



**Pine Bluff
Arsenal
24/7 SHARP
Hotline
870-209-4093**

PBA Safety Glance



**Safety Element for
fiscal year 2024
Lost Day Case Rate: 0.00
Award Goal: 0.95**

*Lost time injuries for fiscal year 2024 is zero. There is zero lost time injuries for October 2023.

*Recordable injuries for fiscal year 2024 is one. Recordable injuries is one for October 2023.

*Pine Bluff Arsenal days without a lost time injury is 162.

*Pine Bluff Arsenal days without a recordable injury is 12.

*Estimated hours worked without a lost time injury: 494,901.



JMC Command Visit



From left, Daniel Uptagraff with Pine Bluff Arsenal's Directorate of Public Works, talks about a modernization project in the Arsenal's ammunition production area, as Joint Munitions Command Commander Col. Ronnie D. Anderson, Jr., Aide De Camp 1st Lt. Jeffrey L. Campbell, Jr., JMC Command Sgt. Maj. Christopher J. Reaves, Arsenal Commander Col. Collin K. Keenan and DPW Director Stephen Redman, listen during a tour stop Oct. 19. An orientation visit by the JMC Command also included a coin presentation, Arsenal overview brief, pyrotechnic demonstration and production tours.

U.S. ARMY PHOTOS BY HUGH MORGAN AND RACHEL SELBY

More photos from JMC Command visit on Page 7



Beverly Miller with Pine Bluff Arsenal's Directorate of Ammunition Operations receives a challenge coin from JMC Commander Col. Ronnie D. Anderson during a production tour of the M83 smoke grenade fill and press line.



Brandy Aaron with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations, Textile Manufacturing, talks with JMC Commander Col. Ronnie D. Anderson during a tour Oct. 19.

Right Today

Accomplishing the mission "right today" simply means complying with regulations, policies, plans, work instructions, SOPs, and other requirements. We will not compromise the quality of products that will be used by our Warfighters and when we make these products, we will minimize impact on the environment and we will ensure no one gets hurt in the process.

Better Tomorrow

"Better tomorrow" means that every day, we will make improvements. Every time we start a manufacturing or administrative process, it should be more efficient and more environmentally friendly than it was before. Every day should be safer than the last one.

Commander's Column

Happy Birthday PBA and Happy Veterans Day!

It's hard to believe "America's Arsenal" turns 82 years old next month. I am truly enjoying serving as the 41st Commander of PBA. It's already been seven months since the change of command ceremony April 13. As your commander, I remain fully committed to preserving our installation's rich history while simultaneously modernizing for the future.



Col. Collin K. Keenan

Pine Bluff Arsenal was established Nov. 3, 1941, by the War Department Chemical Warfare Service issuing orders authorizing funds to set up an office in the vicinity of Pine Bluff. A contract was approved by the Secretary of War for the construction of an Arsenal near Pine Bluff to manufacture and assemble incendiary munitions.

Col. A. M. Prentiss, Chemical Warfare Service, arrived at Pine Bluff Nov. 21, 1941, assuming command and establishing headquarters in the National Building at Second and Pine Street in downtown Pine Bluff.

Ground was broken and initial construction began Dec. 2, 1941, and included facilities for manufacture, loading and assembly of incendiary and chemical munitions; a depot and support facilities, such as plant storage, laboratories, shops, offices, hospital, fire and police building, communications and utilities, including roads and railroads. The initial cost of the installation was approximately \$60,000,000 including a cost of \$250,000 for 15,000 acres of land.

Following the quick lesson of PBA's history, I'd also like to mention modernization and the future of the Arsenal.

This month includes leadership travel to the Army Material Command Headquarters in Huntsville, Ala., to participate in the semi-annual Modernization Wargame. The objective of the Wargame is to review Organic Industrial Base modernization requirements for fiscal year 2026 thru fiscal year 2030.

Additionally, we will provide updates on the execution status of modernization projects slated for fiscal year

2023 thru fiscal year 2025. PBA is committed to being a good steward of government funding while ensuring quality and on-time delivery of products and services to our DoD customers. Every munition we make carries the PBA name on it and is marked with quality!

I would also like to highlight the history and significance of Veteran's Day. November 11th marks the date in which the nation takes time to recognize the Soldiers, Sailors, Airmen, Marines and Coast Guardsmen who continue to and have served this great nation.

In 1921, an unknown World War I American soldier was buried in Arlington National Cemetery. This site, on a hillside overlooking the Potomac River and the city of Washington, D.C., became the focal point of reverence for America's veterans. Similar ceremonies occurred earlier in England and France, where an unknown soldier was buried in each nation's highest place of honor (in England, Westminster Abbey; in France, the Arc de Triomphe).

