PROTECTING THE PROTECTORS: ENVIRONMENTAL HEALTH AND SAFETY FOR THE DISASTER RESPONDER

(OR DEVELOPING A HEALTH AND SAFETY SYSTEM FOR DEPLOYED PERSONNEL PROTECTION AT A DISASTER RESPONSE)

<u>Note</u>: The purpose of this session is not to cover basic SOFR practices (participants should already have baseline knowledge), but to put that knowledge into a system with the greatest effect.

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Before We Get Started:

Section 1: Introductions to Disaster Response.

Section 2: Assessing Hazards and Risks.

Section 3: Planning for a Safe Response.

Before We Get Started:

- Emergency Procedures.
- Courtesy Procedures:
 - Restrooms.
 - Snacks.
 - Cell Phones/Videos!
 - Questions?



Section 1: Introductions to Disaster Response:

 VIDEO #1: FIRE BASED EMS
 [http://www.youtube.com/watch?v=ruokZeIV6b g].

- Who/What You Are!
- Experience at "Protecting the Protector".
- Expectations/Take Away's!
 - Class Take Away's Specific Changes: Now!
 - Knowledge Take Away's Future Learning's!



<u>JOE'S EXPECTATION</u>: LF/HC \rightarrow HF/HC (Class Homework).

- Who/What You Are?
- Experience at "Protecting the Protector (or Concerns!)".
- Class Expectation:
 - Class "Take Away's".
- Knowledge Expectation:
 - Knowledge "Take Away's".
- Homework (Make a Change to Move High Consequence/Low Frequency Events to High Consequence/High Frequency Event).



High Frequency (HF)/ Low Consequence (LC)

High Frequency (HF)/ High Consequence (HC)





Low Frequency (LF)/ Low Consequence (LC) Low Frequency (LF)/ High Consequence (HC)



<u>JOE'S EXPECTATION</u>: Move 1 item from today's discussion from LF/HC to HF/HC in your service.

EHS for the Disaster Responder

 VIDEO #2: HHS EMERGENCY RESPONSE: HAITI VIDEO [http://www.hhs.gov/haiti/video/index.html].

SIMILARITIES!Typical
ResponseDisaster
ResponseI

DIFFERENCES!

(Exercise #1: Compare/Contrast Safety and Health Concerns for the Described Typical and Atypical (Disaster) Responses).

EHS for the Disaster Responder

Risk

Assessment

ABC

Lets "talk about the differences and how we will potentially affect them".

(Exercise #1: Results (How Do We Address the Atypical Concerns?).

Section #2: Assessing Hazards and Risks

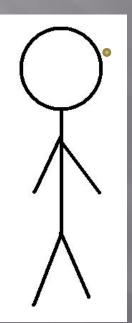
- Hazard Assessment and Risk Matrix (HARM)
 - The Hazard Evaluation and Risk Assessment (HERA).



 OSHA – Competent Person 1) has the knowledge to address hazards, and the 2) authority to implement actions.

Pre-Event: Hazard Assessment (HARM):

"WHAT'S THE HARM"?



"The HARM is developed by your CMO with the assistance of the Chief Safety Officer." It identifies potential hazards in an anticipated response. Response: "Hurricane Irene" (<u>Handout #1</u>: HARM)

(<u>Exercise #2A</u>: Assess and list the hazards for the exemplary response).

(Exercise #2B: Discuss the applicability of the HEAT HARM to the exemplary response).

Pre-Event: Risk Assessment

"The HERA is developed by your CMO and Chief Safety Officer". It identifies actions taken PRIOR to the response, for those at risk.

HERA:
Mission - Location.
Point of Contact.
Effective Date/Expiration Date.
Scope and Applicability.



HERA: General Information

- Weather (High/Low/Humidity).
 Worksites (CONUS/OCONUS).
- Quarters.
- Meals.
- Security.

HERA: Anticipated/Plausible Hazards

- Biological Bloodborne Exposures/Oral-Fecal Exposures.
- Respiratory Hazards: Chemical, Biological and Radiological Hazards.
 Vector-borne Hazards.
 Hazardous Fauna.
 Hazardous Flora.

