

"NESSIE" NEWS

Monthly Newsletter by Noreas Environmental Services



VOL. 2, ISSUE 3

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HARD WORK ALWAYS PAYS OFF!

Congratulations, Dwayne!

Dwayne Smith passed his CWEA Exam and will be promoted to Plant Operator with an effective date of March 5th, 2019.



Welcome to NES!

Mark Burford will be starting as a Maintenance Mechanic on March 11th.

TIME TO "SPRING FORWARD"

DAYLIGHT SAVING TIME
BEGINS MARCH 10TH, 2019

Safety at NES

March Workplace Eye Wellness Month

A gentle reminder from the EYEZONE Family.

www.eyezonemag.com

EYE SAFETY

March is Eye Safety Month. While some occupations such as welding, construction, healthcare and janitorial pose a higher risk for eye injury, every job, even office workers are susceptible.

2000

U.S. Workers have a job-related eye injury that needs medical treatment each day.

1/3rd

Of the injuries are treated in hospital emergency departments.

>100

Of these injuries result in one or more lost days of work.

Every occupation has its own unique set of eye risks: from small particles that can strike or abrade the eye, to UV radiation burns, to acquiring an infectious disease through exposure.

Top Eye Injury Sources



Scrap, waste and debris



Chemicals, chemical products



People, plants and animals



Parts and materials



Welding torches

Eye Safety Checklist



Create and maintain a safe work environment

Keep tools in the right place and with their safety features on. All persons in the hazard area should know how to properly use the tools.



Evaluate safety hazards

Identify the hazards at the work site such as machinery or falling debris.



Wear proper eye and face protection

Choose the appropriate Z87 eye protection and make sure it fits well and is in good condition.



Practice good work habits

Clean yourself of all debris before removing protection. Keep eyes safe and clean glasses often and do not rub them with dirty hands.



Prepare for eye injuries

Keep a first aid kit with eye wash or sterile solution nearby.

Workplace Eye Injuries by the Numbers



20,300

Number of on-the-job eye injuries that forced employees to take time off work in 2012



\$300 million

Estimated yearly cost of occupational eye injuries in medical treatment, worker's compensation and loss of productivity



90

Percent of workplace eye injuries that are preventable with protective eyewear

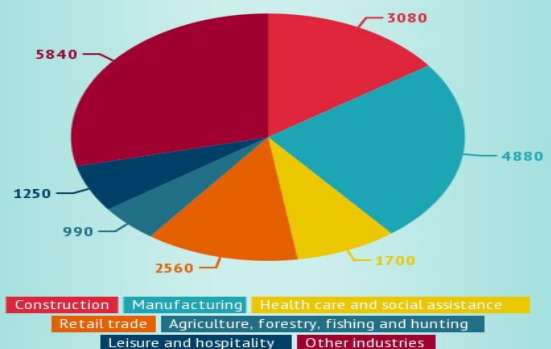


Eye Injuries by Industry



40% of all non-fatal workplace eye injuries happen in manufacturing, construction and mining

- U.S. Bureau of Labor Statistics, 2012



To learn how to prevent and treat eye injuries at work, visit www.geteyesmart.org.

eyeSmart

Copyright 2014 American Academy of Ophthalmology. Sources: CDC, OSHA, U.S. Bureau of Labor Statistics

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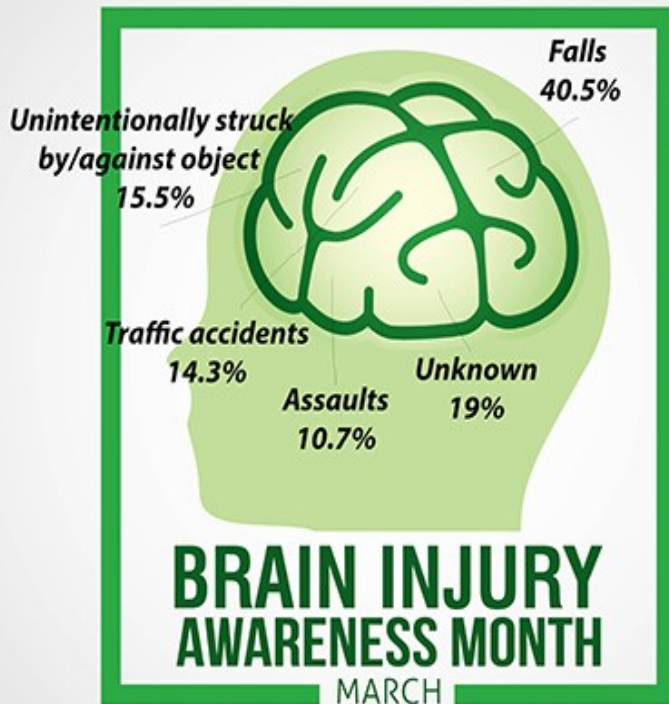
Safety at NES

