



DEPARTMENT OF THE NAVY  
NAVAL HOSPITAL  
2080 CHILD STREET  
JACKSONVILLE, FLORIDA 32214-5000

IN REPLY REFER TO:  
6200.2

Ser 06IHZZ/ 0194

FEB 04 2019

From: Commanding Officer, Naval Hospital Jacksonville  
To: Director, Defense Logistics Agency Distribution Albany, GA

Subj: PERIODIC INDUSTRIAL HYGIENE SURVEY OF THE DEFENSE LOGISTICS  
AGENCY DISTRIBUTION ALBANY GEORGIA

Ref: (a) OPNAVINST 5100.23G

Encl: (1) Executive Summary  
(2) Industrial Hygiene Survey Report (AL19009)

1. A periodic Industrial Hygiene Survey of the Defense Logistics Agency Distribution Albany, Georgia was conducted on 7 & 14 January 2019 as required by reference (a). Enclosures (1) and (2) are provided for your information.

2. The point of contact is Mr. Bryan S. Arwood of the Naval Branch Health Clinic Albany Industrial Hygiene Division, at 229-639-7846 or email: bryan.s.arwood.civ@mail.mil.

T. R. WALKER  
By direction

Copy to:  
MCLB Risk Management Office, MCLB Albany  
Safety Officer, DLA Distribution Albany

**PERIODIC INDUSTRIAL HYGIENE SURVEY  
PROGRAM EVALUATION SUMMARY  
DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY  
ALBANY, GEORGIA  
REPORT NUMBER: AL19009  
JANUARY 2019**

New or Significantly Modified Work Center Operations/Processes?

Comments:

The following changes have been identified since the last survey conducted December 2016:

- A need for ergonomic controls have been identified in the Box Shop for wood workers (see executive summary).
- DLA Operations Branch- Box Shop & Transportation/Traffic were statistically evaluated to make a determination regarding employee enrollment into the Hearing Conservation Program (HCP). Personnel assigned to these shops are potentially subject to noise exposure at/above the DoD occupational exposure limit (OEL) of 85dBA.
- Numerous warehouse areas were found to be poorly lit, to include whole areas absent of functional lighting other than an open warehouse bay door. A portion of these area contained personnel conducting administrative and materials handling duties.
- Interviews with personnel assigned to Bldg. 1220 Retail Operations disclosed the conspicuous absence of running water—to include functional plumbing. Per employee statements taken during the routine Industrial Hygiene survey this has been the case since 2008. Employees do not have a source of potable drinking water nor functional toilets.

**Safety and Occupational Health (SOH) Program Findings and Recommendations**

**Ref: OPNAVINST 5100.23G**

**1. Medical Surveillance Program Status.**

- ☐ No Medical Surveillance is Recommended.  
☒ Medical Surveillance is Recommended.

Comments:

- The Medical Surveillance Program Summary, attachment (3) summarizes medical surveillance requirements.

**2. Hazardous Material Control and Management (HMC&M) Program (Chapter 7):**

AUL	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> N/A	Accurate <input checked="" type="checkbox"/> Y <input type="checkbox"/> N (where spot checked)
SDS Files	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N <input type="checkbox"/> N/A	Accurate <input checked="" type="checkbox"/> Y <input type="checkbox"/> N (where spot checked)
HAZMAT Training Required?	<input checked="" type="checkbox"/> Y <input type="checkbox"/> N	
Other (lead, asbestos, etc.):	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	

Comments:

- Ensure HAZCOM training is conducted on an annual basis and as new hazards are introduced for all work centers. Training should include training on specific hazards and OSHA's new Globally Harmonized System of Classification and Labeling of Chemicals (GHS).

**3. Respiratory Protection Program (Chapter 15):**

Are respirators used to control workplace exposures?	<input type="checkbox"/> Y <input checked="" type="checkbox"/> N	<input type="checkbox"/> Voluntary Use
Are they effective?	<input type="checkbox"/> Y <input type="checkbox"/> N	<input checked="" type="checkbox"/> N/A
Is the Respiratory Protection Program satisfactory?	<input type="checkbox"/> Y <input type="checkbox"/> N	<input type="checkbox"/> Marginal <input checked="" type="checkbox"/> N/A
ESAMS agrees with medical surveillance recommendations?	<input type="checkbox"/> Y <input type="checkbox"/> N	<input checked="" type="checkbox"/> N/A

Comments:

- Respirator use is not required for operations/processes performed in this shop/command.

4. Noise and Hearing Conservation Program (HCP) (Chapter 18):

Are personnel recommended for the HCP?

☒ Y ☐ N

Are personnel receiving audiograms?

☒ Y ☐ N ☐ Not All ☐ N/A

Is hearing protection readily available?

☒ Y ☐ N ☐ N/A

Is hearing protection used?

☐ Y ☐ N ☐ N/A ☒ Not observed

Are hearing protection devices adequate?

☒ Y ☐ N ☐ N/A

ESAMS agrees with medical surveillance recommendations?

☐ Y ☐ N ☐ N/A

Comments:

- Shop personnel are potentially subject to noise above the DoD criterion for hazardous noise of 85 dBA as an 8-hour Time-Weighted Average (TWA) on a routine basis and should continue participation in the command's Hearing Conservation Program. If any worker enters a noise hazard area or uses noise hazard equipment, they should wear the appropriate hearing protection. Ensure that hearing protection use is strictly enforced throughout the work center.
- A list of hazardous noise measurements and areas, and required HPDs are listed in attachment (5).
- NAVMC DIR 5100.8 11005. Safety and occupational health managers will coordinate with the MTF to verify individuals are on medical surveillance and examinations are up-to-date, as required for their respective programs using ESAMS.

5. Personal Protective Equipment (PPE) (Chapter 20).

Is PPE required for the job? ☒ Y ☐ N

Is PPE provided? ☒ Y ☐ N ☐ Not All ☐ N/A

Comments:

- Personnel are provided personal protective equipment for the various operations performed.
- Ensure PPE is being stored and cleaned properly per manufacturer guidelines.

6. Lead Control Program (Chapter 21).

Is lead used in the workplace?

☐ Y ☒ N

Is exposure to lead in excess of the action level (AL)?

☐ Y ☐ N ☒ N/A

Comments: None.

7. Ergonomics (Chapter 23):

Ergonomic risk factors were identified pertaining to:

☒ Shop work

☒ Office/Computer work

Available equipment/furniture incorporates good ergonomic design?

☒ Y ☐ N ☐ N/A

Ergonomic training recommended?

☒ Y ☐ N

Comments:

- Personnel throughout the Operations Branch may be required to move/lift/carry heavy objects. This is usually alleviated by using forklifts; however personnel should be aware of the dangers of performing heavy lifting without assistance or the proper techniques.
- Office areas in each shop was typically equipped with cubicle or executive styled desks. In general, the desks had round edges and keyboards and mice were placed on the desktop. A few of the keyboards had gel pads or wrist rests in front of them to help maintain the wrists in the optimal neutral position and prevent a pressure point between the wrists and desk edge. A more detailed assessment is documented in each shop's IHA.
- Attachment (7) illustrates the optimum computer station setup and placement of the screen, hands, wrists, etc.

<p>8. Management of Reproductive hazards (Chapter 29):</p> <p>Reproductive Hazards Present?    <input checked="" type="checkbox"/> Y   <input type="checkbox"/> N</p> <p>Comments:</p> <p>Reproductive hazards listed in OPNAVINST 6000.1C or NMCPHC-TM-OEM 6260.01C have been identified in this workcenter. It is recommended that, wherever possible, the workcenter reduce, minimize, and/or eliminate the reproductive hazards and personnel exposure. Reproductive hazards are specifically identified for all operations addressed in attachment (2) and is summarized below:</p> <ul style="list-style-type: none"> <li>• Reproductive hazards are specifically identified for all operations addressed in attachment (2). They include: noise, carbon monoxide, heavy lifting, heat stress and ionizing radiation.</li> </ul>
<p>9. Management of Carcinogenic hazards:</p> <p>Cancer Causing Hazards Present?    <input type="checkbox"/> Y   <input checked="" type="checkbox"/> N</p> <p>Comments: None</p>
<p>10. Other Applicable Programs:</p> <p><input type="checkbox"/> Asbestos Control (Chapter 17)</p> <p><input type="checkbox"/> Non-ionizing radiation (Chapter 22)</p> <p><input checked="" type="checkbox"/> Ventilation</p> <p><input type="checkbox"/> PCBs (Chapter 25)</p> <p><input type="checkbox"/> Bloodborne Pathogens (Chapter 28)</p> <p><input type="checkbox"/> Other</p> <p>Comments:</p> <ul style="list-style-type: none"> <li>• The Ventilation Evaluation Summary is included in Attachment (4).</li> </ul>
<p>11. Exposure Monitoring Plan (EMP):</p> <p><input checked="" type="checkbox"/> Exposure Monitoring needs were identified.</p> <p><input type="checkbox"/> No Exposure Monitoring needs were identified.</p> <p>Comments: Attachment (6) provides the current Exposure Monitoring Plan.</p>
<p>Additional Comments: None.</p>

## EXECUTIVE SUMMARY

A periodic Industrial Hygiene Survey of the Defense Logistics Agency, Distribution Albany, Georgia was conducted on 7 & 14 January 2019 by Mr. Bryan S. Arwood, Industrial Hygienist, Naval Branch Health Clinic, Albany. The purpose of this survey was to identify health hazards present, assess actual health risk, and recommend controls where needed, as well as to assess your Occupational Health program status. No formal response to Industrial Hygiene is needed, although the Safety Manager may specify recommendations made in this report as items for mandatory corrective action. Following is a summary of major findings and recommendations. Detailed findings, observations and recommendations are provided in enclosure (2) and its associated attachments.

