

# MARINE CORPS LOGISTICS BASE ALBANY'S VPP STEERING COMMITTEE NEWSLETTER

3RD QUARTER  
FY23



## TOPICS:

- ⇒ Heat Cramps
- ⇒ PERSONAL PROTECTION EQUIPMENT
- ⇒ HOME SAFETY HAZARDS
- ⇒ EYE SAFETY
- ⇒ PROTECT YOUR EYES
- ⇒ HEAT EXHAUSTION

## HEAT CRAMPS

John Hopkins Medicine

Heat cramps are the mildest form of heat illness and consist of painful muscle cramps and spasms that occur during or after intense exercise and sweating in high heat.

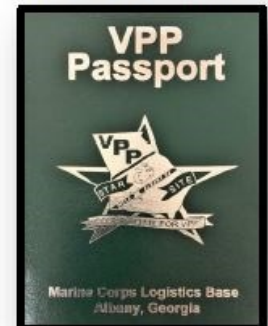
### Symptoms:

- \* Painful cramps, especially in the legs
- \* Flushed, moist skin

### Treatment:

- \* Move to a cool place and rest. Do not continue to participate in the activity.
- \* Remove excess clothing and place cool cloths on skin, then fan skin.
- \* Cool sports drinks containing salt/sugar.
- \* Stretch cramped muscles slowly/gently.

Continue working in your VPP Passport to stay recertified!



**"Think safety – it couldn't hurt."**

## PERSONAL PROTECTIVE EQUIPMENT

### What is Personal Protective Equipment?

Personal protective equipment, commonly referred to as "PPE", is equipment worn to minimize exposure to hazards that cause serious workplace injuries and illnesses. These injuries and illnesses may result from contact with chemical, radiological, physical, electrical, mechanical, or other workplace hazards. Personal protective equipment may include items such as gloves, safety glasses and shoes, earplugs or muffs, hard hats, respirators, or coveralls, vests and full body suits.

### What can be done to ensure proper use of Personal Protective Equipment?

All personal protective equipment should be safely designed, constructed, and should be maintained in a clean and reliable fashion. It should fit comfortably, encouraging worker use. If the personal protective equipment does not fit properly, it can make the difference between being safely covered or dangerously exposed. When engineering, work practice, and administrative controls are not feasible or do not provide sufficient protection, employers must provide personal protective equipment to their workers and ensure its proper use. Employers are also required to train each worker required to use personal protective equipment to know:

- ⇒ **When is PPE necessary? What kind of PPE is necessary?**
- ⇒ **How to properly put PPE on, adjust, wear and take it off**
- ⇒ **The limitations of the equipment**
- ⇒ **Proper care, maintenance, useful life, and disposal of the equipment**

If PPE is to be used, a PPE program should be implemented: addressing hazards present, employee training, program monitoring, and PPE selection, maintenance, and use.

### How to Make a Safe Workplace

- 1 Keep Aisles Clear
- 2 Report Accidents
- 3 Wear Safety Equipment
- 4 Keep Work Area Clean
- 5 Report Any Unsafe Conditions
- 6 Lift properly
- 7 Place trash and paper in proper containers
- 8 Wear Appropriate Attire



### HOME SAFETY HAZARDS

- |                 |           |
|-----------------|-----------|
| Falls           | Cuts      |
| Fires           | Poisoning |
| Carbon Monoxide | Drowning  |
| Choking         | Burns     |

**Know the risks, prepare to prevent/avoid, and know how to treat/mitigate when it happens.**

### Hand Safety



over 1,000,000 U.S. hospital visits per year are due to hand injuries from dangerous blades<sup>1</sup>

**"Working safe does not happen by accident."**



## EYE SAFETY

National Institute for Occupational Safety and Health

### How do eye injuries happen to workers?

**Striking or scraping:** The majority of eye injuries result from small particles or objects striking or scraping the eye, such as: dust, cement chips, metal slivers, and wood chips. These materials are often ejected by tools, windblown, or fall from above a worker. Large objects may also strike the eye or face, or a worker may run into an object causing blunt-force trauma to the eyeball or eye socket.

**Penetration:** Objects like nails, staples, or slivers of wood or metal can go through the eyeball and result in a permanent loss of vision.

**Chemical/Thermal Burns:** Industrial chemicals or cleaning products are common causes of chemical burns to one or both eyes. These burns routinely damage workers' eyes and surrounding tissue.

### What can workers do to prevent eye injury and disease?

Wear personal protective eyewear, such as goggles, face shields, safety glasses, or full face respirators. The eye protection chosen for specific work situations depends upon the nature and extent of the hazard, the circumstances of exposure, other protective equipment used, and personal vision needs. Eye protection should be fit to an individual/adjustable to provide appropriate coverage. It should be comfortable and allow for sufficient peripheral vision.

### What can employers do to prevent worker eye injury?

Employers can ensure engineering controls are used to reduce eye injuries and to protect against ocular infection exposures. Employers can also conduct a hazard assessment to determine the appropriate type of protective eyewear.



## Protect your eyes.



Here's how:

- 1) **Wear your safety glasses.**
- 2) Wear eyewear properly tinted for the particular job you are working at.
- 3) Wear your safety glasses!
- 4) Wear eye protection when working with power tools or chemicals.
- 5) Keep your eye protection clean.
- 6) Wear prescription lenses if you should.
- 7) Get regular eye exams to prevent eye problems.
- 8) Wear your safety glasses!
- 9) Wear glasses that provide proper UV protection.
- 10) Wear your safety glasses!
- 11) Get regular eye exams to prevent eye problems.
- 12) Get medical attention immediately if you have an accident.
- 13) ...and most importantly, Wear your safety glasses!

## HEAT EXHAUSTION

John Hopkins Medicine

Heat exhaustion is more severe than heat cramps and results from a loss of water and salt in the body. It occurs in extreme heat and excessive sweating without adequate fluid and salt replacement. Heat exhaustion occurs when the body is unable to cool itself properly and, if left untreated, can progress to heat stroke.

### Symptoms:

Muscle cramps	Headache
Pale, moist skin	Fatigue/Weakness/Faint Feeling
Anxiety	Nausea/Vomiting/Diarrhea

Possible fever over 100.4° F (or 34° C)

### Treatment:

Move to a cool place and rest. Remove excess clothing and place cool cloths on skin, then fan skin. Give cool sports drinks containing salt and sugar. No improvement or unable to take fluids, go to emergency room immediately. IV (intravenous) fluids may be needed.



# ALL IN ON SAFETY

**'Don't be a  
"D" driver –  
distracted,  
drugged,  
drunk,  
drowsy,  
or  
dumb!'**