GLOBALSTEMCELLS.COM



BRAIN INJURY AWARENESS MONTH

Traumatic Brain Injury Causes



CALIFORNIA NEW TRAFFIC LAWS

Here's what you need to know about California's new traffic and driving laws that took effect on New Year's Day

LICENSE PLATES REQUIRED

In order to reduce the number of vehicles avoiding toll-road fees by not attaching license plates, a new law requires CA dealers of new and used vehicles to attach temporary license plates on vehicles when they are sold.



SCOOTER HELMETS

If you drive a motorized scooter and are over 18, you might be happy with this new law: adults in California no longer have to wear helmets while riding a motorized scooter. Just be careful.

SECURING LOADS

In an effort to make the roads safer from unsecured items, another new law says the DMV has to include a question about unsecured load-related laws on at least 20% of the driver's license tests.



ANTI-DUI DEVICES

From now through Jan 1, 2026, repeat driving-under-the-influence (DUI) offenders and first-time offenders who injured someone must install an ignition interlock device for 12-48 months. Also, a judge can order a first-time offender who didn't injure anyone to install a device for up to six months.

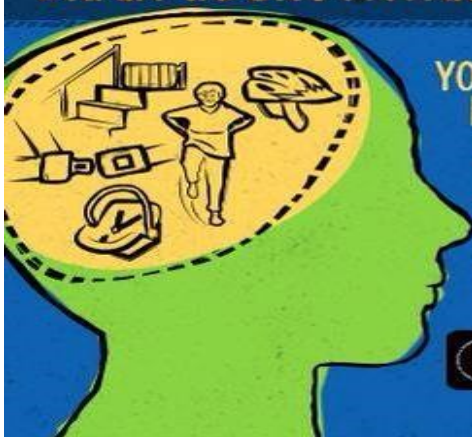
CLEAN AIR VEHICLE STICKERS

The green and white Clean Air Vehicle stickers that were valid in the HOV lanes are no longer valid this year. Vehicles issued a green and white decal between Jan 1, 2017 and Mar 1, 2018 may apply for a new red decal that allows HOV usage until Jan 1, 2022.



WWW.DMV.CA.GOV
WW2.ARB.CA.GOV

MARCH IS BRAIN INJURY AWARENESS MONTH



YOU CAN HELP PREVENT BRAIN INJURY BY...

- Taking steps to prevent falls
- Buckling seat belts
- Wearing proper helmets
- Using child safety seats



Safety at NES



MARCH

NATIONAL NUTRITION MONTH

HEALTH PROMOTION AND CHRONIC DISEASE PREVENTION

Risk factors for many chronic diseases can begin early in life. But evidence shows that making dietary and lifestyle changes may prevent disease progression and premature death.

CHRONIC CONDITIONS RELATED TO DIET

1. HEART DISEASE & STROKE

HEART DISEASE: LEADING CAUSE OF DEATH IN THE U.S. for 100+ years and currently accounts for 1 in 3 deaths.

STROKE: 1 IN 18 DEATHS IN THE U.S.

2. OBESITY

1 IN 3 ADULTS IN THE U.S. IS OBESE
Obesity in all age, ethnic and gender groups within the U.S. has reached epidemic proportions.

16% OF 6-19 YEAR OLDS ARE OBESE
based on BMI guidelines for children and adolescents.

3. CANCER

CLAIMS MORE LIVES THAN HEART DISEASE
among people younger than 85 years of age.

CAUSING FACTORS: OBESITY, POOR DIET & PHYSICAL INACTIVITY

- Consuming less fat can be effective in reducing risk of breast and ovarian cancers.
- Moderate to vigorous exercise results in 30% reduction of colon cancer risk.