HERA: Environmental Hazards

- Severe Weather.
- Transportation (EMS Hazard #1 During Routine Responses).
- Heart Disease (EMS Hazard #2 During Routine Responses).
- Violence (EMS Hazard #3 During Routine Responses).
- Base of Operation Physical Hazards. FORMALDER
- □ Thermal Extremes.



<u>Note</u>: Use a system you are familiar with to identify plausible hazards (JSA; ICS-215A; T.R.A.C.E.M.).

HERA: Medical Clearance

- Immunizations and Chemoprophylactic Recommendations.
- Injury Prevention Physical Requirements.
 Alcohol, Medication and Phototropic Drug Contraindications.
- HARM Qualifications.



HERA: Medical Clearance

- HARM Risk of Injury or Illness.
- Job Tasks (40 lb. Carry).
- Medical Devices (Casts-Prohibition).
- Those at Risk for Thermal Conditions-Prohibition.
- Poorly or Uncontrolled Chronic Medical Conditions.
- Acute Health Conditions (Including Recent Hospitalization and Surgery).
- Use of Powered Medical Equipment.
- Special Diets.

<u>Note</u>: All Responders Must See the HERA Prior to a Response!

EXERCISE #3



ASPR Response Hazard Exposure Risk Assessment (HERA) & Force Health Protection (FHP) Plan **OPEO Chief Medical Officer Program**

Before You Deploy: Review the Anticipated Hazards and Safety Actions in this document Review the <u>Medical Clearance Process for Response Personnel</u> (p. 5) Clinical Personnel – Ensure Proper Vaccination Do Not Deploy if Sick or Injured

Mission: ESF-8 response to Hurricane Ilene 2011 Eastern U.S. Seaboard

Last Updated 22-AUG-2011 Edition: 1.0

GENERAL INFORMATION

POC: emgcmo@hhs.gov

Overview: Hurricane season and emerging storm threats. Scope & Applicability: The HERA and Heath and Safety Plan (HASP) apply to all ASRR-deployder Federal Responders (employees and USPHS Commissioned Corps officers) activated as a part of HHS/ASPR mission.

Deployed location: Impacted communities along the Atlantic Coast of Southeastern U.S. (SEUS). Current focus is S.C., but applicable from Georgia through Virginia. Weather: Regional humidity is expected to be near 100% at sea level as post-hurricane pools evaporate. August and September highs average in the upper 80s and lows in the 70s F.

Worksite circumstances: ER decompression adjacent to surviving medical structures utilizing BOO Western Shelters and buildings of opportunity, and forward deployed DMAT-A (12-staff "strike teams"). English is the dominant language, Spanish is common, and Gullah or Geechee (English-Patois) spoken on coastal Carolina barrier islands.

Quarters: Billeting may include hotels, indoor space (buildings of opportunity), and/or field tentage. Responders should plan on billeting under austere conditions. Meals: Depending on the local infrastructure, meals may be obtained locally and/or Meals-Ready-to-Eat (MRE). There are no posted FDA alerts/recalls at this time. Food safety rules preclude the ingestion of food requiring refrigeration, which has been in warm temperatures (i.e. out of refrigeration) for more than four (4) hours.

Security: Intact local law enforcement is anticipated, supplemented by state National Guard as needed. Violent crime may be a plausible risk within displaced communities. Petty theft should also be expected

ANTICIPATED OR PLAUSIBLE HAZARDS

Page 1 of 5



Biological (Immediate Risks):

