



Report to **STAKEHOLDERS**

April 2008

Volume 13 No. 4

EM keeps eye on base resources during CITS project

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Tools gained through
building green

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Report to STAKEHOLDERS

Report to Stakeholders is a publication of Edwards Air Force Base, 95th Air Base Wing, Environmental Management. Its purpose is to inform and educate the public, base workers and residents about continuing environmental and safety efforts on base. It currently has a circulation of 6,000, including about 2,000 subscribers.

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What's on the cover?

CONSERVATION — *Biologist Amber Bruno and archaeologist Jim Johannesmeyer record data from a bottle into a Geographic Information System handheld unit. Read more on page 6.*

Photo by Dawn Waldman
95 ABW Public Affairs

Resolve to keep personal electronics and universal waste out of landfills this year

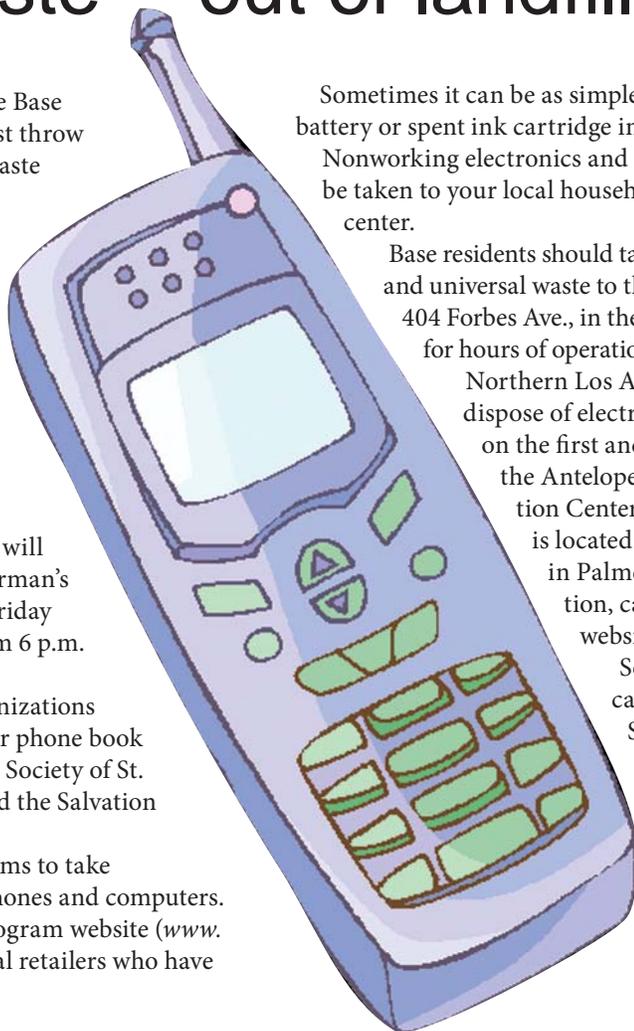
Workers at Edwards Air Force Base know the drill: you can't just throw electronics and universal waste into a dumpster. Electronic devices need to be disposed of properly through the turn-in center. Universal waste like dead batteries and fluorescent tubes go to the Consolidated Recycling and Universal Waste facility.

But what about at home? Electronics and universal waste, no matter the source, can't go to a landfill.

Working electronic devices and appliances should be donated and reused. On base, the Airmen's Attic, (661) 277-2246, will take almost anything that works. The Airman's Attic is open Monday, Wednesday and Friday from 10 a.m. to 2 p.m. and Thursday from 6 p.m. to 8 p.m.

Most off-base communities have organizations that will take your donations. Check your phone book for thrift shops, or organizations like the Society of St. Vincent de Paul, Goodwill Industries and the Salvation Army.

Many electronics retailers have programs to take nonworking electronics including cell phones and computers. The U.S. EPA's Plug-in to eCYCLING Program website (www.epa.gov/cellphones) has links to individual retailers who have programs to collect waste.



Sometimes it can be as simple as dropping a cell phone, dead battery or spent ink cartridge in a box at the front of a store.

Nonworking electronics and universal waste items can also be taken to your local household hazardous waste collection center.

Base residents should take their nonworking electronics and universal waste to the U-Fix-It Shop, located at 404 Forbes Ave., in the housing area. Call (661) 277-2550 for hours of operation.

Northern Los Angeles County residents can dispose of electronics and universal waste for free on the first and third Saturday of the month at the Antelope Valley Environmental Collection Center from 9 a.m. to 3 p.m. The Center is located at 1200 W. City Ranch Road in Palmdale, Calif. For more information, call (888) CLEAN LA or visit the website at www.888CleanLA.com.

