

NEW EMPLOYEE SAFETY INDOCTRINATION BRIEF

SAEFTY DEPARTMENT

MCAS Miramar



MARINE CORPS SAFETY MANAGEMENT SYSTEM

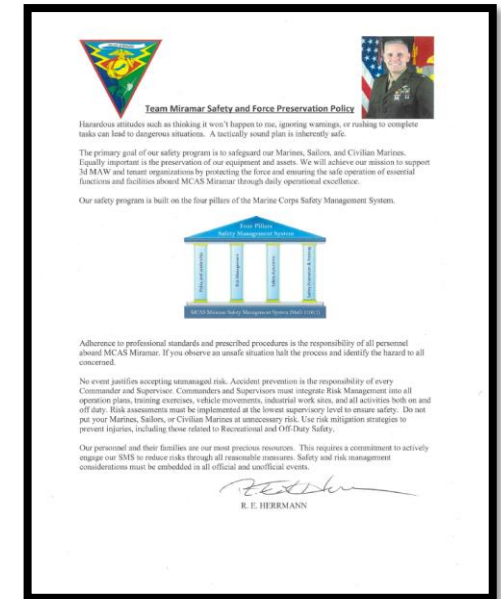
- Emphasis on Operational Excellence
 - Safety naturally happens when performing to high standards
- Governing Safety Documents
 - OSHA
 - 29 CFR 1910
 - Marine Corps Orders
 - MCO 5100.29C
 - Station Orders
 - StaO 5100.1





CO'S POLICY

- Mission: The Safeguard of our Marines, Sailors, and Civilians.
 - Accomplished by: Protecting the force and ensuring safe operations.
- Four Pillars of the Safety Management System (SMS):
 - Policy and Leadership
 - Risk Management
 - Safety Assurance
 - Safety Promotion and Training
- *Do NOT put your Marines, Sailors, or Civilian Marines at unnecessary risk!*





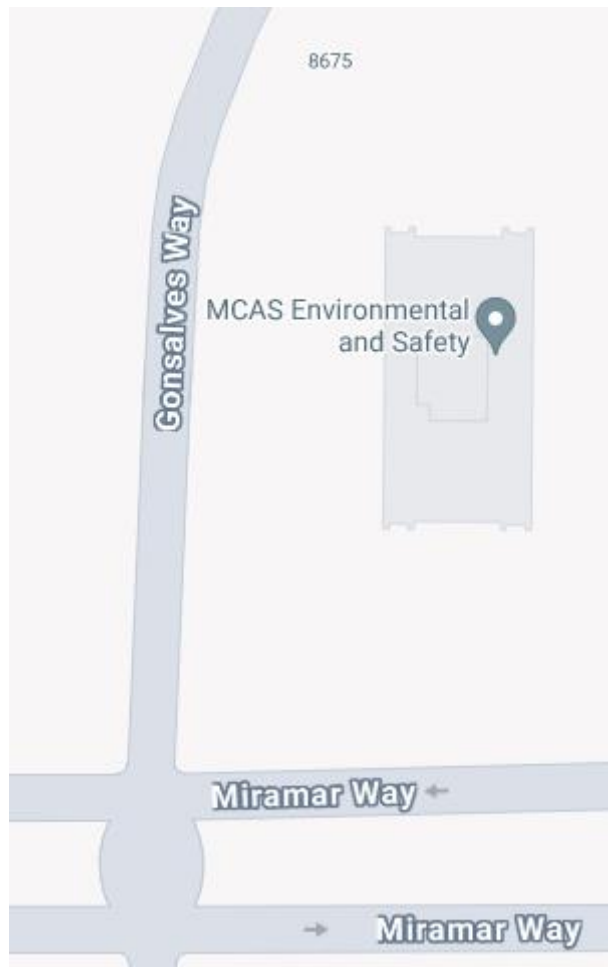
SAFETY RESPONSIBILITIES

- **Ground Safety Officer/Manager**
 - Appointed to advise the Commanding Officer on all safety and mishap matters concerning the command.
 - MCAS Miramar GSO/GSM and Director of Safety
 - H&HS GSO/GSM
- **Section Supervisors appointed by the Commanding Officer**
 - Will brief all new joins (mil and civ) on specific hazards associated with the duty assignment – see MCAS Miramar Check-in Packet
 - Provide PPE if required
- **Section Safety Representative (Collateral Duty Safety Officer)**
 - Appointed by Commanding Officer H&HS
 - Should be able to answer most safety questions – see MCAS Miramar Safety Rep (CDSO) handout





INSTALLATION SAFETY BUILDING 6022



Safety Services

- Safety Compliance Inspections
- Ergonomic Surveys
- Safety Briefs
- Respiratory Protection Surveys
- Safety Assist Visits
- Hours of Operation (0700-1600)
- Contact: (858) 307-1359

