



DEPARTMENT OF THE NAVY

NAVY MEDICINE READINESS AND TRAINING COMMAND

2080 CHILD STREET

JACKSONVILLE, FL 32214-5000

IN REPLY REFER TO:

6200.2

Ser 06IHZZ/0857

24 June 2020

From: Commanding Officer, Navy Medicine Readiness and Training Command Jacksonville
To: Commanding Officer, General Account and Reparable Issue Point, Supply Branch,
Albany, GA

Subj: PERIODIC INDUSTRIAL HYGIENE SURVEY OF THE GENERAL ACCOUNT AND
REPARABLE ISSUE POINT, SUPPLY BRANCH

Ref: (a) OPNAVINST 5100.23 (Series)

Encl: (1) Executive Summary
(2) Industrial Hygiene Survey Report (AL20008)

1. A Periodic Industrial Hygiene Survey of the General Account and Reparable Issue Point, Supply Branch was conducted on 2 June 2020 as required by reference (a). Enclosures (1) and (2) are provided for your information.

2. The point of contact is Mr. Bryan S. Arwood, Industrial Hygiene Division, Navy Medicine Readiness and Training Unit Albany, at (229)-639-7846 or email bryan.s.arwood.civ@mail.mil.


G. A. MOELLER
By direction

Copy to:
MCLB Albany Risk Management Office

EXECUTIVE SUMMARY

A Periodic Industrial Hygiene Survey of General Account and Reparable Issue Point, Supply Branch was conducted on 2 June 2020 by Mr. Bryan S. Arwood, Industrial Hygienist, Navy Medicine Readiness and Training Unit 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 MCLB Albany Risk Management Office or units Safety representative may specify recommendations made in this report as items for mandatory corrective action. The 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 March 2018, there have been no new operations/processes identified. 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, Industrial Hygienist, Navy Medicine Readiness and Training Unit Albany, at 229-639-7846 or bryan.s.arwood.civ@mail.mil.

Enclosure (1)

**PERIODIC INDUSTRIAL HYGIENE SURVEY
GENERAL ACCOUNT AND REPARABLE ISSUE POINT, SUPPLY BRANCH
MARINE CORPS LOGISTICS BASE ALBANY, GEORGIA
REPORT NUMBER: AL20008**

Ref: (a) OPNAVINST 5100.23 (Series), *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) Noise Survey and Hearing Protection Requirements and Personal Noise Sampling Results Summary
(5) Exposure Monitoring Plan
(6) Neutral Posture for Computer Use/Computer Breaks
(7) Customer Satisfaction Survey

1. **Introduction.** Per reference (a), a Periodic Industrial Hygiene Survey of the General Account and Reparable Issue Point, Supply Branch was conducted 2 June 2020 by Mr. Bryan S. Arwood, Industrial Hygienist, Navy Medicine Readiness and Training Unit 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). A list of the noise hazardous areas and operations and the required level of hearing protection is provided in attachment (4) along with a summary of personal noise sampling results. The Exposure Monitoring Plan, provided in attachment (5), details the operations/processes on which more information is required in the form of periodic sampling. Attachment (6), the Neutral Posture for Computer Use/Computer Breaks, can be used for training personnel in utilizing their computer workstations ergonomically. Attachment (7) 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

Enclosure (2)

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 (c). 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. General Account and Repairable Issue Point, Supply Branch is considered a Category 2 (Moderate) hazard category and therefore will be re-evaluated in June 2022.

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, Navy Medicine Readiness and Training Unit Albany at 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.

**PERIODIC INDUSTRIAL HYGIENE SURVEY
PROGRAM EVALUATION SUMMARY
GENERAL ACCOUNT AND REPARABLE ISSUE POINT, SUPPLY BRANCH
MARINE CORPS LOGISTICS BASE ALBANY, GEORGIA
REPORT NUMBER: AL20008
JUNE 2020**

New or Significantly Modified Work Center Operations/Processes?

Comments:

- There have been no significant changes since the last survey conducted March 2018.
- All operations/process were identified for each of the workcenters and are provided in the Individual Hazard Assessments (attachment (2)).