Southeast Kern County residents can drop off their waste at the Special Waste Facility located at 17035 Fynn St. at the Mojave Airport. Collections are taken the first Saturday of the month from 9 a.m. to noon. For more information, call (800) 552-KERN, option 6.

RTS

Tracking hazardous materials around the base

Tracking hazardous materials, from the time they arrive on base to the time they are used or excessed, can be a daunting task at Edwards Air Force Base. There are about 700 different hazardous materials used on base and about 1,100 pounds of hazardous materials used in any given two-day period. Regulatory agencies require that Air Force bases closely account for all hazardous materials on their installations. For this reason, Edwards AFB implemented the use of a central tracking system.

At Edwards, hazardous materials are stored at Hazardous Material Distribution Support Centers (HDSC), also known as pharmacies. There are 25 of these facili-

ties on base. Each of these pharmacies uses the central tracking system called the Hazardous Materials Management System, or HMMS, to keep track of the hazardous materials on base and provide reports to regulatory agencies. Because all hazardous materials are distributed from a pharmacy and each pharmacy uses the HMMS, tracking information — such as the material safety data sheets, zone authorization status, hazard codes and so forth — can be found in one location.

With authorized personnel having the ability to obtain information on a hazardous material from any computer with Internet access, accounting for the hazardous materials

on base is that much more convenient and cost-effective.

Customers can also use the HMMS to request authorization to obtain and use a certain hazardous material. A pharmacy worker will look through the information in the HMMS to find out if the material requested is a hazardous material, whether there is a current material safety data sheet on file and see if the customer is in a zone that is approved to use the hazardous material.

Because the HMMS is the port of information about hazardous materials on base, it helps maintain proper control of hazardous materials and keeps the base compliant with hazardous material regulations.

RTS

Building green saves resources

Building green – no, it doesn't mean decorating for St. Patrick's Day or giving your home a fresh coat of hunter green paint. Rather, building green means designing and building offices and homes that are more energy efficient and healthier places for people to work and live.

"Green design usually refers to the conservation of natural resources, greater reliance on renewable energy resources, reduction of hazardous pollutants or chemicals in our indoor working and living environments, as well as in our manufacturing and processing waste streams," said Andrea Brewer, air quality specialist at Environmental Management, who is accredited by the Leadership in Energy and Environmental Design (LEED).

"Being green also means reducing the size of our building footprints; and reducing the amount of materials we consume, or recycling the materials that are consumed wherever possible," Brewer added.

As a nationally accepted benchmark for the design, construction and operation of high performance green buildings, LEED gives building owners and operators the tools they need to have an immediate and measurable impact on their buildings' performance.

In order for a building to be a LEED-certified green building, it must exhibit performance in five key areas of human and environmental health: sustainable site development, water savings, energy efficiency, materials selection and indoor environmental quality. A building receives points based on the efforts made in these areas, and can be declared green at four levels – certified, silver, gold and platinum.

One example of a silver-certified green building is the Consolidated Support Facility, also known as Building 3000, at Edwards AFB. The building was designed and built by Edward J. Cass and Associates of San Diego and Macro-Z Technology of Santa Ana. According to Brewer, the Consolidated Support Facility has met the fiscal year 2009 Department of the Air Force directive that requires



GREEN BUILDING RATING — *The Consolidated Support Facility at Edwards AFB, top, earned a silver rating with the Leadership in Energy and Environmental Design in 2007.*

new Air Force military construction projects to be designed to achieve LEED silver or higher.

According to Brewer, LEED has been in existence for approximately 10 years and automatically suggests a healthier place to live or work, where the air is filtered and healthier to breathe; there is more natural lighting and green plants; paints and adhesives with low volatile organic compounds are used; wood floors are made of a rapidly renewable product, such as bamboo; and the building is energy efficient. The term also suggests sustainability.

"There are some cultures that practice sustainable forestry that have been developing those practices for hundreds of years. They do this because there is a direct link between the existence of the forest and their ability to feed themselves and their families in the foreseeable future," Brewer said. "The very core of sustainability is whether future generations will have access to the resources."

Brewer added that she has noticed a variety of television programs and networks talking about going green. "They're taking the anxiety and doing something proactive about it by speaking to their millions of viewers about renewable energy or recycling in a non-threatening way. Some feel that's the key to getting the nonenvironmental audience to embrace some of these concepts."