These memorial gestures all took place on November 11, giving universal recognition to the celebrated ending of World War I fighting at 11 a.m., November 11, 1918 (the 11th hour of the 11th day of the 11th month). The day became known as "Armistice Day." Armistice Day officially received its name in America in 1926 through a Congressional resolution. It became a national holiday 12 years later by similar Congressional action.

If the idealistic hope had been realized that World War I was "the War to end all

wars," November 11 might still be called Armistice Day. But only a few years after the holiday was proclaimed, war broke out in Europe. Sixteen and one-half million Americans took part. 470,000 died in service, more than 292,000 in battle. Armistice Day changed to honor all Veterans. The first celebration using the term Veterans Day occurred in Birmingham, Alabama, in 1947.

Raymond Weeks, a World War II veteran, organized "National Veterans Day," which included a parade and other festivities, to honor all veterans. The event was held on November 11, then designated Armistice Day.

Later, U.S. Representative Edward Rees of Kansas proposed a bill that would change Armistice Day to Veterans Day. In 1954, Congress passed the bill President Eisenhower signed, proclaiming November 11 as Veterans Day. Raymond Weeks received the Presidential Citizens Medal from President Reagan in November 1982. Weeks' local parade and ceremonies are now an annual event celebrated nationwide.

Please be sure to take a moment to reflect upon this great institution of which we are a part. Many dedicated individuals have served at PBA and in the United States military to defend the nation's freedom we are forever grateful for.

**Be All You Can Be!
41st Commander PBA**



Colonel's Picks

**The October Winner is...
Tiffany Penister,
Army Community Service-MWR**

Colonel's Picks

Nov. 12



**New Orleans Saints
Score:**

VS



**Minnesota Vikings
Score:**

Nov. 12



**Indianapolis Colts
Score:**

VS



**New England Patriots
Score:**

Nov. 18



**UAPB Golden Lions
Score:**

VS



**Texas Southern Tigers
Score:**

Nov. 18



**Tennessee Volunteers
Score:**

VS



**Georgia Bulldogs
Score:**

TIEBREAKER

Nov. 24



**Arkansas Razorbacks
Score:**

VS



**Missouri Tigers
Score:**

*Pick the winner of each game. Circle your pick.

*Put what you think will be the final scores for each team for each game. **Put your name/email and contact number on the sheet!**

*Submit your winners by **November 7 by 4:15 p.m.** to the Commander's Office in Bldg. 10-020. There will be a box for you to place your sheets.

*Tie breaker – Score of Arkansas Razorback vs Missouri Tigers game – Nov. 24

Winners will be printed in the November Arsenal Sentinel on Nov. 30.

Hails and Farewells

Hails

Samuel A. Boyd, Heavy Mobile Equipment Mechanic (MVO), has joined the Directorate of Public Works.
Jason L. Mizell, Security Guard, has joined the Directorate of Emergency Services.
Haddon T. Hodge, Equipment Specialist, has joined the Directorate of Public Works.
Allison A. Knowles, Administrative Support Specialist, has joined the Directorate of Business Operations and Planning.
Eric A. Tiefenthaler, Emergency Management Specialist, has joined the staff of Radford Army Ammunition Plant.

Retirement

Della A. Bates, Management and Program Assistant, has retired from the Directorate of Information Technology. Bates retires with 43 years of government service.

Farewells

Timothy R. Cannon, Munitions/Protective Equipment Work Inspector, has left the Directorate of Chemical and Biological Defense Operations.
Katherine A. Berry, Industrial Worker, has left the Directorate of Ammunition Operations.

UAPB Career Fair



Charla Colen, a program analyst with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations and Arey Surratt, Chief of Operations and Business Development, Directorate of Business Operations and Planning, talk with a student at a career fair at the University of Arkansas at Pine Bluff Oct. 4. U.S. ARMY PHOTO BY HUGH MORGAN



Pine Bluff Arsenal Commander Col. Collin K. Keenan signs the Domestic Violence Awareness Proclamation during a ceremony in the Arsenal's Headquarters Building in early October, as Tiffany Penister, PBA's Army Community Service Director/Family Advocacy Program Manager, looks on. Domestic Violence Awareness Month is October and is a time to unite and support those among us who have experienced domestic violence. U.S. ARMY PHOTO BY RACHEL SELBY



The Federal Benefits Open Season for the 2024 plan year for health insurance under the FEHB Program, dental and vision insurance under FEDVIP and flexible spending accounts under FSAFEDS will be held from November 13 through December 11, 2023. Federal Benefits Open Season gives Federal employees and other eligible individuals the opportunity to review their plans, make changes, and enroll in one of 158 FEHB plan choices for 2024.

