

Safety

**Camp Gruber Joint Maneuver
Training Center – Heavy
Safety Regulation**



Camp Gruber Joint Maneuver Training Center –
Heavy
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Safety

Camp Gruber Joint Maneuver Training Center – Heavy Regulation

By Order of the Commander:

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Summary. This regulation provides commanders and using units with required safety guidance when utilizing

Camp Gruber. It provides procedures to protect military and civilian personnel who are utilizing Camp Gruber for training.

Applicability. The procedures in the regulation apply to all military (AC/RC) and civilian agencies utilizing any facility on Camp Gruber.

Impact on Army Manning System. This regulation does not contain any information that affects the Oklahoma Army National Guard Full Time Manning System.

Army management control process. This regulation is subject to the requirements of AR 11-2. It contains

internal control provisions but does not contain a checklist.

Supplementation. Supplementation of this regulation is prohibited without prior approval from the post safety officer.

Suggested Improvements. Users are encouraged to send comments and suggested improvements on DA2028 (Recommended Changes to Publications and Blank Forms) directly to Commander, Camp Gruber Training Center.

Distribution. A

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Chapter 1

Introduction

1-1. Purpose

To prescribe the Camp Gruber Joint Maneuver Training Center – Heavy (CGJMTC-H) Safety Program requirements. Full-time CGJMTC-H personnel, contractors, civilian agencies, and using units will comply with this regulation.

1-2. Scope

This regulation applies to all military units and civilian activities stationed, assigned, or using CGJMTC-H training facilities as a base of operations. Operation in tactical environments/ranges will comply with Camp Gruber Joint Maneuver Training Center – Heavy Reg 385-1. Internal shop operation on CGJMTC-H will comply with internal SOP.

1-3. Policy

Accidental losses affect mission capability. Positive action will be taken to control these losses through training, education, and aggressive leadership.

1-4. Responsibilities

a. Commanders at all levels will be responsible for protecting personnel, equipment, and facilities under their command; effective implementation of safety and occupational health policies; and the integration of the risk management process into their safety and occupational health program. As applies to CGJMTC-H, this includes:

- (1) The Adjutant General (OKTAG)
- (2) State Safety Office (OKSAFE)
- (3) Commander, CGJMTC-H (OKCG)
- (4) Commanders of using units
- (5) CGJMTC-H Safety Officer (OKCG-PT-OT)

b. Supervisory and operating personnel who direct or affect the actions of others on CGJMTC-H will:

- (1) Be responsible for accident prevention to the same extent that they are responsible for production or services.
- (2) Maintain a safe and healthful workplace.
- (3) Assure that employees under their supervision observe appropriate safety and occupational health rules and regulations, including the use of protective clothing and equipment (PCE) provided for their protections.
- (4) Promptly evaluate and take action as required to correct hazards reported by employees or identified through accident investigation. They will not initiate or support reprisal action against employees who identify hazards, raise safety concerns or engage in authorized safety and occupational health activities.
- (5) Use the risk management process during the planning, preparation for, and execution of all operations for which they are responsible.

c. Commander, CGJMTC-H has established the following personnel to serve as a board or council to review and make new policy for this regulation:

- (1) Director of Engineering
- (2) Director of Operations, Plans, and Training
- (3) Safety Officer
- (4) Environmental Supervisor
- (5) Chief, OMD Police

1-5. Deviations

Occasionally, the safety requirements of this regulation may be incompatible with mission accomplishment. In such cases, MACOM commanders, in conjunction with CGJMTC-H command, may request that the State Safety Office (OKSAFE) approve deviation from the specific requirements.

Chapter 2

General Safety Precautions

2-1. Hazard reporting

Unsafe or unhealthful work conditions will be reported in accordance with AR 385-10. Military personnel and civilian employees may report hazards without fear of reprisal, to Post Headquarters, Building 155 Operations and Training Section. If reprisal action is suspected, military personnel should use established chain of command and/or Inspector General complaint procedures.

2-2. Risk management

It is the Commander's/Supervisor's responsibility to ensure that all first-line leaders are taught risk management techniques and that these techniques are implemented during all training, exercises and operations. Commanders will ensure that a written (time permitting) risk assessment and a risk control plan is developed and followed for all training, exercises, and operations. Appendix A identifies available resources along with FM 100-14, ARs, and applicable TMs and FMs.

2-3. Incident/accident reporting

a. All accidents and incidents regardless of how minor are reportable to the Range Control Building 740 to the Operations and Training Branch. Commanders/Directors will investigate and report unplanned events (accidents) as required by AR 385-40, Accident Reporting and Records. Units will supply Operations and Training Branch a copy of the reports. Units are responsible for reporting all accidents through their proper safety channels.

b. A unit sustaining a Class A or B Army accident or Class C Army aviation (see AR 385-40 for classification of classes of accidents) accident will guard and preserve the accident scene; immediately notify the chain of command using the Serious Incident Report (SIR) format in AR 190-40, figure 3-1; secure all pertinent records and files; and gather witness statements and other related data.