Not all buildings designed and built with green standards are certified by LEED or the U.S. Green Building Council, yet they can benefit from green design. "The Elyze Clifford Interpretive Center at the Prime Desert Woodland Preserve in Lancaster is an example of such a building," Brewer said. It was constructed with bales of straw in the walls rather than the typical material used for insulation, the first public building in California to use straw-bale construction. According to the City of Lancaster Web site on the Interpretive Center, buildings made of straw bales are durable, innovative, inexpensive and attractive, while being energy efficient. They provide dead-air insulation and are environmentally friendly by reducing the use of wood.

"The green movement at its core is asking each of us to question our choices," Brewer said. "Do we really need to drive vehicles that consume large amounts of fossil fuels? Do we need to drive as much as we do? What is the size of our building footprint? What is our reliance on nonrenewable energy? Our cars, houses and office buildings are some of the biggest producers of greenhouse gases, yet we are very dependent on them to function. But anybody can sit down and look at their daily life and make a conscious decision, even as simple as replacing an incandescent light bulb with a compact fluorescent."

Bobcat found near base housing treated, successfully released



FREE TO ROAM — A bobcat peeks out of the carrier just before being released in January. It was released by Natural Resources program manager Mark Hagan, center, at the Edwards Air Force Base Scout Camp area.

The first bobcat to be captured, treated and successfully returned to the wild on Edwards Air Force Base (AFB) found a new home at the Scout Camp area Jan. 18. Environmental Management biologists captured the wild animal Jan. 8 because it was in close proximity to Bailey Elementary School and exhibited unusual behavior.

“We do not capture wildlife found on base unless the animal is sick or poses a threat to humans,” biologist Mark Bratton said. “We received reports that this individual bobcat had not moved significantly in several days and was not demonstrating fear of humans.”

“I knew something was wrong with the animal as I approached it,” Bratton said. “This bobcat allowed me to stand as close as 5 or 6 feet away. That’s not normal behavior.”

Amber Bruno, the base biologist who used an animal snare to capture the bobcat, agreed that the animal did not display any aggressive behavior.

“The bobcat appeared lethargic and

underweight,” Bruno said. “After being captured, the bobcat sat quietly in the shade, resting. It was obvious the animal was sick.”

The adult female bobcat was transported to the North Valley Veterinary Clinic in Lancaster, Calif., where she received a free treatment of antibiotics for a kidney infection and administration of fluids.

Once the bobcat was given a clean bill of health, base biologists released her in a location far from its point of capture.

“We wanted to release the bobcat in an area as far away from human activity as possible,” said Mark Hagan, Natural Resources program manager. “The Scout Camp area is an ideal location. It’s remote and provides plenty of shelter and prey.”

The bobcat, or *Lynx rufus*, is approximately two times the size of a domestic cat. They are tan in color distinguished by their short “bobbed” tail, round face and pointed ears. Bobcats are typically shy, solitary animals.

If you encounter a bobcat or any other wild animal, here are some guidelines for safe and responsible interaction:

- Watch wild animals from a distance
- Never feed wild animals, even by throwing food on the ground
- Never corner a wild animal where it has no place to go except toward you
- Never harass wild animals
- Never collect plants or animals

If you see an injured animal, note the location and call Wildlife Security Forces at (661) 277-7138. For general questions, call Environmental Management at (661) 277-1401.

EM keeps eye on Edwards resources during CITS project

When the 95th Communications Group (95CG) and the 95th Air Base Wing Environmental Management (EM) office began working together to install the Combat Information Transport System (CITS), the environment was one of their main concerns.

Part of installing the system requires digging trenches in the ground, which sometimes run near or through natural resources and archaeological sites that could be impacted.

“There are multiple locations throughout the base from one end to the other such as North Gate, South Gate and the Air Force Research Laboratory, where we are laying down new trenches and installing new conduit systems and new fiber into the entire area,” said Steve Swinehart, 95CG information technology project manager for CITS. “We are also installing new switches in more than 500 buildings.”

“When crews prepare to dig, they must submit an Air Force Form 813, which requests permission to excavate at a specific location,” he added. “That request goes through Environmental Management. They will look at the location and verify what is out there, what type of area it is and if there are any environmental issues. They also give us instructions on what has to be done such as placing cordons or covering up holes. After we are done, environmental will inspect the area to ensure that everything has been restored to the state it was in before we started digging.”

The National Environmental Policy Act of 1969 requires all federal agencies to consider the environmental impacts of any project prior to implementation, said Keith Dyas, EM environmental engineer.

Dyas is one of the individuals responsible for conducting the environmental impact analysis process after they receive an AF Form 813.

