



# Student Intern Orientation Brief 2019

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# General Emergency Response



1. Review emergency procedure with your Mentor
2. Determine Muster (meeting) place, with your Mentor
3. Be aware of “Shelter in Place” as a Response
4. When you are secure:

**Text Alison Kerr (cell phone) 831-521-9335**

**“I am Safe - I am at \_\_\_\_\_ Name \_\_\_\_\_”**

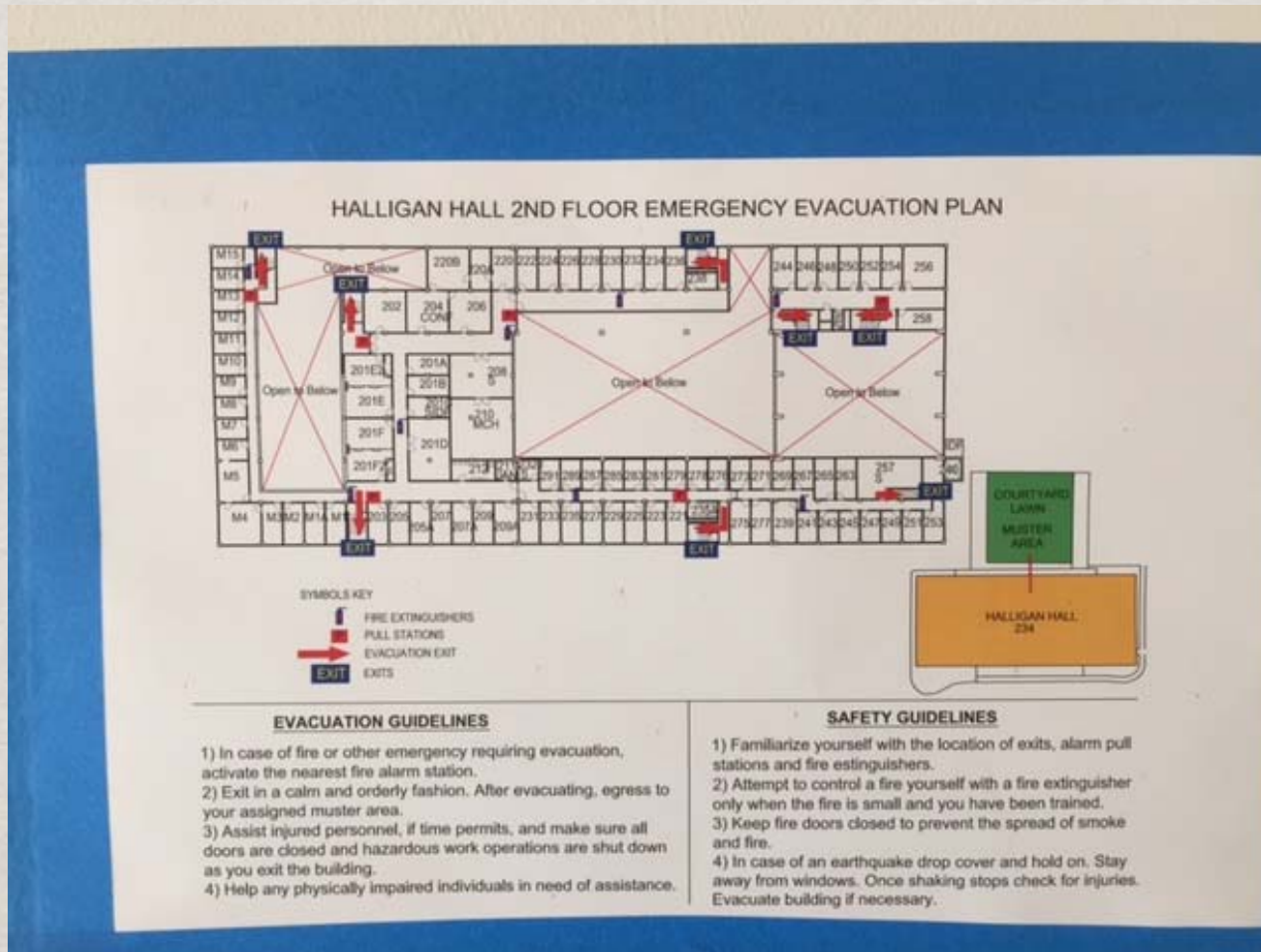
Recommend add “NPS” or “STEM” to name on phone entry, for quick recall

