



THE SSE ELUCIDATOR

"Elucidate: to give clarity through explanation and analysis."

CAROL HYDE'S FAREWELL LETTER

On 3 Jul 07, I will retire from the Federal Government after 38 years of service. I started my career in 1969 as a GS-02, Clerk-Typist, working in a typing pool for less than \$6,000 a year. By 1977 as a GS-6 I was making a whopping \$11,754 to be exact and I thought I was queen bee secretary telling my bosses what they should do, where they needed to be, and at what time. In 1980, I started down the safety path as a Facilities Specialist. And in Sep 1981, I became a Safety Specialist. The rest is history.

I have worked for the Social Security Administration, Health Care Financing Administration, Dept of Interior/National Park Service, the Army at Walter Reed, the Naval Medical Research Institute (now NMRC at WRAIR); the Smithsonian Institution, back to the Navy at the Bethesda Hospital, and closing out my career with the Army.

Fifty percent of my time has been with the military, my extended Family. I have met many great and wonderful people working for the military. They truly are professionals. There have been various types of supervisors with varying personalities along the way. Us civilians would say "it's great to work for military supervisors because if your personalities didn't mesh, he/she will rotate and we can start all over again". And, of course, being Carol, I could start telling my bosses what they should do, where they needed to be, and how I could keep them safe and out of trouble... if they would just listen to me. And being through countless JCAHO surveys, IG inspections, OIPs, SAVs or whatever you want to call them, not one has gone to jail on my watch. I take great pride in that fact.

I hope that I have touched my extended Family at the Medical Research and Materiel Command. I

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hope that I have made MRMC a better place in which to work. Many call me the "Safety Nazi" for which I take as a term of endearment. I hope that I have served you well; as you have served me.

I would like to thank each and every person, especially my safety professionals, for continually challenging me with your questions, your comments, and your thoughts. And I am sure some have prayed for me to just calm down and stop sending emails. I will truly miss each and every one of you. I will take the liberty to call you my friends, my comrades. All of you will always be remembered.

As I leave this Command, and the Federal Government, I will reflect on the many issues that I have dealt with in the safety arena, the many committees on which I have served, the too numerous meetings where I have sat for countless hours, and the ohhhhh sooooo many great people I have come in contact with over these years. Truly I will miss you all. I leave with great reservation but knowing my career has been fulfilling.

Your greatest and most spectacular Safety and Health Manager,

Carol Hyde

BAR-B-Q SAFETY



Warm weather is the ideal time to cook out. More people cook outdoors in summer than any other time of the year. But warm temperatures are also ideal for harmful bacteria and other pathogens to multiply and cause foodborne illness. Use these simple guidelines for

grilling food safely.

From the store to your home: When shopping for meat and poultry, put them in the shopping cart last, right before checkout. Also, place packages of raw meat and poultry into plastic bags to guard against cross contamination, which can happen when raw meat or poultry juices drip on other foods. Load meat and poultry into the air conditioned car, not the trunk, and take the groceries straight home. At home, place meat and poultry in the refrigerator immediately. Freeze poultry and ground meat that won't be used within 1 or 2 days and freeze other meat within 4 to 5 days.

Defrost safely: Completely thaw meat and poultry before grilling so it cooks more evenly. Use the refrigerator for slow, safe thawing, microwave defrost if the food will be placed immediately on the grill, or thaw sealed packages in cold water.

Marinating: Poultry and cubed meat or stew meat can be marinated up to 2 days. Beef, veal, pork, and lamb roasts, chops, and steaks may be marinated up to 5 days. However, always marinate food in the refrigerator, not on the counter.

If some of the marinade is to be used as a sauce on the cooked food, reserve a portion of the marinade before putting raw meat and poultry in it. Never re-use the marinade used on raw meat or poultry unless it's boiled first to destroy any bacteria.

Pre-cooking: Some people like to cook food partially

in the microwave, oven, or stove to reduce grilling time. However, make sure to pre-cook immediately before grilling to destroy bacteria.