Training Courses

- Motorcycle Training
- Alive @25 Training
- OSHA 10 & 30 Hour
- Collateral Duty Safety Officer Course
- Respiratory Protection Managers Course
- Explosive Driver Course
- HazMat (Fuels) Driver Course
- A&E Forklift Operators Course
- CPR/AED/First Aid





REQUIRED SAFETY TRAINING



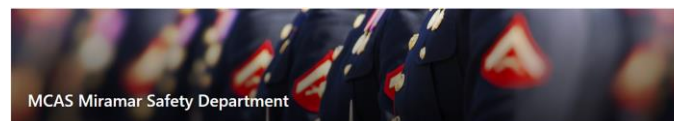
Civilians Only

Miramar Safety Supervisor Training (Civilian Supervisors Only)
Risk Management Training (All Civilians)



Military Only

Risk Management Training
Supervisor Safety Training



Safety SharePoint Training

All Personnel

Basic HAZCOM Training (Job/Department Specific)
General Ergonomics Annual and Refresher Training

https://usmc.sharepoint-mil.us/sites/mciwest_miramar/safety/SitePages/MCAS-Miramar-Safety.aspx





TRAFFIC TRAINING PROVIDED

- Motorcycle Safety Foundation (MSF) Basic Riders Course (BRC)
- MSF Advanced Riders Course (ARC)
- Total Control MTC (BRC equivalent) - California Licensing
- Total Control IRC (ARC equivalent)
- Dirt Bike Safety Course (DBS)
- All Terrain Vehicle (ATV) Safety Course
- Recreational Off-Highway Vehicle (ROHV) Course
- Attitudinal Dynamics of Driving
- Alive at 25





TRAFFIC AND PEDESTRIAN SAFETY

Local Restrictions aboard MCAS Miramar

- ALL roads aboard the installation are 25 MPH unless otherwise specified
- While passing troop movement or activity speed shall be reduced to 10 MPH or less
- Parking lot speeds shall not exceed 5 MPH
- Motorcycles shall not lane split while aboard the installation or on approach to gate traffic
- Cellphone use while operating a motor vehicle is prohibited
- While walking, jogging, running, skating, skateboarding, or bicycling; Use of personal listening devices (headphones, ear buds, etc.) is prohibited when within 3 feet of a street, roadway, highway, avenue, or parking lot unless otherwise protected from traffic (pedestrian bridge, etc.)



Traffic accidents (4- & 2-wheel) are the leading causes of fatalities in the Marine Corps.

