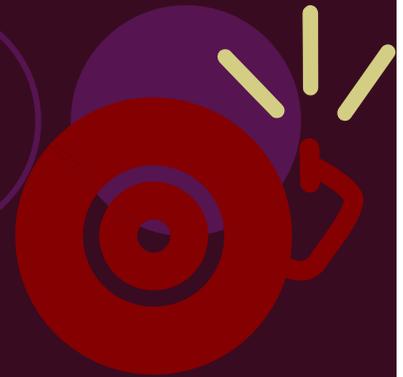
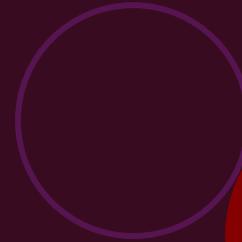
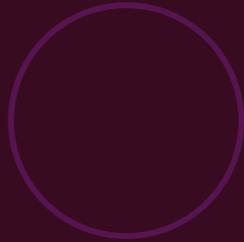


Safety



Who we are?

- *The WTD Safety Office staff is dedicated to the division's safety program and to supporting the safety needs of every employee.*

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Safety Staff



- Jim Faccone
- Safety and Hazardous Materials Program Supervisor
- My Mentor for the Summer

Safety Staff



- Christine Oro
- Safety Administration
- Admin Spec II
- My Cubicle Neighbor

Safety Staff



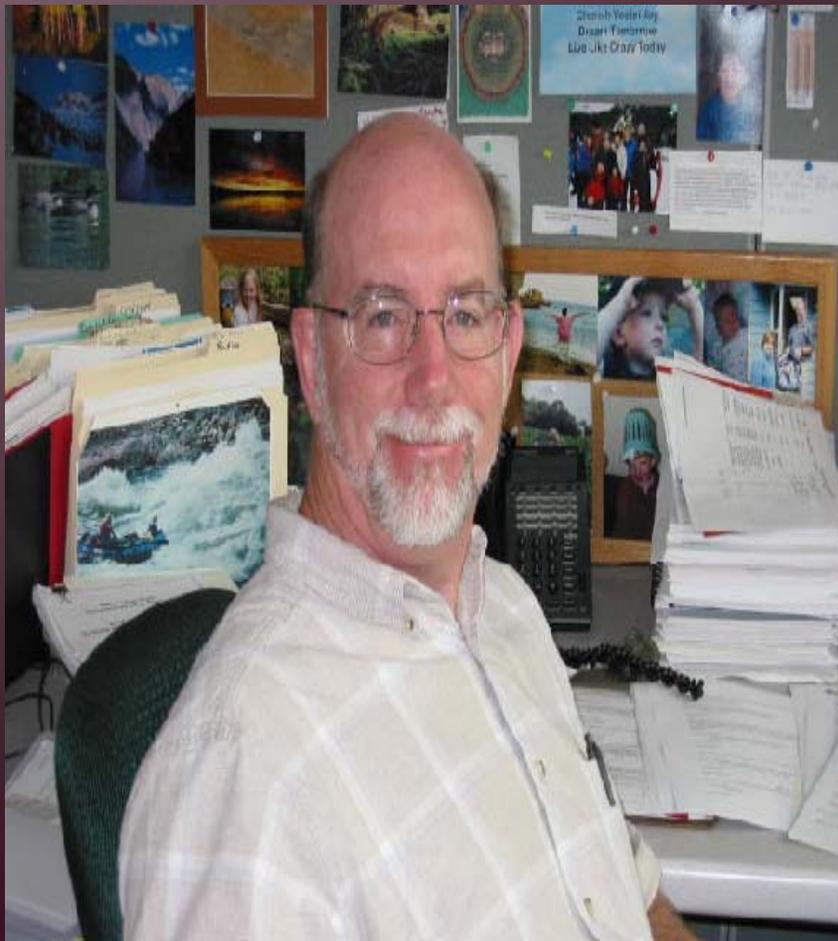
- Kathy Bender
- Construction Safety Coordinator

Safety Staff



- Helen Sturm
- Safety and Health Administrator III
- My Noise Mentor

Safety Staff



- Allen Alston
- Safety and Environmental Specialist, Emergency Response Planner
- My Emergency Training Teacher

Safety Staff



- Jessica Ang
- Safety Intern
- In charge of Watching your Back!