Arsenal Sentinel



Col. Collin K. Keenan, Commander
 Roch Byrne, Deputy to the Commander
 Cheryl Avery, Public Affairs Officer
 Rachel Selby, Sentinel Editor/Social Media
 Hugh Morgan, Photographer
 Kevin Wilson, Webmaster

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Online Conduct

Think.Type.Post

"Army Professionals, by our solemn oath, voluntarily incur an extraordinary moral obligation to uphold the Army Values, which apply to all aspects of our life.

Although our lives are changed by the Internet and social media in general, the standards of our conduct have not.

Online misconduct is misconduct - wherever, whenever, and however it occurs. Whether in the form of online harassment, assault, bullying, hazing, stalking, discrimination, retaliation, improper relationships, or any other type of misconduct, we hold ourselves and others accountable.

Trustworthy Army Professionals do not tol-

erate double standards; anything that is unacceptable to say or do in person is also unacceptable to write or post online.

When using electronic communication, members of the Army Team should apply "Think, Type, Post."

"Think" about what message/information is being communicated and who could potentially view it; "Type" messages or convey information that is consistent with the Army Values; and "Post" if the message/information is responsible and demonstrates dignity and respect for others.

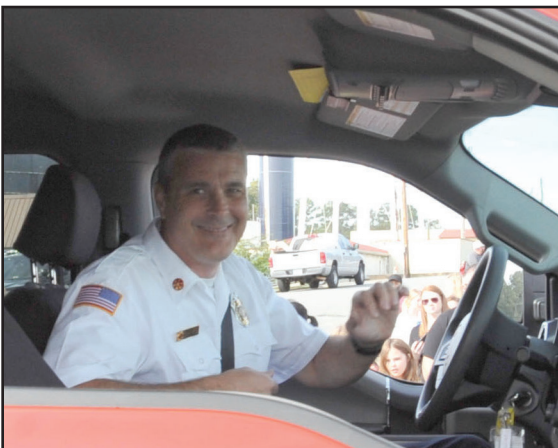
Remember whenever online - "Think, Type, Post."

White Hall Founder's Day 2023



Pine Bluff Arsenal Commander Col. Collin K. Keenan (photo left) was the Grand Marshal this year of the Annual White Hall Founder's Day parade. He rode on the Arsenal's Tanker 1 Fire Truck and threw candy to numerous spectators lining the streets of Dollarway Road. Col. Keenan also attended the Annual Jitters Morgan Pancake Breakfast at White Hall City Hall, hosted by the White Hall Lions Club.

U.S. ARMY PHOTOS BY HUGH MORGAN



Pine Bluff Arsenal Fire Capt. David Weiss (photo left) rides in the Arsenal's Incident Command truck during the Annual White Hall Founder's Day Parade Oct. 21.

The White Hall Junior ROTC Color Guard (photo right) marches in the Annual White Hall Founder's Day Parade. The beautiful day brought hundreds of people out to line the street during the annual event. Festivities continued throughout the day in White Hall City Park.

Happy 82nd Birthday



Established Nov. 3, 1941

Pine Bluff Arsenal



Safe Medication Return
Free • Convenient • Safe • Environmentally Responsible

Prescription Drug
TAKE BACK

THURSDAY, October 26, 2023
10 A.M. – 12 P.M.

- In conjunction with the JCSO, the PBA ASAP/EAP will be hosting a prescription drug take back in the parking lot of the Health Clinic/ASAP.
- Be safe, prevent misuse, and protect the environment by turning in your expired or unused medication.

ASAP FOR MORE INFORMATION CONTACT THE PBA ASAP/EAP TEAM 870-540-3094




EAP Corner

Catching the blues, around the holidays

Courtesy of Pine Bluff Arsenal Employee Assistance Program

While the holiday blues isn't recognized as an official psychiatric condition, it's widely considered to describe feelings of sadness experienced during the holiday season, often sparked by loneliness, stress, anxiety, or grief. For some, the blues may be experienced throughout November and December.

Many people feel what is known as the holiday blues. There is an increase in stress during this time that can lead to depression, anxiety, and substance misuse. There are ways to help manage mental health to avoid negative feelings. Holiday blues are feelings of stress and anxiety that come about during the season.

They are temporary feelings of anxiety or depression. There's shopping, social events and expectations of a good holiday, and these pressures can be stressful. You may also miss loved ones or have negative feelings come back from memories of the holidays.