**Call (9) 911 emergency services  
in case of serious or life-threatening injuries!**



# Evacuation Routes

## Know your Nearest Exit



# Fire Response

## What Building Are you in?

**FIRE BILL**

BUILDING NO. 234

**IN CASE OF FIRE**

1. USE NEAREST FIRE ALARM BOX  
OR TELEPHONE EXT. 9-9-1-1  
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 the 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.

NEW YORK CITY FIRE DEPARTMENT  
FIRE PREVENTION DIVISION  
FIRE PREVENTION DIVISION  
FIRE PREVENTION DIVISION



# Navy ORM Risk Management

- Take time to assess the situation
- **Identify** hazards— brainstorm
  - What's the worst thing that can happen?
  - Visiting the [cliffs](#)? [Seashore](#)?
- **Assess** the hazards – probability and severity
- Make risk **Decisions**
  - Most severe and probable hazards (risks) first!
  - What can reduce the severity or probability of the hazard?
  - What would it take to make that risk reduction happen?
  - Cost benefit analysis – if its appropriate, decide to do the mitigation
- **Implement mitigations**
- **Supervise!**

Pass along lessons learned to your workers, supervisors, friends, etc. [Local Scary Event.](#)

# Navy ORM Risk Management

## Takeaway: Four PRINCIPLES of ORM

- Never take an unnecessary risk!
  - Running a light to get to the next red light.
- Accept risk when benefits outweigh the costs
- Anticipate and manage risk by planning – drinking at a party?
  - Manage your risk deliberately – don't be surprised.
- Make risk decisions at the right level
  - Life and work is not zero risk, but it can be managed.