My First Project

Confined Spaces



Confined Spaces

- What is a Confined Space?
- Studied WA code vs. the Permit-Required Confined Spaces Manual
- Major Difference - an emphasis on Alternate Entry Procedures



Alternate Entry Procedures

- We use these procedures if:
 - the only hazard posed by the space is a hazardous atmosphere
 - continuous forced ventilation alone is needed to maintain the PRCs for safe entry (wet wells & barsceens)



TMX412 Training

- Studying the TMX412 and all of its wonders to prepare for air monitoring





Ergonomics Workshop

L&I on Office Safety

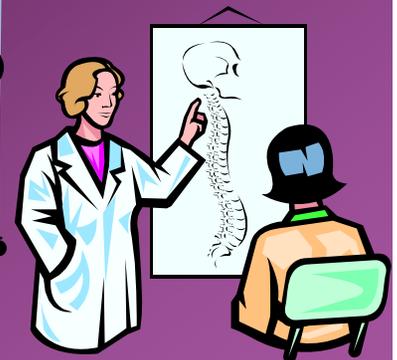
Objectives/Goals

- Develop a basic understanding of upper extremity and back anatomy
- Learn how to evaluate workstations and identify possible sources of work-related musculoskeletal disorders
- Practice hazard identification
- Learn how to optimize the work area

Ouch!



Bad Alignment



Work Station Check

- Shoulders Relaxed
- Elbows at your side
- Forearms parallel with the floor
- Wrists in neutral position
- Head in alignment with spine
- Feet Supported on floor, knees slightly lower than hips
- Spine supported by chair
- Spine in alignment, with no twisting