Transporting: When carrying food to a picnic site, keep it cold to minimize bacterial growth. If take-out foods such as fried chicken or barbecued beef will be reheated on the grill, and they won't be eaten within two hours of pickup, buy them ahead of time and chill thoroughly. Use an insulated cooler with sufficient ice or ice packs to keep food at 40°F. Then pack food right from the refrigerator into the cooler immediately before leaving home.

Keep cold food cold: Avoid opening the cooler's lid, which lets cold air out and warm air in. Pack beverages in one cooler and perishables in another cooler. When handling raw meat, remove from the cooler only the amount that will fit on the grill. Keep the cooler in the shade or under shelter.

Keep everything clean: If you're eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean cloths, and wet towelettes for cleaning surfaces and hands. Make sure all utensils and platters are kept clean, especially those used for handling raw foods.

Fun Fact:

The most popular flavors of barbecue sauce are hickory (67%), followed by mesquite (52%), honey (48%), and then tomato-based (34%). The most common ingredient added to barbecue sauce is garlic, followed by brown sugar.

Cook thoroughly: Cook food to a safe minimum internal temperature to destroy harmful bacteria. A meat thermometer should be used with all meats to be sure the food has reached a safe internal temperature. Meat and poultry cooked on a grill often browns very fast on the outside. However, many

BAR-B-Q SAFETY

(continued)

grillers believe that visible signs, such as color changes in the food, are indicators that the food is safely cooked. However, research has shown that color and texture are not reliable indicators of doneness. Since 1997, the USDA started advising consumers to use a food thermometer, especially when cooking ground beef patties, and not to rely on the internal color of the meat. Never partially grill meat or poultry and finish cooking later. Cook food completely to destroy harmful bacteria.

Safe Minimum Internal Temperatures:

Whole poultry:	165 °F
Poultry breasts:	165 °F
Ground poultry:	165 °F
Hamburgers, beef:	160 °F
Beef, veal, and lamb (steaks, roasts and chops):	
Medium rare	145 °F
Medium	160 °F
All cuts of pork:	160 °F

Keep hot foods hot: After cooking meat and poultry on the grill – at home or at a picnic – keep it hot until served. Keep the cooked meats hot by setting them to the side of the grill rack, not directly over the coals where they would eventually overcook. At home, the cooked meat can be kept hot in a 200°F oven, in a slow cooker, or on a warming tray. After cooking, hold hot food at 140°F or warmer.

Serving the Food: Be sure there are plenty of clean utensils and platters for separately handling the raw foods and the food after cooking. When taking food off the grill, don't put the cooked items on the same platter which held the raw meat. Harmful bacteria present in raw meat or juices can contaminate the safely cooked meat. This is a prime cause of summer foodborne illness. In hot weather (90°F and above), food should never sit out for more than one hour.

Fun Fact:

It's easy to check how much propane is remaining in your tank. Bring your bathroom scale outside and put the tank on it. An empty tank weighs between 17 and 19 pounds. The difference between that and what your tank weighs is how much gas you have left.

Handling leftovers: At home, store leftovers in the refrigerator or freezer within 2 hours of taking food off the grill. Leftovers that have been off the grill for less than 1 hour can be safely transported home in a cooler, if there's plenty of ice in it. Discard any food left out more than 2 hours (1 hour in hot weather).

Safe smoking techniques: Smoking is cooking food indirectly in the presence of a fire, usually in a outdoor cooker especially designed for smoking. Smoking is done much more slowly than grilling, so less tender meats benefit from this method, and a natural smoke flavoring permeates the meat. The temperature in the smoker should be maintained at 250 to 300°F for safety.

Does grilling pose a cancer risk? Some studies have suggested there may be a cancer risk related to eating food cooked by such high heat cooking techniques as grilling, frying and broiling. Based on present research findings, eating moderate amounts of grilled meats like fish, meat, and poultry cooked without charring to a safe, yet medium temperature does not pose a problem.

