



Floating Plant and Marine Activities

Special points of interest:

- National Safe Boating Week from 21-27 May 2005
- Memorial Day holiday weekend 27-30 May 2005
- May is Clean Air Month
- May is also National Electrical Safety Month

To coincide with National Safe Boating Week, let's talk boats and floating plant. Section 19 in the EM 385-1-1 reflects some changes as pertaining to Floating Plant and Marine Activities. We want to highlight several of the issues we frequently run across.

Personnel qualifications - 19.A.02.d. Government operators of floating plant that does not meet the criteria of 19.A.02.b(1), - (for USCG inspected vessels) shall be licensed and certified in accordance with the requirements of ER 385-1-91. **A qualified individual designated as the USACE Command's marine licensing official will perform licensing and certification.**

19.A.02.e. Individuals shall not be scheduled to work more than 12 hours in any 24-hour period. Work schedules should consider fatigue factors and optimize continuous periods available for uninterrupted sleep. The employee is responsible for reporting to



work properly rested and fit for duty.

(1) All personnel shall be scheduled to receive a minimum of 8 hours rest in any 24-hour period. When quarters are provided immediately adjacent to or aboard the work site, these hours of rest may be divided into no more than two periods, one of which must be at least 6 continuous hours in length. All cases exclude travel time.

(2) Rest periods may be interrupted in case of

emergency, drill, or other overriding operational necessity.

(3) Due to events listed in paragraph (2), the total minimum daily 8 hours of rest may be reduced to not less than 6 consecutive hours as long as not reduction extends beyond 2 days and not less than 56 hours of rest are provided in each 7-day period.

PFDs - 19.A.03.d. USCG approved PFD (types I, II, III, or V) shall be worn by all personnel on decks exposed to severe weather, regardless of other safety devices used. Inflatable PFDs will not be worn by workers on USACE sites.

Training - 19.C.05 All motor-boat operators shall complete and document the following training:

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Enjoy Safe Grilling This Summer

No longer is summer the only season for Americans to grill that burger, steak or hot dog. Many of us now fire up our grills sooner in the year and delay putting them away until the first frost, and that's why grill safety is more important than ever.

To ensure safe cookouts, make sure someone tends the fire at all times. Here are some safety tips to consider: Keep grills away from combustibles, including the outside of your house,

balcony or garage.

Check hose integrity and hose connections to make sure gas is not leaking from your gas grill. Apply soapy water to hoses and connections to reveal any leaks.

Use only equipment bearing the mark of an independent testing laboratory. Follow the manufacturers' instructions on how to set up the grill and maintain it.

Never store propane cylinders in buildings or garages.

Enforce a "kid-free zone" of 36" around the grill. Also keep your pets from underfoot.

Never add charcoal starter fluid when coals or kindling have already been ignited, and never use any flammable or combustible liquid other than charcoal starter fluid to get the fire going.

Keep the grill clean.

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Safety Bulletin

HEAD PROTECTION SURVEY

Prevention of head injuries is an important factor in every safety program. A single injury can handicap an employee for life, or it can be fatal. A survey by the Bureau of Labor Statistics (BLS) of accidents and injuries noted that most workers who suffered impact injuries to the head were not wearing head protection. The majority of workers were injured while performing their normal jobs at their regular worksites.

The survey showed that in most instances where head injuries occurred employers had not required their employees to wear head protection. Of those workers wearing hard hats, all but five percent indicated that they were required by their employers to wear them. It was found that the vast majority of those who wore hard hats all or most of the time at work believed that hard hats were practical for their jobs. According to the report, In almost half of the accidents involving head injuries, employees knew of no

actions taken by employers to prevent such injuries from recurring.

The BLS survey noted that more than one-half of the workers were struck on the head while they were looking down and almost three-tenths were looking straight ahead. While a third of the unprotected workers were injured when bumping into stationary objects, such actions injured only one-eighth of hard hat wearers. Elimination or control of a hazard leading to an accident should, of course, be given first consideration, but many accident-causing head injuries are of a type difficult to anticipate and control. Where these conditions exist, Head protection must be worn to eliminate injury!

Hard hats protect you by providing the following features:



How did this hard hat save a life?

A rigid shell that resists and deflects blows to the head.

A suspension system inside the hat that acts as a shock absorber.

Some hats serve as an insulator against electrical shocks.

Shields your scalp, face, neck, and shoulders against splashes, spills, and drips.

Some hard hats can be modified so you can add face shields, goggles, hoods, or hearing protection to them.

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Crew boat on dredging project on Fowl River

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a. A boating safety course meeting the criteria of the USCG Auxiliary, National Association of Safe Boating Law Administrators (NASBLA), or equivalent; and

b. Motorboat handling training, based on the type of boats they will operate, provided by qualified instructors (in-house or other). Operators must pass a written and operational test

c. Current USCG licensed personnel are exempt from the boating safety training, but they shall complete the written exam and operational test.

PLEASE POST AND SHARE WITH OTHERS.

Simple Ways to Stay Fit & Healthy

Feeling Sleepy? Get Moving!

Sitting in a comfortable chair might sound like a great way to work, but it can make staying alert even tougher.

The Solution: Perk up with periodic exercise breaks. You can do these stretches and toners behind the counter, at your workstation, in the break room... nearly anywhere. Repeat each five to 10 times.

1. Squats. Stand with your feet hip-width apart. Push your bot-

tom back, bring your weight into your heels and bend your knees. Imagine you are getting ready to sit in a chair. Hold for a count of five. Caution: Move slowly and be sure your knees do not go past your ankles, to avoid knee injury.