**Item: *Hazard Assessments.*** Since the previous industrial hygiene (IH) survey in December 2016, the following recommendations have been annotated continued below. This survey consisted of a walk-through evaluation of the work areas, sampling as required and employee interviews, as appropriate, to assist in the industrial hygiene assessment.

**Recommended Action:** Please review the program summaries in Attachment (1) and the individual work center hazard assessments in Attachment (2) for more details on all identified hazards. If there are any changes in work operation from what is described in this report, or if a focused health hazard evaluation of a specific work operation or new project is needed, please contact Mr. Bryan S. Arwood of the Naval Branch Health Clinic Albany Industrial Hygiene Division, at 229-639-7846 or bryan.s.arwood.civ@mail.mil.

**Item: *Ergonomic Controls-Operations Branch Box Shop.***

- Personnel performing tasks within DLA Operations Branch-Box Shop routinely perform daily woodworking operations, up to a full workday. Personnel within this shop manufacture crates for the packing and storage of goods. Lumber is kept on site and cut to the specifications required for shipment/storage. This process of woodworking requires staff to lift and carry large, heavy pieces of wood. While a two-man lift technique mitigates some scenarios where work-related musculoskeletal disorders may occur, it does not mitigate the risk(s) from repeated overhead reaching and dynamic posture required in this process.
- Certain shop operations require the use of impact wrenches for crating/uncrating material. Depending on the operation tempo this can occur with intermittent frequency, with only standard work gloves provided.

**Recommended Action:**

- It is recommended a vacuum lifting system be implemented to assist with the handling of heavy, awkward pieces of lumber (e.g. Anver® Material Handler Vacuum Lifts). These systems are ideal where fast repetitive handling of heavy and/or awkward loads are routine. Most options may be implemented in settings where there are tight space requirements, offer single operator control, and require very low maintenance.

- Full Finger, anti-vibration gloves are recommended for use with impact wrenches and for use with equipment where there is significant vibration from handheld machines. Ensure that the gloves meet ISO 10819:1996 and ANSI S2.73.

**Reference:** OPNAVINST 5100.23G, Chapter 2 and 29 CFR OSHA 1910.900 Ergonomic Program Standard.

**Item:** *Hearing Conservation Program and Hazardous Noise.* Personal noise dosimetry data had been acquired for DLA Operations Branch- Box Shop & Transportation/Traffic. Based on that data, statistically, personnel assigned to these shops are potentially subject to noise exposure at/above the DoD occupational exposure limit (OEL) of 85dBA. Personnel enrollment into the Hearing Conservation Program (HCP) is required.

**Recommended Action:** Occupational Health and Audiology agree that those personnel assigned to DLA Operations Branch- Box Shop & Transportation/Traffic. Personnel should remain enrolled in the HCP until further sampling can support their termination.

**Reference:** OPNAVINST 5100.23G Chapter 18 and MCO 6260.3A.

**Item:** *Lighting/Illumination.* Numerous warehouse areas were found to be poorly lit, to include whole areas absent of functional lighting other than an open warehouse bay door. A portion of these areas contained personnel conducting administrative and materials handling duties.

**Recommended Action:** The Industrial Hygiene Program Office will be conduct an illumination survey for these areas and findings provided to DLA Distribution Albany Safety POC for their record and awareness.

**Reference:** OPNAVINST 5100.23G Chapter 13, 29 CFR OSHA 1926.56 Illumination, UFC 3-530-01 Interior and Exterior Lighting Systems and Controls.

**Item:** *Restrooms and Sanitation Requirements.* Interviews with personnel assigned to Bldg. 1220 Retail Operations disclosed the conspicuous absence of running water—to include functional plumbing. Per employee statements taken during the routine Industrial Hygiene survey this has been the case since 2008. Employees do not have a source of potable drinking water nor functional toilets. Personnel are having to leave there assigned work location to find these basic amenities. One toilet onsite was found to have been used without the ability to flush.

**Recommended Action:** OSHA requires employers to provide all workers with sanitary and immediately-available toilet facilities (a.k.a. restrooms). The sanitation standards are intended to ensure workers do not suffer adverse health effects than can results if toilets are not sanitary and/or not available when needed.

**Reference:** 29 CFR OSHA 1910.141, 29 CFR 1926.51, and 29 CFR 1928.110

**PERIODIC INDUSTRIAL HYGIENE SURVEY  
DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY  
ALBANY, GEORGIA  
REPORT NUMBER: AL19009**

Ref: (a) OPNAVINST 5100.23G, *Navy Safety and Occupational Health Program Manual*  
(b) NAVMC 5100.8, *Marine Corps Occupational Safety and Health (OSH) Program Manual*  
(c) Navy and Marine Corps Public Health Center (NMCPHC) Industrial Hygiene Field Operations Manual (IHFOM)

Att: (1) Program Evaluation Summary  
(2) Individual Hazard Assessment  
(3) Medical Surveillance Summary  
(4) Industrial Ventilation Systems Evaluations Summary  
(5) Noise Survey and Hearing Protection Requirements and Personal Noise Sampling Results Summary  
(6) Exposure Monitoring Plan  
(7) Neutral Posture for Computer Use/Computer Breaks  
(8) Customer Satisfaction Survey

1. **Introduction.** Per reference (a) and (b), a periodic industrial hygiene survey of the Defense Logistics Agency Distribution Albany, Georgia was conducted on 7 & 14 January 2019 Mr. Bryan S. Arwood, Industrial Hygienist, Naval Branch Health Clinic, Albany. This survey consisted of a walk-through evaluation of the work areas, a review of the operations and the hazards associated and employee interviews, as appropriate, to assist in the industrial hygiene assessment.

2. **Report Contents.** Reference (a) requires that each Navy workplace, or naval base supported DOD workplace, be thoroughly evaluated in order to accurately identify and quantify all potential health hazards. This report fulfills that requirement. An evaluation summary of Safety and Occupational Health (SOH) programs, control measures, and hazard evaluations is provided in attachment (1). The updated Individual Hazard Assessments for surveyed workcenter(s) are provided in attachment (2). Medical surveillance recommendations are provided in attachment (3). The Exposure Monitoring Plan, provided in attachment (4), details the operations/processes on which more information is required in the form of periodic sampling. Attachment (5), the Neutral Posture for Computer Use/Computer Breaks, can be used for training personnel in utilizing their computer workstations ergonomically. Attachment (6) is a Customer Satisfaction Survey, so that you may critique the services provided.

3. **Design Reviews.** Per reference (a), industrial hygienists should participate in the review of plans and specifications for local projects, standard operating procedures, purchasing transactions, and contracts which involve, or could create, exposure to potential health hazards, such as toxic materials, radiation, noise, or other health hazards. Cognizant facilities management and/or occupational health and safety personnel should ensure that the supporting

industrial hygienist is made aware of such plans and specifications and that they are made available for his/her review.

**4. Re-evaluation Schedule and Changes in the Workplace.** Please retain this report on file and post a copy in a common work area for personnel to review. IH surveys had historically been accomplished with an established survey frequency based on the nature of operations at the Activity/Command in accordance with reference (a). Survey periodicity is now scheduled at the command or shop level in accordance with reference (b). Ratings and associated survey frequency are now listed on individual work center assessment(s) within this report and reflect as High (annual), Moderate (biennial), or Low (quadrennial) hazard category. Shop periodicity will be continually re-assessed during future IH surveys. The following table provides the shop hazard category and re-evaluation schedule for the workcenter(s).

Work Center	Hazard Category <sup>(1)</sup>	Next Survey Due (Mon/Yr)
Administrative Branch	2 (Low)	December 2021
Operations Branch Head	3 (Low)	December 2023
Operations Branch-Box Shop	2 (Moderate)	December 2021
Operations Branch-Inventory	2 (Moderate)	December 2021
Operations Branch-Retail	2 (Moderate)	December 2021
Operations Branch-Transportation/Traffic	2 (Moderate)	December 2021
Operations Branch-Warehouse	2 (Moderate)	December 2021
Operations Branch-Weapons	2 (Moderate)	December 2021

(1) Hazard categories are based on a consideration of health risk of identified chemical stressors and potential of these stressors to exceed Navy occupational exposure limits, ACGIH Threshold Limit Values, or OSHA substance-specific standards. Hazard category determination protocol is spelled out in reference (b), Chapter 2. Industrial Hygiene has discretion to conduct surveys more often than the minimum frequencies listed above.