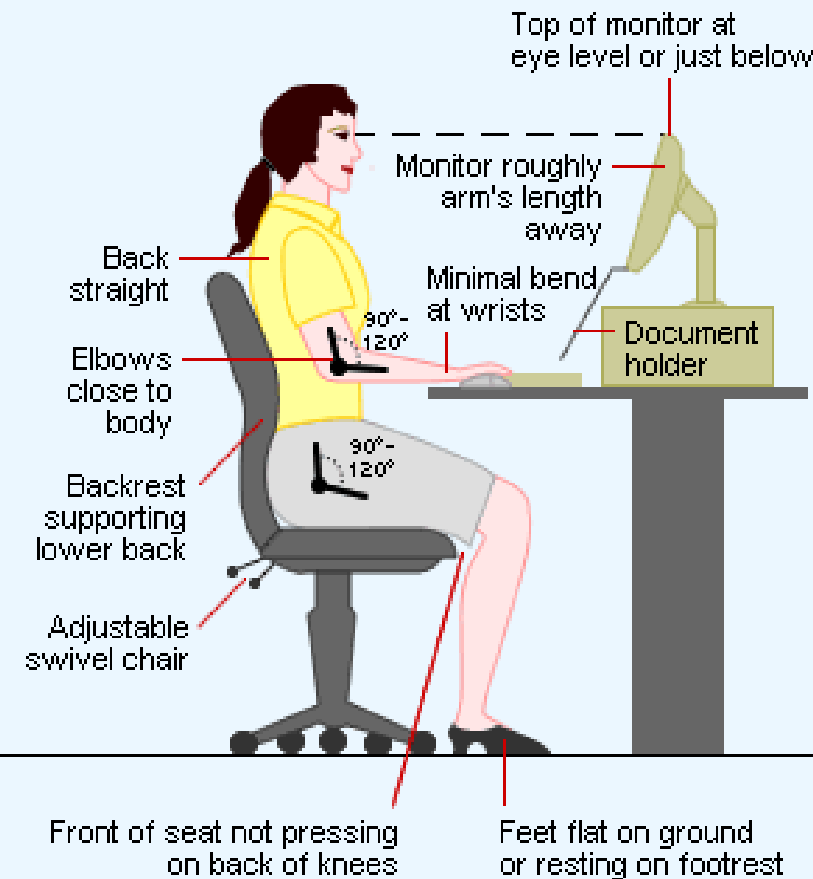
# Monterey HAZARDS and Mitigations

- **Sunburn** - You can get sunburned in fog - sunscreen, sunglasses
- **Hypothermia** - Dress in layers and carry a warm jacket - prepare
- **Hypothermia** - Water temperature is cold - prepare
- **Drowning** – Riptides can be deadly – recognize and avoid
- **Drowning, Trauma** - Rogue waves have caused deaths – be aware, never turn your back on the ocean
- **Sting** – Yellow jackets, honeybees, stinging nettlefish
- **Bite** – Geese, coyote, seals – be aware, avoid
- **Disease** – Raccoons - avoid
- **Rash** - Poison Oak is common in forests and hiking/biking area - Recognize, avoid, cleanse

# ERGONOMICS

**Some (bad) habits over time become painful.**

## Workstation ergonomics: ideal set-up



Be aware (and avoid) heavy lifting, repetition, vibration, joint stress.

Can it be done smarter?



# Equipment and site HAZARDS

- **Electrical Power, Potential Energy**
  - Lockout procedures must be in place for all potential energy equipment and processes.
  - Restoration from Lockout is a controlled operation.
- **Fall Protection**
  - Roofs





# CONFINED SPACES



Enclosures with limited means of entry/exit that are not designed for continuous occupancy.

1. Examples: Tunnels, Storage tanks, pits, sewers, underground utility vaults, and manholes.
2. Report unlabeled spaces.
3. **ENTRY IS PROHIBITED**







# Hazards Materials



**Do not bring Hazardous Materials to NPS.**

- **Anything you wouldn't want to eat, breath, or put in your house**
- **Don't take any out**
- **Dispose of HAZMAT in the lab by direction of your mentor**