Chapter 3

General Safety Responsibilities and Duties for all Personnel

3-1. Carelessness and Horseplay

The post will not condone any carelessness or thoughtless act of omission, or act of horseplay during work operations.

3-2. Substance abuse

Working under the influence of alcohol or non-prescription drugs or use of non-prescription drugs on CGJMTC-H will result in disciplinary action by their chain of command. In addition, it is unlawful to manufacture, distribute, and dispense alcohol or controlled substances on CGJMTC-H (except prescribed and over-the-counter medicine).

3-3. Working distance

- a. CGJMTC-H employees/soldiers shall work clear of all operating mechanical equipment. In cases where the employee has to work in the vicinity of mechanical equipment, the employee shall work facing the equipment whenever possible.
- b. Equipment is to be operated in such a manner as to prevent crowding, in accordance with unit SOPs and OSHA standards.

3-4. First aid

- a. All federal, state, and GSA vehicles shall be equipped with a standard first aid kit.
- b. Each facility used/occupied for daily operations shall have a first aid kit in a highly visible spot, which provides quick access in case of an emergency. First aid kits should be properly stocked at all times. Using units shall bring kits with them for the buildings they occupy.

3-5. Lifting

- a. Units using CGJMTC-H refer to proper TMs, FMs, and internal SOPs to ensure personnel use correct procedures when conducting lifting operations.
- b. CGJMTC-H employees refer to internal SOP.

3-6. Poison ivy, oak, and sumac

These plants should be recognized and avoided whenever possible. Employees who are allergic to these plants should exercise caution in locations where these plants may be present. A person can be infected by any of the following:

- a. Direct contact with plants.
- b. Smoke drifting from burning ivy foliage.
- c. Tools that have been in contact with plants.
- d. Contaminated clothing.

3-7. Animals and insects

- a. Chiggers and ticks are abundant at CGJMTC-H, and their bites can be painful and dangerous. The Environmental Office can provide current information on DOD methods to prevent chigger and tick bites.
- b. CGTC has two spiders that are poisonous, the brown recluse and the black widow.
- c. Poisonous snakes that are found CGTC: Western Diamondback rattlesnake, Velvet Tail rattlesnake, Northern Copperhead, and Cottonmouth. Although rarely encountered, these snakes are capable of causing serious illness or death.
- d. Skunks, raccoons, bats, stray cats, and dogs can become a nuisance and may be infected with rabies.

Chapter 4

Personal Protective Equipment (PPE) and Safety Devices

4-1. General

- a. The individual is responsible for wearing Personal Protective Equipment (PPE) that will adequately meet the safety and health requirements for the general type of work and conditions to which the individual is ordinarily assigned.
- b. When personal protective equipment is furnished to the individual, it is the responsibility of the individual to use personal protective equipment as required.
- c. Unit trainers and supervisors should provide PPE training and fitting on a yearly basis.
- d. Any questions concerning personal protective equipment should be directed to your commander/supervisor or your local safety officer.

4-2. Command responsibility

It is the responsibility of the commander/supervisor to ensure that soldiers/employees have proper PPE for the job.

4-3. PPE

- a. Units using CGJMTC-H will refer to proper TMs, FMs, and internal SOPs to prescribe required actions.
- b. CGJMTC-H employees will refer to internal standard operating procedures for specific PPE requirements.

Chapter 5

Operators of Military Vehicles, Equipment and Passenger Cars

5-1. General

- a. Military, GSA or state vehicles are to be used for performing the work and business of the state or federal government.
- b. Any accident involving federal or state vehicles or equipment shall be reported immediately to your supervisor/chain of command.
- c. The fact that a piece of equipment or a vehicle is owned by the military/state does not grant an extra privilege to the operator.
- d. You are considered by the public to be a representative of federal/state government and are not only expected to abide by all motor vehicle laws, but also expected to set an example by your safe driving and road courtesy. Driving in excess of the posted speed limits will not be tolerated and may result in disciplinary action.

5-2. Driver's qualifications

All operators of military, GSA or state vehicles and equipment must comply with the following:

- a. All employees must have a valid operator's or commercial driver's license (CDL) and/or military license with them while driving.
- b. The appropriate authority must authorize all use of state or federally-owned vehicles. If an individual feels he/she is physically unable at the time to safely operate a motor vehicle, he/she should not attempt to drive and should report immediately to their commander/supervisor.