Because the holidays mark an impending new year, people may also begin to reflect on the past year and experience feelings of regret or failure. They might think about the goals they had and the things they wanted to accomplish and feel upset if they did not meet those expectations. *(Anabel Feauto, 2022)*

Tips to beat the holiday blues

- Set realistic expectations: Try avoiding the traps of the "must" and "should" during the season. It is easy to get stuck in the perfectionism of the season but acknowledge it does not have to be perfect. Let the season be memorable and meaningful with what is important to you.

- Maintain healthy habits: It can be challenging during this time of the year to stick to a routine. However, eating healthy, exercising, and getting plenty of sleep can be helpful in maintaining your mental health. As well as drinking in moderation to avoid worsening negative feelings that can come from consumption of alcohol.

- Acknowledge grief: Honor something you may be grieving. Whether that is grief due to a loss, the loss of a tradition or the loss of time spent with family and friends. Acknowledge these feelings and find support if needed.

- Set boundaries: It is okay to say "no" and not overwhelm yourself with too many obligations during this time. Set clear limits about what you can and cannot do to take care of your mental health. Focus on what is meaningful for you this time of year.

- Seek out others: Isolation can impact mental health with feelings of loneliness that can increase stress and anxiety. If you cannot go home for holidays, look for ways you can enjoy social connection in the community. Volunteering or joining a social group is a great way to lift your spirits. If you feel isolated, reach out to a friend, family member or even your neighbor for support. *(Anabel Feauto, 2022)*

If you think you are catching the blues this holiday season, the PBA Employee Assistance Program staff is here to help. We offer you a safe and confidential place to discuss concerns, challenges, and strategies for managing difficulties in your life. Our office is located at Building 13-040, and our phone number is 870-540-3094. The Care line number is 870-556-0116.



Daylight Savings Time ends Nov. 5

NAME _____ OFF SYM _____

CATCHING THE BLUES, AROUND THE HOLIDAYS

F V U M C M W M W I U H G P O A A E N T
 N R K J N J K Q N S E Y X I T W I I R C
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 D F H I O T Y L E G P E H O X M N Z O O
 F F P D E G S S H T Q S J H E V B I D U

ANXIETY	SEASON	BLUES
HOLIDAYS	HEALTHY	GRIEF
STRESS	NOVEMBER	DECEMBER
LONELINESS	DEPRESSION	HABITS
MENTAL		



Over 20%
of all deaths in the US
are from
TOBACCO.

- Smoking and other tobacco use are major risk factors for three of the leading causes of death in Arkansas. (Heart Diseases, Cancer, Chronic Respiratory Diseases)
- In 2021, 20.5% of Arkansan Adults smoked. The national rate was 15.5%.
- Children in the home with smokers are more likely to become smokers.
- In 2021, 9.7% of high school students in Arkansas smoked cigarettes. The national rate was 6.0%.

Cigarette smoking kills approximately
480,000
Americans each year.

The Great American Smokeout is a nationwide campaign aimed at raising awareness about the dangers of smoking and inspiring smokers to quit. The benefits of quitting can include saving money, improved health, increased life expectancy, and reduced risk of cancer and other diseases. For resources on how to quit, visit www.bewellarkansas.org, or contact your ASAP/EAP office.

FOR MORE INFORMATION CONTACT THE PBA ASAP/EAP TEAM 870-540-3094

Wright says he is grateful for opportunities

By Rachel Selby

Larry Wright, the former Deputy to the Commander of Pine Bluff Arsenal, was welcomed Sept. 12 into the U.S. Army Joint Munitions Ammunition Hall of Fame, during an induction ceremony. Wright was among seven honored at the 10th ceremony held by JMC.

"It was unexpected and hard to believe I was chosen," said Wright, who retired from the Arsenal in 2017.

"To have a nomination come many years after retirement was surprising. Aside from this, I have a lot of gratitude. The nomination validated a lot of hard work done here at the Arsenal. This dates to the old demil and weapons days, and other projects we worked on."

Wright said he was grateful to the people who took the time to write up the nomination. "I know who was behind it and it takes time to package a successful nomination," he said. "It gives me powerful motivation to stay engaged and continue to support the Arsenal."

Serving for more than 37 years as an Army Civilian at the Arsenal, Wright ensured the Warfighter had the right ammunition at the right time. He retired in the senior civilian position, as Deputy to the Commander.

From July 7, 1997, he served in this position as the Chief Executive and Chief Engineer for all Arsenal operations involving more than 1000 employees and a \$100 million annual budget.

"I had a good mentor in Jim Bacon. I had big shoes to fill when I took over the position from him. He left the Arsenal in very good shape for me, so it was an easy starting point. I was able to come in and carry on the traditions and move the installation forward..."