**1. Don't put anything in the trash you wouldn't want in your drinking water**

- 1. Batteries**
- 2. Toner cartridges**
- 3. E-waste**
- 4. HAZMAT, etc, etc.**



# HAZARDOUS MATERIALS COMMUNICATION



**Standard = 29 CFR 1910.1200.**

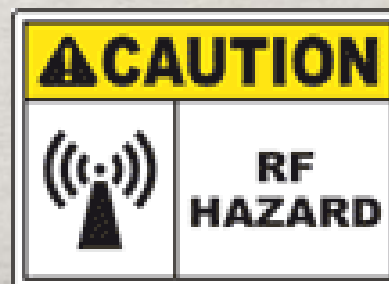
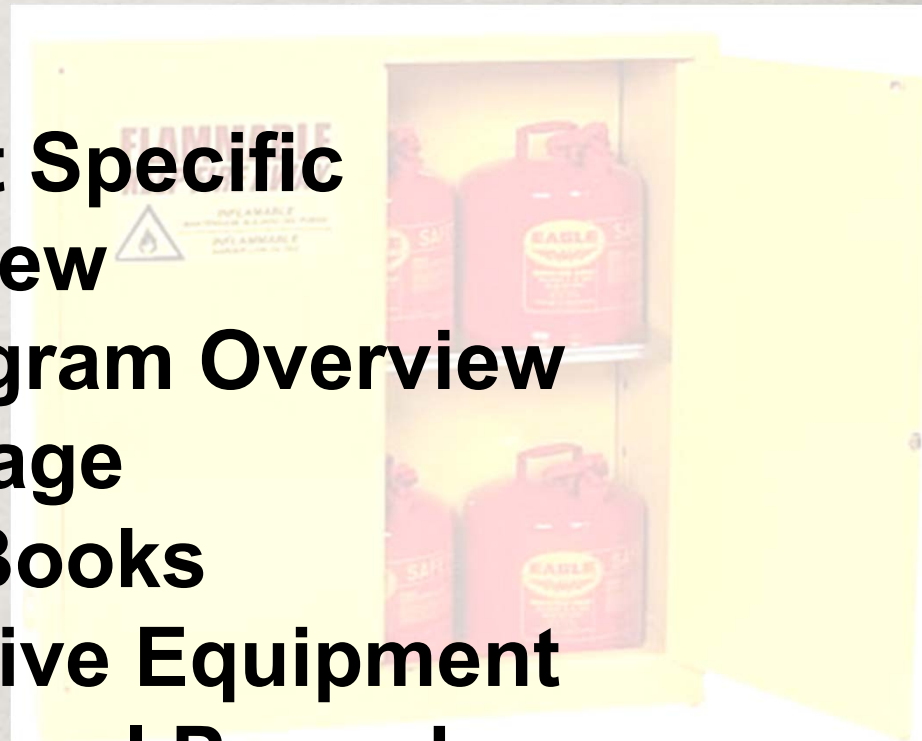


**Right to Know Hazards in the workplace.**



## Training Requirements:

- Chemical or Equipment Specific
- Safety Data Sheets review
- HazMat and Safety Program Overview
- Proper Labeling & Storage
- Access Controls, Log Books
- PPE – Personal Protective Equipment
- SOP- Standard Operational Procedures
- Watch for Radiation, Laser, RF, and Chemical Caution Signs



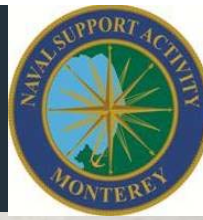
# Environmental Impacts

- Plan to use the least toxic materials
- Use only what you need in materials and energy
- Water conservation is important in Monterey
- Be aware of endangered or sensitive plants and animals during outside activities, especially in undeveloped areas.





# MISHAP REPORTING



- All Mishaps shall be reported. (What's a mishap?)
- All Interns have the responsibility to notify their supervisor when a mishap or injury has occurred in the workplace.

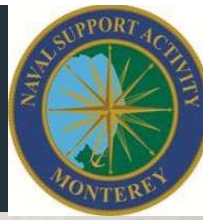
**Reporting mishaps helps raise awareness, get corrections made to the hazard, and identify trends or bigger problems.**

- **Slips, trips, and falls**
  - **Distracted Walking**
- **Lab Incidents**



# Finally!

## The best and worst Monterey Beaches



### 1. Monterey Bay Beaches

- Recent Scary incident





# CONTACT INFORMATION



Questions?

Have a Great Summer!  
Work and Play - Stay Safe!

NPS OSHE Directorate (831) 656-1072

<http://my.nps.edu/web/safety/>

[safety@nps.edu](mailto:safety@nps.edu)

**GOOGLE: NPS Safety (+[hazard] like posters,  
lasers, chemicals, batteries, sight, hearing,  
lead, radiation...)**

# Local Scary Event

- I went for a bike ride this morning and almost didn't come home. I cruised out over Toro, down the Grade and headed up Robinson Canyon. Part way up the climb, a gray Honda civic passed me. He was close, but the road is narrow and I didn't think much about it. Until, a couple of minutes later, when I saw him pulled off to the side of the road and he was out of his car. This immediately put me on edge, as most of the time, this means the driver is angry and wants to "have words." It was a fairly steep part of the road and as I got closer, he yelled out that he needed directions and wanted to know where the road went. I stopped as it was impossible to talk (middle of a hard effort) and too steep to keep rolling and talk. I was annoyed at having to stop, but didn't want to be rude either. I explained that it is an out and back road, with a housing complex at the top, but it is a gated community with security guards.