“Among the many environmental issues we have to consider are those impacts to archaeological resources and biological



Photo by Dawn Waldman/95 ABW Public Affairs

INSTALLING — Walter Johnson Jr., a base contractor, bores under a road on South Base for the installation of fiber cables.

resources,” he said. “For that reason, we bring out specialists in archaeology and biology to analyze the various impacts that a project might cause.”

Environmental Management looks for various archaeological and biological resources in different parts of the base.

“In some areas biologists may look for burrowing owls, while in more remote areas we may look for desert tortoises,” said Amber Bruno, EM biologist. “We want to look at the environment as a

whole when trying to preserve it and prevent damage from occurring. There are certain species that are federally protected. Some laws protect migratory birds and endangered or threatened species.

“If a project crosses a known tortoise habitat, biologists will perform clearance surveys outlined by the U.S. Fish and Wildlife Service,” Bruno said. “The surveys help them determine what impact activities will have on a species.”

Environmental Management also takes sensitive species in the area into consideration such as Mojave ground squirrels, desert cymopterus and the alkali mariposa lily. They are not federally protected, but EM wants to ensure protection isn't required in the future by taking measures now.

"When we look at where resources are in relation to the project, we must also consider the time of year," Bruno added. "In spring, an owl or tortoise will be very active. In the winter, it's less likely to see activity and will be easier to monitor those plants or animals. If it looks like there will be a conflict with the project, we can put up barriers such as tortoise fencing."

Resources directly in conflict with a project can also be relocated to a safe place. A tortoise should only be moved by an authorized biologist. Biologists will sometimes dig a tortoise a new burrow and when the project has ended, move it back to its original home.

"The team has been very flexible," she said. "If there was a natural or cultural resource on one side of the road, they were able to reposition the line to the other side to avoid impact completely. From the very beginning this project was planned to put fiber on pre-existing corridors, so

they knew the potential for impacting natural and archaeological resources was minimal."

Biologists use an assortment of tools to conduct surveys such as a compass and mirror, Bruno said. The mirror is used to direct sunlight into a burrow and the compass allows the biologist to confirm their direction and ensure they are surveying the right area. They also flag the perimeters of the area to mark what areas they are surveying.

Archaeologists come into the picture to survey the planned layout for archaeological sites and artifacts that may be of historical importance.

"As archaeologists, we do background research on the areas here," said Jim Johannesmeyer, EM archaeologist. "There are several prehistoric archaeological sites that the cable ran through. We were able to know about this ahead of time and ensure that there was minimal ground disturbance caused by the cable plow. If we run into any artifacts in their way, we collect them to ensure they are safe. All of our artifacts are placed in our curation facility."

If archaeologists find a site within the project area, they will test it. Testing the area may involve excavation with shovels and screens, which are used to retrieve

artifacts. The artifacts are recorded in a Geographic Information System (GIS).

The GIS is one of the key tools archaeologists and biologists use to survey areas. The system provides information found during past surveys.

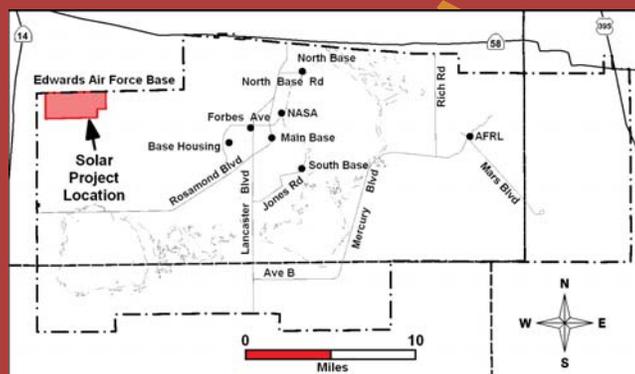
"The GIS has a map of the base," Johannesmeyer said. "We can input information such as archaeological sites or biological resources, cables, phone lines and water lines. Once we can see that information, it enables the cable to be laid. I was here before we had it, and we had to draw our maps by hand. We can analyze sites much more quickly with this system."

"Once proposed routes are put into the GIS, the biologists are able to put them in their hand held Global Positioning System (GPS) units," Bruno said. "The GPS allows them to access the route information in the field."

"It has gone really well," she added. "The CITS team and EM have been working together to make sure everyone knows where they are going to be. If there is an issue, EM is able to respond immediately."

- article by Senior Airman Jason Hernandez
95th Air Base Wing Public Affairs
RTS

Here comes the sun



LOCATION — The shaded red area shows the tentative location of the proposed solar energy plant.