Any significant changes in the type of operations currently performed, current workplace setting, new equipment acquired, or change in the kinds or amounts of chemical used, as identified in the survey, will result in a need for an immediate re-evaluation of the affected area. Industrial Hygiene, Naval Branch Health Clinic Albany at 229-639-7846 should be notified in the event of any significant operational changes as described above so that a prompt re-evaluation can be completed.



**TABLE OF CONTENTS**  
**INDUSTRIAL HYGIENE SURVEY**  
**WORKCENTER SPECIFIC EVALUATIONS FOR**  
**DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY**  
**ALBANY, GEORGIA**  
**REPORT NUMBER: AL19009**

<b>DEPARTMENTS/WORKCENTERS</b>	<b>Page</b>
Administrative Branch	2
Operations Branch Head	3
Operations Branch-Box Shop	4
Operations Branch-Inventory	6
Operations Branch-Retail	8
Operations Branch-Transportation/Traffic	10
Operations Branch-Warehouse	13
Operations Branch-Weapons	16

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Administrative Branch SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) PHONE: 229-639-6387 TOTAL PERSONNEL: 25 (Civ: 25) MALE: 16 FEMALE: 9	
SHOP OPERATIONS: The DLA Distribution Albany is the primary source of wholesale and retail storage and distribution of secondary repair parts and expendables for the Marine Corps Logistics Command. The administrative branch includes the Director, Deputy Director and the following support groups: Support Services, Accountable Office, Safety Officer, System Analyst, Security, Admin Support including the management analysts and QAE including the general supply specialists.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  1. <u>Admin Support</u> : Personnel work in an office setting and therefore should not be exposed to hazardous noises.  2. <u>Inventory Account Team (IAT)</u> : The IAT performs periodic visits of the work areas. This may include working near hazardous noise sources.	1. 20  2. 5	1. & 2. Daily Up to 8 hrs	1. N/A  2. PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96dBA.	1. <b>ACCEPTABLE.</b> Personnel are not exposed to hazardous noise.  2. <b>UNKNOWN. Acceptable expected.</b> Personnel sampling for this process has been added to the EMP. Personnel should be enrolled into the HCP until further testing can be conducted.  <b>Medical surveillance for Noise (503) is required.</b>  <i>* Noise is a recognized developmental reproductive hazard.</i>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  Personnel primarily work at a desk performing professional/administrative tasks. This can include long hours at a desk/computer.	25	Daily Up to 8 hrs	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the local safety officer.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				
2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch Head SHOP HAZARD PRIORITY RATING: 3			POC: Richard Tietz PHONE: 229-639-7689 TOTAL PERSONNEL: 1 (Civ: 1) MALE: 1 FEMALE: 0	
SHOP OPERATIONS: This includes the branch head of the Operations Branch, which is responsible for each of the sections under him addressed in separate IHAs.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  Personnel work in an office setting and therefore should not be exposed to hazardous noises.	1	N/A	N/A.	<b>ACCEPTABLE.</b> Personnel are not exposed to hazardous noise.  <i>* Noise is a recognized developmental reproductive hazard.</i>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  Personnel primarily work at a desk performing professional/administrative tasks. This can include long hours at a desk/computer.	1	Daily Up to 8 hrs	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the local safety officer.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				
2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

INDIVIDUAL HAZARD ASSESSMENT			DATE: 7 & 14 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Box Shop SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) PHONE: 229-639-6387 TOTAL PERSONNEL: 4 (Civ: 4) MALE: 4 FEMALE: 0	
SHOP OPERATIONS: This section is part of the Operations Branch and is responsible for building custom wooden crates used for shipping and storage of large equipment and machinery bldg. 1221 bay 2.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
<b>Woodworking: Noise*</b>  Personnel use a variety of large industrial table saws, band saws, planers, staple guns, impact wrenches and variety of other specialized cutting equipment when building custom wooden crates.	4	Daily 4-6 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	<b>UNACCEPTABLE.</b> Personnel work with hazardous noise producing equipment throughout the day. Personnel are recommended to be enrolled into the Hearing Conservation Plan (HCP)  <b>Medical surveillance for Noise (503) is required.</b>  <i>*Noise is a recognized developmental reproductive hazard.</i>
<b>Woodworking: Wood dust</b>  Pine lumber and plywood is used to create large crates and boxes. Additionally, large boxes are made out of press wood.  Once the material is cut to size, it is assembled at work stations using staple guns, nails guns, bolts, and/or glue/adhesive.	4	Daily 4-6 hours	ADM: Routine Shop Vac cleanup performed after shift.  LV: Local exhaust ventilation.	<b>ACCEPTABLE.</b> Personnel exposure to wood dust (total dust) in excess of the standard is not anticipated based on administrative controls and local ventilation. Wood dust is both a skin and respiratory sensitizer potentially resulting in allergic reactions such as asthma and/or dermatitis. Report any allergic reactions to Occupational Health and your safety manager.  Dry sweeping should be minimal to reduce dust exposures.  <b>Ventilation results can be found on attachment (4).</b>
<b>Heavy lifting: Work-related musculoskeletal disorders (WMSD)</b>  Lumber is stacked inside of Bay 2 by forklift and manually lifted onto the various cutting machines and work benches.	4	Daily Throughout the day	ENG: 2-man lift.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  <i>*Heavy lifting is considered a reproductive hazard.</i>
<b>Forklift operation: Carbon monoxide*</b>  Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	4	Daily Brief runs throughout the day	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <i>*Carbon monoxide is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 & 14 January 2019	
RECORDED BY: Bryan S. Arwood			POC: Jon Peacock (Safety Officer)	
COMMAND: DLA Distribution Albany			PHONE: 229-639-6387	
BLDG: 1221			TOTAL PERSONNEL: 4 (Civ: 4)	
SHOP: Operations Branch-Box Shop			MALE: 4	
SHOP HAZARD PRIORITY RATING: 2			FEMALE: 0	
SHOP OPERATIONS: This section is part of the Operations Branch and is responsible for building custom wooden crates used for shipping and storage of large equipment and machinery bldg. 1221 bay 2.				
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>CONTROLS (1)</b>	<b>EXPOSURE ASSESSMENT (2)</b>
<p>2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes:</p> <p>ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL).</p> <p>UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment.</p> <p>UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL.</p> <p>WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress.</p> <p>SKIN – The material poses a skin absorption hazard.</p> <p>REPRO HAZARD – The material is a Navy-recognized reproductive hazard.</p> <p>CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.</p>				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch Inventory SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Kenny Stocker PHONE: 229-639-6387 TOTAL PERSONNEL: 7 (Civ: 7) MALE: 2 FEMALE: 5	
SHOP OPERATIONS: This section is part of the Operations Branch and is for retail (MDMC) and wholesale material in bldg. 1240.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  Personnel work in a warehouse setting where there is the possibility to be exposed to noise.	7	Daily Up to 4 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	<b>ACCEPTABLE.</b> Personnel exposure to noise in excess of the standard is not expected based on the duration and frequency of the operation.  <i>*Noise is a recognized developmental reproductive hazard.</i>
Forklift operations: Stock Selection  Personnel may have to perform property inventory in the warehouse using a stock-selector or forklift.	Up to 7	Daily Short durations	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  Personnel work at a desk performing professional/administrative tasks. This can include long hours at a desk/computer.	Up to 7	Daily Up to 4 hrs	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the local safety officer.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			<b>DATE:</b> 7 January 2019	
<b>RECORDED BY:</b> Bryan S. Arwood <b>COMMAND:</b> DLA Distribution Albany <b>BLDG:</b> 1221 <b>SHOP:</b> Operations Branch Inventory <b>SHOP HAZARD PRIORITY RATING:</b> 2			<b>POC:</b> Jon Peacock (Safety Officer) <b>SUPERVISOR:</b> Kenny Stocker <b>PHONE:</b> 229-639-6387 <b>TOTAL PERSONNEL:</b> 7 (Civ: 7) <b>MALE:</b> 2 <b>FEMALE:</b> 5	
SHOP OPERATIONS: This section is part of the Operations Branch and is for retail (MDMC) and wholesale material in bldg. 1240.				
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>CONTROLS (1)</b>	<b>EXPOSURE ASSESSMENT (2)</b>
2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Retail SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Jerome Reeves PHONE: 229-639-6387 TOTAL PERSONNEL: 15 (Civ: 15) MALE: 9 FEMALE: 6	
SHOP OPERATIONS: This section is part of the Operations Branch for proving oversight of contractors in bldg. 1331. Personnel assist with receiving material, unloading trucks and truck drivers delivering material on base.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  Personnel work in a warehouse setting where there is the possibility to be exposed to noise.	15	Daily Intermittent less than 2 hour total	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	<b>ACCEPTABLE.</b> Personnel exposure to noise in excess of the standard is not expected based on the duration and frequency of the operation.  <i>*Noise is a recognized developmental reproductive hazard.</i>
Receiving material: Work-related musculoskeletal disorders (WMSD)  Personnel predominantly work at a computer station accounting for materials.	Up to 15	Daily Up to 6 hours	ADM: Stretch breaks to avoid long periods in the same posture.  ENG: Floor mats.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.
Unloading trucks: Work-related musculoskeletal disorders (WMSD)  Personnel work in building 1331 load/unloading trucks.	Up to 15	Daily Up to 6 hours	PPE: Steel toed shoes and safety glasses (as needed).  ADM: Proper lifting techniques.  ENG: Dolly or cart.	<b>WMSD RISK FACTORS:</b> No problems reported. There is the potential for ergonomic injuries to occur. Training is recommended.  <i>*Heavy lifting is considered a reproductive hazard.</i>
Forklift operations: Carbon monoxide*  Personnel work in building 1331 load/unloading trucks. This can include the use of forklifts.	Up to 15	Daily Short durations	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <i>*Carbon monoxide is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>