# Local Scary Event

- He then asked if he could use my phone and I said no. He then asked if we could "see the guards, just up the incline?" I glanced in the direction he was pointing and told him I didn't know what he was looking at, and I started to roll away. He wanted me to come take a closer look and I told him I needed to keep going. I started to roll downhill in order to clip in, with the intention of looping around and continuing up the climb. (It is hard for me to clip in on a steep hill as it loads up my hip that I had surgery on.) As a started to flip around and continue up the climb, a voice in my head told me to listen to my gut and get out of there. I argued with it, trying to tell myself how much I would enjoy the last (steepest) bit of the climb. But something was wrong. I listened to my gut and started to descend. As I descended, I knew I had done the right thing. A couple of minutes into the descent, I heard a car behind me.

# Local Scary Event

- I was already over to the right, but glanced over my shoulder and it was the Honda. He came up next to me and started drifting into me, forcing me to stop, as I had no pavement left to continue. He had the passenger window down and was telling me that he had another favor to ask me. I was angry, scared and trying to figure out what I could do to defend myself. I had no where to go. I looked into the car and asked him what he needed. He said, "oh, I need to move something in my trunk, can you just help me out with that?" I honestly almost laughed out loud in disgust, fear and anger. I wanted to ask if I looked stupid enough to just load myself in his trunk, and make it an easier crime for him. But I didn't. I told him my husband had just called and was upset that I was making him and the group wait for me at the base of the climb and I needed to go. And he drove off. I was left standing on the side of the road, shaking in rage and fear.



# Local Scary Event

- I knew that it wasn't safe to continue to descend, as now he was in front of me and could set up a road block and try to grab me or hit me. I was about to call the police, when I saw another car heading down my direction. I flagged it over and it was a lovely couple who agreed to escort me down the climb. I went first and they followed. A couple of corners later, what did we come upon? Same Honda, parked in the middle of the tiny road, with ALL OF THE DOORS OPEN. I couldn't believe it. We made it down to the bottom and I stopped to thank my angels. The helpful couple were horrified. That was when I realized, what had just happened. I was being hunted. AND THERE WAS LITTLE I COULD DO ABOUT IT. I am not sharing this to make people scared. I share to remind people that bad things could happen in our small, friendly, and beautiful corner of this world. Nurture and TRUST your street sence. When it says something isn't right, listen.

# Local Scary Event

- Have a plan. (Mine was to throw my full water bottle and I had already reached down and acted like I was tightening my shoe, and thought I could yank it off and use it as a weapon... not ideal but I was improvising fast... and hey, those cleats would leave a mark, and that comfort thought allowed me to keep “fast” thinking about other ways to stay clear of this trouble!) And don't show fear. I was kind, but firm. And as I realized this was a dangerous situation, I sought help from others. Never be embarrassed to ask for help. I hate to bother people and I was worried that the couple in the car who escorted me down would think I was a complete loon. Who cares about that! It got me home. I was almost stuffed in the trunk of a car. I was hunted by an experienced and crafty criminal. It isn't a nice feeling. Make sure you listen to your gut. I have reported this information to the police.

[Return to ORM](#)



# Local Scary Event

## Description of person (17May2018)

- Hair: Quite dark/black and cut fairly short and had a gelled look
- Top: Don't know
- Bottom: Don't know,
- Shoes: Don't know
- Age: Mid 20s to mid 30s
- Build: 5'8 to 5'11. Medium build
- Race: Hispanic
- Sex: Male
- Other details: Clean shaven

## Vehicle

- Make: 2017-18 Honda Civic Hatchback
- Color: Gray,
- Plates: Sam Linder Dealership paper plates



Many common products that we use daily contain potentially hazardous ingredients and require special care when disposed of. **It is illegal to dispose of hazardous waste in the garbage, down storm drains, or onto the ground.** Chemicals in illegally disposed hazardous waste can be released into the environment and contaminate our air, water, and possibly the food we eat. And by throwing hazardous waste in the garbage, you can cause additional hazards to your garbage handler.

