

## **4 Health and Safety Overview**

### **Deepwater Horizon MS-252 Oil Spill**

#### **Orientation to safety**

**Main Objective – Ensure the safety and welfare of response personnel and the community.**

#### **Top 5 Hazards for Deployed Field Personnel:**

- Heat Stress – Review your OSHA Heat Stress Card! If you're from northern climes, the heat and humidity will likely have a bigger impact.
- Hydration – Water to Gatorade 3:1 or 2:1; no energy drinks and avoid caffeine!
- Vehicle Operations (including watercraft and UTVs) – Drive defensively; no cell or text while driving; obey Captains, and maintain situational awareness.
- Weather and Lightning – Do you know your escape route? Shelters likely do not provide “shelter” from lightning – don't be a victim in a lightning storm!
- Oil and Tarball Exposure – exposure sampling indicates little hazard, but remain vigilant regarding your surroundings and personal safety. Use your PPE when necessary!

#### **Do you have the proper training to do what you're doing?**

- BP Module 3 HSEREH004 on-line course
- ICS-100 and 700 (Supervisors must also have 200)
- ATV or UTV training (UTV operations are preferred – safer.)
- 24- or 40hour Hazwoper to work in oiled areas
- Aviation – B3 Combination Helicopter/Airplane Safety (M3 for duty station supervisors; A312 for air observers)
- MOCC for Motorboat Operators
- Bird Capture and evidence handling course
- Daily crew training sessions during crew briefing and/or specific task training

#### **Are you new to this incident?**

- What hazards exist for the tasks assigned?
- What type of PPE is needed? Should you take more frequent breaks due to the PPE (e.g. if you're in full Tyvek suits, be sure to seek shade and take plenty of breaks)?
- Where do get the PPE and supplies needed?
- What must you do if you have an accident/injury?

Once you've been here a while, you're going to want to watch yourself for complacency and fatigue. It's hot work; you're tired and working long hours and days. You're doing the same (or very similar) thing day in and day out. This can lead to complacency and you may become desensitized to your own situational awareness. If you don't stay focused, accidents WILL

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happen. Even simple tasks can present serious risks if you don't pay attention to what you're doing. Get plenty of rest and take plenty of breaks – especially when working in the heat!

**Heat + Humidity = HIGH heat index.** What does this mean to you? Hydrate, hydrate, hydrate! You could lose up to a quart of fluids each hour; replace them at a 3:1 or 2:1 ratio of water to Gatorade, and limit caffeine intake (this actually dehydrates you more). The watch-out hours are 12:00-4:00.

Limit UV exposure: use sunblock, sunglasses, a hat, and UV protective clothing to help reduce your exposure.

Carry insect repellent with you. You are working in and around water all day – breeding grounds for biting insects (mosquitoes, chiggers, biting flies, etc.). Stay protected!

Wear the correct PPE for the task at hand.

NEVER work alone! Use the buddy system, and work with someone who is familiar with the area, whenever possible.

Drive defensively and keep alert for distracted drivers! NO texting while driving; government personnel are under Presidential Order to obey this rule.