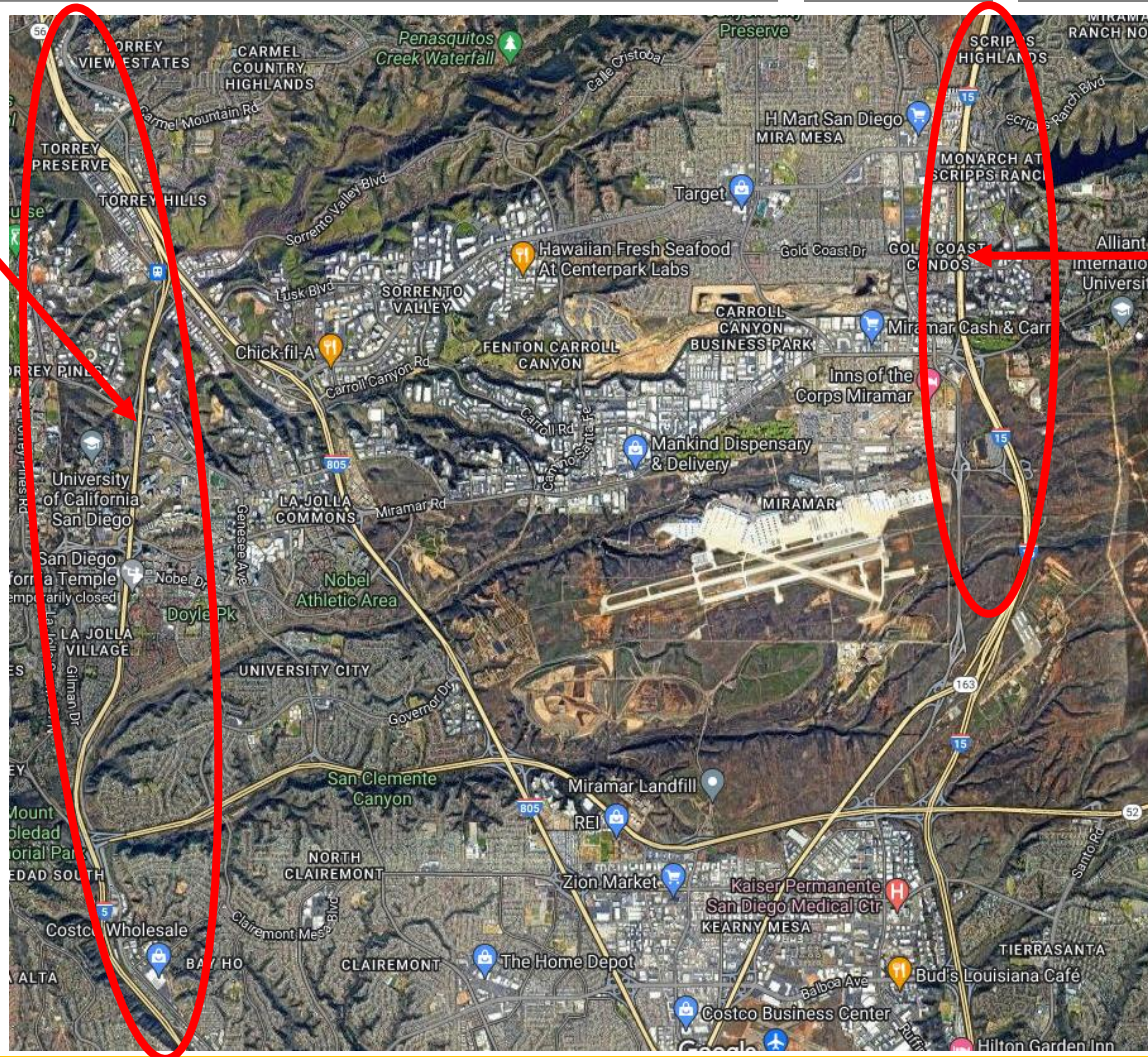




LOCAL TRAFFIC HAZARDS

Interstate 5

Interstate 5, which is also called “The Five,” is one of the most dangerous roads in San Diego. Why? The massive amounts of traffic but also the consistent stop-and-go flow of traffic. The consistent stopping before speeding up leads to a ton of rear-end collisions. Also, when traffic is light with 6 lanes speed increases to more than the speed limit. This also leads to accidents.



Interstate 15 (Miramar Way to Scripps Poway Parkway)

The five-mile stretch on Interstate 15 from Miramar Way to Scripps Poway Parkway is reportedly the deadliest parkway in San Diego County. Fatalities are high due to speed, lots of traffic, large amount of alcohol-related traffic stops.





LOCAL TRAFFIC HAZARDS

Palomar Mountain Drives

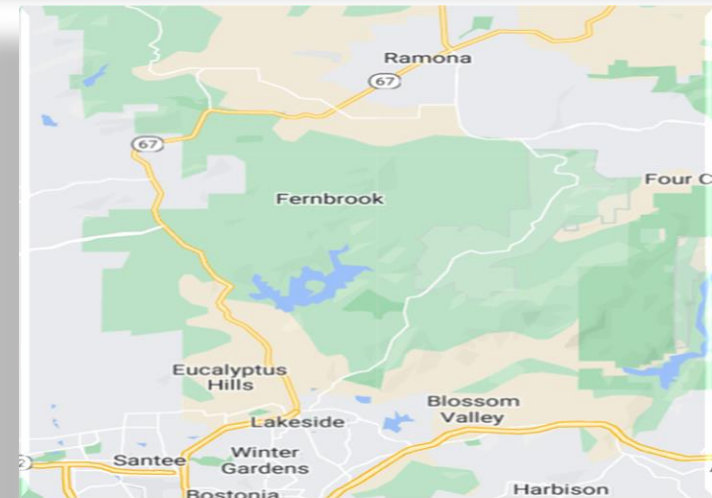
Very busy with illegal motorcycle riding and racing up and down the hill.



Highway 67 (Bloody Alley)

The bad news is this road isn't any safer than the previous one. San Diego calls this stretch "Bloody Alley."

So, what makes Highway 67 so dangerous? It is one of the most dangerous roads in the county because of its twists and turns. Not only is the road difficult to navigate, but it is also filled with blind spots, which means accidents are inevitable.





USE RISK MANAGEMENT

- In planning, preparation, and execution of all activities.
- Consider the environment when entering or exiting the workplace.
- Apply risk management principals when not at work.





WARNING SIGNS AND TAGS

Follow Warning Signs and Tags! It may just save your life!