To avoid charring, microwave meat partly done immediately before placing it on the grill and remove visible fat. Cut charred portions off the meat.

For more information call the USDA Meat and Poultry Hotline toll-free at 1-800-535-4555, or visit <http://www.usda.gov/fsis>.

FIREWORK SAFETY



Since 1976, when the U.S. Consumer Product Safety Commission (CPSC) enacted national standards for family-type fireworks in response to a petition calling for a ban on all fireworks except for licensed public displays, the number of fireworks used each year has doubled. However, even with the CPSC

national standards in place, an estimated 9,600 people were treated for fireworks-related injuries in 2004. In instances where legal types of fireworks were involved in accidents, either from misuse or malfunction, the resulting injuries were relatively minor and usually did not require hospitalization. However, illegal fireworks continue to be a serious problem. Over the past 10 years, 30–33 percent of the injuries associated with fireworks have typically been caused by illegal explosives or homemade fireworks.

With the enactment of rigid safety standards for consumer fireworks, a safe, enjoyable backyard fireworks display is now possible. To help you celebrate safely this Fourth of July, the CPSC and the National Council on Fireworks Safety offer the following safety tips:

- ◆ Allows read and follow label directions
- ◆ Have an adult present
- ◆ Buy from reliable sellers
- ◆ Use outdoors only
- ◆ Always have water handy (a hose and a bucket)
- ◆ Never experiment or make your own fireworks

- ◆ Light only one firework at a time
- ◆ Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water)
- ◆ Never give fireworks to small children
- ◆ Store fireworks in a cool, dry place
- ◆ Dispose of fireworks in a trashcan after soaking them in water
- ◆ Never throw or point fireworks at other people
- ◆ Never carry fireworks in your pocket
- ◆ Never shoot fireworks in metal or glass containers
- ◆ The shooter should always wear eye protection and never have any part of the body over the firework
- ◆ Stay away from illegal explosives

It is extremely important to know the difference between a legal consumer firework and a dangerous explosive device. Items such as M-80s, M-100s and blockbusters are not fireworks, they are federally banned explosives. They can cause serious injury or even death. Federally banned since 1966, these items will not contain the manufacturer's name and are usually totally unlabeled. Don't purchase or use unlabeled fireworks. If you are aware of anyone selling such devices, contact your local police department.

Homemade fireworks are deadly. Never attempt to make your own devices and do not purchase or use any kits that are advertised for making fireworks. Mixing and loading chemical powders is very dangerous and can kill or seriously injure you. Leave the making of fireworks to the experts.

If you choose to celebrate the Fourth of July with fireworks, check with your local police department to determine what fireworks can be legally discharged in your area.

For additional information on firework safety visit <http://www.fireworksafety.com/home.htm>.



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comics.com EMAIL: hpayne@detnews.com

"IT'S SETTLED THEN. JEFFERSON WRITES THE DECLARATION OF INDEPENDENCE, ADAMS PROOFS, AND FRANKLIN BARBECUES THE BURGERS."

off the mark

by Mark Parisi

www.offthemark.com



BRAC NEPA DOCUMENTS WEBSITE

Base Realignment and Closure (BRAC) is a means by which the DoD reconfigures its infrastructure into one where operational capacity is optimized for both warfighting capability and efficiency, and joint activity opportunities are aggressively pursued. In accordance with the requirements of the BRAC statute, the department will base all its recommendations upon approved selection criteria that reflect military value as the primary consideration. The law further requires that the selection criteria address the impacts related to environmental restoration as well as waste management and environmental compliance.

The HQDA has established a website containing extensive resources and information about BRAC, including a section highlighting the environmental actions the Army has taken in relationship to NEPA to ensure that all BRAC activities are evaluated for their environmental impacts.