Safety and Occupational Health (SOH) Program Findings and Recommendations

Ref: OPNAVINST 5100.23 (Series)

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 ☒ Y ☐ N ☐ N/A Accurate ☒ Y ☐ N (where spot checked)

SDS Files ☒ Y ☐ N ☐ N/A Accurate ☒ Y ☐ N (where spot checked)

HAZMAT Training Required? ☒ Y ☐ N

Other (lead, asbestos, etc.): ☐ Y ☒ N

Comments:

- All HAZMAT was well organized. All HAZMAT storage was well maintained and kept free of spillage. SDSs were available for all materials.

3. Respiratory Protection Program (Chapter 15):

Are respirators used to control workplace exposures? ☐ Y ☒ N ☐ Voluntary Use

Are they effective? ☐ Y ☐ N ☒ N/A

Is the Respiratory Protection Program satisfactory? ☐ Y ☐ N ☐ Marginal ☒ N/A

ESAMS agrees with medical surveillance recommendations? ☐ Y ☐ N ☒ 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:

- All marines are potentially subject to noise above the DoD criterion for hazardous noise of 85 dBA as an 8-hour Time-Weighted Average (TWA) when performing weapons qualifications 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.
- Hearing protection devices at the firing range on base (3M Classic corded earplugs 311-1101 (NRR 29 dB) and 3M PELTOR Optime 105 H10A over the head earmuffs (NRR 30 dB)) are capable of attenuating worker noise exposure below the OEL. Hearing protection devices used in the work area on a normal basis (3M Sure Fit Moldable Foam ear plugs (NRR 32 dB) are not capable of attenuating worker noise exposure below 85dB when working with the palletizer and impact wrench, therefore it is recommended that personnel wear double hearing protection in order to provide adequate protection.
- A list of noise hazardous equipment and operations is listed in Attachment (4).

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.

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:

- Personnel are potentially exposed to lead during weapons qualification and firing. However, any exposure is judged to be minimal based on the frequency, duration and methods used.
- Although inhalation exposures to lead during weapons qualifications are expected to be well below published occupational exposure limits, OSHA regulations mandate that personnel exposed to lead at any level be provided the information in Appendices A and B of the OSHA lead standard, 29 CFR 1910.1025.

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 that work in a warehouse performing various tasks that create various ergonomic hazards such as heavy lifting. Reinforce the use of 2-man lift when assembling large or heavy items into kits for storage or shipment.
- 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.
- Attachment (6) 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: Reproductive hazards indicated in OPNAVINST 6000.1D or NMCPHC-TM-OEM 6260.01D 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 and Developmental hazards are specifically identified for all operations addressed in attachment (2).</p>
<p>9. Management of Carcinogenic hazards:</p> <p>Cancer Causing Hazards Present? <input checked="" type="checkbox"/> Y <input type="checkbox"/> N</p> <p>Comments: Carcinogens have been identified in this workcenter. It is recommended that, wherever possible, the workcenter reduce, minimize, and/or eliminate carcinogens and personnel exposure. Cancer causing hazards are specifically identified for all operations addressed in attachment (2) and are summarized below:</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 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: None.</p>
<p>11. Exposure Monitoring Plan (EMP):</p> <p><input type="checkbox"/> Exposure Monitoring needs were identified.</p> <p><input checked="" type="checkbox"/> No Exposure Monitoring needs were identified.</p> <p>Comments: None.</p>
<p>Additional Comments: None.</p>