- Ological (Immediate Kisks):
 <u>Blood-borne exposures</u>: (Moderate Risk) Hepatitis B, Hepatitis C and HIV from patient contact during the delivery of medical care.
 <u>Mosquito-borne illnesses</u>: (Moderate Risk) West Nile Virus has been reported in the SE and Mid-Atlantic states presenting as a range of febrile or flu-like
- illnesses. <u>Tick-borne illnesses</u>: (Moderate Risk) Both Rocky Mountain Spotted fever and Lyme Disease are common and increased in areas with deer populations.
- <u>Animal bites</u>. (Moderate Risk High Consequence) Rabies is endemic in the SE US raccoon and bat populations.
- 5 Oral-fecal: (Moderate Risk) sewer systems and septic tanks typically contaminate ground water and coastal shell fish. (Eat / drink ONLY approved sources.)
- Respiratory: (Moderate Risk) no specific threats identified at this time. Use PPE 6. as directed by HASP. All individuals who will perform (i.e. be within 6 feet of) high risk procedures must be medically pre-approved to use an N-95 respirator and be fit tested within the last year. Medical; personnel who mobilize PRIOR to the establishment of a MOBILIZATION CENTER must possess this approval.

Environmental:

High Risk: Heat Stress Injury, sunburn, vector bites, Transportation (see below). Moderate Risk: drowning, stings from washed up sea creatures' ocean debris, and bites from feral animals

Social: Theft, assault, and potential verbal abuse from frustrated victims, offmedication psychiatric patients, drug- and alcohol-dependent in withdrawal Transportation: (High Risk) Crashes and non-crash injuries are the #1 cause of prehospital responder death and injury.

RECOMMENDED SAFETY ACTIONS (OVERVIEW):

Refer to Health and Safety Plan (HASP) for this event for additional information

1. General concepts:

- a. <u>If hazards are identified</u>: notify the safety officer, remove or mark the hazard, perform administrative or engineering actions as necessary to reduce the risk
 b. Utilize <u>PPE</u> as appropriate (see the HASP document); use Standard
- Precautions at a minimum during patient care c. Do not utilize local water supply for any drinking (including toothbrushing) unless confirmed to be safe by local public health officials 2. <u>Required immunizations</u> (OSHA): For positions involved in direct patient care
- activities and/or handling of biologic waste: Employer must offer <u>Hepatitis B</u> vaccine to those individuals deemed at risk for exposure to blood or body fluids.

Page 2 of 5



(Exercise #3)

Section #3: Planning for a Safe Response

- The Health and Safety Plan (HASP)
 - □ The Safety Bulletin!!!



The Health and Safety Plan (HASP) is developed by the Chief Safety Officer with the assistance of the CMO (use a complete format that works for you! [ICS-208; NIOSH-HASP]).

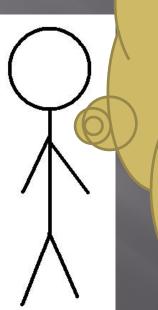
Section A: Introduction/Background:

- Program Management.
- Reporting (Incidents, Accidents and Near-Miss Reporting).
- Worker Rights and Responsibilities Refuse Work Protocol.
- Worker Rules.
- Situational Assessment.
- Vaccination and Pre-Event Medical Screening Requirements (HARM and HERA).

Section B: Emergency Procedures:

- Alerting (NOAA/Lookout/Communication Posts).
- Alarming.
- Evacuation Routes and Rally Points (Primary and Distant).
- Accountability (Process to address individuals who do not meet accountability procedures).
- □ Shelter In Place Requirements (Go-Kits).
- Extraction Procedures.

Section C: Job Hazards - Analysis:
Job Hazard Analysis.
ICS-NDMS-215A.



OSHA Hierarchy of Controls: -Elimination (or substitution of less hazardous materials). -Work Practice/Admini strative Controls. -Engineering Controls. -P.P.E.

(Exercise #4: ICS-215A)

<u>Section D: Personal Protective Equipment</u>:29CFR1910.132(d) Certification:



• Eye/Face Protection – ANSI.87.1 – 2010.





Foot/Shoe Selection – ASTM.F2412-2413 – 2005 [ASTM-2005; MF; C30, 50, 75; 1-30, 50, 75; MT; PR; EH; SD; Cd; CS; DI].