2. Calf raises. Raise yourself up onto your tiptoes, hold for a count of five, and then lower back down.

3. Abdominal lift. Stand up straight, shoulders back and knees slightly bent. Contract your abdominal muscles so your pelvis

rocks forward slightly and your tailbone tucks under: Variation: If you have room, lie on the floor with your knees bent and perform the same motion.

4. Shoulder raises. Shrug your shoulders up toward your ears, then let them drop.

5. Wrist flexes. Hold your arms out in front of you. Flex your wrists so your fingers point toward the ceiling, then reverse position so your fingers point toward the floor. Rotate each hand slowly in a circle.



Did you know...

The first electric Christmas lights were created by a telephone company PBX installer. Back in the old days, candles were used to decorate Christmas trees. This was obviously very dangerous. Telephone employees are trained to be safety conscious. This installer took the lights from an old switchboard, connected them together, strung them on the tree, and hooked them to a battery.

WATER SAFETY TIP OF THE MONTH

With the boating and fishing season getting in full swing, I would like to offer some tips for boaters around Corps or TVA dams.



1. One of the biggest misconceptions about fishing below dams, is that the safest times are when the generators are not running. Some projects still give no warning when the generators come on. Therefore, if a boat is anchored or tied off, and the generators come on, they can easily be overturned or sunk.

2. Many fishermen love to fish below dams when the spillways are open. They believe that if they anchor their boats, the current

will keep them away from the spillways. In reality, the turbulence and undercurrent can easily pull their boat into the spillway. This has happened many times in the past few years resulting in thousands of dollars of lost equipment and several lives. Most of these fatalities occurred with the boaters wearing life jackets.

3. Many lakes and dams have underwater obstructions that are not visible while boating. With many more boats and personal watercraft on the water, our users must learn the waters that they will be using.

4. While boating around locks, stay at least 1000 feet from the stern of a towboat that is approaching a lock. If a recreational vessel gets too close to the stern, and the towboat reverses its engines, it can be pulled into the turbulent water caused by its wheel wash, and be overturned.

5. A recreational vessel should always stay clear of an approaching towboat. Studies show that it takes a 4000 horsepower towboat, pushing 15 loaded barges, approximately 1 mile to completely stop.

6. When passing through any lock, the safest place for a recreational vessel to moor is on the lock wall opposite the control stands. This gives the lock operator much better visibility of the vessels, especially, if the lock operator has to go inside the control stand for a phone call or to perform their routine duties.

7. While fishing, boating, or locking below dams, always keep a sharp knife available to cut lines instead of trying to untie or pull up anchor.

8. Last but certainly not least

ALWAYS WEAR YOUR LIFE JACKETS.

A recreational vessel should always stay clear of an approaching towboat.



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Safety - Not just a job - An Adventure!

WHAT THE SAFETY OFFICE DOES:

Exercises overall staff supervision and coordination of the District's Safety and Occupational Health Program.

Develops and maintains a balanced safety and occupational health program within the policies, procedures, standards and techniques prescribed by higher authority. Surveys all District operations for compliance with policies, procedures, and principles established by the safety program.

Ensures that required safety features are incorporated into all plans, designs, specifications, operating, and maintenance procedures and training programs. Provides advisory, safety and engineering services to all District activities in support of accident prevention, including safety features of design, occupational health, fire prevention/ protection, hazardous communications, biological hazards, personnel diving operations, pesticide use, respiratory protection, hazard energy, public safety, water safety, contractor safety program, medical surveillance, and preventive medicine programs, radiological safety, and safety to all end use items or services.

Conducts progressive research into accident problems of the District and develops corrective controls indicated as necessary. Exercises staff supervision and direction of accident reporting system and compiles and analyzes accident data. Advises the District Engineer of accident potentials of current and contemplated programs with specific requirements for adequate control.

Acts as staff advisor and evaluates the program for issuing permits to operate motor vehicles, floating plant and loading equipment.

Performs safety and occupational health functions as set forth in Army Regulation 385-10, The Army Safety Program.



The North American Safe Boating Campaign wants to get something off its chest...and onto yours.

A LIFE JACKET!

Life jackets can be the determining factor between life and death in many boating safety accidents. Each year, on average, 700 people die in boating-related accidents – 8 out of every 10 victims were not wearing a life jacket. According to Virgil Chambers, Executive Director of the National Safe Boating Council, “Thousands of people would be alive today had they taken the simple precaution of wearing a life jacket when they went out on the water.”

In an effort to combat these statistics, the National Safe Boating Council (NSBC), in partnership with the U.S. Coast Guard and the National Association of

State Boating Law Administrators (NASBLA), will launch the annual North American Safe Boating Campaign during National Safe Boating Week (May 21-27, 2005). The Campaign is designed to reach more than 70 million boaters around North America and communicates this year’s life saving message: “Boat Smart. Boat Safe. Wear It.”

We will again stress the importance of wearing life jackets. The Coast Guard has a goal to eliminate deaths, injuries and property damage associated with recreational boating. The Coast Guard and its partners are committed to a Safe Boating Campaign that reaches from shore to

shore across the North America Continent. Our neighbors to the north, the Canadian Safe Boating Council and the Canadian Coast Guard will also observe Safe Boating Week on May 21-27. Boating smart is an essential part of any day on the water regardless of where you boat.”

During National Safe Boating Week, the National Safe Boating Council, the National Association of State Boating Law Administrators and the Canadian Safe Boating Council, along with the Coast Guard Auxiliary, Power Squadrons, **Army Corps of Engineers** and other groups, organize local exhibits, provide special programs on safe boating and

generate extensive media coverage.

Although the 2005 Campaign kicks off during National Safe Boating Week, it’s a year-round crusade that counts on grassroots activities and the support of many volunteer groups. More than 16,000 action kits will be distributed to local campaign coordinators throughout the

