SUBMARINE
SUB MEDICAL
(2MD)
Checklist

UPDATED May 2017
SAFETY REVIEW ITEMS - SUB MEDICAL

A. PERSONNEL INJURY REPORTS - LOCAL INJURY REPORTS

1. (A1A0) 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 A0203D(3)
COMSUBFORINST 6000.2 SERIES 2.2.3
COMSUBFORINST 6000.2 SERIES APPENDIX L

B. INDUSTRIAL HYGIENE SURVEY

2. (C2B3) 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 A0304E
OPNAVINST 5100.19 series A0203B3
COMSUBFORINST 6000.2 SERIES ART 6.7.5

3. (C2B4) Does the Industrial Hygiene Survey Report have the following:
   - List of eye hazardous areas/processes
   - List of noise hazardous areas/ops
   - Detailed workcenter hazard evaluation results
   - Sampling results
   - Medical surveillance requirements
   - Routine monitoring list
   - Recommended PPE
   - List of hearing conservation areas and process requiring respiratory protection and recommended types
   - Written respirator program evaluation
   - Summary of controls (ventilation, respiratory protection, and PPE requirements)

REF: OPNAVINST 5100.19 series A0304

C. ELECTRICAL SAFETY - CPR TRAINING
4. (A1A4) Does the ship have a certified CPR instructor on board?
REF: OPNAVINST 5100.19 series B0708B

5. (A1A5) Are at least 50 percent of all electrical / electronics associated ratings certified in CPR?
REF: OPNAVINST 5100.19 series B70708B

D. HEARING CONSERVATION

6. (B1B1) Have personnel who work in the noise hazardous areas been identified to the MDR for hearing testing?
REF: OPNAVINST 5100.19 series B0402E(1)

7. (B1B3) Are the outside of doors/hatches leading into a noise hazardous areas posted pre the industrial hygiene surveye?
REF: OPNAVINST 5100.19 series B0404C(2)

8. (B1B4) 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 5100.19E B0404C(B)
<table>
<thead>
<tr>
<th>Question Number</th>
<th>Reference</th>
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<tr>
<td>9. (B2A0)</td>
<td>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? Does the report include name, rate or rank, workcenter and time onboard?</td>
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<td>10. (B2B0)</td>
<td>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?</td>
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<td>11. (B2C1)</td>
<td>Is a tickler file maintained by the MDR for scheduling audiometric examinations of personnel? Is the tickler file updated monthly?</td>
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<td>12. (B3A0)</td>
<td>Are personnel provided adequate hearing protective devices (insert type for 85 dba areas, circumaural and insert type for 115 dba areas)?</td>
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<td>13. (B4A0)</td>
<td>Have those areas and equipment which have noise levels of 84 dba or greater (continuous/intermittent), or 140 dba (impact/impulse) been identified by an approved authority and posted with signs or warning tags?</td>
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</table>
14. (B5A0) Does the MDR conduct orientation to hearing conservation and personal hearing protection for all hands during indoctrination?

REF: OPNAVINST 5100.19 series B0402E(2)

15. (B5A1) Does the MDR ensure that annual refresher training for hearing conservation enrolled personnel is performed?

REF: OPNAVINST 5100.19 series B0402E(3)

E. SIGHT CONSERVATION

16. (C1B0) Are personnel working in an eye-hazardous area or operation provided adequate eye protection at government expense?

REF: OPNAVINST 5100.19 series B0501A

17. (C1B1) Does the industrial hygiene survey determination eye-hazardous areas/processes and eye wash requirements, and list them in the survey report? Does the list include specific eye protection equipment requirements for each area or process?

REF: OPNAVINST 5100.19 series B0502A

18. (C1B2) Are all eye-hazardous area/processes permanently marked with 3 inch deck tape black and yellow striped or checkered board with caution sign? NSN 9Q/9905-01-342-5933 STRIPPED / NSN 9Q/9905-01-342-5934 CHECKER BOARD?

REF: OPNAVINST 5100.19 series B0504B
19. (C1B3) Does the ship have an adequate number of properly maintained and inspected eyewash facilities with posted signs identifying their locations?
- Is there documentation to show PMS is being conducted?
- Are eyewash stations clearly marked with a green sign with white lettering stating “EMERGENCY EYEWASH STATION?”
- Are the signs posted in a visible location close to the eyewash unit?
- Are the travel routes to the eyewash stations free of trip hazards or overhead strike hazards, and positioned in such a way as to pose no hazard to the user (e.g., near electrical fixtures, down a ladder, through a door, obstructed, in a confined area)?

REF: OPNAVINST 5100.19 series Article B0508
MIP 6600/002

20. (C1B4) Does emergency eyewash equipment (permanent plumbed or portable) meet the following requirements?
- Eyewash nozzles shall be protected from airborne contaminants and debris. Whatever means is used to afford such protection (plastic caps, cups, cover) its removal shall not require a separate motion by the operator when activating the unit.
- Potable water valves to eyewash stations and deluge showers shall be locked open with a metal, tamper-proof lanyard.
- Shall have a one-motion (e.g., paddle or pull strap), stay-open valve, such that when activated the eyewash will remain on to allow the user to hold open their eyelids to facilitate flushing. The valve shall remain open without the use of the operator’s hands until intentionally closed.
- The velocity of the water shall be low enough not to be injurious to the user's eyes. When the valve is properly set, the flow from both nozzles should meet equidistant at the center of the bowl.