4. OSTEOPOROSIS

8% OF 20+ YEAR OLD FEMALES IN THE U.S. ARE AFFECTED

BONE FRACTURE PREVENTION
is strongly linked to weight-bearing exercise, and vitamin D and calcium intake.

5. DIABETES

18+ MILLION U.S. ADULTS DIAGNOSED WITH TYPE 2 DIABETES IN 2008
Diabetes prevalence is projected to reach 33% by 2050.

12.7% OF 12-19 YEAR OLDS HAVE METABOLIC SYNDROME
which predisposes them to risk of Type 2 diabetes in young adulthood and beyond.

PREDICTORS OF TYPE 2:

- Obesity
- Family history
- High triglyceride levels
- High blood pressure
- Low high-density (HDL) cholesterol

RECOMMENDED PHYSICAL ACTIVITY:

60
MINS/DAY
FOR KIDS

150
MINS/WEEK
FOR ADULTS

OPTIMAL HEALTH

includes physical activity and an overall healthy diet. Registered dietitian nutritionists are uniquely qualified to provide nutrition education and interventions that promote a healthy lifestyle.

eat right. Academy of Nutrition and Dietetics

Position of the Academy of Nutrition and Dietetics:
The Role of Nutrition in Health Promotion and Chronic Disease Prevention" (July 2013);
<http://www.eatright.org/About/Content.aspx?id=6442670997>

MARCH

POISON PREVENTION AWARENESS MONTH

POISON PREVENTION

POISON HELP
800-222-1222

HALF of the 2 million human poison exposures each year involve children under 6 years old

SOMEONE CALLS A POISON CENTER EVERY 15 SECONDS

79% of poisonings are unintentional.

80% of poisonings involve swallowing a poisonous substance.

91% of poison exposures happen at home.

Top 10 Poison Dangers for Children Under Age 5

- 1 Cosmetics
- 2 Household cleaners
- 3 Pain medication
- 4 Toys, small items
- 5 Topical medicines
- 6 Vitamins
- 7 Antihistamines
- 8 Pesticides
- 9 Stomach acid-suppressing drugs
- 10 Plants

Source: American Association of Poison Control Centers' National Poison Data System (NPDS)

Safety at NES

Winter Fire Safety

Portable Generators and Winter Storms



Portable generators are useful during winter storms, but if not used safely, they can cause injuries and death.

- ✓ Use portable generators outdoors in well-ventilated areas away from all doors, windows and vents.
- ✓ Make sure you have carbon monoxide alarms in your home.
- ✓ Do not use a generator in a wet area. This can cause shock or electrocution.
- ✓ Connect appliances to the generator with heavy-duty extension cords.
- ✓ Do not fuel your generator when it is running. Spilling gas on a hot engine can cause a fire.



For more information and free resources, visit
www.usfa.fema.gov



Click here to
add image.



NES Environmental Updates

The week of 3/4/19, the Grace Hopper Building, across the street from NBC BOWTS/CSW, starts work of degassing propane tank followed by flame off of gas. This is expected to burn for a couple days.

Inspection season is upon us and is in full force! We had CUPA inspections at NBPL CSW on Feb 7th and NBC BOWTS on Feb 11th that went well, no NOV's. Congratulations to John and Rene and their teams!

We had a water inspection at NBPL BOWTS on Feb 19th and no findings there either. The Regional Water Control Board did an inspection at NBSD BOWTS and CSW on Feb 22nd, no findings either site. The Navy NBSD Base Environmental inspectors remarked how they don't have to worry about our sites because they are always compliant.

We are expecting CUPA inspections at NBSD BOWTS and CSW, NAB BOWTS and CSW, and NBPL BOWTS in March. Great job all and keep up the good work!

Thanks!

- Ellen Nelson



Need a notary?

As an FYI, Sheila Scott is here for all your official notary needs. Let her know if you need help!

HAVE A HAPPY AND SAFE ST. PATRICK'S DAY!

TO THE ENTIRE NES TEAM

happy birthday!

PROJECT

ANNIVERSARY

MARCH BIRTHDAYS

Patrick Hawkins

March 10th

MARCH ANNIVERSARIES

Robert Valdez

1 year

Sherwin Pascual

12 years

Juan (Joe) Morales

3 years

Rick Suggs

14 years

Hector Quinones

12 years