Safety Awards

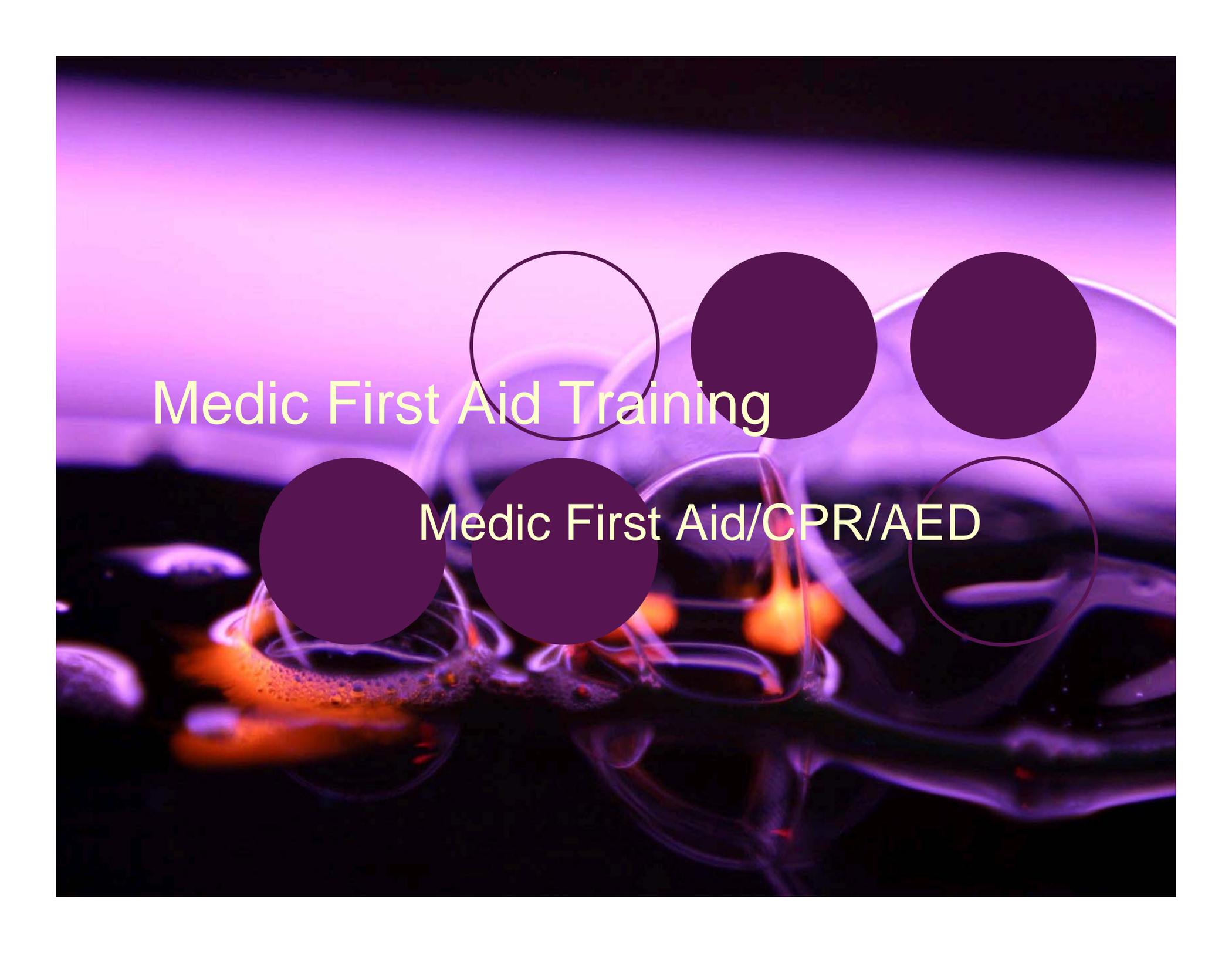
Westpoint

West Point Safety Awards

"Safety & Health:
Job ONE!"

- *"Safety & Health, It's Up to You"*
- Celebrating Staying Safe for the Year 2004
- All WTD employees having no lost time injury accidents in the year 2004 received an award recognizing efforts to stay safe
- West Point was up to par in their reduced accident rates





Medic First Aid Training

Medic First Aid/CPR/AED

What did I learn?

- Basics of 911-supported first aid and cardio pulmonary resuscitation (CPR)
- To use an automated external defibrillator
- How to deal with an Emergency



NOISE MONITORING

Westpoint Treatment Plant



Noise Monitoring

Where?

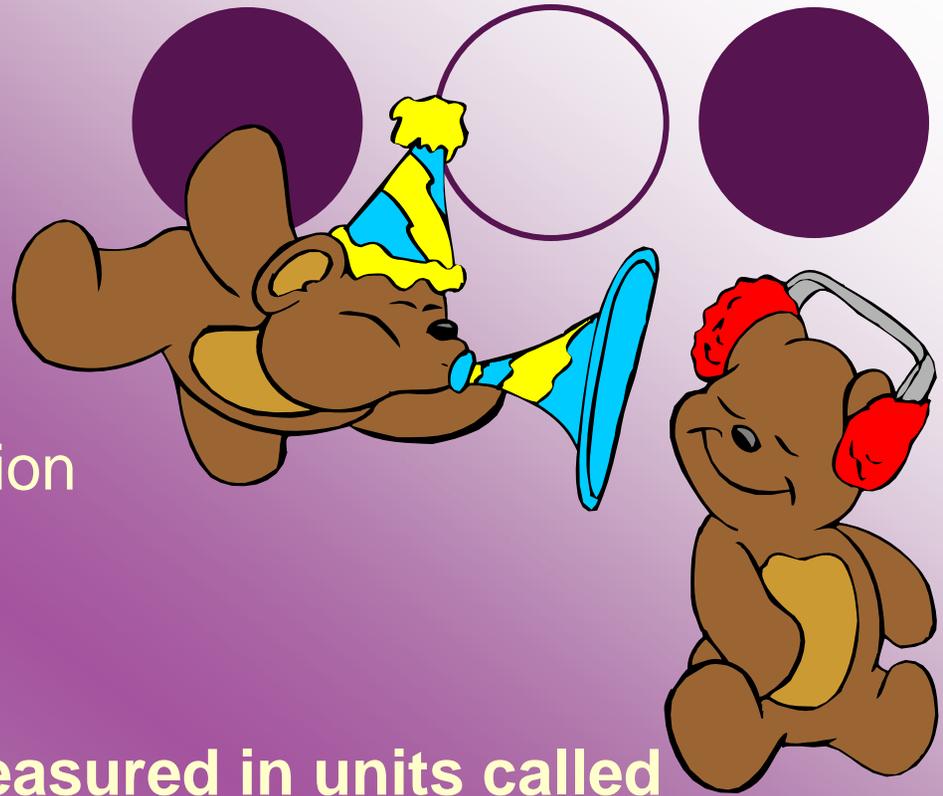


Answer: Everywhere



Noise Monitoring

- Why do it?
- Answer: Hearing Protection



- Useful Fact: Noise is measured in units called “decibels” or “dB”
- If two people 3 feet apart must shout to be heard, the background noise is too loud (above 85 decibels).