The website contains the recently released BRAC Draft Environmental Impact Statement (EIS) for Ft. Benning, Georgia and the Final EIS for Ft. Lee, New Jersey. As they become available, Records of Decision (ROD) will also be accessible through the website. Those wishing to review these public documents, or to learn more about the BRAC's environmental requirements should visit http://www.hqda.army.mil/ac_simweb/brac/nepa_eis_docs.htm.

In addition to EISs, the website also provides all of the publicly reviewed Environmental Assessments at http://www.hqda.army.mil/acsimweb/brac/env_ea_review.htm and all of the Final Environmental Assessment NEPA documents at http://www.hqda.army.mil/acsimweb/brac/env_ea_final.htm, including all Findings of No Significant Impact (FONSI).

Also available for your information is the guidance document for preparing environmental documentation to ensure that all Army BRAC actions fully comply with NEPA.



6 WAYS COMPANIES FAIL EPA'S HAZWASTE INSPECTIONS

New budget raises ante to address worker mistakes

Do you know what types of environmental violations are easiest for EPA inspectors to spot?

Answer: Hazardous waste storage problems. They're incredibly easy to spot because they're right under an inspector's nose – the everyday activities workers forget or overlook.

That's why so many facilities get hit with penalty actions under the Resource Conservation and Recovery Act (RCRA), which can be as high as \$32,500 per day per violation.

Last year, EPA issued more than 225,000 general citations under RCRA, and companies paid the price. This year promises to be even more challenging because the agency's expanding its enforcement activities.



RCRA mandates strict controls over the treatment, storage, and disposal of hazardous waste and established the basic "cradle to grave" approach to hazardous waste management that exists today.

What's maddening about these violations is that most of them can be avoided if managers make weekly RCRA inspections as required and remind workers of what they should do to properly manage these wastes.

Target what you can see

Here's what EPA inspectors say are the easiest things for them to spot:

- ◆ Open hazardous waste containers. Containers are supposed to be kept closed at all times, except when adding waste to or removing it from a container. So, right off the bat, if you have an open hazardous waste container, it means compliance trouble. Plus, inspectors emphasize that the covers should be designed for the container and provide an airtight, leak-proof seal when closed.
- ◆ Unmarked or improperly labeled hazardous waste containers. Labels must say "hazardous waste" and if known, list the RCRA waste code, toxic characteristic and chemical name. Buckets must be labeled as well. Used oil containers should be labeled "used oil," not "waste oil."
- ◆ Lack of waste accumulation date. It's imperative to put the date on a container when waste is first added. This starts the RCRA 90-day storage clock, and inspectors insist on seeing this date posted.
- ◆ No signs marking location of the hazardous waste storage area.
- ◆ Damaged, rusting, leaking containers. Containers must be in good shape and not leaking.
- ◆ Waste containers stored too closely together. RCRA requires that there be enough space around each container so an inspector, worker or emergency responder can gain immediate access to a container.

To review the basics of RCRA compliance, see EPA's website at www.epa.gov/epaoswer/osw/laws-reg.htm.

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Office of Surety, Safety and Environment (SSE)
U.S. Army Medical Research Materiel Command
MCMR-ZC-SSE
504 Scott Street
Fort Detrick, MD 21702-5012

SSE Staff Contacts:

Cliff Wendel, Chief SSE

Phone: 301-619-8313

E-Mail: cliff.wendel@amedd.army.mil

Carol Hyde, Safety Officer

Phone: 301-619-8806

E-Mail: carol.hyde@amedd.army.mil

JoLane Souris, Environmental Officer

Phone: 301-619-2004

E-Mail: jolane.souris@amedd.army.mil

Cavelle Williams, Safety Protocol Review

Phone: 301-619-6035

E-Mail: cavelle.williams@amedd.army.mil



Visit us at:

<http://mrmc-www.army.mil>

Reminder

*For all accidents, no matter how minor,
specific forms documenting the incident must be submitted to your Safety Office.*

Military: DA Form 285-AB-4

Civilian: DOL Claims Forms CA-1 or CA-2

All employees requiring medical attention must visit your local Occupation Health Clinic as soon as possible post mishap.