Coordinating’s Corner:
PREPARING FOR PANDEMIC INFLUENZA
By Luis Vazquez

As we approach the upcoming flu season, I just wanted to alert all LUDLs that this year will be different from previous years. The difference will be that there will be two types of flu to combat, the seasonal variety for which vaccines are ready to go, and the Novel H1N1 – or swine flu – for which a vaccine is being developed and tested. According to news reports, the H1N1 vaccine should be ready by October, with multiple millions of doses being readied. There is currently a protocol as to who receives the H1N1 vaccine first, with pregnant women, young children, healthcare providers, and emergency responders at the top of the list.

I would advise all LUDLs to get vaccinated with the seasonal flu shot as soon as it becomes available, and then to get the Novel H1N1 flu shot when it is distributed. According to the US Centers for Disease Control, tens of thousands of Americans die each year from the seasonal flu. An outbreak of a mutated, H1N1 influenza virus could also end up killing tens of thousands, or millions of individuals depending on virulence (how strong the virus is), how fast the virus spreads from person to person, and other factors. The pandemic influenza of 1918 killed perhaps as many as 50 to 100 million people worldwide, and spread from community to community in waves.

Good hand hygiene, such as washing hands frequently, and sneezing or coughing into one’s elbow rather than on the hands, may help to forestall the spread of influenza. If a severe outbreak occurs, it would pay to be ready at home and work, by having a ready supply of food, water, medicine prescriptions, and other essentials on hand, as commerce could potentially be disrupted – perhaps even for a number of weeks. Purchase some P-100 respirators just in case you may be in an environment with infectious persons, or at a minimum, use an N-95 respirator.

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CALENDAR
Questions? Call Luis Vazquez or Mike Lee at 313-926-5563.

Sept. 28–Oct. 2, 2009
Fall Hazard Recognition
GE/647
Cincinnati, OH

October 5–9, 2009
Train The Trainer
Black Lake
Onaway, MI

Week of Oct. 19, 2009
40 hour Technician Level
HAZWOPER
DWEJ
Detroit, MI

October 26–30, 2009
30 Hour OSHA Outreach
Miller Brewing/2308/2B
Trenton, OH

November 2–6, 2009
OSHA Outreach
GE/647
Cincinnati, OH
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University of Michigan Evaluation Group, UAW Hazardous Waste Workers Training Program
8731 East Jefferson Ave., Detroit, Michigan 48214, www.uaw.org

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LUDLs should ask management if they have a pandemic influenza plan. If they do not, then offer to help draft one. Workplaces must be ready if a percentage of the workforce does not show up because of influenza infection, or because of concern for contracting the illness. Because Novel H1N1 seems to be affecting the younger sector of the population, many workers may opt to remain at home to take care of sick children.

There are many good resources to draw from right now, with a list of links at the end of this article. LUDLs can always use UAW Education/Health & Safety as a resource too, so don't hesitate to call with any questions you may have about pandemic flu. My hope is that there is limited spread of H1N1 or that the virus remains weak, but history has shown us that nature can still wallop us, and LUDLs must be as prepared as possible.

See the new CDC guidance for non-healthcare employers at the following link:
http://www.flu.gov/plan/workplaceplanning/guidance.html

Other useful links:
http://www.osha.gov/dsg/topics/pandemicflu/index.html
http://tools.niehs.nih.gov/wetp/index.cfm?id=538
http://www.pandemicflu.gov/index.html

STRESS WORKSHOP AT BLACK LAKE HEALTH AND SAFETY CONFERENCE, FEBRUARY 2009

By Toni Taylor

In February, I did a stress workshop Wednesday night at the Health and Safety Conference. There were 16 delegates in attendance. We went over some of the causes of stress, such as job loss, medical issues, work, family, divorce.

The biggest things a lot of people are facing in their lives right now are job reduction of the work force, relocating, foreclosures and medical issues. We talked a lot about the issues delegates were having in their lives and ways to alleviate stress. We had a very good discussion. I am looking forward to having another work shop at the next Health and Safety Conference.

We talked about some of the emotional/cognitive symptoms of stress: feeling irritable, feeling restless, unable to concentrate, becoming easily confused, having memory problems, thinking negative all the time. Negative self-talk, mood swings, eating too much and eating when you are not hungry, difficulty concentrating, no energy, feeling you can't cope, hard to make decisions, emotional outbursts, feeling upset and lack of sense of humor.