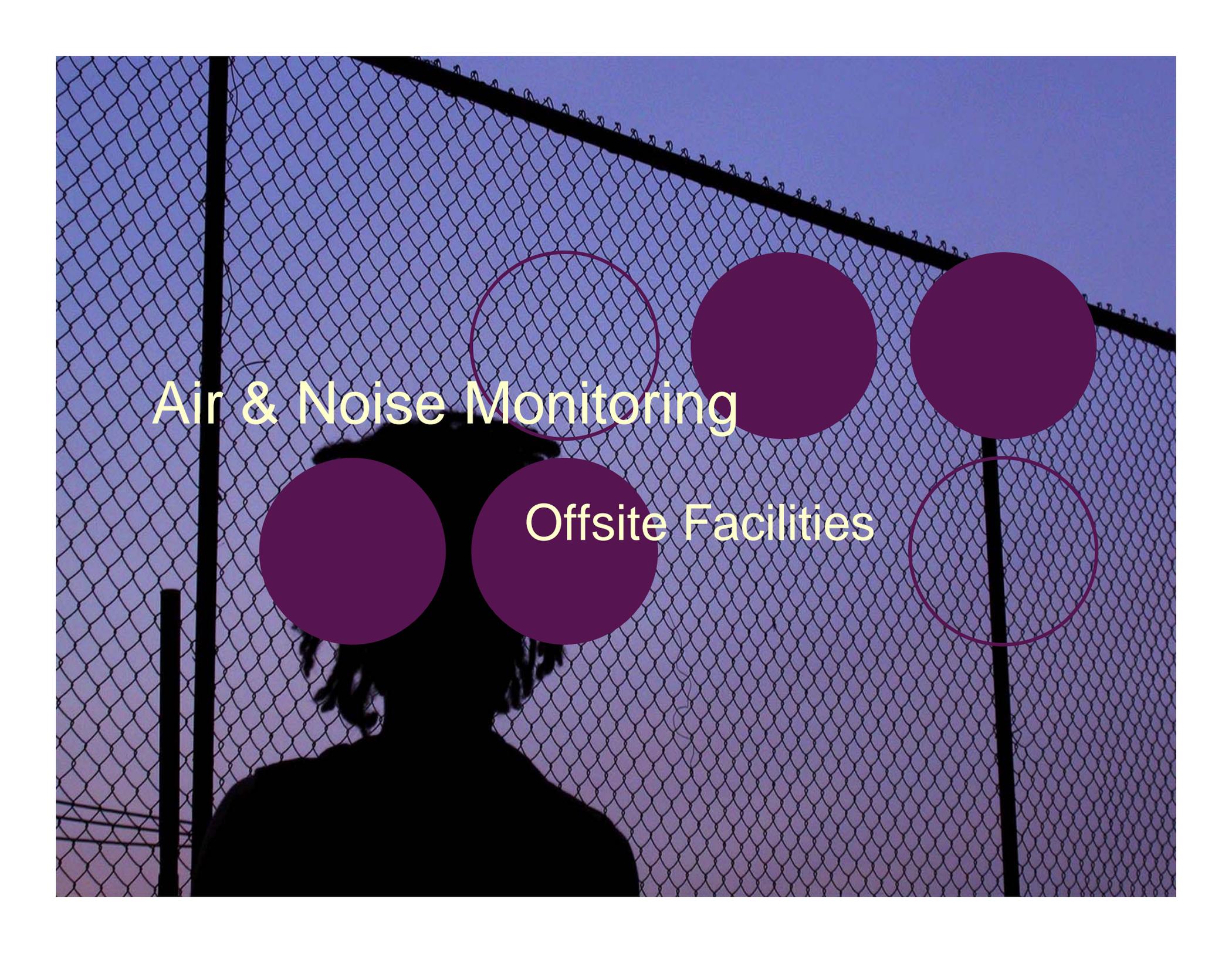


Noise Monitoring

- The table below shows noise levels and how long a person can be exposed without hearing protection before there is damage to the ear.

