned firearms on Buckley AFB

Preventing Musculoskeletal Disorders

According to the Occupational Safety and Health Administration, work related musculoskeletal disorders (MSDs) are one of the leading causes of lost workday injury and illnesses. Work-related MSDs can be prevented through proper use of ergonomics.

In applying the hierarchy of controls, we can prevent injuries by implementing engineering solutions, administrative solutions, and

personal protective equipment (PPE) solutions.

Engineering controls are the most effective as they eliminate or significantly reduce the hazards. Examples are using a device to lift heavy objects, reposition work tables to eliminate long/excessive reaches and achieve neutral postures (standing computer stations).

Administrative controls are those that establish efficient processes or procedures. Examples are mandat-

ing two-person lifting for heavy objects, job/task to minimize continual exertion or repetitive motions, and ensuring proper use of pneumatic and power tools.

PPE should be used as a last resort. Padded gloves can reduce vibrations, and thermal gloves can help in cold conditions.

MSDs can be prevented through appropriate use of controls, but only if they are applied!

Quest For Zero Focus — Electrical Safety

- Ensure all electrical work is done by a competent electrician
- Don't use surge protectors for high power loads (Microwaves or Coffee Makers)
- Don't series-connect surge protectors or extension cords
- Report/Replace/Dispose of frayed or broken electrical wires
- Don't run extension cords through windows, walls, floors, or doorways
- Don't block electrical panels with objects
- Apply lockout/tagout while performing maintenance/servicing/inspections



Let's Check Three

and see how GPS could have prevented this disaster!



The Scenario:

The 56-year-old GS-07 worker was assisting in loading computers onto a stake bed truck. The truck was backed up to the loading dock, and the gates to the back of the truck were removed to load the computers onto the stake bed. Once the task was completed, the gates were placed back into position. The worker, who was standing on the leading edge of the loading dock, attempted to latch the locks to the truck's gates. She struggled to lock the gate and leaned forward to apply pressure to the latch. The latch unexpectedly released, causing her to lose her balance and fall off the loading dock. She landed squarely on her two feet and fell to the ground in severe pain. The supervisor called 911, and emergency medical services responded within minutes. She was stabilized and transported to a local emergency medical facility where the attending physician made an evaluation and treated her for a fractured tibia of the right leg. An overnight stay at the hospital was required for further observation. Before being released from the hospital and moved to a rehabilitation center, pins and an open cast were placed on her right leg. The injuries resulted in a 10-day stay at the rehabilitation center whereupon she was prescribed medication and placed on quarters for 30 days.

Check Three Analysis:

Gear

Passive fall protection shall be provided whenever workers can fall four (4) feet or more. This four (4)-foot rule applies to all walking and working surfaces and includes open-sided floors and platforms, wall openings, and window wall openings at a stairway landing, floor, platform, or balcony with a drop of four (4) feet or more (Ref: AFI 91-203, Chapter 13).

Plan

The worker's job was purely administrative. She never planned on having to load items off a loading dock and into the back of a truck. She never planned on installing and latching the gates. The supervisor failed to plan and inform affected employees of exposed fall hazards. There was a lack of a formal risk assessment to identify and mitigate exposure.

Skills

Skills include training, and the worker was never trained for the task. The worker's inattention and an over sense of security and confidence also contributed in underestimating the difficulty of locking the gates.