



Marine Corps Logistics Command Headquarter's Safety and Health Newsletter



VOL 8 ISSUE 3

MARINE SAFE – SOUND ADVICE FOR EVERYONE

3rd Qtr. FY18

“Hands-Free Georgia Act”



~~~Beginning 1 July 2018~~~

...so as to prohibit actions which distract a driver while operating a motor vehicle; to provide for the proper and safe use of wireless telecommunications devices and stand-alone electronic devices while

driving...Section 4 (c ) While operating a motor vehicle on any highway of this state, no individual shall: (1) physically hold or support, with any part of his or her body a: (A) wireless telecommunications device...See this web site for more information and penalties:

<http://www.legis.ga.gov/legislation/en-US/Display/20172018/HB/673>

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*We would like to welcome Mr. Kevin Davis, Safety Specialist. Kevin comes to us with years of diversified experience in occupational safety and health. We also welcome Mr. Ronnie Fennell as our VPP Program Manager! Stop by the EH&S for a meet-and-greet when you're in the area.*



## Our 2018 goals for VPP

LOGCOM is reaching for the **VPP Star** and we need everyone's participation! The 2018 VPP Program Goals include improved employee involvement in safety and health. We are asking everyone to memorize the 4 Primary Elements of VPP;

1. Management leadership and employee involvement.
2. Worksite analysis.
3. Hazard prevention and control.
4. Safety and Health training.

We need **ALL** Marines, Civilian Marines and Contractor Employees to be prepared for OSHA's on-site assessment. During their assessment, OSHA will conduct numerous employee interviews to determine the level of knowledge and involvement in VPP.

It's easier than you think. All you need to do is remember the acronym "I ACT".

**Next Executive Safety Council Meeting is 16 Aug.**



**Safety Rep Meeting is the 3<sup>rd</sup> Tuesday each month at 0900 Bldg 3700, McClintock Conf. Room. If you wish, bring a friend or prepare a short talk,**

**contact Randall Sexton, x9237 to get on the agenda.**

**We invite you to join us!!**



**I** – Involvement  
**A** – Analysis  
**C** – Control  
**T** – Training



See someone doing something safe?

Let Kathy Berry know! x6284

AAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAAA



**Oh my aching bones!**

Aches and pains, not to mention possible weight gain, can result from slouching over your desk all day. So what can you do to ward off pain and stiffness and boost your energy and alertness? Experts recommend several quick and easy stretching exercises you can do at your desk that will release tension from head to toe. So, set the alarm on your cell phone or computer to go off every hour to remind you it's time to get up and stretch. For information and instructions go to <https://www.verywellfit.com/best-stretches-for-office-workers-1231153> or <https://www.sfmic.com/safety-tips-for-office-workers/>.

**Here are a few recommended stretches you can do at your desk:**

**Chest Stretch...Sit up straight, reach back with both arms and grab the back of your chair. With your feet flat on the floor, lean forward keeping the chest up. Repeat several times.**

**Shoulder shrugs...Sit up straight with your feet flat on the floor. Lift your shoulders up towards your eyes and squeeze. Repeat**

**Spinal twist...Sit up straight with feet on the floor. Hold one armrest of your chair with both hands. Turn your torso towards that side while keeping your knees pointed straight ahead. Repeat the other side**

## And the survey says!

To recognize National Safety Month we asked employees to participate in weekly surveys to get their opinions on the following questions:

Would you take a shower in your own home during a thunder and lightning storm?

27 said YES and 74 said NO. The fact is the National Safety Council (NSC) recommends that we not take showers during a storm

Would you use a mail-in disposal plan for unused or outdated medications?

51 said YES and 5 said NO. Many pharmaceutical companies now have free mail-in service to dispose of unused medications. Also, most pharmacies will dispose your unused medication at no charge.

Are you most likely to slip, trip or fall in an office environment or an industrial environment?

29 said an INDUSTRIAL ENVIRONMENT and 26 felt an OFFICE ENVIRONMENT would be the most likely place. Fact is, the NSC reports 50% of all injuries occurring in the office are related to slips, trips and falls where only 15% occur in industrial environments.

Do you think the driver assistance technology on newer automobiles will help reduce accident?

27 said YES and 24 said NO. While most driver assist technology is a matter of personal preference, most traffic safety experts feel the braking features can and do prevent accidents. Other technical safety options may be of value as well but the technology is too new for accurate data regarding accident prevention.