<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Retail SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Jerome Reeves PHONE: 229-639-6387 TOTAL PERSONNEL: 15 (Civ: 15) MALE: 9 FEMALE: 6	
SHOP OPERATIONS: This section is part of the Operations Branch for proving oversight of contractors in bldg. 1331. Personnel assist with receiving material, unloading trucks and truck drivers delivering material on base.				
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>CONTROLS (1)</b>	<b>EXPOSURE ASSESSMENT (2)</b>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  The two supervisors and admin support under the retail section work at desks performing administrative tasks for the majority of the day.	7	Daily Up to 8 hours	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the local safety officer.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				
2. EXPOSURE ASSESSMENT refers to “Potential” exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 07 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221/1322 SHOP: Operations Branch-Transportation/Traffic SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Eric Krauss PHONE: 229-639-5874 TOTAL PERSONNEL: 9 (Civ: 9) MALE: 6 FEMALE: 3	
SHOP OPERATIONS: This section is part of the Operations Branch and includes the Transportation Supervisor and transportation assistants (5 Civ.) that track the movement of materials and ordering trucks in bldg. 1221 bay 5 offices. The remaining personnel (distribution process workers) (2 Civ) are responsible for loading/offloading trucks in bldg. 1221 bay 5 with a forklift.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  Load/offload-Distribution process workers: Personnel work in building 1221 using forklifts to load/unload trucks.	9	Daily Up to 6 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	<b>ACCEPTABLE.</b> Personnel's exposure to noise on a normal basis is not considered to be hazardous for extended periods of time. Additional samples will need to be collected to better assess the exposure potential.  <i>*Noise is a recognized developmental reproductive hazard.</i>
Load/offload-Distribution process workers: Work-related musculoskeletal disorders (WMSD)  Personnel work in building 1221 load/unloading trucks.	Up to 9	Daily Up to 6 hours	PPE: Steel toed shoes and safety glasses (as needed).  ADM: Proper lifting techniques.  ENG Dolly or cart.	<b>WMSD RISK FACTORS:</b> No problems reported. There is the potential for ergonomic injuries to occur. Training is recommended.  <i>*Heavy lifting is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>
Forklift operations: Carbon monoxide*  Personnel work in building 1221 load/unloading trucks. This can include the use of forklifts.	Up to 9	Daily Short durations	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <i>*Carbon monoxide is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 07 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221/1322 SHOP: Operations Branch-Transportation/Traffic SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Eric Krauss PHONE: 229-639-5874 TOTAL PERSONNEL: 9 (Civ: 9) MALE: 6 FEMALE: 3	
SHOP OPERATIONS: This section is part of the Operations Branch and includes the Transportation Supervisor and transportation assistants (5 Civ.) that track the movement of materials and ordering trucks in bldg. 1221 bay 5 offices. The remaining personnel (distribution process workers) (2 Civ) are responsible for loading/offloading trucks in bldg. 1221 bay 5 with a forklift.				
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>CONTROLS (1)</b>	<b>EXPOSURE ASSESSMENT (2)</b>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  The supervisor and assistants work at desks performing administrative tasks.	5	Daily Up to 6 hours	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the local safety officer.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				
2. EXPOSURE ASSESSMENT refers to “Potential” exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Warehouse SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) PHONE: 229-639-6387 TOTAL PERSONNEL: 53 (Civ: 53) MALE: 27 FEMALE: 8	
SHOP OPERATIONS: Personnel assigned to Warehousing Operations can be rotated throughout the Shop Processes. DPW5 personnel receive cross training to ensure occupational placement based up daily requirements. <b>Pack:</b> Supervisor: Eduardo Dozier. Personnel are responsible for packing the bulk items in bldg. 1220 bay 4 and 1230. <b>Receiving/Receipts:</b> Supervisor: Aundra Hines. Personnel account for all material that comes into the warehouse and inputs it into a computer located in bldg.1221. There are also material identifies that specialize in researching unidentified material. <b>Warehousing:</b> Supervisor: Tony King. Personnel are responsible for stocking and pulling material from shelves in bldg. 1221 bay 1-3. <b>Special Operations:</b> Supervisor: Eduardo Dozier. Personnel build various types of kits and either boxes it up or uses a heating machine to make bags. This includes Packing Preservation Special Materials (PPPM) and Electrostatic Discharge (ESD). Heavy Lift and Ramp Supervisor: Greg Mayo. Personnel in bldg. 1322 that use cranes and riggers to load/offload rail, flat beds and full loads from trucks.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  1. Personnel work in a warehouse setting using forklifts and/or stock selectors and therefore a potential for noise.  2. Heavy Lift and Ramp: Personnel use various heavy mobile pieces of equipment to load/unload rail, flat beds and full load trucks. Personnel also use a nail gun on occasion when placing a block and brace in place on a truck to secure loads.	1. 46  2. 6	Daily Up to 6 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	1. <b>ACCEPTABLE.</b> Personnel's exposure to noise on a normal basis is not considered to be hazardous for extended periods of time. Samples will need to be collected to better assess the exposure potential.  2. <b>UNACCEPTABLE.</b> Personnel work with hazardous noise producing equipment throughout the day. Personnel are recommended to be enrolled into the Hearing Conservation Plan (HCP)  <b>Medical surveillance for Noise (503) is required.</b>  <i>*Noise is a recognized developmental reproductive hazard.</i>
Shop operations: Thermal Stress*  Personnel work in non-air conditioned large bays. During summer months, fans and spot coolers are used.	All	Daily Up to 8 hours	ENG: Spot coolers and fans.  ADM: Ensure personnel keep hydrated.	<b>ACCEPTABLE:</b> Personnel should take rests in air conditioned areas as needed during high heat conditions.  <i>*Heat Stress is a NMCPHC listed reproductive hazard.</i>

<b>INDIVIDUAL HAZARD ASSESSMENT</b>		DATE: 7 January 2019		
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Warehouse SHOP HAZARD PRIORITY RATING: 2		POC: Jon Peacock (Safety Officer) PHONE: 229-639-6387 TOTAL PERSONNEL: 53 (Civ: 53 ) MALE: 27 FEMALE: 8		
<p><b>SHOP OPERATIONS: Personnel assigned to Warehousing Operations can be rotated throughout the Shop Processes. DPW5 personnel receive cross training to ensure occupational placement based up daily requirements.</b></p> <p><b>Pack:</b> Supervisor: Eduardo Dozier. Personnel are responsible for packing the bulk items in bldg. 1220 bay 4 and 1230.</p> <p><b>Receiving/Receipts:</b> Supervisor: Aundra Hines. Personnel account for all material that comes into the warehouse and inputs it into a computer located in bldg. 1221. There are also material identifies that specialize in researching unidentified material.</p> <p><b>Warehousing:</b> Supervisor: Tony King. Personnel are responsible for stocking and pulling material from shelves in bldg. 1221 bay 1-3.</p> <p><b>Special Operations:</b> Supervisor: Eduardo Dozier. Personnel build various types of kits and either boxes it up or uses a heating machine to make bags. This includes Packing Preservation Special Materials (PPPM) and Electrostatic Discharge (ESD). Heavy Lift and Ramp Supervisor: Greg Mayo. Personnel in bldg. 1322 that use cranes and riggers to load/offload rail, flat beds and full loads from trucks.</p>				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Supplies and Materials handling: Work-related musculoskeletal disorders (WMSD)-heavy lifting*  1. Pack-Packing:  Personnel work in the warehouses and may have to lift/move heavy boxes.  2. Receiving/Receipts - Receipting  Personnel account for all material.  3. Warehousing - Stocking and pulling items  Personnel account for all material.  4. Special Operations- Packing/Heavy Lift and Ramp  Personnel build various types of kits and either boxes it up or uses a heating machine to make bags.	1. Up to 13  2. Up to 10  3. Up to 19  4. Up to 13	Daily Up to 6 hours	PPE: Steel toed shoes and safety glasses (as needed).  ADM: Proper lifting techniques.  ENG: Dolly or cart.	<b>1-4. WMSD RISK FACTORS:</b> No problems reported. There is the potential for ergonomic injuries to occur. Training is recommended.  <i>*Heavy lifting is considered a reproductive          hazard.</i>