With his chemical defense expertise, Wright was instrumental in the Arsenal's completion of the threefold mission of storing, destruction, and closure of the Chemical Weapons Demilitarization mission in 2010.

"I had a good mentor in Jim Bacon," said Wright. "I had big shoes to fill when I took over the position from him. He left the Arsenal in very good shape for me, so it was an easy starting point. I was able to come in and carry on the traditions and move the installation forward. We had big challenges along the way."

He said all the opportunities he saw seemed like a good fit for him.

"Everyone always supported me, and I tried to surround my-



From left, White Hall Mayor Noel Foster, Former Pine Bluff Arsenal Deputy to the Commander Larry Wright, Renee Wright, and Pine Bluff Arsenal Deputy to the Commander Roch Byrne, pose for a photo after Larry was inducted into the Joint Munitions Command Ammunition Hall of Fame during a remote ceremony Sept. 12 at the Arsenal's Headquarters Building.

U.S. ARMY PHOTO BY HUGH MORGAN

self with good people," said Wright. "Outsiders to the installation even said we had a good, competent group of directors who knew the mission well and rose to the occasion during challenging times. This made it easy."

Having a series of strong commanders coming into the job also made it easy, said Wright. "I was able to grow quickly and adapt to ever changing situations with the missions and other project," he said. "I came into the job under Col. (Ret. Gen.) Patricia Nilo. She was very supportive of me

and the Arsenal."

Wright continues to be a champion for the installation, serving as a consultant to the City of White Hall, Ark. He said community support and visibility was key, and recent efforts by Wright and other stakeholders have helped spearhead a community-driven compatible use study about the Arsenal. "A resiliency study is currently in the works," he said.

He said he was proud to join all the other inductees. "I know several of the previous

inductees in the Ammo Hall of Fame," said Wright. "I appreciated them accommodating me from a remote location for the ceremony. The ceremony was very classy and got a lot of coverage for family who watched on Facebook Live. It was a well-coordinated ceremony, and I was impressed."

Other inductees this year included Gen. (Retired) Gustave Perna, Lt. Gen. (Retired) Larry Wyche, Lisa Swanson, Cindy Lenger, Rickey Peer and Sgt. Maj. (Retired) Clayton Merritt.

Arsenal's Harris graduates from Leadership PB 2023

By Rachel Selby

Brandon Harris, who works for Pine Bluff Arsenal's Business Operations and Planning-S1 Office, recently graduated from the 2023 Leadership Pine Bluff course. This course is a program from the Pine Bluff Regional Chamber of Commerce designed to identify, develop, and motivate potential leaders for community involvement and decision making.

"I had talked to Ms. (Laverne) Graham and Ms. (Cheryl) Avery. They both told me how good of a program it was to participate in," said Harris. "They said I would be a good candidate for it and would help



Brandon Harris

build my leadership skill within my job here on the Arsenal."

Harris said the class, which consisted of 26 members, started meeting in January initially. This was the second

class to meet post-COVID.

"I'm not from Pine Bluff originally, but I grew up here. Leadership Pine Bluff helped me learn more about the city and surrounding area," he said. "It really showed me what the area has to offer."

Every month, the class visited places in the area – including business and government. "I enjoyed our visits to the Masonic Hall in Little Rock and the University of Arkansas at Pine Bluff. I have always enjoyed history and learning about different things in the past," said Harris. "I learned more about the agriculture and fisheries departments at UAPB. They showed us the

laboratories, and talked about some of the studies they are doing involving the land, fish, farming, etc. This visit was very interesting."

Other industries the class visited were the Pine Bluff Fire Department, Southeast Arkansas Arts & Science Center, CARTI Cancer Center, Jefferson Regional Medical Center, Grider Field and Pactiv Evergreen.

"I didn't realize the paper plant was so big," said Harris. "They even have their own water source."

Harris said during the second meeting, the class had a treasure hunt. "We went to a lot of historical places in Pine Bluff like the Saenger The-

ater and the Martha Mitchell House," he said. "We also went to the Railroad Museum, Hestand Stadium and the Jefferson County Historical Museum."

Networking with his classmates was a big part of the class. "We had a lot of people in the class from the various banks, JRMCC, City of Pine Bluff, UAPB, etc.," said Harris. "Leadership Pine Bluff is a good thing to participate in because it will get you acclimated with different organizations and people. The class really teaches you about leadership. Lots of people don't see how their individual jobs here at the Arsenal impact and benefit the community, and it makes you see the bigger picture."