5-3. Driver's responsibility

- a. The operator shall, at all times, abide by the current motor vehicle laws and rules and regulations pertaining to the safe driving of the vehicle.
- b. Operators and passengers shall wear their seat belts at all times while in military/state equipment or vehicles.
- c. It is the driver's responsibility to see that passengers are seated and no part of their body projects over the side of the vehicle. Never permit riding on bumpers, hood, fenders, or running boards, or allow passengers to jump on or off of moving vehicles. Crowded cabs or front seat may interfere with the driver and should be avoided. There shall be no more people than seat belts or seat kits for the back of pickups.
- d. In case of an accident, the employee/soldier shall review and complete the accident reporting kit carried in the vehicle.
- e. Military/civilian personnel conducting day-to-day operations at CGJMTC-H will:
 - (1) Perform required PMCS inspections daily.
 - (2) Keep first aid kits stocked and ready to use.
 - (3) Report unusual or defective conditions of vehicles to supervisor.
 - (4) Maintain a clean windshield, rear view mirrors, cab, body, or other type of equipment.

- (5) Keep interior of vehicle clean and uncluttered.
- (6) Keep directional and warning lights in an operable condition.
- (7) Remove or have removed defective tires, install a spare and follow up its repair.
- (8) Properly utilize safety chains when towing equipment.
- (9) Set emergency brake while vehicle is parked.
- (10) Ensure all lights are in good working order and lenses kept clean for optimum visibility.
- (11) Ensure wiper blades are operable and in good condition.
- (12) Ensure tires should have adequate tread and worn tires should be replaced immediately.
- (13) When personnel are in the back of military vehicle M35 Safety Strap is required across back of tailgate.

5-4. Safe driving practices

- a. Speed limits shall be adhered to at all times and seat belts shall be worn.
- b. When starting from a parked position, make a visual check first to make sure all equipment and material, such as tools, signs, and loose aggregate are secure and the area around the vehicle is clear.
- c. When driving at night, always drive so that you can stop within your sight distance. This means DON'T OVERDRIVE YOUR HEADLIGHTS.
- d. Always be aware of road conditions. Moisture, ice, snow, loose gravel, or hazardous conditions may dictate extra caution.
- e. Keep far enough behind the vehicle in front of you so that there will be adequate stopping distance. Use the two-second rule.
- f. When parking, make sure that the vehicle is parked so that it will not roll. Setting the emergency brake, blocking the wheels, cutting the front wheel to the curb, or lowering the blade or bucket can do this. The transmission should always be placed in gear or park position when a vehicle is parked.
- g. Signal in sufficient time to warn other drivers that you are stopping or turning.
- h. Light lines are provided in OMD 385-1. Blackout driving is not allowed in the cantonment area.

5-5. Vehicle backing policy

- a. The safest way to operate a vehicle is to plan ahead and avoid backing. Whenever possible, drive your vehicle forward to get to your destination. If that means going a little out of your way to avoid backing, do it. It's much safer than backing. If you need to back your vehicle use another individual, if available, to assist as a ground guide.
- b. Ground guide duties:
 - (1) The ground guide shall be visible to the driver through his or her side rear-view mirror at all times. Should eye contact be broken the driver is to cease backing immediately and resume the activity only when visible.
 - (2) The ground guide must be fully aware of his/her surroundings at all times. They must follow the movements of the backing vehicle as well as any other moving vehicles in the immediate area. Do not ever put yourself in the path of travel of the vehicle you are guiding.
 - (3) The ground guide must keep sufficient distance between the backing vehicle and his/her standing position to avoid being struck by the backing vehicle, 10 yards between the guide and vehicle.
 - (4) The ground guide will always use uniform hand signals, making sure the driver understands the meaning of the signals. You may have to coordinate this prior to acting as a guide.

5-6. Power equipment safety precaution

- a. Units using CGJMTC-H refer to proper TMs, FMs, and internal SOPs to ensure safety precautions are followed when operation/maintaining this equipment.
- b. CGJMTC-H employees refer to internal SOP for additional safety requirements.

Chapter 6

Cantonment Motor Pool

6-1. General

Safe motor pool operations contribute to an effective maintenance program. Everyone must be involved in the success of the unit safety program. Safety becomes second nature when commanders, supervisor, leaders, and equipment operators enforce common sense safety rules. Internal and unit SOPs, along with the following shall be followed when occupying motor pools:

- a. No smoking.
- b. Proper storage of flammables/nonflammables.
- c. Clean and well-lit ventilated work areas.
- d. Use of ground guides when backing.
- e. Enforce speed limits.
- f. Properly ground electrical equipment. Coordinate ground rod locations with Facility Engineers before emplacement.
- g. Training in use of fire extinguishers.
- h. Use proper PPE.

