



## **A SHE Highlight**

Stairs can be Dangerous! Three cases of MSFC employees falling on stairs have been reported this fiscal year. In two of the three cases, the injury required surgery! Slipping, carrying an oversized load, and not holding the handrail have been some of the causes.

**What you can do: (1) Raise your awareness when using stairs. Stairs can be safe if you just take your time and watch your step! (2) Hold the handrail. (3) If you're carrying a load that will not permit holding the handrails or that blocks your view, take the elevator, get someone to help you, or if possible divide the load and take multiple trips.**

## **Coming Attractions**

**February 21** - CSF Meeting @ USA  
**March 1** - HAZWOPER Refresher Training  
**March 2** - Incident Commander Refresher Training  
**March 5-7** - System Safety Workshop  
**March 5** - Central SHE Meeting  
**March 16** - MSFC Safety Survey due from Contractors

**The Safety Dispatch is published by the Contractor Safety Forum.**

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## **Tornado!!!!**

Although tornadoes occur in many parts of the world, these destructive forces of nature are found most frequently in the United States east of the Rocky Mountains during the spring and summer months. In an average year, 800 tornadoes are reported nationwide, resulting in 80 deaths and over 1,500 injuries. A tornado is defined as a violently rotating column of air extending from a thunderstorm to the ground. The most violent tornadoes are capable of tremendous destruction with wind speeds of 250 mph or more. Damage paths can be in excess of one mile wide and 50 miles long. Once a tornado in Broken Bow, Oklahoma, carried a motel sign 30 miles and dropped it in Arkansas!

## **Be Prepared!!**

When conditions are favorable for severe weather to develop, a severe thunderstorm or tornado **WATCH** is issued. Weather Service personnel use information from weather radar, spotters, and other sources to issue severe thunderstorm and tornado **WARNINGS** for areas where severe weather is imminent. Severe thunderstorm warnings are passed to local radio and television stations and are broadcast over local NOAA Weather Radio stations serving the warned areas. These warnings are also relayed to local emergency management and public safety officials who can activate local warning systems to alert communities.



## **Severe Weather Awareness Week**

Severe Weather Awareness Week in Alabama is February 19-23. MSFC will participate in the Statewide Tornado Drill scheduled for Wednesday, February 21, between 9 and 11 a.m. (the alternate date is Friday, February 23, if the weather is bad on Wednesday). All employees are to evacuate to protective areas when the drill is announced over the Emergency Warning System.

## **Website of the Month**

<http://www.nws.noaa.gov/om/tstorm.pdf>



**Do you have a question for me, Dr. Know, I can answer any question regarding Safety, Health, or Environmental. Just ask!!**  
**Visit me at:**  
[http://msfcsma3.msfc.nasa.gov/she/dr\\_know.htm](http://msfcsma3.msfc.nasa.gov/she/dr_know.htm)

**Fire...fight or flight? Center employees who detect a fire shall assure that 911 is called immediately and the building fire alarm is activated. Then, if they can do so without personal risk and have been trained in the proper use of a fire extinguisher, they may use an extinguisher to fight a fire in its incipient (just beginning) stage.**