INDIVIDUAL HAZARD ASSESSMENT		DATE: 7 January 2019		
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1221 SHOP: Operations Branch-Warehouse SHOP HAZARD PRIORITY RATING: 2		POC: Jon Peacock (Safety Officer) PHONE: 229-639-6387 TOTAL PERSONNEL: 53 (Civ: 53) MALE: 27 FEMALE: 8		
<p><b>SHOP OPERATIONS:</b> Personnel assigned to Warehousing Operations can be rotated throughout the Shop Processes. DPW5 personnel receive cross training to ensure occupational placement based up daily requirements.</p> <p><b>Pack:</b> Supervisor: Eduardo Dozier. Personnel are responsible for packing the bulk items in bldg. 1220 bay 4 and 1230.</p> <p><b>Receiving/Receipts:</b> Supervisor: Aundra Hines. Personnel account for all material that comes into the warehouse and inputs it into a computer located in bldg. 1221. There are also material identifies that specialize in researching unidentified material.</p> <p><b>Warehousing:</b> Supervisor: Tony King. Personnel are responsible for stocking and pulling material from shelves in bldg. 1221 bay 1-3.</p> <p><b>Special Operations:</b> Supervisor: Eduardo Dozier. Personnel build various types of kits and either boxes it up or uses a heating machine to make bags. This includes Packing Preservation Special Materials (PPPM) and Electrostatic Discharge (ESD). Heavy Lift and Ramp Supervisor: Greg Mayo. Personnel in bldg. 1322 that use cranes and riggers to load/offload rail, flat beds and full loads from trucks.</p>				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Forklift operations: Carbon monoxide*  Personnel move/handle various materials. This can include the use of a forklift and/or stock selector.	Up to 19	Daily Short durations	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <i>*Carbon monoxide is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) and/or Weight Handling Equipment (704) is required.</b>  <b>Medical Certification for Motor Vehicle Operator (706/720) is required for the commercial truck driver in Heavy Lift and Ramp.</b>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  The supervisors work at desks performing administrative tasks.	4	Daily Up to 6 hours	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the supervisor.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				

<b>INDIVIDUAL HAZARD ASSESSMENT</b>		<b>DATE:</b> 7 January 2019	
<b>RECORDED BY:</b> Bryan S. Arwood <b>COMMAND:</b> DLA Distribution Albany <b>BLDG:</b> 1221 <b>SHOP:</b> Operations Branch-Warehouse <b>SHOP HAZARD PRIORITY RATING:</b> 2		<b>POC:</b> Jon Peacock (Safety Officer) <b>PHONE:</b> 229-639-6387 <b>TOTAL PERSONNEL:</b> 53 (Civ: 53) <b>MALE:</b> 27 <b>FEMALE:</b> 8	
<p><b>SHOP OPERATIONS:</b> Personnel assigned to Warehousing Operations can be rotated throughout the Shop Processes. DPW5 personnel receive cross training to ensure occupational placement based up daily requirements.</p> <p><b>Pack:</b> Supervisor: Eduardo Dozier. Personnel are responsible for packing the bulk items in bldg. 1220 bay 4 and 1230.</p> <p><b>Receiving/Receipts:</b> Supervisor: Aundra Hines. Personnel account for all material that comes into the warehouse and inputs it into a computer located in bldg. 1221. There are also material identifies that specialize in researching unidentified material.</p> <p><b>Warehousing:</b> Supervisor: Tony King. Personnel are responsible for stocking and pulling material from shelves in bldg. 1221 bay 1-3.</p> <p><b>Special Operations:</b> Supervisor: Eduardo Dozier. Personnel build various types of kits and either boxes it up or uses a heating machine to make bags. This includes Packing Preservation Special Materials (PPPM) and Electrostatic Discharge (ESD). Heavy Lift and Ramp Supervisor: Greg Mayo. Personnel in bldg. 1322 that use cranes and riggers to load/offload rail, flat beds and full loads from trucks.</p>			
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>EXPOSURE ASSESSMENT (2)</b>
<p>2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes:</p> <p><b>ACCEPTABLE</b> – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL).</p> <p><b>UNCERTAIN</b> – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment.</p> <p><b>UNACCEPTABLE</b> – One where the IH will expect the SEG, on average, to be exposed above the selected OEL.</p> <p><b>WMSD RISK FACTORS</b> – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress.</p> <p><b>SKIN</b> – The material poses a skin absorption hazard.</p> <p><b>REPRO HAZARD</b> – The material is a Navy-recognized reproductive hazard.</p> <p><b>CARCINOGEN</b> – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.</p>			

<b>INDIVIDUAL HAZARD ASSESSMENT</b>			DATE: 7 January 2019	
RECORDED BY: Bryan S. Arwood COMMAND: DLA Distribution Albany BLDG: 1260 Bay 5-7 SHOP: Operations Branch-Weapons SHOP HAZARD PRIORITY RATING: 2			POC: Jon Peacock (Safety Officer) SUPERVISOR: Greg Mayo PHONE: 229-639-6453 TOTAL PERSONNEL: 4 (Civ: 4) MALE: 4 FEMALE: 0	
SHOP OPERATIONS: This section is part of the Operations Branch where personnel are responsible for storing and shipping radioactive material, hazardous material (ie batteries and fire extinguishers) and ammunition.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Shop operations: Noise*  Personnel work in a warehouse setting using forklifts and therefore there is a potential for noise.	4	Daily Up to 6 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA. Double hearing protection is required for noise levels at or above 96 dBA.	<b>ACCEPTABLE.</b> Personnel's exposure to noise on a normal basis is not considered to be hazardous for extended periods of time. Samples will need to be collected to better assess the exposure potential.  <i>*Noise is a recognized developmental reproductive hazard.</i>
Storing and shipping: Work-related musculoskeletal disorders (WMSD)  Personnel are responsible for storing and shipping Hazardous Materials (Batteries, Fire extinguishers and Propane tanks).	4	Daily Up to 4 hours	ADM: Proper lifting techniques  ENG: Dolly or cart.	<b>WMSD RISK FACTORS:</b> No problems reported. There is the potential for ergonomic injuries to occur. Training is recommended.  <i>*Heavy lifting is considered a reproductive hazard.</i>  <b>Weapons and ammunition personnel will receive medical surveillance for Arms, Ammunition and Explosives per MCO 5530.14.</b>
Forklift operations: Carbon monoxide*  Personnel may use a forklift to move items.	4	Daily Short durations	ADM: Forklifts are not allowed to idle within warehouse. Warehouse doors are open when in operation.	<b>ACCEPTABLE.</b> No significant exposures to carbon monoxide expected based on the nature of exposure as described as well as amounts exposed.  <i>*Carbon monoxide is considered a reproductive hazard.</i>  <b>Medical Certification for Forklift Operator/Material Handling Equipment (710) is required.</b>
Radiation source assessment: ionizing radiation*  Performs radiation safety inspections of the warehouse and shipments using multifunction RAD sources kit (MX-12133/S) which contains low level radiation sources.	4	At a minimum monthly Up to 1 hour	ADM: Time and distance.	<b>ACCEPTABLE:</b> Based on operations and procedures.  <i>* Ionizing radiation is known reproductive hazards.</i>