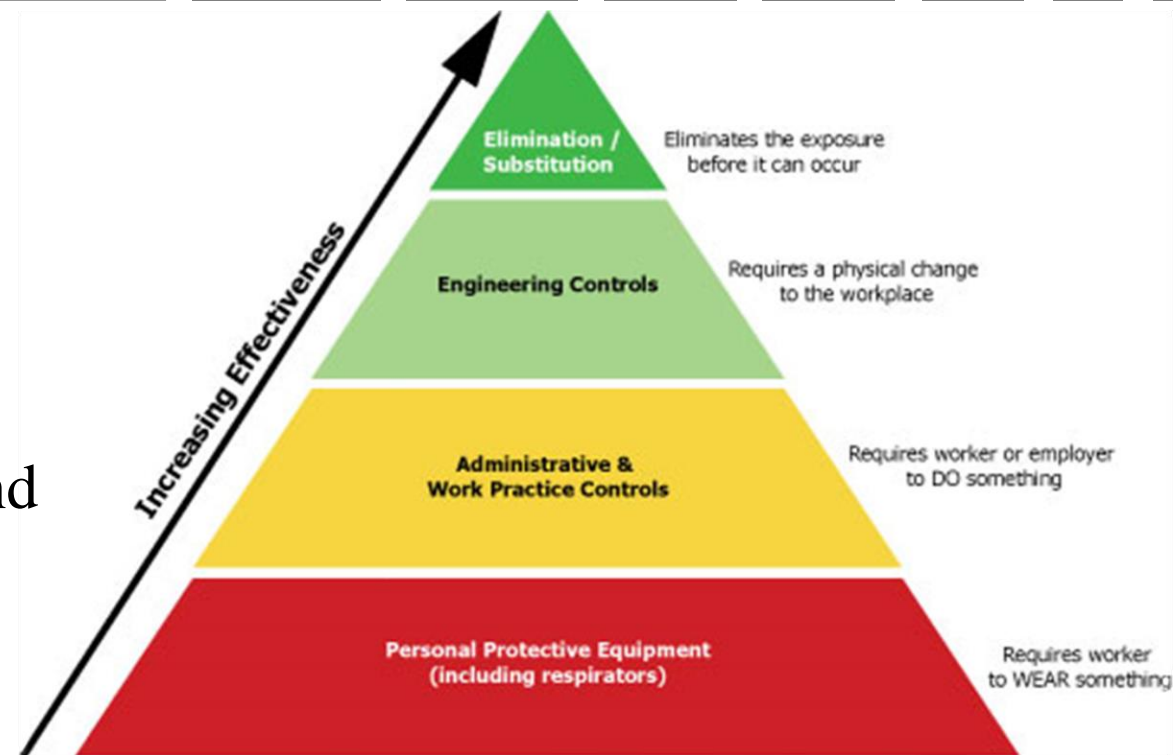
If you don't know, ask your supervisor or contact the Installation Safety Office.





PERSONAL PROTECTIVE EQUIPMENT (PPE)

- Proper PPE shall be worn to prevent injury from chemical and physical stressors such as noise, flying objects, respiratory hazards.
- Additional training will be provided by supervisor for respiratory protection, sight, and hearing conservation.





ASBESTOS AND LEAD SAFETY

- Please DO NOT disturb (remove, replace, sand, scrape, paint, etc.) any building/ structure component. Building materials have been known to contain asbestos and lead contents. Removing or damaging it may cause yourself and others to be exposed. If there is any issue with the building, please submit a work order or contact your Zone Manager. The Zone Managers work with the installation Asbestos and Lead Program Manager on these related matters.

Long V. Tran

Asbestos and Lead Program Manager (ALPM)

Cell: 858-380-6786

long.v.tran@usmc.mil





RECREATIONAL AND OFF DUTY SAFETY

- High-Risk Activities (HRA) include skydiving, scuba diving, remote hiking/camping, vehicle racing, rodeo participation, etc.
 - Inform your Supervisor BEFORE engaging in HRA.
 - Review plan with Supervisor & Safety Officer.
 - Do not engage in HRA alone (buddy system).
- RODS briefs are required
 - Prior to holiday liberty periods, foreign port visits, return from deployment, seasonal change.
- Top 12 areas with the most crimes in San Diego (SDPD 2023);

East Village	Pacific Beach	San Ysidro	Gaslamp
Mission Valley East	Midway District	Core-Columbia	Mira Mesa
North Park	University City	Hilcrest	Kearny Mesa
- Check with MCCS personnel on rules for use of MCCS property or equipment (gym equipment, sports fields, PARC rental equipment, etc.). When in doubt ask for a brief from MCCS personnel.
- Report all RODS-related mishaps to your chain of command.





HAZARDOUS COMMUNICATION (HAZCOM)

1 → **HYDROGEN SULFIDE** UN1053
CAS #: 7783-06-4

2 →

3 → **DANGER**

4 → Extremely flammable gas
Contains gas under pressure.
May explode if heated.
Contains poisonous hydrogen sulfide gas.
Fatal if inhaled.
May cause respiratory irritation.
Very toxic to aquatic life.
Causes eye irritation.

5 → **PRECAUTIONS**

- Keep away from heat, sparks, open flames or hot surfaces. - No smoking.
- Do not breathe gas, vapours.
- Avoid release to the environment.
- Leaking gas fire: Do not extinguish, unless leak can be stopped safely.
- Eliminate all ignition sources if safe to do so.
- Store in a well-ventilated place.
- Store locked up.