INDIVIDUAL HAZARD ASSESSMENT			DATE: 2 June 2020	
RECORDED BY: Bryan S. Arwood COMMAND: General Account and Reparable Issue Point BLDG: 1351 SHOP HAZARD PRIORITY RATING: 2 (Moderate)			POC: SSGT Stewart, Fred PHONE: 229-639-9598 TOTAL PERSONNEL: 15 (Civ: 0) MALE: 9 FEMALE: 6	
SHOP OPERATIONS: The General Account and Reparable Issue Point serves as intermediate supply points for more than 156 Marine Forces Reserve sites dispersed across the United States. Its 120,000-square-foot warehouse facility serves as a receiving, storage and distribution point for assets required by MFR units with a focus on Class II individual combat equipment and Class IX consumable and repairable items. Administrative offices are located in Bay 5 of building 1351. Warehouse operation include unloading and shelving items using forklifts and pallet-jacks. Inventories are conducted daily. Assembly of custom kits are performed and wrapped for shipment using a palletizer. Initial unloading, unbolting, and inspection of major parts, e.g. motors, are performed at the receiving site in Bay 3 by contract support.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Various operations: Noise* 1. Forklift operations: Personnel use forklifts to move items around the bay. Sound level measurement was 93 dBA at the operator distance when the reverse sound horn is on. 2. Warehouse operation: Personnel use various pieces of equipment to include: palletizer and impact wrench. 3. Weapons firing/qualifications: All marines are required to perform weapons qualifications and therefore are exposed to hazardous noise. Military personnel qualify on various weapons, e.g. 9mm and M-4, based on grade. Pistol qualification for E-6s and above is conducted at the Albany outdoor firing range. Initial qualification includes the use of the indoor simulation marksmanship training (ISMT) facility at Bldg. 11211. ISMT is generally used during the 1st day of instruction. E-5s and below conduct rifle qualification at the Parris Island facility.	15	1. Daily Intermittent 1 hour total for the day 2. Intermittent 10-30 minutes 3. 2x/year 6-8 hours	PPE: Single hearing protection is required for noise levels at or above 85 dBA or 140 dBP. Double hearing protection is required for noise levels at or above 104 dBA or 165 dBP.	UNACCEPTABLE: All active duty Marine Corps personnel are included by Marine Corps policy (MCO 6260.3 of 26 Sept 16) in the Hearing Conservation Program and its associated medical surveillance. Weapons qualification is known to produce overexposures to noise. Double protection is required during weapons firing on range. Double protection is required during use of the electric impact wrench and palletizer. As well as weapons firing on range. Personnel should be placed in the Noise (503) medical surveillance program. <i>*Noise is a NMCPHC listed reproductive/developmental hazard.</i>

INDIVIDUAL HAZARD ASSESSMENT				DATE: 2 June 2020
RECORDED BY: Bryan S. Arwood COMMAND: General Account and Reparable Issue Point BLDG: 1351 SHOP HAZARD PRIORITY RATING: 2 (Moderate)				POC: SSGT Stewart, Fred PHONE: 229-639-9598 TOTAL PERSONNEL: 15 (Civ: 0) MALE: 9 FEMALE: 6
SHOP OPERATIONS: The General Account and Reparable Issue Point serves as intermediate supply points for more than 156 Marine Forces Reserve sites dispersed across the United States. Its 120,000-square-foot warehouse facility serves as a receiving, storage and distribution point for assets required by MFR units with a focus on Class II individual combat equipment and Class IX consumable and repairable items. Administrative offices are located in Bay 5 of building 1351. Warehouse operation include unloading and shelving items using forklifts and pallet-jacks. Inventories are conducted daily. Assembly of custom kits are performed and wrapped for shipment using a palletizer. Initial unloading, unbolting, and inspection of major parts, e.g. motors, are performed at the receiving site in Bay 3 by contract support.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Forklift operations: Carbon monoxide* (forklift) Personnel use forklifts to move pallets.	8	Daily Intermittently 4-6 hours	ADM: Used in an open bay area.	ACCEPTABLE: Based on amount and frequency health hazard is assessed as minimum. Medical surveillance for Forklift Operations (710) is required. <i>*Carbon monoxide is a NMCPHC listed reproductive/developmental hazard.</i>
Warehouse operations: Heavy lifting* Workers move and relocate parts that weigh from ten to hundreds of pounds. Pallet jacks and forklifts are used on a routine basis. (*heavy lifting)	15	Daily Intermittently 4-6 hours	ENG: 2 man lift, and pallet jacks.	WMSD RISK FACTORS: Employees/ Management did not indicate any problems during interviews. Continue to provide regular awareness training on the proper movement and placement of heavy components and parts. Any ergonomic-related injury should be reported to the command safety officer. <i>*Heavy lifting is a NMCPHC listed reproductive/developmental hazard.</i>
Weapons firing/qualifications: Lead* dust When perform weapons qualifications, there could be minor exposure to lead dust. Qualifications are performed at an outdoor range. The outdoor range is cleaned/maintained by base environmental however personnel will collect brass at the end of day using a broom and dust pan.	15	2x/year 6-8 hours	PPE: Safety glasses. ADM: Wash hands thoroughly after handling weapons and brass to prevent the incidental ingestion of lead.	ACCEPTABLE: Based on sampling of similar exposure groups at indoor/outdoor facilities at other installations, personnel exposures to lead in excess of the standard is not expected. Personnel should practice good housekeeping and hygienic work practices including washing hands immediately after this evolution, as well as not eating, drinking or smoking in the area. Personnel should NEVER dry sweep a firing range with a broom and dust pan. <i>*Lead is a NMCPHC listed reproductive/developmental hazard and listed carcinogen.</i>

