



SUBMARINE MEDICAL CHECKLIST

A. INJURY REPORTS

1. Are all injury reports on personnel treated by the medical department reported to the commanding officer via the chain of command with a copy to the safety officer for investigation (and a copy to the officer of the deck for entry into the deck log)?

REF: OPNAVINST 5100.19 series A2-9 e3
CSLCSPINST 6000.2 series 2.3.3
CSLCSPINST 6000.2 series APP L

B. INDUSTRIAL HYGIENE SURVEY

1. Has an updated Industrial Hygiene Survey been conducted within the past 3 years? Has a copy of it been received and maintained?

REF: OPNAVINST 5100.19 series A3-6 d
CSLCSPINST 6000.2 series ART 6.7.5

2. Does the Industrial Hygiene survey report have all the required elements as required in the reference below?

REF: OPNAVINST 5100.19 series A3-5 and 6 b1-3

C. ELECTRICAL SAFETY / CPR

1. Does the ship have a certified CPR instructor on board?

REF: OPNAVINST 5100.19 series B7-2 e
OPNAVINST6400.1 series Encl. 4

2. Are at least 50 percent of all electrical / electronic associated ratings certified in CPR?

REF: OPNAVINST 5100.19 series B7-3 5.c

D. HEARING CONSERVATION

1. Have personnel who work in the noise hazardous areas been identified to the MDR for hearing testing?

REF: OPNAVINST 5100.19 series B4-3 e1

2. Are the outside of doors/hatches leading into a noise hazardous areas posted per the industrial hygiene survey?

REF: OPNAVINST 5100.19 series B4-6 5.b

3. Are noise hazard warning signs and labels annotated as to the circumstances or operations that create the noise hazardous condition when hearing protection is required (e.g.) when generator is operating)?

REF: OPNAVINST 5100.19 series B4-7 c

4. Does the MDR report all permanent threshold shifts toward deteriorated hearing, which have been determined to be consistent with occupational origin, to the safety officer?

REF: OPNAVINST 5100.19 series B4-4 e8

5. Do all personnel comply with hazardous noise warning labels wherever they appear, either in spaces or on equipment, and properly wear assigned hearing protective devices?

REF: OPNAVINST 5100.19 series B4-4 f1-2

6. Are personnel provided adequate hearing protective devices (insert type and/or circumaural for noise hazardous areas)?

REF: OPNAVINST 5100.19 series B4-3 e3

7. Have those areas and equipment which have noise levels of 85 dba or greater (continuous/intermittent), or 140 dbas (impact/impulse) been identified by an approved authority and posted with signs or warning tags?

REF: OPNAVINST 5100.19 series B4-6 5a (1-2)

8. Does the MDR conduct orientation to hearing conservation and personal hearing protection for all hands during indoctrination?

REF: OPNAVINST 5100.19 series B4-3 e2

9. Does the MDR ensure that annual refresher training for hearing conservation enrolled personnel is performed?

REF: OPNAVINST 5100.19 series B4-3 e2

E. SIGHT CONSERVATION

1. Are personnel working in an eye-hazardous area or operation provided adequate eye protection at government expense?

REF: OPNAVINST 5100.19 series B5-1 1a

2. Are all eye-hazardous area/processes permanently marked with 3-inch deck tape black and yellow striped or checkered board with caution sign?

REF: OPNAVINST 5100.19 series B5-2 3a

3. Does the ship have an adequate number of properly maintained and inspected eyewash facilities with posted signs identifying their locations and meet all the requirements found on the maintenance card?

REF: OPNAVINST 5100.19 series B5-4 6a(1-13)
MIP 6600/002

4. Does emergency eyewash equipment (permanently plumbed or portable) meet the requirements listed in the reference?

REF: OPNAVINST 5100.19 series B5-4 6a(1-13)
MIP 6600/002 Test Operate Plumed Eyewash Station

5. Are approved personal eye wash bottles (NSN 4230-01-294-2118) readily available, in sufficient quantities in lieu of permanent or portable eyewash stations in nucleonic and secondary analysis stations or in locations annotated on the industrial hygiene survey and meet all the requirements found on the maintenance card?

REF: OPNAVINST 5100.19 series B5-6
MIP 6600/002 Inspect Emergency Eyewash Bottle

F. EMERGENCY RESPONSE EQUIPMENT

1. Is maintenance being performed for emergency supplies, litters and medical equipment per shipboard 3M program?

REF: CSLCSPINST 6000.2 series 4.2.1

2. Are first aid boxes, kits and the ERK inventoried at least quarterly and maintained at 100% at all times?

Are all first aid kits, boxes, and the ERK sealed with an easily breakable seal?

Does each first aid kit, box and the ERK have a tag/label on its exterior indicating its most recent inventory & inspection?