JMC Command Visit



Photo above, Brad Socia with Pine Bluff Arsenal's Directorate of Chemical and Biological Defense Operations, talks about the Arsenal's capability of creating foam padding inside the Dismounted Reconnaissance Sets, Kits and Outfits during a visit Oct. 19 by JMC Commander Col. Ronnie D. Anderson, Jr., Aide De Camp 1st Lt. Jeffrey L. Campbell, Jr., JMC Command Sgt. Maj. Christopher J. Reaves.



Photo above, JMC Commander Col. Ronnie D. Anderson, Jr., and JMC Command Sgt. Maj. Christopher J. Reaves listen as Steven Gray explains some of the lab operations at Pine Bluff Arsenal's Quality Evaluation Facility during their visit.



Photo right, JMC Command Sgt. Maj. Christopher J. Reaves talks with Anthony Collins during a tour of the M83 production line.



JMC Commander Col. Ronnie D. Anderson, Jr., talks with Jonathan McDowell during a visit to the Arsenal's M83 smoke grenade production line.

U.S. ARMY
PHOTOS BY
HUGH MORGAN
AND RACHEL SELBY



Photo above, JMC Commander Col. Ronnie D. Anderson, Jr., Aide De Camp 1st Lt. Jeffrey L. Campbell, Jr., JMC Command Sgt. Maj. Christopher J. Reaves, listen as Jason Fullen explains the work done on the Gerber Cutting Machine in the Arsenal's Textile Manufacturing area.

Photo left, Don Scifres conducts a tour in an ammunition operations area during the modernization portion of the tours conducted during the JMC Command visit Oct. 19.

Arsenal's ASAP/EAP participates in area health fairs



Pine Bluff Arsenal's Army Substance Abuse Program/Employee Assistance Program team was part of two events held Sept. 29 and 30. The Men's Health Expo, held at Jefferson Regional Medical Center, (bottom photo) served as an opportunity to provide information and awareness about the risks and consequences of substance abuse/misuse to the community. There was educational material provided focusing on substance abuse prevention, early intervention, and harm reduction strategies. This event provided valuable information about the effects of substance abuse on physical and mental health, as well as the impact on relationships, work, and overall well-being. The Southeast Arkansas District Health Fair, held at Hestand Stadium, (top photo) provided an opportunity to disseminate information and educate attendees about the risks, consequences, and prevention strategies related to substance abuse/misuse. Information presented focused on topics such as the impact of substance abuse on physical and mental health, signs of addiction, available treatment options, and harm reduction strategies. Pictured in the top photo are Pat Jenkins and Brandi Parks, Bottom photo included Jenkins, Parks and Kevin Bradley. U.S. ARMY PHOTOS

Reducing Falls in Construction: Safe Use of Stepladders

Workers who use ladders in construction risk permanent injury or death from falls and electrocutions. These hazards can be eliminated or substantially reduced by following good safety practices. This fact sheet examines some of the hazards workers may encounter while working on **stepladders** and explains what employers and workers can do to reduce injuries. OSHA's requirements for stepladders are in Subpart X—Stairways and Ladders of OSHA's Construction standards.

What is a Stepladder?

A **stepladder** is a portable, self-supporting, A-frame ladder. It has two front side rails and two rear side rails. Generally, there are steps mounted between the front side rails and bracing between the rear side rails. (See Figure 1, below.)

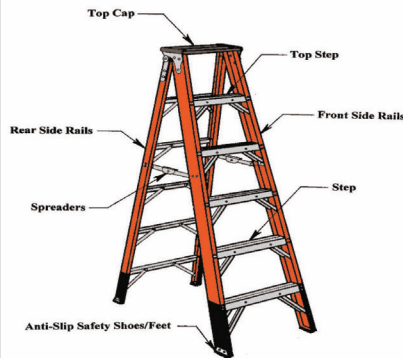


Figure 1: Stepladder

PLAN Ahead to Get the Job Done Safely.

A competent person must visually inspect stepladders for visible defects on a periodic basis and after any occurrence that could affect their safe use. Defects include, but are not limited to:

- Structural damage, split/bent side rails, broken or missing rungs/steps/cleats and missing or damaged safety devices.

- Grease, dirt or other contaminants that could cause slips or falls.
- Paint or stickers (except warning or safety labels) that could hide possible defects.

PROVIDE the Right Stepladder for the Job with the Proper Load Capacity.

- Use a ladder that can sustain at least four times the maximum intended load, except that each extra-heavy duty type 1A metal or plastic ladder shall sustain at least 3.3 times the maximum intended load. Also acceptable are ladders that meet the requirements set forth in Appendix A of Subpart X. Follow the manufacturer's instructions and labels on the ladder. To determine the correct ladder, consider your weight plus the weight of your load. Do not exceed the load rating and always include the weight of all tools, materials and equipment.