INDIVIDUAL HAZARD ASSESSMENT				DATE: 2 June 2020
RECORDED BY: Bryan S. Arwood COMMAND: General Account and Reparable Issue Point BLDG: 1351 SHOP HAZARD PRIORITY RATING: 2 (Moderate)				POC: SSGT Stewart, Fred PHONE: 229-639-9598 TOTAL PERSONNEL: 15 (Civ: 0) MALE: 9 FEMALE: 6
SHOP OPERATIONS: The General Account and Reparable Issue Point serves as intermediate supply points for more than 156 Marine Forces Reserve sites dispersed across the United States. Its 120,000-square-foot warehouse facility serves as a receiving, storage and distribution point for assets required by MFR units with a focus on Class II individual combat equipment and Class IX consumable and repairable items. Administrative offices are located in Bay 5 of building 1351. Warehouse operation include unloading and shelving items using forklifts and pallet-jacks. Inventories are conducted daily. Assembly of custom kits are performed and wrapped for shipment using a palletizer. Initial unloading, unbolting, and inspection of major parts, e.g. motors, are performed at the receiving site in Bay 3 by contract support.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
Cleaning weapons: Lead* dust, petroleum distillates Personnel use various types of CLP (various oils and petroleum distillates) to clean weapons. This is usually drop applied and cleaned with a cloth or cotton swab. There is also the potential for contact with lead dust during this operation.	15	2x/year 15-30 minutes	PPE: Safety glasses and nitrile gloves. ADM: Wash hands thoroughly after handling weapons to prevent the incidental ingestion of lead.	ACCEPTABLE: Based on sampling of similar exposure groups at indoor/outdoor facilities at other installations, personnel exposure in excess of the standard is not expected. Personnel should use caution after working with weapons and bullets to wash hands before eating or drinking to avoid ingestion of lead. <i>*Lead is a NMCPHC listed reproductive/developmental hazard and listed carcinogen.</i>
Housekeeping: Sodium hypochlorite Personnel use various cleaners (Bleach (sodium hypochlorite), Windex, Simple Green Lemon Pledge and Fabuloso multi-purpose cleaner) to clean around the warehouse.	15	1-2x/month 10-15 minutes	PPE: Gloves and safety glasses.	ACCEPTABLE: Based on method of application, amounts and frequency.
Administrative duties: Static postures, excessive sitting* Personnel work at desks where the keyboards and mice are placed on top of the desks. Keyboard was not equipped with wrist rest or a gel pad in front of the keyboard.	15	Daily 6-8 hours	ADM: Stretch breaks to avoid long periods in the same posture. ADM: Ergonomic General Awareness Training.	WMSD RISK FACTORS: No other ergonomic-related injuries/problems directly related to work were reported during the survey walkthrough. Personnel should ensure that workstation is set up correctly (example included in attachment (5)) to help prevent WMSD issues from occurring. <i>*Excessive sitting is a NMCPHC listed reproductive/developmental hazard.</i> Any ergonomic-related injury should be reported to the command 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				

INDIVIDUAL HAZARD ASSESSMENT			DATE: 2 June 2020	
RECORDED BY: Bryan S. Arwood COMMAND: General Account and Reparable Issue Point BLDG: 1351 SHOP HAZARD PRIORITY RATING: 2 (Moderate)			POC: SSGT Stewart, Fred PHONE: 229-639-9598 TOTAL PERSONNEL: 15 (Civ: 0) MALE: 9 FEMALE: 6	
SHOP OPERATIONS: The General Account and Reparable Issue Point serves as intermediate supply points for more than 156 Marine Forces Reserve sites dispersed across the United States. Its 120,000-square-foot warehouse facility serves as a receiving, storage and distribution point for assets required by MFR units with a focus on Class II individual combat equipment and Class IX consumable and repairable items. Administrative offices are located in Bay 5 of building 1351. Warehouse operation include unloading and shelving items using forklifts and pallet-jacks. Inventories are conducted daily. Assembly of custom kits are performed and wrapped for shipment using a palletizer. Initial unloading, unbolting, and inspection of major parts, e.g. motors, are performed at the receiving site in Bay 3 by contract support.				
OPERATIONS AND POTENTIAL HEALTH HAZARDS	NUMBER OF WKRS	FREQUENCY /DURATION OF EXPOSURE	CONTROLS (1)	EXPOSURE ASSESSMENT (2)
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. REPRODUCTIVE/DEVELOPMENTAL HAZARD – The material is a Navy-recognized reproductive/developmental hazard per NMCPHC TM-6260.01D. CARCINOGEN – The material contains greater than 0.1% of an OSHA, ACGIH, IARC, or NTP-recognized or suspected human carcinogen.				