We also talked about the physical symptoms: muscle tension, low back pain, pains in shoulders or neck, chest pains, stomach/abdominal pain, muscle spasms or nervous tics, unexplained rashes, shingles, pounding or racing heart, sweating when not physically active, stomach upset, diarrhea, inability to sleep, shortness of breath and holding breath.

We also talked about the fact that if these symptoms have gone on for a while, you need to seek medical attention. You can't always beat stress alone.

Some strategies for stress management: associate with people whom you enjoy and who support you. Learn and practice relaxation or meditation skills. Don't let one thing dominate you, such as school work, relationships, jobs, sports, etc. View life as a challenge, not an obstacle. Take responsibility for your life and your feelings, but never blame yourself. Maintain a reasonable diet and sane sleep habits. Take a time out for yourself for at least 10 minutes away from any pressure. Open yourself to new experiences. Try new things, new foods, and new places.

When worries start to build up, talk to someone, whether it is a friend or a profes-

SUCCESS STORY

By Jeff Polny

On August 27, 2009 a chemical plant exploded in Hamtramck, Michigan. For those of you outside of Michigan, Hamtramck is a very small city that is surrounded by Detroit on all sides. Hamtramck Police Department immediately requested the State Police for traffic control and possible assistance with evacuations. Unfortunately, the Fire Department was obviously busy fighting the fire and originally was not able to tell us what chemicals were involved or could be involved. I was having a memory block and called Luis on his cell phone asking where to find information on the company involved. Without missing a beat, he told me the website addresses: www.rtknet.org and www.epa.gov.

Shortly after looking up the company, we had the chemical information and I was able to use the Emergency Response Guide and let the Troopers and Motor Carrier Officers know to use their respirators. MSP Second District Regional Dispatch thanks Luis for his knowledge and quick information.

When worries start to build up, talk to someone, whether it is a friend or a profes-

sional counselor.

We have to keep a positive attitude in life; I know that sometimes it is really hard to do so. Negativity will pull you right down to the stress path. It is like Chicken Little running around saying that the sky is falling. We also need to learn to say no. This too is a hard thing to do, especially around the holidays when everyone seems to be asking for your help. You do want to enjoy the holidays and not end up sick.

I know a lot of us are cutting back on things we use to take for granted. Look to your community; there sometimes are free events you can attend, such as concerts, festivals and plays. Check out your local schools; your children may be grown and are out of school, but the community is invited to concerts and different events, often at little cost.

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VISIT TO FORT LEONARD WOOD (USACBRNS)

By Mike Lee and Marty Winiarski

On July 13, 2009 we had the honor to tour the premier Haz-Mat training facility in the country. The facility is located in Fort Leonard Wood, Missouri. The official name is The “United States Army Chemical, Biological, Radiological, and Nuclear School (USACBRNS). Jack Tussey, a member of Local 912 Region 3 Trane Air Conditioning is a Sergeant Major in the Army Reserves and one of the top trainers at the facility. He spent a lot of time to set up clearances for us to tour the facility. The people included in the tour were:

- Marty Winiarski, Director UAW Education/Health & Safety Department
- Kim Perry, Kentucky OSHA Director of Training and Education
- Danny Vernon, KY OSHA Partnership Program Director
- Joey Staples, IH - Health Branch KY OSHA
- Joe Jeffries, Safety and Health Manager, Trane Air Conditioning
- Mike Lee, UAW Education/Health & Safety Department

The night before the tour, Jack suggested a place to eat. It was a restaurant located down a gravel road and out of the way. Jack, and two Captains from Ft. Leonard Wood met up with us at the hotel and we proceeded from there. Jack wasn’t joking!! We parked in a grass field and a van from the restaurant picked us up. The restaurant is literally a cave that once was a hiding place and place to quench your thirst during the prohibition period and also a good place to hide from revenuers. The food was good, the people that ran the restaurant were great but most of all the company was fabulous.

The next morning we were picked up at the hotel by MSG Raymond Grabowski and escorted to the base. We met up with SGM Tussey at the USACBRNS and were introduced to Dan Arden, the Technical Director for the school, who spent a couple of hours showing us around the training center including the classrooms, equipment rooms, practical training areas that included real railroad tank cars, over the road tankers and a simulated accident scene, replica of the tunnels in Iraq, replicas of terrorists hazardous material lab set ups, a post office and other areas where the military prepares our troops for the theater. The CBRN training is second to none and is used by all branches of the military. They also train police, fire and rescue forces in the United States, as well as, people from other nations.