Chapter 7

Motorcycle/Moped Accident Prevention

7-1. PPE

To enter any OKNG facility, installation, or armory while operating a motorcycle, all OKNG traditional soldiers, technicians and AGR riders must wear a properly fastened DOT approved helmet, proper eye protection, full-fingered gloves, long trousers, long-sleeved shirt or jacket, high-visibility garments (bright color for day and retro reflective for night), and leather boots or over-the-ankle shoes. Refer to TAG Policy Memorandum 04-15.

7-2. Equipment

Motorcycles and mopeds must have two rearview mirrors (one on each side). Operators of motorcycles and mopeds must be currently licensed to operate a motorcycle by state authorities. Motorcycles and mopeds must have headlights turned on at all times. Civilian personnel must wear the same protective clothing specified for soldiers when operating or riding a motorcycle/moped on Army installations.

Chapter 8

Bicycle Operations

8-1. General

All bicyclists will wear an authorized reflective belt or vest while operating their two-wheel vehicles on post. The belt will be worn over the shoulder and under the operator's arm, bandoleer style to allow maximum visibility to other vehicle operators. The reflective belt will be worn as an outer garment and will not be covered by any other article of clothing. Riders will ride with the traffic and obey traffic signs and laws.

Chapter 9

Troops on Roadways

9-1. Formations

A formation is an assembled group of military personnel under the supervision of a leader and in two or more squad columns.

9-2. Roadway movements

When marching or conducting Physical Training (PT), commanders will maximize use of off-road areas and roads with speeds of less than 20 miles per hour. The following guidelines apply:

- a. All formations will have the four corners of the formation marked by personnel wearing reflective vests and utilize front and rear road guards wearing reflective belts/vests. Flashlights/chemlights must be used by road guards and other personnel designated by the leaders during periods of limited visibility.
- b. Individual runners, individual movement rucksack marchers and walkers will use off-road areas such as sidewalks, unimproved roads, and road shoulders as much as possible. Individuals will walk, march, or run "FACING TRAFFIC."
- c. Formations will proceed "WITH TRAFFIC" whenever possible.
- d. Leaders and supervisors will conduct a briefing of these guidelines prior to runs and road marches and ensure compliance is followed throughout the duration of the event.
- e. Posted APFT track is located on Rhineland Road. Units wanting to use this track need to coordinate with Range Control 24 hours prior to use.

Chapter 10

Contact Sports

10-1. General

All contact sports will have a responsible unit official designated to ensure established safety rules are followed and protective equipment is worn. The senior person participating in group contact sports shall be responsible for enforcing all safety rules, inspection of the area for hazards, and the clearing of playing fields.

Chapter 11

Occupational Safety and Health Program

11-1. General

All military, civilian, and contractor personnel on CGJMTC-H are responsible for complying with OSHA standards established by Public Law 91-956 and appropriate Executive Orders. General guidance is provided in AR 385-10. OSHA standards are applicable in every area. Standards are rules that establish safety procedures, policies, and guidelines for the safety of personnel exposed to known hazards.

Commanders and directors are responsible to maintain a safe and healthful area and ensure personnel under their supervision observe appropriate OSHA guidelines.

Chapter 12

Facility Operations

12-1. Elevated operations

Units using scaffolds, staging, ladders, pulleys, cables, ropes, body belts, lanyards, safety lines and other accessories will adhere to required fall protection in accordance with applicable TMs, FMs, safety announcements, OSHA regulations, and unit SOPs. This equipment shall be frequently inspected and replaced if not in satisfactory condition.

12-2. Maintenance operations

Any maintenance to buildings or grounds needs to be coordinated with CGJMTC-H Facility Engineering department.

- a. Units using CGJMTC-H refer to proper TMs, FMs, and internal SOPs.
- b. CGJMTC-H employees refer to internal SOP while conducting maintenance operations.

Chapter 13

Facilities

13-1. General

- a. Safety policies, posters, and other information relating to safety shall be posted on the bulletin board of each maintenance shop, HQ, and Range Control. The bulletin board shall be located in a permanent, well-lighted place readily accessible to the soldiers/employees, Soldiers/employees are responsible for periodically reviewing this information.
- b. The supervisor in charge shall be responsible for posting safety information in an orderly fashion. The condition of a safety bulletin board reflects the commitment of the supervisor towards the safety program. Safety information shall be displayed for a period of at least three months and outdated information removed periodically.

13-2. Office

- a. Fire extinguishers are provided and maintained in accordance with the latest department regulations. All individuals shall be familiar with the location of fire extinguishers in their work area and operate them properly.
- b. Offices having paper shredders shall have the posted safety/warning message by it.

13-3. Fuel cans

- a. All gasoline cans shall be military/OSHA approved fuel container.
- b. Fuel cans shall be stored in separate storage buildings/areas and shall be used only for transporting fuel.
- c. Fuel cans must be labeled for specific fuels.