Air Force officials are looking for partners to build, at minimum, a 100-megawatt solar energy plant on 3,200 acres in the northwest part of Edwards Air Force Base. The Air Force is going to grant a 50-year lease to a partner who would plan, build and operate the solar plant. Base officials hope the project will reduce base electrical costs and provide a reliable energy source.

Although construction is some time in the future, Environmental Management staff is already involved in the project. They are preparing an Environmental Baseline Survey. This report documents the past and current conditions at the proposed site that may impact the project.

The next step is to select a developer. More than 75 people attended a site visit event at Edwards on Feb. 7. Interested partners have to submit their qualifications by April 11, 2008. A developer will be chosen in July 2008.

For more information, go to the website www.pscmhc.com.



SAMPLES — Louis Miles, a restoration specialist, takes groundwater samples. These samples are sent to a laboratory where they will be analyzed for chemical composition.

Base cleanup efforts expected to continue long after RODs are approved

Edwards Air Force Base (AFB) will need restoration money for years to come, say base cleanup officials. Funds are expected to go toward treatment systems and long-term monitoring efforts as the base transitions from investigation to the cleanup stage in the federally mandated Superfund process.

“We have to build, operate and maintain treatment systems in several large areas of the base,” said Ai Duong, Restoration chief. “Treatability studies and models predict some of these systems will need to run for 10, 20 or even 1,000 years.”

Each treatment system needs to be up and running 15 months from the time a Record of Decision (ROD) is signed. At the end of the 15 months, base restoration offi-

cialists have to show positive progress toward cleanup. Edwards AFB is expected to have about a dozen RODs signed by 2011.

Tracking the progress of the cleanup and validity of modeling projections of contaminant transport are accomplished via long-term monitoring. Restoration officials analyze samples in a contaminated area over time to calculate the effectiveness of the cleanup system. If contaminant concentrations go down over time, experts know the system is removing the contamination.

But long-term monitoring is not limited to sites with cleanup systems in place. Long-term monitoring also can be used to track the movement of contamination in an area. The South Air Force

Research Laboratory (AFRL) is one such example. Base environmental specialists studied the contamination and possible cleanup methods at the South AFRL for several years. They were unable to find a feasible cleanup method given the limits of current technology and cost. As a result, a proposal was made to monitor the contamination and restrict use of the land above it until a better solution could be found.

“We are keeping an eye on the contamination until a feasible cleanup solution is available,” said Mahbub Hussain, environmental engineer for the South AFRL area. “We need to make sure that no one is exposed to any contaminants in the area and that the contamination does not move

out of the containment zone.”

“Currently, long-term monitoring at the South AFRL includes annual sampling and analysis of about 140 monitoring wells,” Hussain said. “We also take water level measurements for over 400 wells.”

Keeping track of the contamination does not come cheap.

“Monitoring is a costly effort,” Hussain said. “We do not just sample the monitoring wells. If needed, we install additional monitoring wells, and add more chemicals of concern in our monitoring list to check the validity of our modeling results.

And every five years, we will perform a comprehensive analysis involving more wells and analyzing for more chemicals of concern.”

Five-year reviews are not limited to South AFRL. There is a federal mandate for all areas with a signed ROD for five-year reviews if there is still a cleanup action remaining.

The process repeats until the area is released for unlimited use and unrestricted exposure.

Throughout the cleanup process, land-use controls (LUCs) are put in place to

prevent humans and animals from exposure to the contamination. Some of these LUCs include fences and barriers, another necessary expense of the cleanup stage.

“It’s another cost that must be factored into the cleanup expenses,” Hussain said. “After installation, these land-use controls must be inspected on a regular basis to ensure their integrity and effectiveness.”

Land restrictions are not removed until an area is cleaned to regulatory standards or maximum contaminant levels as established by the U.S. Environmental Protection Agency or the state.

Base restoration experts take the safety aspect one step further by entering LUCs and long-term monitoring results into the base’s Geographic Information System (GIS). The GIS is an interactive mapping and spatial analysis program capable of displaying roads, buildings, environmental factors and much more.

Requests for digging permits or new construction on base are run through the GIS prior to any work being done. This ensures that buildings or roads are not constructed within a cleanup area.

“Managing land-use controls through

GIS demonstrates to our federal and state regulators that we are fully capable of monitoring our cleanup areas and protecting human health and the environment,” said Dr. Stephen Watts, Restoration program manager and Environmental Management representative for the Edwards AFB GIS working group.

The GIS is also useful for producing visual representations of contaminant plume movement based on long-term monitoring results.

RTS

What is a ROD and a Superfund?