**SUMMARY OF MEDICAL SURVEILLANCE RECOMMENDATIONS
GENERAL ACCOUNT AND REPARABLE ISSUE POINT, SUPPLY BRANCH
MARINE CORPS LOGISTICS BASE ALBANY, GA
REPORT NUMBER: AL20008
JUNE 2020**

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			
Warehouse Operations	Weapons Qualification	Noise (503)	15
Occupation Based Medical Exam Recommendations			
Warehouse Operations	Warehouse operations	Forklift Operator (710)	8

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://www.public.navy.mil/navsafecen/Documents/OSH/MedicalSurv/MedSurvCertExamRef21Mar13.pdf>).

**NOISE SURVEY WITH HEARING PROTECTION REQUIREMENTS
AND PERSONAL NOISE SAMPLING RESULTS SUMMARY
GENERAL ACCOUNT AND REPARABLE ISSUE POINT, SUPPLY BRANCH
MARINE CORPS LOGISTICS BASE ALBANY, GEORGIA
REPORT NUMBER: AL20008
JUNE 2020**

Ref: (a) OPNAVINST 5100.23 (Series), *Navy Safety and Occupational Health Program Manual*
(b) DoD Instruction 6055.12, *Hearing Conservation Program*, 14 August 2019

1. The following table identifies spaces, work tasks and equipment that require the use of hearing protection. These measurements were taken at General Account and Reparable Issue Point, Supply Branch during the current or previous industrial hygiene (IH) surveys. All personnel working in the area or performing the identified tasks that are exposed to sound pressure (noise) levels at or above **85 dBA** or **140 dBP** must use single hearing protection. Personnel exposed to sound pressure (noise) levels at or above **104 dBA** or **165 dBP** require the use of double hearing protection, as indicated by the word "Double" in the "Hearing Protection Required" column. The hearing protective devices used must be capable of attenuating worker noise exposure below an 8-hour Time-Weighted Average of 85 dBA.

IDENTIFIED NOISE HAZARD AREA, OPERATIONS AND EQUIPMENT					
SHOP/ WORKCENTER	SPACE	WORK TASK AND/OR CONDITIONS	RANGE OF MEASURED SOUND PRESSURE LEVELS (dBA)	NOISE RADIUS (FT)	HEARING PROTECTION REQUIRED
General Account and Reparable Issue Point	Bay 5	Palletizing	97.8	5	Single
	Bay 3	Impact Wrench	108.9	15	Double
	Bay 5	Forklift	93	3	Single

2. 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.

3. Hearing protection devices at the firing range on base 3M Classic corded earplugs 311-1101 (NRR 29 dB) and 3M PELTOR Optime 105 H10A over the head earmuffs (NRR 30 dB)) are capable of attenuating worker noise exposure below the OEL. Hearing protection devices used in the work area on a normal basis, 3M Sure Fit Moldable Foam ear plugs (NRR 32 dB), are not capable of attenuating worker noise exposure below 85 dB when working with the palletizer and impact wrench, therefore personnel shall wear double hearing protection in order to provide adequate protection. 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

Attachment (4)

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.