13-4. Ventilation

To prevent danger from carbon monoxide gas poisoning and exposure to potential carcinogens, mechanics or operators shall not run or idle vehicle motors while in a storage building or garage unless windows and doors are open or exhaust fumes are carried away by means of a suction ventilating system.

13-5. Painting

A fire extinguisher shall be available near painting operations. Smoking is prohibited in the vicinity of painting operations. Ventilation is needed when painting indoors.

13-6. Welding

- a. All compressed gas cylinders shall be used, stored and transported in an upright position. Cylinders shall be secured to holders by chains or other means.
- b. Units using CGJMTC-H refer to proper TMs, FMs, and internal SOPs when conducting welding operations.
- c. CGJMTC-H employees refer to internal SOP for safety requirements.

13-7. Cleaning agents

Approved commercial liquids, which are not injurious or flammable, should be used for cleaning purposes. The use of gasoline is prohibited for cleaning and for use as a degreaser and/or solvent.

13-8. Flammable agents

- a. Under no circumstances shall gasoline or paint thinner be used for cleaning purposes inside a building.
- b. When using flammable commercial products the following precautions must be taken:
 - (1) The building shall be properly ventilated by opening all windows and doors.
 - (2) All pilot lights and/or flames may need to be extinguished.
 - (3) Smoking is prohibited in the vicinity of the building.

Chapter 14 Hazardous Materials

14-1. General:

- a. In accordance with OKARNG regulations and TAG policy, all OKARNG units are required to comply with federal and state environmental regulations. This is in conformance with the Federal Facilities Compliance Act of 1992, which allows regulatory agencies to enforce environmental regulations on DoD facilities. CGJMTC-H is such a facility, which requires that all visiting units and contractors conduct operations in an environmentally responsible manner.
- b. As further ordered by TAG, each OKARNG unit has an appointed Unit Environmental Compliance Officer (UECO), who is knowledgeable on matters concerning the use and disposal of any hazardous materials involved in that unit's training. Non-OKARNG units and contractors are also expected to have personnel knowledgeable in the safe use and disposal of their hazardous material while on site.
- c. All units visiting CGJMTC-H, whether OKARNG or otherwise, are required to ensure that their use of hazardous material is in a manner which is safe and legal. Dumping or misuse of any hazardous material on CGJMTC-H is strictly forbidden.
- d. Any material brought onto CGJMTC-H property which is unusual in nature shall have an MSDS submitted to the Operations and Training Section or the Environmental Office.
- e. In the event of a spill contact the Environmental Office or Range Control immediately.
- f. CGJMTC-H staff may assist visiting units with the disposal of their waste per Section 14-5, below.

14-2. Requirements

- a. Any material known as a Hazardous Chemical as defined by OSHA, a Hazardous Material as defined by DOT, a Hazardous Waste as defined by EPA, or as a Hazardous Substance as defined by EPA and DOT shall not be used unless handled, packaged, marked, labeled, placarded, transported, stored, and disposed of in a manner consistent with all applicable regulations and in accordance with local, state, and federal laws.

14-3. Definitions

As a minimum, contractors and visiting units shall have a designated individual (UECO or equivalent), who is familiar with the following:

- a. A **Hazardous Chemical** is any chemical listed in 29 CFR Part 1910 by OSHA. In essence, this is any material for which a Material Safety Data Sheet (MSDS) is required.
- b. A **Hazardous Material** is any material that DOT decides is a risk to health, safety, and property when transported in commerce, and therefore subject to the Hazardous Materials Regulations (49 CFR, Parts 170 through 177). Hazardous wastes and hazardous substances are also hazardous materials. All hazardous materials are also hazardous chemicals.
- c. **Hazardous Waste** is waste that meets specific hazardous waste criteria as defined by the EPA in 40 CFR Parts 260 through 272—whether listed specifically by name, or due to its characteristics, or due to the process which created it.
- d. **Hazardous Substance** is a substance among a list of approximately 800 which are defined as having a reportable quantity (RQ) when spilled. Hazardous wastes are also hazardous substances when spilled.

14-4. Examples

Some examples of material conforming to the above definitions include, but are not limited to, the following:

Absorbents	C-2 Mask Canisters	Off -Specification Fuel
Adhesives	CLPs	Paint & Paint Related Material
Aerosols	Decontaminating Agents	PCB-Contaminated
Antifreeze	Detector Kits	Protective Mask Filters
Asbestos	Diesel Starting Fluid	Rags
Barrier Paper	Fuel Filters	Spent Solvents
Batteries	Light Bulbs	STB Decontaminating Agent
Brake Lining Kits	MRE Heaters	Used Oil

14-5. Disposal

All hazardous chemicals, material, waste, and substances will be taken out with the visiting unit or coordinated with Unit Training Equipment Site (UTES) for disposal. The UTES POC for disposal is the Hazardous Waste Coordinator, (918) 549-6293. There is no charge for this service, which is available to any using unit providing the following conditions for disposal are met:

- a. Waste is packaged in a serviceable container constructed and performance tested for that material.
- b. Package is appropriately marked and labeled.
- c. Package is accompanied with the following required documentation:
 - (1) MSDS
 - (2) DA Form 2765-1
 - (3) OKARNG Form 24-R-E
- d. Contractors are expected to be responsible for the removal of their own waste.