Dan is retired Special Forces and CIA agent and made the objectives of the school clear. The number one priority is the safety of the participants and instructors while at the school. Another priority is preparing our men and women in the military for their protection and the protection of the troops as they perform their assigned duties in CBRN identification. There aren’t enough words to describe the quality and dedication of the participants, instructors and the school itself. In the classes the UAW teaches we have a lot of table top exercises and hands on exercises in our training, but this school does REAL - REAL life exercises and it is impressive.

We were then taken to a USACBRNS overview and a Homeland Defense Briefing. We had the opportunity to see the FOX which is a rolling laboratory that takes air, water, and ground samples and immediately analyzes them for signs of weapons of mass destruction.

The Fox Nuclear, Biological, and Chemical Reconnaissance System (NBCRS) is intended to improve the survivability and mobility of the Army ground forces by providing increased situational awareness and information superiority to headquarters and combat maneuver elements. With the ability to provide rapid, accurate chemical and radiological contamination information to these elements, the NBCRS vehicle forms a key portion of the full-dimensional protection concept. The crew can perform chemical and radiological reconnaissance operations while operating in a shirt-sleeve environment inside the NBCRS vehicle, even while the vehicle

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is operating in a contaminated area. During normal vehicle operations, there is no need for the crew to wear chemical protective gear or masks.

We were briefed by the instructor that teaches our military how to operate the vehicle and its capabilities. The Homeland Defense Briefing was very interesting and enlightening. Each state in the US has a group of about 20 people that have been trained at Ft Leonard Wood to respond to a chemical incident in their state with the best training and current equipment at the orders of the Governor for that state.

The last stop for the day was at the Mahaffey Museum Complex. We toured the USACBRNS Museum, which was very interesting.

If we had ever had any doubt that our kids and grandkids get the best of the best in preparing to defend our great country, all doubt vanished when we saw the quality of the trainers, equipment and commitment to return our brave men and women home to their loved ones.

Jack’s parting words were, “Please remember these young servicemen and women. They will all see active duty. Some of them will bleed for you and some of them will never come home.” These words will remain with us always.
LO/TO TRAINING AT FREIGHTLINER/5285, MT. HOLLY, NC, SEPT. 8–10

By Danny MacEachern

I would like to first thank the UAW Education/Health & Safety Department for allowing Mike Lee and myself to educate our members on the importance of LO/TO at our respective facilities. Mike as always did an outstanding job and impressed the audience so much that it allowed my counterpart here at Gastonia to request a week’s worth of training at my location. Our audience included members of management as well as our local’s members.

Mike included the importance of machine guarding, electrical hazards, and the history of the UAW’s fight to get these standards promulgated. All in attendance left the training with a greater knowledge as well as convinced with the seriousness of making sure that when we perform service and maintenance to our machinery, we lock out and tag out and verify that the equipment has been properly locked out and verified before we begin our task.

We had one engineer in the class that was so impressed at the knowledge that Mike Lee had on this subject that he recommended that we bring this and other training opportunities to our plant. I have requested that we do the following training: fall hazard recognition, LO/TO, 24 hour refresher HAZWOPER training. I have sent in this request and I am waiting on some dates. The sooner the better.

I apologize that I couldn’t go with Mike to the Cleveland facility due to an injury I received a couple days before the training (Sorry, Mike.) I am looking forward to seeing all of you at the TTT. Included are a few pictures we took—thanks to David Carrigan for the pictures. David is the UAW Health & Safety Rep at Cleveland.

TRAINING GRANTS UPDATE

The UAW Education and Health & Safety Department has been busy writing and submitting grant applications for funding to continue and expand our capacity to develop and deliver training in a variety of Occupational Health and Safety subjects. Below is a listing of the grants that have been awarded to UAW so far in 2009.

- OSHA - Institutional Competency Building – April 1, 2009 through March 2010, $259,690
- NIEHS, August 1, 2009 through July 31, 2010, $716,304
- MIOSHA CET, October 1, 2009 through September 30, 2010, $95,000
- OSHA Target Topic - Metal Working Fluids, October 1, 2009 through September 30, 2011, $248,643

Total grant money awarded to UAW this year for H&S Training is $1,359,637.