6 → **FIRST AID**

IF IN EYES: Rinse cautiously with water for several minutes. Remove contact lenses, if present and easy to do. Continue rinsing. If eye irritation persists: Get medical advice/attention. IF INHALED: Remove victim to fresh air and keep at rest in a position comfortable for breathing. Immediately call a POISON CENTER or doctor/physician. Specific treatment is urgent: maintain adequate ventilation and consider administration of 100% oxygen. Sodium nitrite may be a useful antidote.

Safety Sam's Hazardous Chemical Liquidators
123 Toxic Lane • Tempe, AZ, 85281 • (602) 639-4802

- Supervisors shall review departmental Hazard Communications Plan with all personnel and ensure they understand it completely.
- Global Harmonized System (GHS)
 - Workers Right to Know
 - Hazardous Material Labeling
 - Safety Data Sheet (SDS)





HEARING CONSERVATION

- Single hearing protection
 - Plug or Muff (85-104 dBA, 140-165 dBP)
- Double hearing protection
 - Plug and Muff (above 104 dBA, 165 dBP)
 - Plug and Muff AND administrative or engineering controls (when the use of HPDs do not reduce noise levels below 85 dBA or 140 dBP)
- A question to think about:
 - **Why is the sense of hearing a war fighters' greatest weapon?**

“After 20 Years of Service...Only One Regret”
 Sergeant Major Kevin M. Skelly, NCO Journal, Fall 1995

“If I could change one thing from the past 20 years, it would be the constant ringing in my ears I live with now - all because I didn't wear hearing protection when I should have... The only thing I can change now are the batteries in my hearing aids.”

Right



Wrong





BLOOD-BORNE PATHOGENS

- Human blood can contain diseases like HIV, Hepatitis B, and Hepatitis C. Take precautions to prevent exposure.
- Protect yourself with gloves, mask, goggles, and always bandage any cuts and sores you have.
- If you suspect you have been exposed, report this to your supervisor and visit the OHC for testing and evaluation.
- If blood gets on equipment notify supervisor for proper cleanup.



ELECTRICAL SAFETY

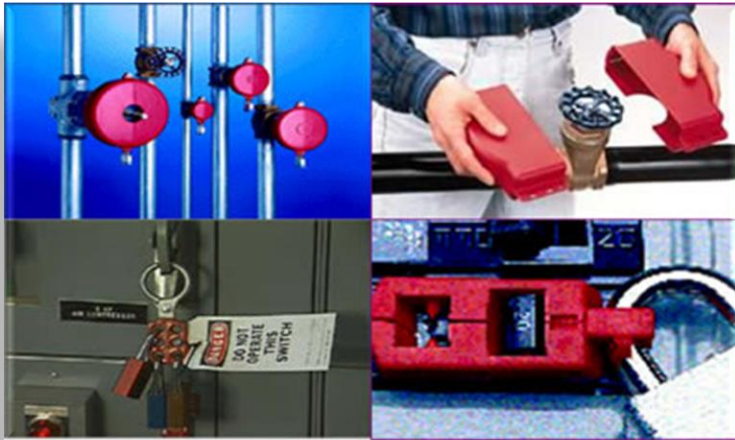


- Electricity kills numerous people each year. Respect for electricity is essential to safety.
- Only training and qualified people are allowed to work on or near live electrical equipment.
- Damaged electrical equipment must be taken out of service immediately.
- Avoid using electrical equipment in wet locations.
- Check electrical cords before each use for damage to protective shell or receptacle ends.
- Do not place cords where they can be run over, pinched, or twisted.
- Never plug electrical strips or surge protectors into one another.



LOCKOUT / TAGOUT

- When servicing or maintenance of equipment in which energization, start up, or release of stored energy, could harm an employee, the equipment must be isolated from hazardous energy sources, or if an employee:
 - Removes or bypasses a guard or safety device
 - Will place any part of their body into an area on a piece of equipment where a danger zone exists during its operation
 - Perform work on or near any de-energized electrical conductors or components



CONFINED SPACE



- A Confined Space Is:
 - Large enough and so configured to bodily enter and perform assigned work **AND**
 - Has a limited or restricted means of entry or exit **AND**
 - Not designed for continuous human occupancy
- A Permit Required Confined Space has one or more of the following:
 - Potential for hazardous atmosphere
 - Potential engulfment
 - Internal configuration where an entrant could be trapped, asphyxiated, by inwardly converging walls or a floor which slopes downward and tapers to a smaller cross section
 - Any other recognized serious safety or health hazards

ALL Confined Spaces on board MCAS Miramar are Permit Required!