<b>INDIVIDUAL HAZARD ASSESSMENT</b>			<b>DATE:</b> 7 January 2019	
<b>RECORDED BY:</b> Bryan S. Arwood <b>COMMAND:</b> DLA Distribution Albany <b>BLDG:</b> 1260 Bay 5-7 <b>SHOP:</b> Operations Branch-Weapons <b>SHOP HAZARD PRIORITY RATING:</b> 2			<b>POC:</b> Jon Peacock (Safety Officer) <b>SUPERVISOR:</b> Greg Mayo <b>PHONE:</b> 229-639-6453 <b>TOTAL PERSONNEL:</b> 4 (Civ: 4) <b>MALE:</b> 4 <b>FEMALE:</b> 0	
<b>SHOP OPERATIONS:</b> This section is part of the Operations Branch where personnel are responsible for storing and shipping radioactive material, hazardous material (ie batteries and fire extinguishers) and ammunition.				
<b>OPERATIONS AND POTENTIAL HEALTH HAZARDS</b>	<b>NUMBER OF WKRS</b>	<b>FREQUENCY /DURATION OF EXPOSURE</b>	<b>CONTROLS (1)</b>	<b>EXPOSURE ASSESSMENT (2)</b>
Professional/administrative duties: Work-related musculoskeletal disorders (WMSD) (static postures)  Personnel work at desks for long periods of time performing professional/administrative tasks.	4	Daily Up to 5 hours	ADM: Stretch breaks to avoid long periods in the same posture.	<b>WMSD RISK FACTORS.</b> No ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough.  Gel pads or wrist rests should be employed in front of the keyboards to help maintain a neutral wrist and keep the wrist off of the hard edge of the desk. As chairs are replaced, consideration should be given to purchasing ergonomic chairs with adjustable lumbar support and arm rest height. ErgoGenesis, BodyBilt chairs are an approved GSA source.  Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring.  Any ergonomic-related injury should be reported to the supervisor.
1. USE THE FOLLOWING CONTROL CODES: ADM – Administrative Controls      PPE – Personal Protective Equipment      ISO – Isolation DV – Dilution Ventilation      ENG – Engineering Controls      LV – Local Ventilation				
2. EXPOSURE ASSESSMENT refers to "Potential" exposure and does not take PPE such as respiratory protection or hearing protection into account. Use the following exposure codes: ACCEPTABLE – One where the IH will not expect the similar exposure group (SEG), on average, to be above the selected occupational exposure limit (OEL). UNCERTAIN – Additional data needs to be collected to clarify the exposure assessment. The IH should make an interim exposure assessment based on observation of the process and/or professional judgment. UNACCEPTABLE – One where the IH will expect the SEG, on average, to be exposed above the selected OEL. WMSD RISK FACTORS – Work-related musculoskeletal disorder (WMSD) risks include but are not limited to force, repetition, awkward or static postures, vibration and contact stress. SKIN – The material poses a skin absorption hazard. REPRO HAZARD – The material is a Navy-recognized reproductive hazard. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, OR NTP-recognized carcinogen.				

**SUMMARY OF MEDICAL SURVEILLANCE RECOMMENDATIONS**  
**DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY**  
**ALBANY, GEORGIA**  
**REPORT NUMBER: AL19009**  
**JANUARY 2019**

Ref: (a) Medical Surveillance Procedures Manual and Medical Matrix, Edition 12, NMCPHC-TM OM 6260 (<http://www.med.navy.mil/sites/nmcphc/occupational-and-environmental-medicine/oemd/Pages/medical-surveillance-certification.aspx>).

The following table summarizes identified medical surveillance recommendations.

WORKCENTER	WORK PROCESSES	MEDICAL SURVEILLANCE	ESTIMATED # OF PERSONS
Exposure Based Medical Surveillance Recommendations			
Administrative Branch	Inventory Account Team (IAT)	Noise (503)	5
Operations Branch	Box Shop-Woodworking		4
	Warehouse-Special Operations Heavy Lift and Ramp		6
Occupation Based Medical Exam Recommendations			
Operations Branch	Box Shop-Forklift operations	Forklift Operator (710) and/or Weight Handling Equipment (704)	4
	Inventory-Forklift operations		7
	Retail-Forklift operations		15
	Transportation/Traffic-Forklift operations		9
	Warehouse-Forklift operations		19
	Warehouse-Special Operations: Heavy Lift and Ramp	Motor Vehicle Operator (706/720), Forklift Operator (710) and/or Weigh Handling Equipment (704)	6
	Weapons- Storing and shipping	Forklift Operator (710) and AA&E per MCO 5530.14	4
	Retail-Truck driver	Motor Vehicle Operator (706)	4

**1. Explanation of Medical Surveillance/Certification Recommendations:** Recommendation for inclusion in a hazard-based medical surveillance program for employees involved in a given operation is based on the industrial hygienist's judgment, either through observation or knowledge of the process or representative sampling, that these employees will be routinely exposed to workplace concentrations at or above 50% of applicable OSHA standards or action levels established by Navy instruction or Federal regulation. Medical certification is required by specific Navy or Federal directive where a certain degree of physical fitness has been judged as necessary for a component of the job (i.e. respirator use) or the job itself (i.e. forklift operators or security guards). Governing references regarding certifications should be followed.

Scheduling of these personnel for examination is to be accomplished through the Occupational Medicine.

**2. New Medical Surveillance Requirements:** The Supervisor's Medical Surveillance and Certification Exam Referral form (SECNAV 5100.1T) is required to be filled out prior to personnel visiting Occupational Medicine for medical surveillance exams

([https://navalforms.documentservices.dla.mil/formsDir/\\_SECNAV\\_5100\\_1T\\_10914.pdf](https://navalforms.documentservices.dla.mil/formsDir/_SECNAV_5100_1T_10914.pdf)).

# RESULTS OF EVALUATIONS OF INDUSTRIAL VENTILATION SYSTEMS USED FOR STRESSOR CONTROL

## DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY ALBANY, GEORGIA REPORT NUMBER: AL19009 JANUARY 2019

Ref: (a) American Conference of Governmental Industrial Hygienists, *Industrial Ventilation Manual: A Manual of Recommended Practices*, 29<sup>TH</sup> Edition, 2016.

### 1. BACKGROUND

a. Providing adequate mechanical exhaust ventilation to control stressors (i.e., chemical substances and physical agents that are harmful to personnel) is known as Industrial Ventilation and is essential to protecting the health of personnel. This is especially true in interior spaces where stressors can build up if not properly exhausted. The assessment of ventilation systems for comfort (i.e., Heating, Ventilating, and Air-Conditioning (HVAC) systems) is outside the scope of this survey.

b. Industrial Ventilation falls into two categories: General or Dilution Ventilation and Local Exhaust Ventilation. Dilution ventilation, as the name implies, controls stressors to an acceptable level by allowing them to mix with large volumes of clean air but also results in low-level exposure of all space occupants to the contaminant. Dilution ventilation eventually removes the stressor but does not minimize exposure. Local exhaust ventilation is preferred for industrial processes since it removes stressors at their source before they mix with the air in the space. To function properly industrial ventilation requires an adequate amount of both exhaust and supply (i.e., make-up/replacement) air.

c. An industrial hygienist or other qualified person under their direction may perform ventilation monitoring. Results of the measurement of local exhaust ventilation systems used for contaminant control are reported in either Feet Per Minute (fpm) (e.g., for slot velocities or capture velocities) or Cubic Feet Per Minute (CFM) (e.g., for total system performance) while dilution ventilation is usually reported as either Air Changes per Hour (ACH) or the Rate of Change in minutes. ACH is the number of times per hour that a volume of air equal to the internal volume of the space is removed. Rate of change is the number of minutes that it takes to exhaust a volume of air equal to the internal volume of the space (i.e., another way of reporting ACH). Drawings and evaluations are enclosed to document the performance of ventilation systems used for stressor control.

2. **SUMMARY OF FINDINGS:** The following is a summary of ventilation findings:

SHOP	SYSTEM TESTED	MEASUREMENTS 2018	STANDARDS	STANDARDS MET
Branch Box Shop	C-1. DIEHL Ripsaw	288 CFM	Ref. (a), Table 13-95-1 Miscellaneous Woodworking Machinery Self Feed Table Rip Saw over 16 inch saw diameter.  Total exhaust flow rate 900 CFM.	NO

SHOP	SYSTEM TESTED	MEASUREMENTS 2018	STANDARDS	STANDARDS MET
Branch Box Shop (cont.)	C-5. Vista Radial Arm Saw Serial Number 824	870 CFM	Ref. (a), Print No. VS-95-03 Radial Arm Saw.  Total exhaust flow rate 430 CFM.	YES
	C-6. Vista Radial Arm Saw Serial number 825	870 CFM	Ref. (a), Print No. VS-95-02 Floor Table Saw over 16 inch blade diameter.  Total exhaust flow rate 885 CFM.	YES
	C-7. Hendricksaw Pro Panel Saw	N/A	Ref. (a), Print No. VS-95-03 Radial Arm Saw.  Total exhaust flow rate 430 CFM.	SYSTEM DOWN
	C-9. Rockwell Planer	1960 CFM	Ref. (a), Table 13-95-1 Miscellaneous Woodworking Machinery Single Planer for 24 inche knives.  Total exhaust flow rate 1100 CFM.	YES
	C-10. MOAK Vert Bandsaw	1960 CFM	Ref. (a), Print No. VS-95-01 Band Saw blade width 2 inches.  Total exhaust flow rate 700 CFM.	YES
	C-11. Cushion Pack Shredder	949.67 CFM	Based off the information from the manufacturer there should be a minimum exhaust flow rate of 1200 CFM.	YES
	C-14. Dado Table Saw	870 CFM	Ref. (a), Print No. VS-95-02 Floor Table Saw over 16 inch blade diameter.  Total exhaust flow rate 885 CFM.	YES (± 10%)
	C.-15 Hendricksaw Table Saw	2300 CFM	Ref. (a), Print No. VS-95-02 Floor Table Saw over 16 inch blade diameter.  Total exhaust flow rate 885 CFM	YES

3. Ventilation surveys will continue to be performed as required. Original ventilation survey sample sheets are on file in the Industrial Hygiene Department office.