UAW is waiting to hear from MIOSHA CET on another two year grant application, announcement of awards is pending. This application was for an additional $95,000 over two years (Oct. 2009 – Aug. 2011). Also at this time, UAW is working on a five-year competitive application to NIEHS for the Hazardous Waste Worker Training Program, which UAW has been receiving for nearly 20 years. This is the grant that provides funding for UAW to continue HAZWOPER and related training to UAW Locals, represented facilities, and community partners. The challenge for UAW in this round is that many changes have occurred in the union in the past five years, with notable turnover of the workforce.

LUDLs should be assured that UAW will submit the strongest application possible, and will highlight the efforts of the LUDLs in grant progress reporting, and in the grant’s training plan. It is very important for LUDLs to try to get NIEHS-funded training and technical assistance into each of our respective workplaces. Luis will bring a copy of the application materials to the Train-the-Trainer program so that LUDLs have a chance to weigh in on the proposal by sharing ideas and possibilities for outreach and training.
New e-mail address? Some news to share?
E-mail annehey@umich.edu or write Anne Heybey Wasciuk, M6168 SPH II, 109 Observatory Rd., Ann Arbor MI 48109-2029

C.P.R./First Aid/Bloodborne Instructor Certified
By Jeff Polny
For three consecutive Fridays in July, Steve Shepard and I attended the American Red Cross C.P.R./First Aid/Bloodborne Instructor Certification course in Macomb County. Talking about flashbacks to my “old” EMS days, now I remember how hard it is to do C.P.R. for any length of time. During the three days, we learned how to perform the skills and teach the skills in; adult/child/infant C.P.R., adult/child/infant A.E.D., adult/child/infant choking conscious, adult/child/infant choking unconscious, First Aid, and Bloodborne Pathogens. At the conclusion of the class, we had to complete a large amount of paperwork and take a “final exam.” When it was all said and done, the American Red Cross gave their blessing for Steve Shepard and me to be Certified Instructors with all the rank and privileges.

All joking aside, I personally think that everyone should be certified in C.P.R. for adult, child, and infant. One never knows when a co-worker, friend, family, or loved one may need your assistance, and the skills learned could very well save their lives.

Please encourage your worksites to offer this training to all of their employees. Follow the normal procedure for requesting training from the Education/Health and Safety Department.

News from Sherry Kraft
Well fellow LUDLs, summer is coming to an end. Here in Michigan, the weather is as unpredictable as whether or not you’ll win the lottery. I know a few of us had some horrific storms in the varied states we live in, so I am sharing some of our worst storm with you.

Other than the utter mess that storm created for me I would like to share some good news. I finally get my chance to be a proud grandmother for the first time! Our daughter Alyssa is expecting a baby girl on or about October 3rd and I am sooo ecstatic! She is the first of our five children to be expecting and so I am hoping for many more. Once her sisters and brothers get a load of that bundle of joy I am sure they will all follow.

On the UAW side of my life I would like to share the outcome of my election for UAW Local 245 Research and Development Unit Recording Secretary. Boy is that a mouthful!! I WON......................Thank you, Thank You.

Well, it was nice talking at you all and I can’t wait to see all of you soon!

Sherry Kraft

Some of the extensive storm damage at the Krafts’s house this summer.

Calendar, cont. from page 1

November 5–6, 2009
10 hour OSHA Construction
DWEJ

November 20, 2009
Confined Space Entry
DWEJ

April 25–29, 2010
Health & Safety Conference
Black Lake
Onaway, MI

Research Published
Judy Daltuva and Katie King, with Melina Williams and Dr. Tom Robins, have published the results of their study of action research at a UAW plant. The title is: Building a Strong Foundation for Occupational Health and Safety: Action Research in the Workplace and it is located at: http://www3.interscience.wiley.com/cgi-bin/fulltext/122443643/PDFSTART

Black Lake Stress Workshop, continued from page 2
Staying home and staring at the four walls does you no good.

Here are a few stress relaxers: yoga, walking, listening to your favorite music, playing cards, puzzles, punch balls to get all the anxiety out.

As the delegates were leaving, I handed out stress balls and bookmarks that have 20 Self Help Stress Relief Tips. For those of you attending the TTT in October, I will bring some of these bookmarks.

Remember: Don’t Worry. Be Happy.