Sewers



Underground Utility Vaults



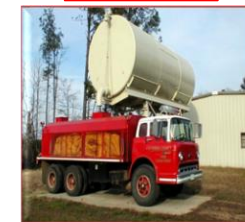
Tunnels



Pits



Storage Tanks



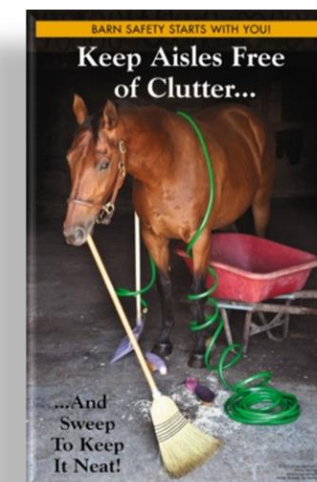
Manholes





WALKING WORKING SURFACES

- Account for most of all work and home-related accidents, and 15% of accidental deaths.
- Slips - Keep walking surfaces clear of hazards.
 - Examples: Loose surfaces, wet surfaces, slick ladder rungs, or poor housekeeping
- Trips - Watch for areas of sunken or raised pavement, protruding surfaces, and loose floor items.
 - Examples: Exposed cables/cords, carpet edges, uneven surfaces, or curbs

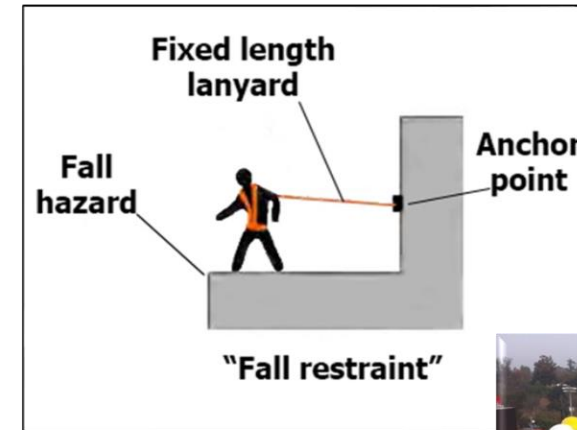




FALL PROTECTIONS (FP)

All MCAS Miramar Personnel Shall:

- Comply with requirements of the Fall Protection Program (FPP)
- Request supervisory assistance to assess FP hazards
- Use FP techniques and equipment properly
- Inspect FP equipment prior to use
- Properly maintain FP equipment IAW manufacture's recommendations



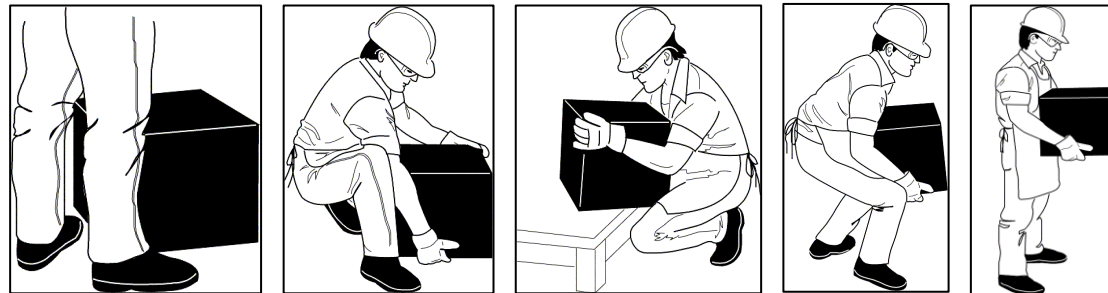
Industry	Minimum unprotected height
General Industry	4 ft.
Construction	6 ft.
Scaffolds	10 ft.
Shipyards	5 ft.
Longshoring	8 ft.



ERGONOMICS



- Ergonomics is arranging the environment to fit the person.
- The objective is to reduce stress injury.
- Effective design of a job or workstation will help to eliminate repetitive, lifting, or posture type injuries.



EXPLOSIVES SAFETY



- Stay away from Unexploded Ordnance (UXO).
- Stay Safe! Follow the 3 Rs!
Recognize, Retreat, and Report
- Report it to Range Control 858-307-1446 and Explosive Ordnance Disposal (EOD) 858-307-7699

UXO



INSECTS AND PLANTS



Ticks

- Examine clothing & skin frequently for ticks.
- Apply insect repellent containing DEET.
- Remove attached ticks with tweezers by grasping it as close to your skin as possible and gently pull straight out.
- Wash the bite area and apply antiseptic.
- See a doctor if any unexplained rash, or illness accompanied by a fever.

Poison Oak
Will Make You Itch



Poison Hemlock
Can Kill You!!



Joe Boggs, OSU Extension





ANIMALS / VARMINTS

Rattlesnakes



Coyotes
Bldg. 6022



Mountain Lions



Bobcat
Bldg. 6022






ACCIDENT / INCIDENT REPORTING

- Report all accidents/incidents to supervisor regardless of how minor you may feel the incident or accident is.
- Supervisor will assist you in obtaining medical care, and with appropriate documentation.
- All accidents must be investigated by supervisor. The Installation Safety Office may assist with investigations when necessary or as requested by supervisor.