Type	Duty Rating	Use	Load
1AA	Special Duty	Rugged	375 lbs.
1A	Extra Heavy Duty	Industrial	300 lbs.
1	Heavy Duty	Industrial	250 lbs.
II	Medium Duty	Commercial	225 lbs.
III	Light Duty	Household	200 lbs.

Source for Types IA, I, II, III: Subpart X—Stairways and Ladders, Appendix A (American National Standards Institute (ANSI) 14.1, 14.2, 14.5 (1992)) of OSHA's Construction standards. Source for Type 1AA: ANSI 14.1, 14.2, 14.5 (2009), which are non-mandatory guidelines.

TRAIN Workers to Use Stepladders Safely.

Employers must train each worker to recognize and minimize ladder-related hazards.



PLAN. PROVIDE. TRAIN.
Three simple steps to prevent falls.

Common Stepladder Hazards

- Damaged stepladder
- Ladders on slippery or unstable surface
- Unlocked ladder spreaders
- Standing on the top step or top cap
- Loading ladder beyond rated load
- Ladders in high-traffic location
- Reaching outside ladder side rails
- Ladders in close proximity to electrical wiring/equipment

Safe Stepladder Use—DO:

Read and follow all the manufacturer's instructions and labels on the ladder.

- Look for overhead power lines before handling or climbing a ladder.
- Maintain a 3-point contact (two hands and a

foot, or two feet and a hand) when climbing/descending a ladder.

- Stay near the middle of the ladder and face the ladder while climbing up/down.
- Use a barricade to keep traffic away from the ladder.
- Keep ladders free of any slippery materials.
- Only put ladders on a stable and level surface that is not slippery.

Safe Stepladder Use—DO NOT:

- Use ladders for a purpose other than that for which they were designed. For example, do not use a folded stepladder as a single ladder.
- Use a stepladder with spreaders unlocked.
- Use the top step or cap as a step.
- Place a ladder on boxes, barrels or other unstable bases.
- Move or shift a ladder with a person or equipment on the ladder.
- Use cross bracing on the rear of stepladders for climbing.
- Paint a ladder with opaque coatings.
- Use a damaged ladder.
- Leave tools/materials/equipment on stepladder.
- Use a stepladder horizontally like a platform.
- Use a metal stepladder near power lines or electrical equipment.

Arkansas Commerce Secretary Visit



The Arkansas Secretary of Commerce, Hugh McDonald, along with his Chief of Staff, Allison Hatfield, and Olivia Womack, Director of Business Development, Arkansas Economic Development Commission, visited Pine Bluff Arsenal Oct. 4. They received an overview brief about the installation and toured the AN-M14 grenade production line and the textile production facility. Picture above, Teresa Willman, PBA Ammunition Operations production worker, fills canisters with the AN-M14 Thermate Grenades, as Hugh McDonald, AR Secretary of Commerce, and PBA Commander Col. Collin K. Keenan, look on. Picture right, Justin Lieber, PBA Directorate of Business Operations, tours the AR Secretary of Commerce and his party on the Arsenal's Textile Production line.

U.S. ARMY PHOTOS BY HUGH MORGAN



Fire Prevention Week 2023



Pine Bluff Arsenal Commander Col. Collin K. Keenan (center) signs the Fire Prevention Week 2023 Proclamation with members of the Arsenal's Fire and Emergency Services, Directorate of Emergency Services, in October. PBA Deputy to the Commander Roch Byrne (far left) was also present for the signing. Fire Prevention Week was held Oct. 8-14.

U.S. ARMY PHOTO BY HUGH MORGAN

Cabin in the Pines



PBA Recreational Lodging Cabin in the Pines



Situated on Tulley Lake, PBA's Cabin in the Pines is the perfect spot for a get-away. Come enjoy the peace and the beauty that can be found on the Pine Bluff Arsenal while staying cozy in a wood cabin.

- Kitchenette with full size refrigerator and freezer, stove, microwave, coffee pot and dishes.
- Full bathroom with hot water.
- A/C and heat.
- Satellite TV Service
- Queen size bedroom, upper loft, and pull out sofa for sleeping.
- \$75 / night!
- Extended Stay available! (30 days or more). Call for details.