A ROD outlines the cleanup strategy for an area of the base, as agreed upon by state and federal regulators.

Superfund, also known as the Comprehensive Environmental Response, Compensation, and Liability Act of 1980 (CERCLA) is a federal law outlining the procedure for the cleanup of hazardous waste at Department of Defense installations.

Restoration Advisory Board (RAB) Meeting HIGHLIGHTS

The following report highlights the Feb. 21, 2008, Restoration Advisory Board (RAB) meeting in Mojave, Calif.

- **Final Remedial Actions for Operable Unit 2** — Site 69 at Edwards Air Force Base (AFB) is currently covered with scattered rusted cans, broken glass, wire and railroad debris. Low levels of contaminants were detected in the soil samples collected at Site 69, but not at concentrations that could threaten human health or the environment. The Air Force proposes to excavate and remove all buried debris as well as stained soil. Sites 81 and 102, the Old South Base Northern/Southern Skest Ranges, consist of black clay fragments of broken skeet targets visible on both range surfaces. The Air Force proposes to manually remove all visible skeet target fragments from Sites 81 and 102 and treat or recycle the shards at an off-base facility. Site 29 covers two former landfill areas. Household and industrial wastes, construction rubble (mainly concrete and asphalt), and asbestos-containing materials were deposited in the landfill. The Air Force proposes to remove recently emplaced surface debris. Concrete debris would be crushed and stockpiled near the site for later use as road base. Metal debris and asphalt would be trucked to a recycling center. Groundwater monitoring at Sites 76 and 86 indicates that the plumes are slowly migrating downgradient of the source areas, toward Rogers Dry Lake. At Site 76, the Air Force proposes to use *in situ* chemical oxidation (ISCO)

by permanganate injected into vertical wells to treat groundwater contaminated with chlorinated solvents, primarily trichloroethene (TCE). At Site 86, the Air Force proposes to use aerobic biological degradation by gaseous nutrients injected into vertical wells to treat groundwater contaminated by chlorinated solvents, primarily TCE. No further action is required to return the soils to unrestricted use at Site 5, the source area of the Sites 5/14 contaminant plume. The Air Force proposes to use aerobic biological degradation by gaseous nutrients injected into vertical wells to treat the floating products at Sites 5/14. The Air Force proposes to use ISCO by permanganate injected into horizontal wells to treat dissolved solvents at Sites 5/14.

- **Fiscal Year 2009 Environmental Restoration Program Budget** — Cleanup will receive about \$28 million (78.4 percent), monitoring will receive about \$5 million (15.1 percent), study will receive about \$1 million dollars (3.3 percent), Record of Decisions will receive \$977,000 (2.7 percent) and management will receive \$197,000 (0.5 percent).

The next quarterly RAB meeting is tentatively scheduled for May 15, 2008, at 5:30 p.m. in Lancaster, Calif. The venue will be determined at a later time. For more information on the RAB, you may refer to the back page of this newsletter under RAB Information.

Ergonomics key in office environment

Do your wrists ache when using the computer? Do you get stiffness in your back and shoulders? If you answered yes to these questions, you could be affected by poor ergonomics.

The inception of an ergonomically correct workplace is quickly becoming the rule versus the exception in hopes of creating a healthy working environment. Once upon a time, employees would have to adapt to their surroundings, but in today's office setting, ergonomics is adapting office surroundings to the workers. This is best accomplished by paying attention to how you feel at work, which will ultimately reduce injuries and improve the quality and production of your work output.

"Ergonomics is dependent upon your personal comfort. What is comfortable for one person may not be for another," said Sgt. Amanda Lublin, special survey program manager at Bioenvironmental Engineering. "If individuals feel that they have ergonomic issues, they should contact their safety representative to perform an ergonomic survey on them. The representative can make recommendations based on the workplace and the individual."

Employees who do repetitive work throughout the day, such as using the computer and other administrative duties, are among those most frequently subject to injuries. These problems may begin as minor aches and pains, but they can end up as permanent injuries such as wrist problems, tennis elbow, tendinitis and lower back pain.

Carpal Tunnel Syndrome (CTS) is an injury becoming more apparent in the workplace today. It usually occurs in people who have a repetitive work routine and can result from constant typing and filing. Proper positioning of hands and wrists when using the keyboard can help eliminate CTS.

The most common complaints regarding CTS are pain in the employ-

ee's fingers, wrists and arms. People may also feel a tingling feeling, numbness and display clumsiness with the hands. If left untreated, the symptoms can worsen, eventually weakening one's grasp and finally permanently disabling the employee.