4. 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
GENERAL ACCOUNT AND REPARABLE ISSUE POINT, SUPPLY BRANCH
MARINE CORPS LOGISTICS BASE, ALBANY, GA
REPORT: AL20008
JUNE 2020

P.O.C: SSGT Stewart, Fred PHONE: 229-639-9598 UIC: M83190G9F				SURVEY PERIOD: June 2020 SAMPLES DUE BY: N/A SURVEY PERFORMED BY IH: ARWOOD ASSIGNED TO IHT:N/A				
EXPOSURE MONITORING PLAN								
OPERATION AND STRESSOR TO BE MONITORED				NUMBER OF SAMPLES	I METHOD	II AREA	III FREQ	IV MAN-HOURS
No monitoring requirements identified at this time.								
Rationale:				Priority:				
Action.								
Monitoring Plan Completion Reviewed By:						TOTAL 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	Other (specify)	NOISE SLM: All Sources: Up to 5	2.5	
W	Wipe					AUDIOMETRIC BOOTH: Up to 6 man booth	2	
B	Bulk Sample					VENTILATION: Hoods/Tanks/Exhausts: Each	0.5	
						VENTILATION: Air Changes: Each space	1	
						VENTILATION: Each Walk-In Booth	2.5	
						BREATHING AIR: Per System	2.5	

Sample Rationale:

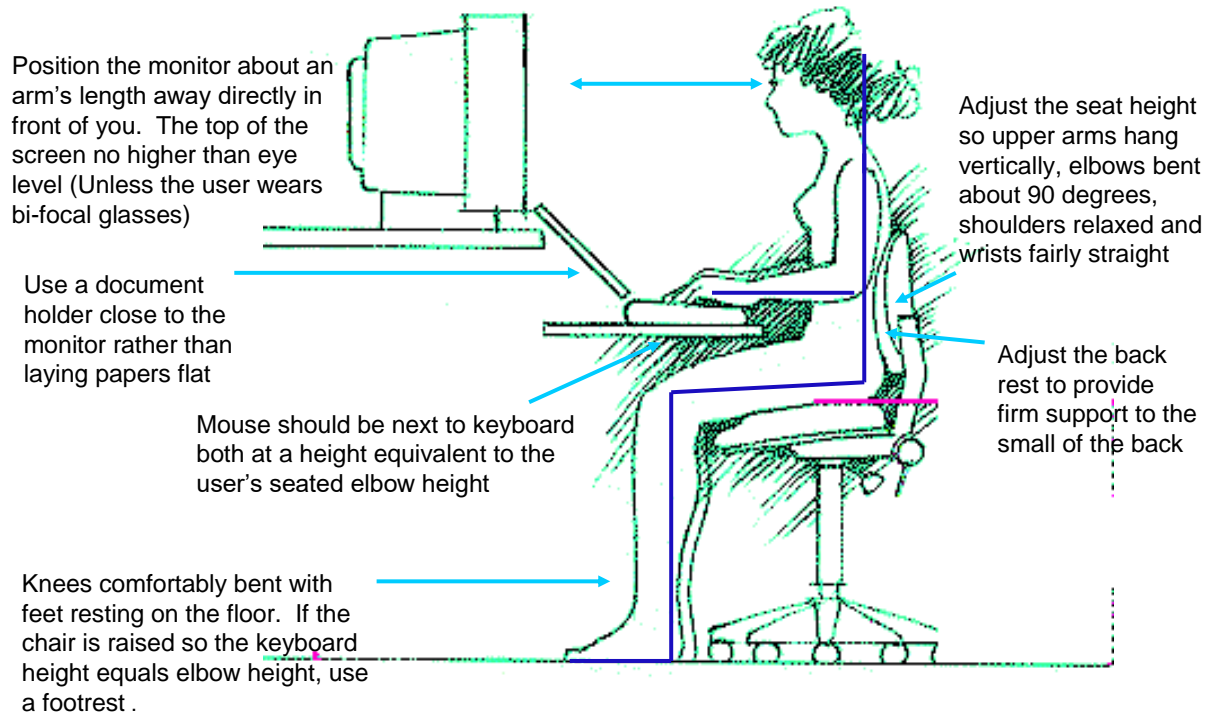
- A:** Fulfill regulatory sampling requirements.
- B:** Collect sufficient data to allow statistically valid exposure assessments.
- C:** Track workplace exposures to determine trends.
- D:** Validate professional judgments of unchanged exposure assessments.

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.

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.

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

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.

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

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

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

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

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

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
NMR&TU 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:

Industrial Hygiene Division
NMR&TU Albany
bryan.s.arwood.civ@mail.mil