4. Please contact the Industrial Hygiene Department (229-639-7846) should there be any action taken on the existing systems that will alter the performance of any system(s) so that new measurements can be taken.

**NOISE SURVEY WITH HEARING PROTECTION REQUIREMENTS  
AND PERSONAL NOISE SAMPLING RESULTS SUMMARY  
DEFENSE LOGISTICS AGENCY (DLA) DISTRIBUTION  
ALBANY, GEORGIA  
REPORT NO. AL19009  
JANUARY 2019**

1. BUMED NOTICE 6260, 6 April 2018, directs the Navy to follow the Department of Defense Hearing Conservation Program guidance provided in DoD Instruction 6055.12, 3 December 2010. This added the requirement that all personnel exposed to noise for one or more days per year in excess of the Occupational Exposure Limit (OEL) must be enrolled in the Hearing Conservation Program. Further, this notice changed the noise levels for which single and double hearing protection are required, the calculated protection factor or noise reduction rating (NRR) for devices used, and the way in which personal exposure dosimetry data is calculated. Areas requiring hearing protection should be appropriately labeled according to DoD requirements. Single hearing protection is now required for tasks where the noise levels are 85 dBA or greater. Double hearing protection is now required where noise levels are 96 dBA or greater. The hearing protective devices used must meet be capable of attenuating worker noise exposure below an 8-hour TWA of 85 dBA and 140 dB peak.

2. The following table identifies spaces, work tasks and equipment that require the use of hearing protection. These measurements were taken at DLA Distribution during the industrial hygiene (IH) survey. All personnel working in the area or performing the identified tasks that are exposed to sound pressure levels of **85 dB(A)** and greater must use single hearing protection. Personnel exposed to sound pressure levels of **96 dB(A)** and greater require the use of double hearing protection, as indicated by the word "Double" in the "Level of Hearing Protection Required" column.

<b>IDENTIFIED NOISE HAZARD AREA, OPERATIONS AND EQUIPMENT</b>					
<b>RESPONSIBLE WORKCENTER</b>	<b>SPACE</b>	<b>WORK TASK AND/OR CONDITIONS</b>	<b>RANGE OF MEASURED SOUND PRESSURE LEVELS (dBA)</b>	<b>NOISE RADIUS (FT)</b>	<b>HEARING PROTECTION REQUIRED</b>
Operations-Box Shop	Woodworking	Forklift Operation	82.7	N/A	None
Operations-Box Shop	Woodworking	30 Power Presser Staple Gun F350P	96.5	4	Double
Operations-Box Shop	Woodworking	M20 Sweeper	86.3	2	Single
Operations-Box Shop	Woodworking	Diehl Table Saw	89.7	2	Single
Operations-Box Shop	Woodworking	Rigid Drill R8116	85.6	2	Single
Operations-Box Shop	Woodworking	Makita Wheel Saw 9076L	90.6	2	Single
Operations-Box Shop	Woodworking	Hendrick Table Saw HC4-2600W	80.3	N/A	None
Operations-Box Shop	Woodworking	Rockwell Planar Saw	97	4	Double
Operations-Box Shop	Woodworking	Hendricks Pro Sinoc 1600 Table Saw	91	2	Single

<b>IDENTIFIED NOISE HAZARD AREA, OPERATIONS AND EQUIPMENT</b>					
<b>RESPONSIBLE WORKCENTER</b>	<b>SPACE</b>	<b>WORK TASK AND/OR CONDITIONS</b>	<b>RANGE OF MEASURED SOUND PRESSURE LEVELS (dBA)</b>	<b>NOISE RADIUS (FT)</b>	<b>HEARING PROTECTION REQUIRED</b>
Operations-Box Shop	Woodworking	Delta Shop Table Saw	97	4	Double
Operations-Box Shop	Woodworking	Invicta Delta RT40 Table Saw	91	2	Single
Operations-Box Shop	Woodworking	Cushion Pack CP 440 Cardboard Cutter	87.5	2	Single
Operations-Box Shop	Woodworking	Moak Machine/ Foundry Co Band Saw	92	3	Single
Operations-Box Shop	Woodworking	Diehl Machine Model 81-52 Table Saw	95	4	Single

3. The personal sample results listed below indicated personnel have had exposures that exceeded the Department of Defense Occupational Exposure Limit (DoD OEL). Based on personal noise dosimetry results, locations of work, and equipment used, there is the potential for noise levels to be above the DoD OEL while performing shop activities. Because of this, all personnel should continue to be enrolled in the Hearing Conservation Program.

**DEFENSE LOGISTICS AGENCY DISTRIBUTION,  
ALBANY, GA  
PERSONNEL NOISE SAMPLING RESULTS**

<b>DATE SAMPLE #</b>	<b>WORKCENTER</b>	<b>ACTIVITY</b>	<b>EXPOSURE LIMIT (dBA)</b>	<b>MEASURED 8hr-TWA EXPOSURE (dBA)</b>	<b>RESULT</b>
01/10/19 ND19018	Warehouse-Special Operations	Heavy Lift and Ramp	85	78	Below OEL
01/10/19 ND19017	Warehouse-Special Operations	Heavy Lift and Ramp	85	76	Below OEL
01/10/19 ND190120	Warehouse-Special Operations	Heavy Lift and Ramp	85	83	Below OEL
01/10/19 ND190121	Box Shop	Woodworking	85	89	<b>Over OEL</b>
01/10/19 ND19019	Box Shop	Woodworking	85	86	<b>Over OEL</b>
01/10/19 ND19022	Box Shop	Woodworking	85	89	<b>Over OEL</b>
01/10/19 ND19023	Box Shop	Woodworking	85	86	<b>Over OEL</b>
01/10/19 ND19016	Warehouse	Packing	85	81	Below OEL
09/18/2017 ND17139	Warehouse-Special Operations	Heavy Lift and Ramp	85	86	<b>Over OEL</b>
09/18/2017 ND17140	Warehouse-Special Operations	Heavy Lift and Ramp	85	86	<b>Over OEL</b>
03/28/17 ALBND17035	Box Shop	Woodworking	85	93	<b>Over OEL</b>
03/28/17 ALBND17036	Box Shop	Woodworking	85	91	<b>Over OEL</b>
05/10/2016 ALBND16112	Box Shop	Woodworking	85	92	<b>Over OEL</b>
05/10/2016 ALBND16113	Box Shop	Woodworking	85	89	<b>Over OEL</b>
05/10/2016 ALBND16115	Warehouse-Special Operations	Heavy Lift and Ramp	85	79	Below OEL

4. At the discretion of Industrial Hygiene, additional noise measurements (sound level surveys) may be obtained in work centers or noise dosimetry (personal monitoring on individuals) performed to resolve compliance issues such as the posting of hazardous noise areas, the adequacy of hearing protection devices already in use, or implementing administrative controls to bring the effective exposure to less than the DoD OEL.

5. Based on current noise dosimetry, the hearing protection devices currently in use (ear plugs-NRR 32-33 dB) are capable of attenuating worker noise exposure below the DoD OEL during normal operations. It is recommended that the shop re-emphasize the need for wearing appropriate hearing protection continually when in designated noise hazard areas and it should be ensured that hearing protection use is strictly enforced throughout the shop. The shop should also consider any means available to minimize or eliminate noise wherever possible in order to



reduce potential worker exposures. All noise hazardous areas/equipment should remain labeled with appropriate noise hazard stickers/signs. Should tasks change such that worker noise exposures are affected, notify Industrial Hygiene so that another assessment can be conducted.

6. The original sample results discussed in this attachment are on file with the Industrial Hygiene office. The workers have been notified of their sample results and the results have been recorded in their individual medical records. At this time there are no additional recommendations to be made.