Personal Protective Equipment (continued):



- Hand Protection ANSI/ISEA 105 2011:
 - Cut Resistance 0-5.
 - Puncture Resistance 0-5.
 - Abrasion Resistance 0-6.
 - Chemical Permeation 0-6.
 - Chemical Degradation 0-4.
 - Heat Degradation 0-4.
 - Conductive Heat 0-4.
 - Anti-Vibration (Pass-Fail).
 - Dexterity 1-5.



Reflective Clothing – ANSI – Class I (< 25 mph [separated from traffic]), II (25-50 mph), III (> 50 mph).

Respiratory Protection Program:

- Covers Both Voluntary and Required Respirator Use (Except for Voluntary Dust Masks Use).
- Establishes Recordkeeping Practices for Documents Relative to the Respirator Standard.
- Requires a Written Respirator Program, Specific to Job Sites and Practices, in Compliance with the New Standard (9 Mandatory Components).
- Written Programs Must Include Specific Selection Criteria for Respirators, Schedules for Cartridge Changes if Cartridge Respirators are Used, and Quality of Breathing Air, if Supplied Air Respirators are Used.

Respiratory Protection Program (continued):

- Requires an Initial Medical Checklist Completion or an Initial Physical, the Availability of Health Consultation and Health Care Professional Clearance in Certain Situations.
- Requires Use of the OSHA Protection Factors for Respirator Selection Criteria.
- Requires Annual <u>Quantitative</u> and/or <u>Qualitative</u> Fit Testing for <u>All</u> Respirator Users.

- Respiratory Protection Program (*continued*):
 - Requires Initial and Annual Training, and at Times of Changes to Written Respirator Programs and Instructions.
 - Requires Designation of a Qualified Program Administrator, and an Annual Program Evaluation and Audit, Including Discussions with Respirator Users.
 - Identifies Order of Permissible Exposure Limit Use, for Enforcement Purposes (OSHA, ACGIH, NIOSH, MSDS).

- Respiratory Protection Program (*continued*):
 - Identifies Tagging and Check/Maintenance Protocol for Respirators and Compressors.
 - Gives Specific Emergency and IDLH Requirements for Respirator Use, and Maintenance of Respirators Used During IDLH or Emergency Response Work.

- Hearing Conservation Program:
 - ID Noisy Areas.
 - Test Noisy Areas.
 - Implement a Hearing Conservation Program.
- The NRR Conundrum:
 - Old:
 - NRR_{OLD} 7> $dB_{A[TIME]}$.
 - New:

- Range Published: (80% 20%), applied directly to the NRR, with fit test options.

(Extra Credit: What is a dB?)

- Infection Control Program:
 - BBP OSHA Requirements.
 - Infection Control.
 - Immunization Schedules (ACICP).

Section E: Training:

- Onsite Training:
 - Evacuation Signals and Locations Primary, Secondary and Shelter In Place.
 - Emergency and Safety Equipment Procedures for Use.
 - Accountability.
 - Site Specific Safety and Health Requirements.
 - Sanitation.
 - Infection Control/Illness Prevention.
- Security (including use of the Buddy System).
 Safety Messages/Safety Bulletins (What's the System?).

Section F: General Safety and Health Requirements:

- Team SOFR (Safety Organization).
- Hand and Power Tools.
- Specific Safety and Health Issues (Heat/Sun/Insects/Safety in Crowds).
- Illumination: 5 ft. Candle (Exits); 10 ft. Candle (Work Areas); 50 ft. Candles (Medical Ops).
- Hearing Conservation:
 - Noisy Areas Identified.
- Noise :
 - Testing.
 - Base Line Audiograms.
 - Required Use of Hearing Protectors During Evaluation Periods.

Personal Safety

- Ionizing Radiation (Markings; Dose Monitoring/Estimation; Pregnancy Declaration).
- Severe Weather:
 - Lightning Safety: "30-30 Rule".
 - Earthquake Preparations.



Post Storm Activities: Evaluate Before Re-Entry.