<u>Noise Level</u>	<u>Allowable Exposure Time</u>
● 85 decibels hours	8
● 90 decibels hours	4
● 100 decibels	1 hour
● 105 decibels minutes	30
● 110 decibels minutes	15
● 115 decibels minutes	0





Air & Noise Monitoring

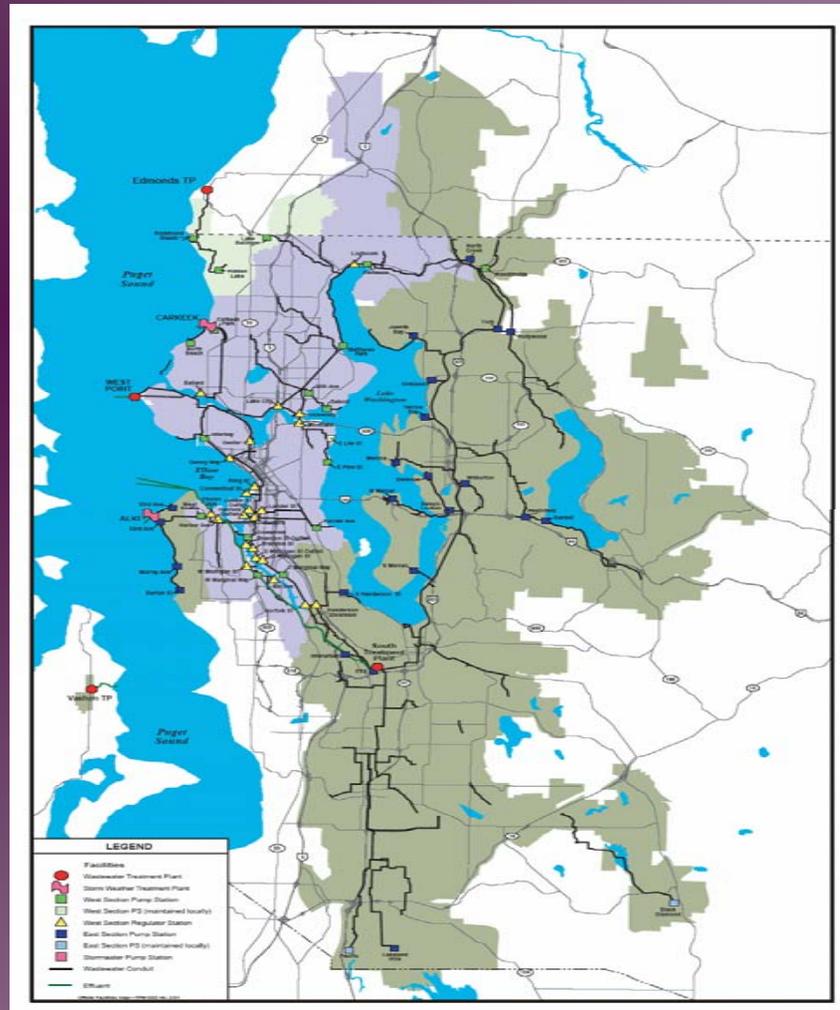
Offsite Facilities

Air Monitoring

WTD Offsite Facilities Map

- Pump Stations

- East
- West
 - Dry Side
 - Wet Side



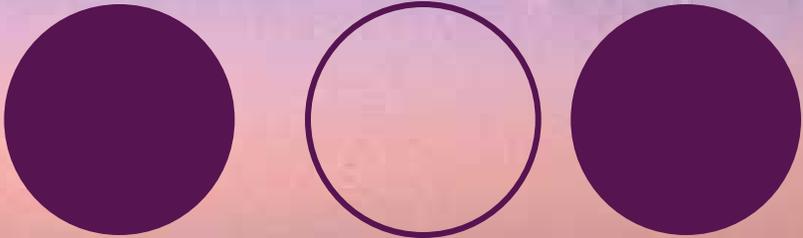




Driving

Where?

Everywhere in King
County!



The Good:

Getting to Know the
Roads

The Bad:

Traffic!

Life Advice for this 22 year old



● What Have I Learned at the WTD?

- Independence, Flexibility
- Be open to every opportunity
- Put your all in everything you do
- Not everything will go your way, but you must accept and work with change
- Patience is important in every aspect of life
- Live with a purpose to serve

Thank You

To my wonderful co-workers who have given me encouraging & insightful advice throughout the summer.

To my fellow interns who I have shared this experience with.

To WTD for hiring me and allowing me to have this great journey!