14-6. Referenced regulations:

- a. Title 29, Code of Federal Regulations (29 CFR), Labor. Administered by OSHA, identifies hazardous chemicals, hazard communication training requirements, and employee safety (MSDS, Worker Right To Know).
- b. Title 40, Code of Federal Regulations (40 CFR), Protection of Environment. Administered by the EPA, regulates waste disposal.
- c. Title 49, Code of Federal Regulations (49 CFR), Transportation. Administered by DOT, defines how hazardous materials are to be packaged, marked, labeled, placarded, transported, and stored.
- d. Army Regulation (AR) 200-1, Environmental Protection and Enhancement
- e. OKARNG Environmental Management Standing Operating Procedure

14-7. Additional information

Any questions regarding this policy or requests for assistance should be directed to the Environmental Supervisor, (918) 549-6223, or Operations and Training Section, (918) 549-6195.

Chapter 15

Confined Space Entry

15-1. Purpose

The purpose of the Confined Space Entry Program is to prevent accidents by training and equipping employees so as to eliminate or control the hazards, i.e., oxygen deficiencies, toxic gases, associated with entering, working within, and exiting confined spaces.

15-2. Confined space policy, tanks and vessels

All employees or military personnel, except those trained and equipped as outlined in the confined space pre-entry and entry procedures, are prohibited from entering confined spaces.

15-3. Confined space defined

OSHA defines confined space as any space which, by design, has limited openings for entry and exit; unfavorable natural ventilation which could contain or produce dangerous air contaminants, and which is not intended for continuous employee occupancy.

15-4. Confined space entry policy

In order to enter a confined space safely, you must have as a minimum the following equipment and personnel assembled and ready for use at the work site:

- a. Determine the actual and potential hazards associated with the space at the time of entry.
- b. Assure that control measures used in the confined space are effective. This is done by appropriate testing.
- c. Provide appropriate vehicle and pedestrian guards, barriers, or other means to protect the workers entering the confined space and the attendant(s) from local traffic hazards, and to protect non-entering workers from hazards arising from the confined space.
- d. Prepare a plan of emergency evacuation.
- e. Risk Management Worksheet required in accordance with FM 100-14.

Chapter 16

Lightning

16-1. Tactical Communications

- a. Equipment will be grounded IAW grounding instructions contained in applicable TMs, FMs, and SOPs. Remember the soil type impacts grounding requirements.
- b. Keep away from antennae, masts, guy wires and all grounding and lightning protection equipment, including ground rods, during electrical storm activity. This includes vehicles with whip antennae.
- c. If mission permits, disconnect the signal inputs before the storm. Do not attempt this during the storm, even if lightning is not nearby!
- d. Restrict the use of telephones, computers, and other electrical devices, Lightning could follow the wire. Most lightning injuries occur from using phones during electrical storms.

16-2. Indoor lighting safety

- a. Avoid using telephone.
- b. Avoid using water (shower, sink, tub, etc.).
- c. Unplug appliances.

16-3. Outdoor safety

- a. If you can see lightning or hear thunder activate your safety plan. Resume activities only when lightning and thunder have not been observed for thirty minutes.
- b. Stay away from rivers, lakes, or other bodies of water. Be aware of the potential for flooding in low-lying areas.
- c. Stay away from natural lightning rods/tall structures such as towers, tall trees, telephone poles/lines, and tents with metal supports, etc.
- d. Take shelter under a small tree among several large ones if possible. Stay at least six feet away from the tree trunk to minimize a side strike and step voltage. NEVER stand under an isolated tree.
- e. Stay low (crouch) in a ditch or depression. Other options include a low area, ravine, or foot of a hill. **DO NOT** lie flat on the ground.
- f. Lightning Safety Position (LSP)—crouch with feet as close together, and if possible, have heels touch. Place hands over ears. Remember, **DO NOT LIE FLAT ON THE GROUND**

16-4. Safety plan

- a. Designated individual responsible to monitor the weather and initiate the necessary precautions when appropriate. Weather forecasts can be given upon request from Range Control Building 740.
- b. Procedure identified to notify all personnel of the appropriate actions when there is a threat or risk of lightning.
- c. Safer locations must be pre-identified along with a means to route personnel to those locations.
- d. Establishment of an “All Clear” signal which is differentiated from the warning signal.