Personal Safety

Working On or Near Water:





Type II



Force Health Protection and M

DICAL PLAN

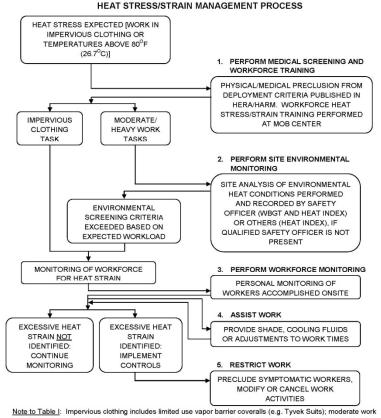
Medical Services: First Aid.

(Exercise #5: ICS-206: Identify one (1) additional item of importance to your service, which may be placed/planned on an ICS-206 form).

Personal Safety

- Pre-Response Medical Requirements.
- Medical Records Access and Retention (29CFR1910.1020).
- Work Rest Regimens (2/1)!
- Thermal Extremes:
 - Heat Trigger! >79.8°F (or Impervious Clothing).
 - Cold Trigger! <30.2°F (or Specific Evaporable Concerns).

Work Regimen, Heat 🎇



includes sustained/moderate hand or arm work (e.g. Triage Activities); heavy work includes intense arm or trunk work, carrying, manual labor such as pushing or pulling loads (e.g. Moving Equipment/Erecting Tents).

(Handout #2: Heat Stress/Strain Management Process)

Work Regimen, Cold

				N	1V	VS	5 V	Vi	nc	lc	hi		CI	ha	rt				
Temperature (°F)																			
	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
(hc	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
Wind (mph)	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
p	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
Wi	40	27	20	13	б	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
	45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
	55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
	60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98
Frostbite Times 📃 30 minutes 📃 10 minutes 🚺 5 minutes																			
Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V ^{0.16}) + 0.4275T(V ^{0.16})																			
Where, T= Air Temperature (°F) V=Wind Speed (mph) Effective 11/01/01																			

HANDOUT #3 WORK REGIMEN, COLD

ECT	Action
19.4°F (ECT)	 Safety Officer is present on each worksite to observe work.
	 Warning locations and warning regimens are established.
	 Warm, sweet drinks should be provided to ensure calorie intake and fluid volume. Limit coffee intake due to diuretic and circulatory effects.
10.4°F (ECT)	 Buddy system all work (constant, continuous supervision).
	 Work regimens should be adjusted to preclude sweating and ensure standing still for extended periods is minimized.
	 Briefing of workers occurs (warm-up procedures; clothing practices; eating and drinking recommendations; recognition of frostbite; signs and
	symptoms of hypothermia; safe work practices).
0°F (ECT)	Hand coverings required.
-11°F (ECT)	Medical certification of workers required.
-25°F (ECT)	 Work with the exception of lifesaving activities is precluded.

Air Temperature °C (approx.)	Sunny Sky *F (approx.)	No Noticeable Wind		5 mph Wind		10 mph Wind		15 mph Wind		20 mph Wind	
	842 B	Max. Work Period	No. of Break s	Max. Work Period	No. of Breaks	Max. Work Period	No. of Brea ks	Max. Work Period	No. of Break s	Max. Work Period	No.o Break s
-26° to -28°	-15º to -19º	(Norm, Br	reaks) 1	(Norm, E	kreaks) 1	75 min	2	55 min	3	40 min	4
-29º to -31º	-20° to -24°	(Norm, Breaks) 1		75 min	2	55 min	3	40 min	4	30 min	5
-32° to -34°	-25° to -29°	75 min	2	55 min	3	40 min	4	30 min	5	Non-eme	rgency
-35° to -37°	-30° to -34°	55 min	3	40 min	4	30 min	5	Non-emer	gency		
-38° to -39°	-35° to -39°	40 min	4	30 min	5	Non-emerg	ency				
-40° to -42°	-40° to -44°	30 min	5	Non-em	ergency						
43° & below	-45° & below	Non-emergency									
		Work shou	ild cease	Work should cease		Work should cease		Work should cease		Work should cease	

(Handout #3: Work Regimen, Cold)

Sanitation

Section H: Sanitation:

- Hand Washing.
- Water Classifications Potable, Gray, Black.
- □ Toilets (20 to 1!).
- <u>Covered</u> Trash Receptacles.
- Food Safety:
 - Cleaning of Food Service Areas (X3 Daily).
 - Refrigerate Food Requirement: 2 Hours (1 if > 90°F).
 - 6,000 Calorie (2 MRE: Recommendations).
 - 100 oz. (Cool) 150 oz. (Hot) Water Intake.