Recreational Lodging Office:
(870) 540-3008

Pine Bluff Arsenal Recreation Services
16310 Fleming Drive
White Hall, AR 71602
(870) 540-3778

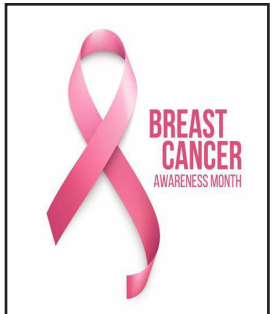


Photo above, Pine Bluff Arsenal firefighters Judge Parker, Nick Garrison, Harold Miller and Charles Burrow bring a patient out of the Quality Evaluation Facility during the Arsenal's Force Protection Exercise held in September. U.S. ARMY PHOTOS BY HUGH MORGAN

FPX 2023



Pine Bluff Arsenal Paramedic Josh Robertson and Emergency Medical Tech Kirstin Williams wheel a patient to the waiting ambulance as Firefighters Charles Burrow and Harold Miller look on during the Arsenal's Force Protection Exercise.



Wear It Pink-Celebrating Breast Cancer Awareness Month is typically observed on the last Friday of October. In 2023, this colorful event will take place on Oct. 27, allowing individuals and organizations to wear pink and participate in related activities to support the cause.

Since, the Pine Bluff Arsenal Workforce isn't working Oct. 27, Wear it Pink will be held Thursday, Oct. 26.

If you would like to support the cause, and participate in the Wear it Pink event, please wear pink and stop by the Arsenal's Headquarters building at 10:15 am.

READINESS THROUGH RESILIENCE

"Readiness Through Resilience" is the Army's theme for October National Energy Action month 2023. It highlights the integral link between mission capabilities and energy availability.

Energy Resilience

- Energy resilience enables readiness, power projection and deployment in the face of manmade and natural threats
- The Army's construction of on-site energy systems in support of critical missions also contributes to local community resilience by reducing demands on regional grids
- Reliable, continuous access to energy in both installation and theater operations is fundamental to the Army's ability to accomplish its national defense mission.

Energy Demand Reduction

- Cutting fuel use to increase range and endurance while reducing the number of combat forces needed to transport and protect energy supplies
- Increase installation energy security by constraining consumption to only that which is most necessary

ENERGY SECURITY = NATIONAL SECURITY



OCTOBER 2023
ENERGY ACTION MONTH



CPSC Safety Alert

Halloween Safety

A few safety tips from the U.S. Consumer Product Safety Commission can protect children who plan to go trick-or-treating this Halloween.

Treats: Warn children not to eat any treats before an adult has carefully examined them for evidence of tampering.

Flame Resistant Costumes: When purchasing a costume, masks, beards, and wigs, look for the label Flame Resistant. Although this label does not mean these items won't catch fire, it does indicate the items will resist burning and should extinguish quickly once removed from the ignition source. To minimize the risk of contact with candles or other sources of ignition, avoid costumes made with flimsy materials and outfits with big, baggy sleeves or billowing skirts.

Costume Designs: Purchase or make costumes that are light and bright enough to be clearly visible to motorists.

- For greater visibility during dusk and darkness, decorate or trim costumes with reflective tape that will glow in the beam of a car's headlights. Bags or sacks should also be light colored or decorated with reflective tape. Reflective tape is usually available in hardware, bicycle, and sporting goods stores.
- To easily see and be seen, children should also carry flashlights.
- Costumes should be short enough to prevent children from tripping and falling.
- Children should wear well-fitting, sturdy shoes. Mother's high heels are not a good idea for safe walking.
- Hats and scarfs should be tied securely to prevent them from slipping over children's eyes.
- Apply a natural mask of cosmetics rather than have a child wear a loose-fitting mask that might restrict breathing or obscure vision. If a mask is used, however, make sure it fits securely and has eyeholes large enough to allow full vision.
- Swords, knives, and similar costume accessories should be of soft and flexible material.

Pedestrian Safety: Young children should always be accompanied by an adult or an older, responsible child. All children should WALK, not run from house to house and use the sidewalk if available, rather than walk in the street. Children should be cautioned against running out from between parked cars, or across lawns and yards where ornaments, furniture, or clotheslines present dangers.

Choosing Safe Houses: Children should go only to homes where the residents are known and have outside lights on as a sign of welcome.

- Children should not enter homes or apartments unless they are accompanied by an adult.
- People expecting trick-or-treaters should remove anything that could be an obstacle from lawns, steps and porches. Candlelit jack-o'-lanterns should be kept away from landings and doorsteps where costumes could brush against the flame. Indoor jack-o'-lanterns should be kept away from curtains, decorations, and other furnishings that could be ignited.





GET IT NOW!

The GSA store carries the supplies you need. Stop by building 23-330 or call 540-3416/17 today!