Chapter 17

Tornado Safety

17-1. Tornado Watch

- a. Weather conditions indicate tornadoes are possible.
- b. Watches are normally lengthy and no alarms are sounded.

17-2. Tornado Warning

- a. A tornado has either been sighted or indicated by radar somewhere within or near the area covered by the warning.
- b. When a tornado warning has been issued, persons in the path of the tornado should take immediate safety precautions.

17-3. Safe actions

- a. Keep windows closed. Houses do not explode due to air pressure differentials. Stay away from windows during severe storms. Flying debris could shatter the glass and cause injury.
- b. If you're in a building and a tornado threatens, go to the lowest level of the most interior room, away from windows, into a bathroom or closet if possible. Bathrooms in the headquarters buildings (154 & 155) are ideal, or the supply room of a 2-story barracks.
- c. Wrap yourself in coats, heavy blankets, or other material if possible.
- d. Get under something sturdy, such as a heavy table, hold on and stay there until the danger has passed.
- e. Use your other arm and hand to protect your head and neck from falling or flying objects.
- f. If you're in a car or in a mobile home, get out of it immediately, and go to the lowest level of an interior room of a nearby sturdy building (as described in 17-3.b.).
- g. Avoid buildings with wide-span roofs such as the Bldg. 327 Warehouse and Bldg. 200 Maintenance Shop.
- h. If there is no building nearby, lie flat in a low spot. Use your arms and hands to protect your head.

Chapter 18

Inclement Weather Safety

18-1. Prevention of heat injury

Refer to TAG Policy Memorandum 05-04 and Appendix B for matters concerning prevention of heat injury. This memorandum is available upon request from the Operations and Training Section.

- a. Wet bulb information is transmitted by Range Control over the primary FM frequencies as categories change above category 2. Units in the cantonment area will contact the Range Control extension 6041/6043.
- b. See Appendix B for wet bulb index/heat categories or FM 21-10 Field Hygiene and Sanitation, pages 3-4, 3-5.
- c. See Appendix B for appropriate water intake or FM 21-10 Field Hygiene and Sanitation, pages 3-4, 3-5.

18-2. Prevention of frostbite and hypothermia

- a. Stay warm and dry. Use a synthetic (e.g., polypropylene) inner layer to wick away moisture, a middle layer to retain insulation, and an outer layer of water-repellant and wind-proof material (e.g., Goretex).
- b. Cover up. Head, face, and neck should be covered with scarf or balaclava. Wear mittens on the hands, if available, over gloves light enough to allow movement. Use two pairs of wool or synthetic socks.
- c. Stay hydrated. Dehydration contributes to hypothermia. Avoid alcohol and caffeine, because they tend to cause dehydration.
- d. Bring plenty of snacks, trail mix, energy bars, fruit, or bread. Food generates body heat.
- e. Monitor your energy. Get plenty of rest to avoid fatigue, which contributes to hypothermia.
- f. Use the buddy system to be on the lookout for signs of frostbite. Perform self checks for cold, wet, or numb areas.
- g. Be aware of wind chill affects, especially on temperatures below freezing.

Chapter 19

Water Safety

19-1. Water safety

- a. Commanders will ensure that all military personnel working/operating near water hazards receive water survival training. Weak and non-swimmers will be identified and units participating in water operations will ensure that all their personnel receive water survival training. Units must maintain documentation identifying when personnel were swim-tested and swimming status (weak, non-swimmer, or strong swimmer). Special water safety briefings and training designed to alert military personnel of water hazards will be conducted before water operations.
- b. Additional water safety guidance is contained in AR 385-15, Army Safety Program, and FORSCOM Reg. 385-1, FORCES COMMAND Safety Program.
- c. A Risk Management Worksheet is required in accordance with FM 100-14.

APPENDIX A
References

Section I
Required Publications

AR 5-3
Installation Management and Organization.

AR 5-9
Interservice Support Installation Area Coordination.

AR 40-5
Preventive Medicine.

AR 385-9
Safety Requirements for Military Lasers

AR 385-10
The Army Safety Program

AR 385-11
Ionizing Radiation Protection.

AR 385-16
System Safety Engineering and Management.

AR 385-40
Accident Reporting and Records.

AR-385-55
Prevention of Motor Vehicle Accidents.

AR 385-62
Regulations for Firing Guided Missiles and Heavy Rockets for Training, Target Practice and Combat.

AR 385-63
Policies and Procedures for Firing Ammunition for Training, Target Practice and Combat.

AR-385-64
Ammunition and Explosives Safety Standards.

AR 385-95
Army Aviation Accident Prevention.