Air Quality

Qualitative Evaluations. Quantitative Evaluations. Remember: You May Have 24 Hours of Exposures.

CO - (9 ppm).
 CO₂ - (1,000 ppm or < 3X's Ambient Levels).
 Dusts - < 5mg/m3.
 rH - < 60%

<u>Note</u>: Mold actions > 100 ft² require specialized procedures [NYCDOHM – Guidelines].

Air Quality

Air Quality Index (AQI) Values)	Levels of Health Concern	Colors
0-50	Good	Green
51-100	Moderate	Yellow
101-150	Unhealthy for Sensitive Groups	Orange
151 to 200	Unhealthy	Red
201 to 300	Very Unhealthy	Purple
301 to 500	Hazardous	Maroon

[Ground Level Ozone; Particulates; CO; SO₂; NO₂].

Transportation and Vehicle Roadway Safety

Section I: Transportation and Vehicle Roadway Safety:

- Commercial Vehicle Licensing.
- International Vehicle Licenses.
- Parking Location and Direction.
- Vehicles Marked, Attended, Chocked.
- Passengers Seat Belts/Rear Riding Prohibition.
- Powered Industrial Trucks.

Traffic Control on Roadway (MUTCD)



 Advanced Warning Signs (4X – 8X Posted Speed Limit).

Shoulder Taper: Cone Spacing 1X Posted Speed Limit).

Buffer Zone (Described by Speed Limit and Stopping Distance)

Fire Protection

Fire Extinguishers:
Electrical Power Lines:

2A/75 feet.
20B/30 feet (adjacent).
10 feet if < 50 kV.
20 feet (for most).

All Power Lines are Considered Live!!!

Temporary Buildings

- Temporary Buildings (<180 days meet IFC
 >180 days meet (B)).
 - X2 Exits (Adequately Lighted) [Deadbolt Prohibition].
 - Doors Identified and Swinging in Direction of Travel.
 - (1) 2A: 10BC Fire Extinguisher.
 - Generator: 50 Feet from Structures(CO/Fire Detectors for Sleeping Locations).
 - Hand Rails on Steps.

Hazard Communication -Hazard Substances

MSDS Compilation.
Employee Training and Information.
Labels.

Security

- Security Survey (Similar to ICS-215A).
- Security Control Location.
- Identification Program.
- Lethal Weapons Prohibition.
- Offsite (Off-Boo) Security and Accountability Protocol.
- Procedures to Respond to Accountability Breaches.

Logistics Safety

Section L: Logistics Safety:

- Warehousing:
 - Aisle Clearance and Block Height.
 - Training/Certification for P.I.T.
 - Cylinder Handling Protocol.
 - Maximum Lift 50 lbs (NIOSH recommends a Max Lift of 51 lbs, adjusted downward for repetitive events).
 - Chemical Storage for MSDS.
 - PPE (Goggles for chemical mixing).

NIOSH Lifting Equation

RWL – LC X HM X VM X DM X FM X AM X CM where:

- LC = Load Constant
- HM = Horizontal Multiplier
- VM Vertical Multiplier
- DM = Distance Multiplier

- AM = Asymmetrical Multiplier
- FM Frequency Multiplier
- □ CM Compiling Multiplier

LI – <u>Load Weight</u> RWL

Summary

Summary:

- 1) Know the Differences Between Typical and Atypical Disaster Responses.
- 2) Assess Hazards and Identify Risks.
- 3) Plan for a Safe Response.

Homework: LF/HC + Training/Activity = HF/HC.

??? Questions