MCAS Miramar Safety Department

Mission

To coordinate, develop, implement and oversee policy and procedures pertaining to all installation core safety services to include ground, aviation, tactical, occupational health, explosive, motor vehicle, recreation and off-duty safety, and mishap prevention programs to enhance mission readiness and force preservation.



Drop Off at Building 8022 Anonymous Box or Send Completed Form to miramarmcas.safety@usmc.mil



Submit Safety Incident Report

MCAS Miramar
Safety Incident Report Form

****IF INCIDENT RESULTS IN FATALITY, DO NOT USE THIS FORM****
Please immediately notify your Chain of Command and Installation Safety at 858-307-1356/8898/1359

Brief Description:

Section:

Name of Person Reporting:

Email:

Contact Number:

Date: Time:

General Location of Mishap:

Duty Status:

Motor Vehicle Involved:

Mishap Resulted In:

Mishap Number:

Mishap Number Assigned by Installation Safety

Send by Email to MCAS Miramar
Installation Safety
miramarmcas.safety@usmc.mil





UNSAFE / UNHEALTHFUL REPORTING

- Utilize supervisor first and allow them a chance to correct the issue
- If no corrective action utilize Unsafe / Unhealthy reporting form NAVMC 11401
- Can fill out and submit anonymously at bldg. 6022

Print Form

UNSAFE OR UNHEALTHFUL WORKING CONDITION
NAVMC 11401 (08-98) (EP)

1. I believe a condition exists which is a safety or health hazard to Marine Corps personnel or property. (Check one.)

Civilian:	<input type="checkbox"/>	Military:	<input type="checkbox"/>
Employee Representative:	<input type="checkbox"/>	Other:	<input type="checkbox"/>

2. Does this hazard immediately threaten life or health?
 Yes No

3. Building, work site, or other location where you believe the unsafe or unhealthy condition exists.

4. Supervisor (if known) at this location is: _____ and phone number is: _____

5. Briefly describe hazard:

6. Number of employees exposed to or threatened by hazard:

7. If known, list any safety or health standard which you believe may apply to this condition:

8. To your knowledge, has this condition been reported to, discussed with, or brought to the attention of a supervisor?
 Yes No

9. If yes, please give the results, including any efforts by management to correct the condition.

10. Name (Optional): _____ Phone Number (Optional): _____

11. If you are a representative of employees, provide name of your organization:

Case Number: _____ (Filled in by Installation or Unit Safety Office)





EMERGENCY ACTION PLAN

- All occupied facilities have an Emergency Action Plan in place. Plans cover actions necessary in case of fire or severe weather, and if evacuation or shelter in place is stipulated.
- Information will be provided on:
 - How to report an emergency.
 - Alarm systems and their meanings.
 - Where fire extinguishing systems are and how to use them.
 - Earthquake procedures and exit routes for the building.
- Emergency Action Plans drill will be held annually for all.

Fire Bill

BUILDING NO.

IN CASE OF FIRE

1. **USE NEAREST FIRE ALARM BOX OR TELEPHONE EXT. 911**

Know the location of the nearest alarm box and the nearest telephone in your area. When using telephone REPORT BUILDING NUMBER. Upon arrival direct Fire Department to the scene of fire.

2. **SPREAD THE ALARM – PASS THE WORD**

All personnel except fire parties clear area.

3. **IF TIME PERMITS, CLOSE DOORS AND WINDOWS TO CONFINE THE FIRE AND PREVENT DRAFTS. DO NOT ENDANGER YOURSELF OR OTHERS IN THIS EFFORT.**