FM 21-20
Physical Readiness Training.

FM 100-14
Risk Management.

FM 101-5

Staff Organization and Operations.

TB Med 503

The Army Industrial Hygiene Program.

TB Med 575

Swimming Pools and Bathing Facilities.

Section II

Related Publications

AR 10-5

Organization and Functions, Headquarters, Department of the Army

AR 40-10

Health Hazard Assessment Program in Support of the Army Materiel Acquisition Decision Process

AR 40-61

Medical Logistics Policies and Procedures

AR 40-63

Ophthalmic Services

AR 50-6

Nuclear and Chemical Weapons and Material Chemical Surety

AR 70-25

Use of Volunteers as Subjects of Research

AR 70-62

Airworthiness Qualification of U.S. Army Aircraft Systems

AR 75-1

Malfunctions Involving Ammunition and Explosives

AR 385-14

Transportation Accident Prevention and Emergency Response Involving Conventional Munitions and Explosives

AR 385-15

Water Safety

AR 385-42

Investigation of NATO Nation Aircraft or Missile Accidents and Incidents

AR 385-61

The Army Chemical Agents Safety Program

AR 420-90

Fire Protection

AR 672-74

Army Accident Prevention Awards

AR 700-141

Hazardous Material Information System

AR 708-1

Cataloging of Supplies and Equipment Cataloging and Supply Management Data

AR 710-2

Inventory Management Supply Policy Below the Wholesale Level

AR 750-10

Modification of Materiel and Issuing Safety-of-Use Messages and Commercial vehicle Safety Recall Campaign Directive.

AR 752-50

System Requisitioning, Receipt, and Issue System

DA Pam 385-3

Protective Clothing and Equipment

DODI 6055.1

DOD Occupational "Safety and Health Program (FM&P)

DODI 6055.2

Personal Protective Equipment

EM 385-1-1

U.S. Army Corps of Engineers Safety and Health Requirements Manual

FM 100-22

Installation Management

TB Med 502

Occupational and Environmental Health—Respiratory Protection Program

TB Med 503

The Army Industrial Hygiene Program

TB 700-2

Department of Defense Explosives Hazard Classification Procedures

Section III

Prescribed Forms

DA Form 4753

Notice of Unsafe or Unhealthful Working Conditions.

DA Form 4754

Violation Inventory Log

DA form 4755

Employee Report of Alleged Unsafe or Unhealthful Working Conditions

DA Form 4756

Installation Hazard Abatement Plan

DD Form 2272

DOD Occupational Safety and Health Protection Program

Section IV

Referenced Forms

DA Form 11-2-R

Management Control Evaluation Certification Statement

DA Form 285

U.S. Army Accident Investigation Report

DA Form 3645

Organization Clothing and Equipment Record

APPENDIX B
Heat Category and Water/Fluid
Replacement Guidelines for Warm Weather Training

<u>Heat Category</u>	<u>WBGT Index, °F</u>	<u>EASY WORK</u>		<u>MODERATE WORK</u>		<u>HARD WORK</u>	
		Work/Rest	Water Intake Quarts/Hr	Work/Rest	Water Intake Quarts/Hr	Work/Rest	Water Intake Quarts/Hr
I WHITE	78-81.9	NL	1/2	NL	3/4	40/20 MIN	3/4
II GREEN	82-84.9	NL	1/2	50/10 MIN	3/4	30/30 MIN	1
III YELLOW	85-87.9	NL	3/4	40/20 MIN	3/4	20/40 MIN	1
IV RED	88-89.9	NL	3/4	30/30 MIN	3/4	20/40 MIN	1
V BLACK	> 90	50/10 MIN	1	20/40 MIN	1	10/50 MIN	1

- * The work/rest times and fluid replacement volumes will sustain performance and hydration for at least four hours of work in the specified heat category. Individual water needs vary.
- * NL = No limit to work time per hour. Rest means minimal activity (sitting or standing) and should be done in shade if possible.
- * Caution: Hourly fluid intake should not exceed 1-1/2 quarts.
- * Caution: MOPP gear adds 10 degrees Fahrenheit and Body Armor adds 5 degrees Fahrenheit to WBGT.

Easy Work	Moderate Work	Hard Work
<ul style="list-style-type: none"> * Weapon Maintenance * Walking hard surface at 2.5 mph, 30 lb load * Manual of arms * Marksmanship training * Drill and Ceremony 	<ul style="list-style-type: none"> * Walking loose sand at 2.5 mph, no load * Walking hard surface at 3.5 mph, <40 lb load * Calisthenics * Patrolling * Individual Movement techniques, i.e. low crawl, high crawl * Defensive position construction * Field assaults 	<ul style="list-style-type: none"> * Walking hard surface at 3.5 mph >40 lb load