"When we analyze the work station and duties, we also take into consideration how many times these activities are accomplished and for how long," Lublin said. "I do not want workers to think that because they bend [on their job] they are ergonomically exposed.

"Duration and process occurrence is a big factor in determining if ergonomic stress is present and at what level: high, medium, or low. We also take into consideration weight limits, padding, and the degree of the angles the workers limbs' are positioned," Lublin added.

"Ergonomics is needed to keep our workers healthy and happy," she said. "Plus, it is an Occupational Safety and Health Administration (OSHA) requirement. Ergonomics prevent many disorders, such as cumulative trauma disorders; the goal is to make sure that workers are safe, comfortable, and less prone to work-related injuries."

Nature never intended humans to sit in one place for hours on end. We are mobile creatures with a need for basic physical movement. So take a minute and check the "ergonomic" setup of your work area. Consider what you can rearrange around your workstation and take preventive steps to save you from years of pain.

To find out more information regarding ergonomics in your work area please contact your local safety representative or Sgt. Amanda Lublin at (661) 277-3272.

Suggested stretching exercises:

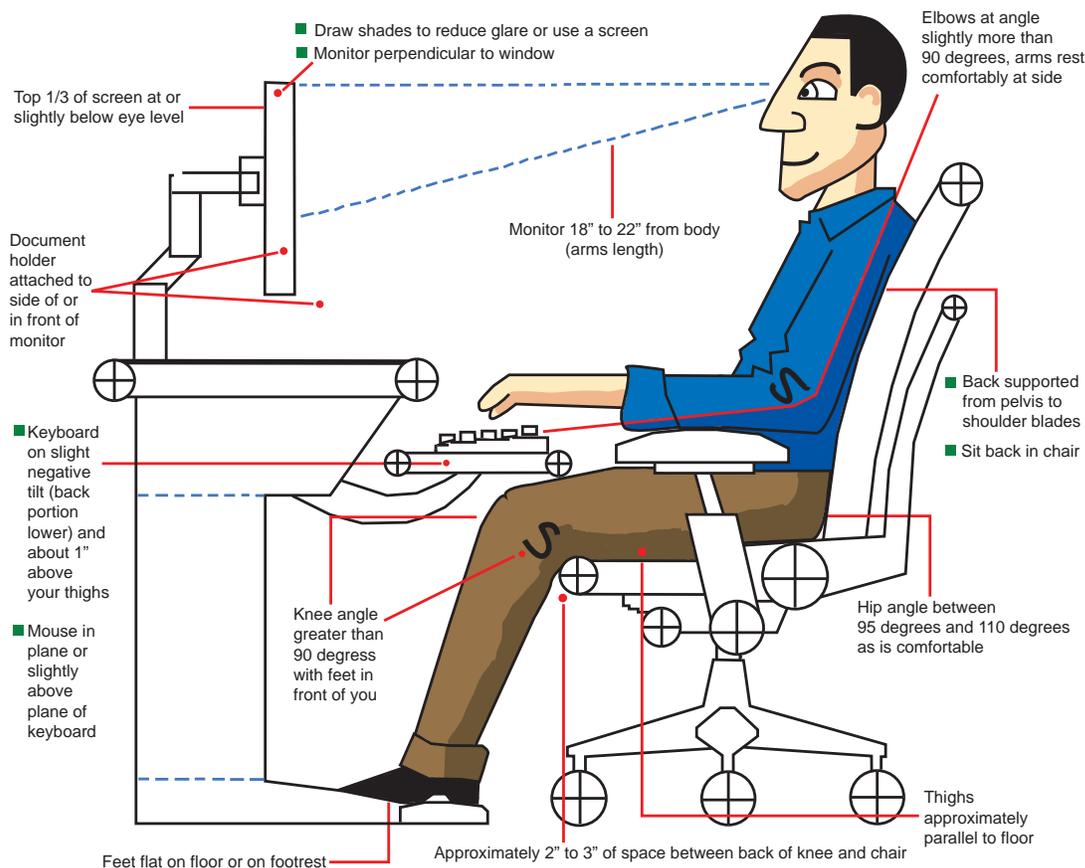


Are You Ergonomically Correct? (quiz)

- Which of the following might be ergonomic concerns?
 - Environmental noise
 - Indoor air quality
 - An uncomfortable office chair
 - All of the above
- Which of the following may cause eyestrain and resulting headaches?
 - Dry eyes
 - Having a dusty or blurry monitor screen
 - Focusing on the monitor for long periods of time without a break
 - Glare
 - All of the above
- If your wrists are at an uncomfortably off angle when typing, you should try:
 - Raising/lowering your chair until your wrists are at a neutral angle
 - Raising your shoulders until your wrists are at neutral angle
 - Putting the keyboard on your lap
 - None of the above
- It is best to position your computer monitor flat so that:
 - You have to lean forward to clearly see the text
 - You can see overhead lights reflected on the screen
 - You can clearly read the text without leaning forward, twisting your neck, or looking too far upwards
 - All of the above