**UPDATED EXPOSURE MONITORING PLAN**  
**DEFENSE LOGISTICS AGENCY DISTRIBUTION ALBANY**  
**ALBANY, GEORGIA**  
**REPORT NUMBER: AL19009**  
**JANUARY 2019**

COMMAND: DLA Distribution Albany UIC: M38441TLA	P.O.C: Jon Peacock PHONE: 229-376-1780 229-352-4651	SURVEY PERIOD: 2019 BY IHO: ARWOOD ASSIGNED TO IHT: WILLIAMS			
<b>EXPOSURE MONITORING PLAN</b>					
OPERATION AND STRESSOR TO BE MONITORED	NUMBER OF SAMPLES	I METHOD	II AREA	III FREQ	IV MAN- HOURS
Admin Branch- Inventory Account Team (IAT) Noise-Noise Dosimetry P.O.C: Jon Peacock (Safety Officer)  <b>Rationale: B</b> <span style="float: right;"><b>Priority: 2</b></span>	4	PD	HZ	1	8
IH Comments: Obtain (1) working shift on personnel assigned to the IAT conducting regular duties. IH Tech Comments:					
Admin Branch-Server Room & Operations Branch- Warehouse Noise-SLM P.O.C: Jon Peacock (Safety Officer)  <b>Rationale: C</b> <span style="float: right;"><b>Priority: 4</b></span>	5	DR	HZ	1	2.5
IH Comments: Obtain SLM at all operator positions within Bldg. 1221 server room, located in the Admin Section. For Warehouse operations obtain SLM on palletizer located in warehouse section, and SLM on the Fantuzzi, shuttle lift crane and Hyster 360 located within Heavy Lift and Ramp. IH Tech Comments:					
Operations Branch-Box Shop Ventilation P.O.C: Jon Peacock (Safety Officer)  <b>Rationale: A</b> <span style="float: right;"><b>Priority: 1</b></span>	12	DR	SZ	1	3.5
IH Comments: Perform ventilation survey on the wood working equipment local exhaust. IH Tech Comments:					
Branch Operations-Warehouse Illumination P.O.C: Mr. Peacock (Safety Officer)  <b>Rationale: B</b> <span style="float: right;"><b>Priority: 2</b></span>	As needed	DR	SZ	1	8
IH Comments: Perform noise dosimetry on GOV employee who works out of server room. IH Tech Comments:					
Monitoring Plan Completion Reviewed By:				TOTAL HOURS:	<b>22</b>

COMMAND: DLA Distribution Albany UIC: M38441TLA		P.O.C: Jon Peacock PHONE: 229-376-1780 229-352-4651		SURVEY PERIOD: 2019 BY IHO: ARWOOD ASSIGNED TO IHT: WILLIAMS			
EXPOSURE MONITORING PLAN							
OPERATION AND STRESSOR TO BE MONITORED			NUMBER OF SAMPLES	I METHOD	II AREA	III FREQ	IV MAN- HOURS
I Method of Measurement		II Area		III Frequency		IV Man-hours (Type/Number of Units/Hours)	
DR	Direct Reading	BZ	Breathing Zone	1	1x/Year	AIR: Full Shift: Each	9
IT	Indicator Tube	HZ	Hearing Zone	2	2x/Year	STEL: Up to 3 samples	1.5
F	Filter	GA	General Area	3	4x/Year	HEAT STRESS: Full Shift: Each	9
PD	Personal Dosimeter	SZ	Source Zone	4	1x/2 Years	NOISE DOSIMETRY: Full Shift: Each	9
AT	Adsorption Tube (Charcoal, Silica Gel, Etc.)	O	Other (Specify)	5	If performed	NOISE SLM: All Sources: Up to 5	2.5
W	Wipe			6	Other (specify)	VENTILATION: Hoods/Tanks/Exhausts: Each	0.5
B	Bulk Sample					VENTILATION: Air Changes: Each space	1
						VENTILATION: Each Walk-In Booth	2.5
						BREATHING AIR: Per System	2.5

**Sample Rationale:**

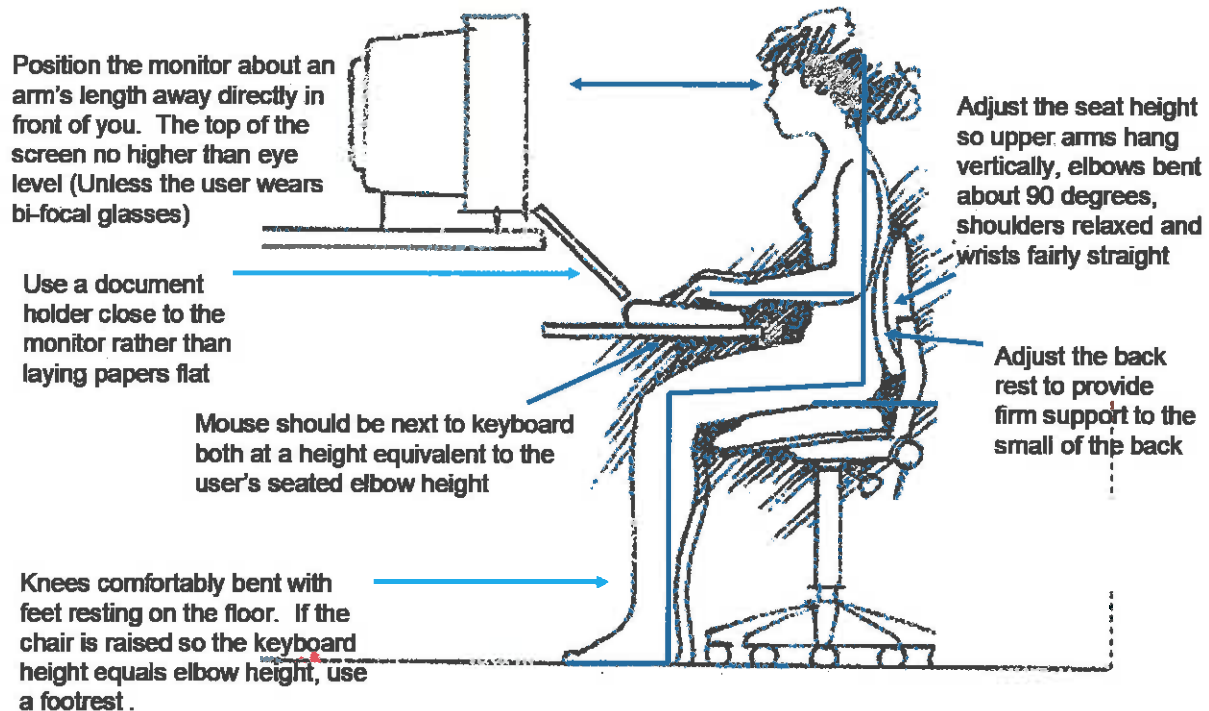
- A:** Fulfill regulatory sampling requirements.
- B:** Collect sufficient data to allow statistically valid exposure assessments.
- C:** Track workplace exposures to determine trends.
- D:** Validate professional judgments of unchanged exposure assessments.

**Priority Category:**

- Priority 1:** Needed to fulfill regulatory/instructional requirements (Federal, Navy, BUMED, etc).
- Priority 2:** Noise dosimetry and non-regulatory personal breathing zone sampling.
- Priority 3:** Other sampling needed in order to provide a more accurate or statistically valid exposure assessment.
- Priority 4:** Needed to validate professional judgments and/or to refresh existing data

Regardless of the **Priority** assigned, exposure monitoring is an essential part of the Industrial Hygiene Program for the command. Command and employee support for the sampling process is important. It is requested that every effort be given to cooperating with the personnel assigned to perform the exposure monitoring. Cooperation by both workers and supervisory personnel will expedite the sampling and minimize undue interference with work center operations.

# Neutral Posture for Computer Use



# TIME TO TAKE A COMPUTER BREAK

For every 20 minutes of computer use,  
look at an object 20 feet away for  
20 seconds. This reduces eyestrain.

Move your eyes side-to-side and  
top to bottom. This helps moisten  
your eyes and reduces eyestrain.

Close your eyes and gradually  
lower your head. This relaxes  
your eyes and neck.

Cup your eyes with your hands  
and close your eyes. Do not put  
any direct pressure on your eyes.  
This relaxes your face and  
moistens your eyes.

Extend your arms and fingers  
and rotate. This reduces stress  
on the upper extremities.

Rotate your ankles. This promotes  
blood circulation in your legs.

With your arms at your sides,  
shake your fingers. This  
relaxes your arms, hands  
and fingers.

While seated, elongate your back  
by pretending there is a cable  
attached to your head that is slowly  
pulling upwards. This will promote  
good posture and relieve some  
low back pain.

Shrug your shoulders. This eliminates  
stress from the shoulders and upper back.

Slowly pull your arms back as far as  
you can, trying to touch your shoulder  
blades together. This will reduce  
upper back stress.

**Tip:** Taking 20 second micro-breaks throughout the day to refocus your eyes will reduce fatigue at the end of the day. 20/20 rule: for every 20 minutes of work, rest the eyes 20 seconds.

# CUSTOMER SATISFACTION SURVEY

Industrial Hygiene Division  
Naval Branch Health Clinic, Albany

Command: \_\_\_\_\_ Date: \_\_\_\_\_

Please rate this survey and report by indicating the numbers below that reflect your level of satisfaction:

	Level of Satisfaction				
	Low				High
	1	2	3	4	5
1. Coordination and/or response to request					
2. Courtesy and professionalism of IH personnel					
3. IH personnel's ability to communicate clearly and openly					
4. Clarity of Report					
5. Usefulness of Report					
6. Exposure Monitoring (if applicable)					
7. Timeliness of Report					

7. How can we improve the services we are providing?

8. What other services would you like Industrial Hygiene Services to provide?

9. Additional Comments (add a separate sheet if necessary):

Name: \_\_\_\_\_ Position: \_\_\_\_\_ Shop/Codes: \_\_\_\_\_

PLEASE RETURN THIS SURVEY TO:

Head, Industrial Hygiene Division  
Naval Branch Health Clinic, Albany  
bryan.s.arwood.civ@mail.mil