Is the ERK clearly marked EMERGENCY RESPONSE KIT?

REF: CSLCSPINST 6000.2 series 4.2.1-2

3. Are there at least four Bag Valve Mask (BVM) resuscitators maintained onboard?

REF: CSLCSPINST 6000.2 series 4.2.1

4. Are all medical oxygen cylinders stored on board provided with caps?

REF: SORM CSLCSPINST 6000.2 series 4.2.2

5. Are all oxygen bottles on board stowed firmly in place?

REF: SORM CSLCSPINST 6000.2 series 4.2.2

6. Is one flotation litter on board, in good material condition, and provided with both hoisting sling and trail line assembly apparatus?

REF: SORM CSLCSPINST 6000.2 series 4.2.2

7. Are all litter/stretchers locations marked "STRETCHER?"

REF: SORM CSLCSPINST 6000.2 series 4.1.2

G. CALCIUM HYPOCHLORITE

1. Is the container located where it will not come in contact with paint, solvent, oils, grease, combustible materials or where temperature would not exceed 100 deg F?

Are the bottles plastic 6 oz bottles (SSN 9 bottles, SSBN 12 bottles)?

Are bottles sealed in plastic bags in a medical instrument box, plastic rigid, with 3/4 hole drilled into the bottom, which has been painted white and distinctively labeled "HAZARDOUS MATERIAL - CALCIUM HYPOCHLORITE?"

Is the calcium hypochlorite within the expiration date?

REF: SORM CSLCSPINST 6000.2 series 6.2.3
NSTM 670 VOL I 670-3.7.2
MRC 6521/601 Calcium Hypochlorite Storage Locker

2. Has calcium hypochlorite been inspected monthly and quarterly?

REF: MRC 6521/601 Q-1

H. MEDICAL SURVEILLANCE

1. Is medical surveillance being provided for personnel assigned to duties involving occupational exposure to hazards as indicated in the industrial hygiene survey report?

REF: Tri Service Food Code 8-6
OPNAVINST 5100.19 series A2-9 e5

I. HEAT STRESS

1. Do the Engineering and Supply Officers ensure that NAVSEA Approved hanging dry-bulb thermometers (NSN 6685-00243-9964) are installed in

their respective spaces per the industrial hygiene survey report?

REF: OPNAVINST 5100.19 series B2-3 d1 OPNAVINST 5100.19
Series B2-4 e1

2. Are at least two "WBGT" index meters (model #rss-220, NSN 6685- 01-055-5298) OR (Questemp 48N, NSN 6685-01-584-0785) on board, in calibration, and in good material condition?

REF: OPNAVINST 5100.19 series B2-2 2 a5

3. Are all hands being trained on heat stress upon reporting aboard? Does the training include all required topics in the reference?

REF: OPNAVINST 5100.19 series B2-16 5a(1-5)

4. Are dry bulb thermometer temperature readings being recorded on shipboard logs when the ship is underway or when potential heat stress conditions exist while in port (e.g. galley spaces), and reviewed by the space supervisor?

REF: OPNAVINST 5100.19 series B2-6 b3(a-c)

J. RESPIRATORY PROTECTION

1. Has the submarine's commanding officer appointed an individual to serve as the respiratory protection assistant (RPA) for that unit?

REF: OPNAVINST 5100.19 series B6-18 d

2. Is documentation available to show that the required respirator training has been conducted for all respirator users prior to the respirator use and annually thereafter?

REF: OPNAVINST 5100.19 series B6-13 10.b

3. Has the submarine's RPA been trained by the squadron respirator protection manager (RPM) upon initial assignment and annually thereafter?

Is there documentation available to show that this training included standard operating procedures, respirator selection, care and maintenance, fit- testing procedures, and respirator user training?

REF: OPNAVINST 5100.19 series B6-13 10.c

4. Does the RPA maintain a copy of the local guidance or standard operating procedures and a roster of personnel in the respiratory protection program?

REF: OPNAVINST 5100.19 series B6-17 12b(4)

5. Does the RPA maintain supplies to conduct fit testing and training (If directed by squadron or NSSC RPM)?

REF: OPNAVINST 5100.19 series B6-18 12b(8)

6. Has the RPA ensured appropriate fit-testing has been performed for all respirator users and does the recordkeeping for fit-testing include the type of respirator, brand name and model, method of test, test results, test date, name of the instructor/tester, name of the individual tested, date of PHA, and date of training?

REF: OPNAVINST 5100.19 series B6-10 8c(1-9)

K. POTABLE WATER SYSTEM (SSN AND SSGN ONLY)

1. Are potable water temporary hose connections marked with caution signs "DISCONNECT HOSE WHEN NOT IN USE", in one-inch high red letters?

REF: NSTM 533 533-2.3.4