ANSWERS: 1. D, 2. E, 3. A, 4. C

CORRECT COMPUTER WORKSTATION POSITION



Where to Find More INFORMATION



Published data and documents relating to Environmental Management are available for public review in information repositories at three locations. The current information repositories are located in the cities of Lancaster and Rosamond, as well as Edwards Air Force Base. They are updated when new documents are released.

For questions about information in the repositories, you may contact Gary Hatch, Environmental Public Affairs at (661) 277-1454 or by e-mail at 95abw.pae@edwards.af.mil. Here is a list of our current information repositories:

Edwards Air Force Base Library

5 W. Yeager Blvd.
Building 2665
Edwards AFB, Calif.
(661) 275-2665
Hours of operation: Mon-Thu 9:30 a.m. – 7 p.m.
Fri 9:30 a.m. – 6 p.m.
Sat-Sun 10:30 a.m. – 6 p.m.

Kern County Public Library

Wanda Kirk Branch
3611 Rosamond Blvd.
Rosamond, Calif.
(661) 256-3236
Hours of operation: Tue-Wed 12 p.m. – 8 p.m.
Thu-Sat 10 a.m. – 6 p.m.

Los Angeles County Public Library

601 W. Lancaster Blvd.
Lancaster, Calif.
(661) 948-5029
Hours of operation: Mon-Wed 10 a.m. – 8 p.m.
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95 ABW/PAE
RTS Subscription
5 E. Popson Ave., Bldg. 2650A
Edwards AFB, Calif., 93524-8060

Restoration Advisory Board (RAB) Information

The RAB is made up of appointed representatives from communities in and around Edwards Air Force Base, regulators from federal and state agencies and base officials. The board's purpose is to provide a forum for two-way communication among base restoration officials, regulators and representatives regarding the cleanup of contamination from past military activities.

The board meets quarterly, rotating meeting locations in communities surrounding the base. The public is welcome to attend. If you have any questions or concerns about the cleanup activities going on at Edwards, you

may contact your community's RAB member or Gary Hatch, Environmental Public Affairs, at (661) 277-1454.

Next Quarterly Meeting

Date: May 15, 2008
Time: 5:30 p.m.
Location: To be determined

RAB Members

OFF-BASE COMMUNITIES

Boron

Hugh Jamison (760) 762-6658 Home
hbj@hughes.net

California City

Bob Smith (760) 373-4317 Home
bsmith@ccis.com

Lancaster

Peter Zorba (661) 723-6234 Work
pzorba@cityoflancasterca.org
ALTERNATE: Mayor Henry Hearn
hhearns@cityoflancasterca.org

Mojave

Victor Yaw (661) 824-2886 Home
vicyaw@yahoo.com (661) 275-4296 Work

North Edwards

Ruby Messersmith (760) 769-4357 Home
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Rosamond

David Newman (661) 722-6433 Work
newmanispwest@yahoo.com
ALTERNATE: Leslie Uhazy (661) 256-8209 Home
luhazy@avc.edu (661) 722-6417 Work

ON-BASE COMMUNITIES

Housing

Michelle Tucker (661) 258-9030 Home
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Main Base Air Base Wing

Carolyn Coe (661) 277-6678 Work
ccoe@triwest.com

Main Base Test Wing

Dean Baker (661) 277-5649 Work
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NASA Dryden

Gemma Fregoso (661) 276-2817 Work
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ALTERNATE: William Brandweiner (661) 276-3339 Work
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South Base

Brenda Weems-Hunter (661) 275-0456 Work
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AF Research Laboratory and Propulsion

Directorate
Milton McKay (661) 275-5191 Work
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Remedial Project Managers

California Department of Toxic Substances

Control

John Harris (916) 255-3683 Work
JHarris3@dtsc.ca.gov

Jose Salcedo (916) 255-3741 Work
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Edwards AFB

Ai Duong (661) 277-1474 Work
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Lahontan Regional Water Quality Control

Board

Jehiel Cass (760) 241-2434 Work
jcass@waterboard.ca.gov

U.S. Environmental Protection Agency

James Ricks (415) 972-3023 Work
ricks.james@epa.gov

Joseph Healy (415) 972-3269 Work
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