4. **USE PROPER EQUIPMENT AT HAND TO EXTINGUISH THE FIRE, PENDING ARRIVAL OF THE FIRE DEPARTMENT.**



MCAS Miramar



Individual Emergency Action Plan

S-3 Plans
Mission Assurance



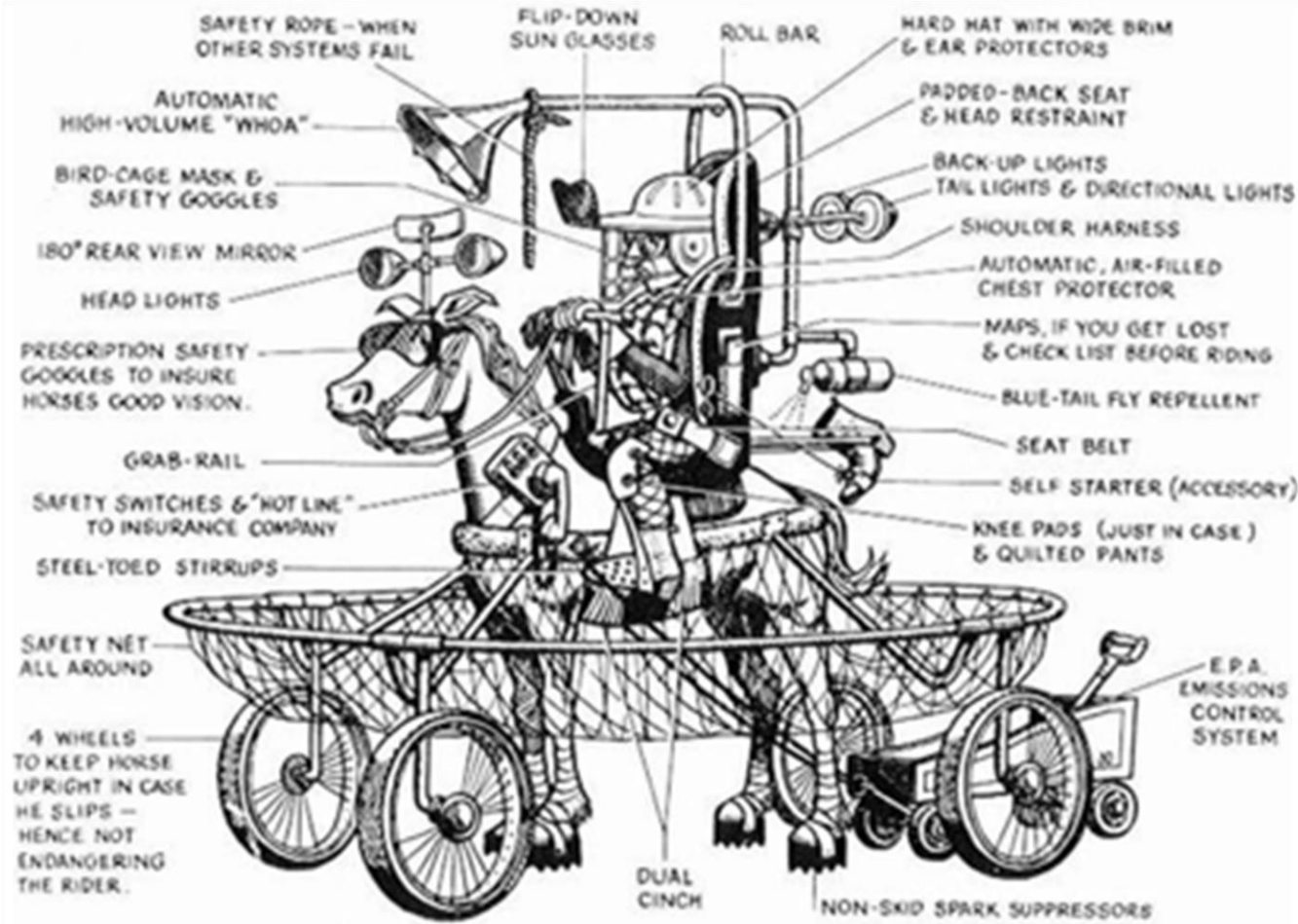


BASE WARNING SYSTEM

Mass messages will be sent out via ATHOC/Giant Voice for:

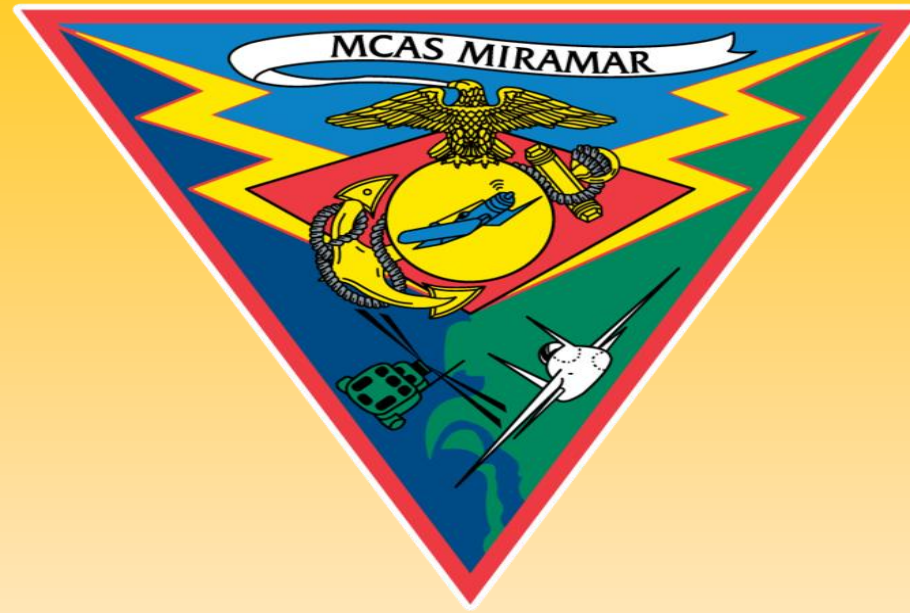
- Heat warnings
- Flag conditions
- Road closures
- Active shooter
- Other pertinent information





Cowboy after O.S.H.A.





Questions?

Team Miramar