

"NESSIE" NEWS

Monthly Newsletter by Noreas Environmental Services



VOL. 2, ISSUE 5

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CONGRATS TO THE
HOHENHAUS FAMILY
ON THE ARRIVAL OF
ROSE GRACE
4/14/19
8.0 LBS 21 IN



Safety at NES

NATIONAL Water Safety MONTH

Top Houseplants for Improving Your Indoor

AIR



Research shows indoor plants can help you live a healthier life.



Adding 2-4 houseplants for every 100 square feet can remove up to **87%** of air toxins in 24 hours



According to the Environmental Protection Agency, indoor air is often filled with more chemicals than outdoor air, making it up to **10** times more detrimental

Common sources of VOCs in your home include dry cleaning, paint, carpets, air fresheners and cleaning products



Concentrations of Volatile Organic Compounds (VOCs) can be much higher indoors than outdoors



Chinese Evergreen



American Red Cross

Water Safety Tips

Swim in designated areas supervised by lifeguards.



Always swim with a buddy.



If you go boating, wear a life jacket!



Install and use barriers around your home pool or hot tub.



Actively supervise children whenever around the water.



Reach or throw aid to distressed swimmers – don't go!

Always stay within arm's reach of young children and avoid distractions.



Keep toys not in use away from the pool and out of sight.



Be water safe this summer. redcross.org/watersafetytips

10/13/09

May is Clean Air Month

Safety at NES



May Is Motorcycle Awareness Month

7 MOTORCYCLE SAFETY TIPS

1

ALWAYS WEAR A HELMET
Choose a helmet that displays the DOT label, which indicates that it meets federal safety standards.

2

KNOW YOUR LIMITS
Your motorcycle has limits. Know them.

3

WATCH SPEED
Follow posted speed limits.

4

KEEP YOUR DISTANCE
No one likes a tailgater. Keep a safe distance between your bike and other vehicles.

5

USE BOTH BRAKES
When braking use both brakes at the same time by applying them slow and steady.

6

BE SEEN
Avoid blind spots and always use your headlights day or night.

7

SIGNAL
Use your signals.



If you encounter a raccoon, skunk, snake, bee swarm, etc., do not try to deal with it yourself. Contact Pest Control: 619-556-8181.



MAY IS BIKE MONTH

With so many reasons to ride, what's yours?



#BIKEMONTH BIKELEAGUE.ORG/BIKEMONTH



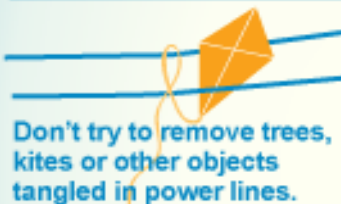
May is Electrical Safety Month.

Safety Starts with You.

#ElectricalSafetyMonth

Play it Safe with Power

May is National Electrical Safety Month. Protect your family from possible hazards with these quick tips.



Don't try to remove trees, kites or other objects tangled in power lines.

Call PG&E at 1-800-743-5000.

Having an outdoor party? Weight helium-filled metallic balloons so they don't float up near electric lines.



Keep your body and any tools you're holding at least 10 feet away from overhead lines.



Stay away from downed, dangling or damaged power lines. Call 911 and PG&E right away.

Top Compressed Air Safety Guidelines



Never apply compressed air to your skin or direct it at a person



When using air for cleaning make sure pressure does not exceed 30 psig (per OSHA regulations). And always wear goggles or a face shield over approved safety glasses.



Wear ear protection. Excessive noise can damage hearing.



Never crimp, couple or uncouple pressurized hose. Shut off valve & bleed down pressure before making any hose connections.

Hose reels can decrease your chances of injury and help hoses last longer.



Use correct heavy duty clamp & fittings made for compressed air hose. Never use prayed, damaged or deteriorated hoses.



When blowing compressed air through a hose or air line, make sure the open end is held securely. A free end can whip and cause injury.



Safety First



Don't use air directly from a compressor for breathing unless the system is designed for that purpose and suitable filters & regulators are in place.



Only pressure vessels built to international standards should be used for air receivers. Never install safety relief valves that have a higher PSIG rating than the pressure vessel to which you are installing.



**NES
BOWLING PARTY &
SAFETY AWARD CEREMONY**



**MAY 17, 2019
2:30PM - 6:00PM**

**ADMIRAL ROBINSON BOWLING CENTER
NBSD DRYSIDE**



EVENT ATTENDANCE IS REQUIRED



**TEAM BOWLING COMPETITION
FOOD PROVIDED
RAFFLE PRIZES
TEAM/INDIVIDUAL CONTESTS**



WEAR YOUR CRAZIEST SOCKS!
THE PERSON WITH THE MOST CREATIVE OR WACKIEST SOCKS
WILL WIN A PRIZE.

NES Environmental Updates

A zone inspection was conducted by Captain Love at NBSD BOWTS on April 25. He was quite impressed, stating that this was the cleanest site on the base! Good job on “House Keeping!”

The annual DTSC inspection was conducted at NBSD CSW on April 29th and there were no NOVs. Wendy’s Team did a great job. Special shout outs to Jonathan and Danny C., who took on new roles.

A DTSC Transportation Inspection was conducted at NBC on April 30th. “What is a DTSC Transportation Inspection?” you may ask—because we certainly did! They reviewed the permits and registrations in one of the stake bed trucks and looked the vehicle itself over. They also reviewed training records and manifests much like they did in the DTSC inspection the day before at NBSD. No NOVs either. They said we shouldn’t expect another DTSC TRANSPORTATION Inspection for 5-10 more years *but* we are expecting a regular DTSC inspection in May or June at NBC.

The City of San Diego Water did an inspection of the NBC facility on May 2, 2019. No NOVs.

So if you are keeping score, that is 4 for 4 this month!

- Ellen Nelson

CONGRATS GILBERTO!

GILBERTO OROZCO HAS BEEN PROMOTED TO
PROFILE SPECIALIST

Congratulations, Jonathan!

JONATHAN HAS BEEN PROMOTED TO
CSW MANAGER

happy birthday!

PROJECT

ANNIVERSARY

MAY BIRTHDAYS

Chris Woods

May 3rd

Roy Arreola

May 7th

Jeff Peterson

May 14th

Abby Barnett

May 16th

Roberto Valdez

May 16th

Ron Ramage

May 25th

Tim Palm

May 27th



MAY ANNIVERSARIES

Ramon Torres

5 years

Jonathan Field

13 years

Tim Palm

8 years

Marcos Mariscal

4 years

Mark LoVecchio

4 years

John Faulkner

13 years