Regulations to protect public health and the environment have been changing. This is because we now know that some common items that have traditionally been thrown in your trash cannot be safely disposed in landfills.

**These common items are referred to as hazardous waste, and some of them as "universal waste".** As of February 9, 2006, all "universal waste" items are banned from the trash. For additional information on universal waste, please check the Department of Toxics Substances Control (DTSC) Web site.

**The bottom line is that we must keep hazardous materials out of the trash by turning them in to your Departmental HAZMAT Representative.**

## WHAT IS BANNED?

### Mercury Containing Items, Such As:

- Electrical Switches and Relays
- Old-Style Thermostats
- Pilot Light Sensors
- Mercury Gauges
- Thermometers

- Fluorescent lights
- All Batteries
- Computer Monitors and TVs
- Tires
- Antifreeze
- Compressed Gas Cylinders
- PCB-Containing Materials
- Photo waste (Silver Bearings)
- Printer Toner Cartridges

- Flammables and poisons
- Acids, Oxidizers, and Bases
- Pesticides and Herbicides
- Paint (Oil and Latex)
- Aerosol Cans
- Solvents
- Asbestos
- Treated Wood
- Motor Oil and Filters



# Monterey Bay Beaches!

## Where to go and where to avoid

### Asilomar State Beach, Pacific Grove

The northern portion of Asilomar Beach consists of rugged rock outcroppings with a few small beaches between them. Everything is connected by a network of pathways.

### Monterey State Beach, Monterey

Though not as spectacular as the other beaches described here, it has the advantage of being one of the safest. The beach is sheltered from the fiercest ocean waves by the peninsula itself. Shallow sand extends some distance from the water's edge, which makes it good for wading. Still, one must be careful. This section is safe, but the further north up the coast, the more dangerous the currents. Marina can have powerful and deadly undercurrents!

### Lover's Point, Pacific Grove

Beautiful alcove with gentle waters makes this area popular with open water swimmers and divers. This is a great area to launch a kayak or stand up paddle board from because of the easy waters and close proximity to kelp gardens and marine life. Use caution though! Venture beyond the small alcove and you can experience strong waves and undercurrents.

### Carmel Beach, Carmel

This is the famous white sand beach that's mentioned in every tour guide. At about one mile long, it covers the entire length of Carmel's western shore from Pebble Beach to Carmel Point. Walking the length of the beach is a popular local activity. So is building sand castles. The texture of the sand is perfect for palace construction. Other popular activities are surfing and evening picnics.

### Carmel River Beach

The ocean at Carmel River Beach is definitely not safe for swimming or wading. However, the lagoon is ideal for wading, even for little kids (properly supervised, of course). Even here, though, you need to be careful in the winter and spring when the river is flowing to the sea. The swift current can capture anyone who ventures into it. Be advised that during winter storms, the surf here can be extreme. It is common for waves to wash over the entire beach and into the lagoon on the other side. On such days, it is best to enjoy the scene from the road or from one of the trails.

### Danger Zones!



### The most dangerous beach

Is the one known locally as *Monastery Beach*, though formally it is the extreme southernmost portion of Carmel River State Beach. It is located a couple miles south of Carmel along Highway 1, half way between Carmel Meadows and Point Lobos. It is easy to identify by the white tower of the Carmelite Monastery directly across the highway. The majority of local ocean fatalities occur on this one beach, due to the steep drop-off of sand and unpredictable waves. Some folks grimly refer to it as "Mortuary Beach." If you visit this beach, stay on the inland side of the crest of sand, and you'll be much safer. Whatever you do, don't play in the water here and keep an extra close eye on the kids!

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