REF: OPNAVINST 5100.19 series B0508
MIP 6600/002 Test Operate Plummed Eyewash Station
21. (C1B5) Are approved personal eye wash bottles (NSN 6515-01-393-0728 or NIN 00-960-2326) readily available, in sufficient quantities in lieu of permanent or portable eyewash stations in nucleonics and secondary analysis stations or in locations annotated on the industrial hygiene survey?
- Is the eyewash bottle located in a holder?
- Is access to the eyewash bottle unrestricted?
- Are all personal eye wash bottle locations distinctly marked with highly visible signs? (NSN 9905-01-345-4521) (SPMIG# 23614)
- Is the eyewash bottle sealed by the manufacturer and cannot be refilled?
- Is the eyewash bottle full of sterile eyewash solution?
- Is the eyewash bottle seal intact?
- Is the eyewash bottle expiration date current?

REF: OPNAVINST 5100.19 series B0508
MIP 6600/002 Inspect Emergency Eyewash Bottle

F. EMERGENCY RESPONSE EQUIPMENT

22. (F1A0) Is maintenance being performed for emergency supplies, litters and medical equipment per shipboard 3M program?

REF: OPNAVINST 5100.19 series D0104
COMSUBFORINST 6000.2 SERIES Chapter 4

23. (F1C0) 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: COMSUBFORINST 6000.2 SERIES Chapter 4
OPNAVINST 5100.19 series D0104
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<th>Question</th>
<th>Reference</th>
<th>Repeat</th>
<th>Significant</th>
<th>PMS</th>
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| 24. Are there at least four Bag Valve Mask (BVM) resuscitators maintained onboard?  
- One BVM resuscitator will be stowed with or near the Emergency Response Kit (ERK).  
- One BVM resuscitator will be provided with an Emergency Air Breathing (EAB) hook-up. | COMSUBFORINST 6000.2 SERIES Chapter 4  
OPNAVINST 5100.19 series D0104 |        |             |     |
| 25. Are all medical oxygen cylinders stored on board provided with caps? | OPNAVINST 5100.19 series D1510A(1)(B)  
COMSUBFORINST 6000.2 SERIES Chapter 4 |        |             |     |
| 26. Are all oxygen bottles on board stowed in racks?                    | OPNAVINST 5100.19 SERIES D1510 a(1)(a)                                                             |        |             |     |
| 27. Are all oxygen bottles tagged with DD FORM 1191, "WARNING TAG FOR MEDICAL OXYGEN CYLINDERS"; and the OXYGEN CONTROL TAG to record readings of required pressure checks of cylinders in use? | COMSUBFORINST 6000.2 SERIES Chapter 4  
OPNAVINST 5100.19 series  
SPMIG 14922  
SPMIG 14923 |        |             |     |
| 28. Is one floatation litter on board, in good material condition, and provided with both hoisting sling and trail line assembly apparatus? | COMSUBFORINST 6000.2 SERIES Chapter 4  
OPNAVINST 5100.19 series D0104 |        |             |     |
29. (F8C1) Are all litter/stretcher locations marked "STRETCHER?"

REF: COMSUBFORINST 6000.2 SERIES Chapter 4
OPNAVINST 5100.19 series D0104

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS

G. CALCIUM HYPOCHLORITE

30. (G1A0) 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 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 ¼ 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: COMSUBFORINST 6000.2 SERIES ART 6.2.3
NSTM 670 670-34.9.1
MRC 6521/601 Calcium Hypochlorite Storage Locker
OPNAVINST 5100.19 series D1508C

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS

31. (G2B0) Has calcium hypochlorite been inspected monthly and quarterly?

REF: MRC 6521/601 Q-1
COMSUBFORINST 6000.2 SERIES ART 6.2.2.D

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS

H. MEDICAL SURVEILLANCE

32. (H2B0) Is medical surveillance being provided for personnel assigned to duties involving occupational exposure to hazards as indicated in the industrial hygiene survey report?

REF: Medical Matrix
Tri Service Food Code
NAVMED P-5010-7 7-21b
OPNAVINST 5100.19 series A0310B

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS

I. HEAT STRESS
33. (I1A0) 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 B0202
OPNAVINST 5100.19 series B0204B(1)

34. (I1C0) Are at least two "WBGT" index meters (model #rss-220, NSN 7G-6685-01-055-5298) OR (MODEL # 960, NSN 3H-6665-01-333-2590) on board, in calibration, and in good material condition?

REF: OPNAVINST 5100.19 series B0202A(6)

35. (I1E0) Are all hands being trained on heat stress upon reporting aboard? Does the training include at a minimum:
- Heat stress health hazards.
- Symptoms of heat stress.
- First aid for heat stress.
- Monitoring stress victims.

REF: OPNAVINST 5100.19 series B0206A

36. (I1N0) Do the Engineering and Supply Officers ensure dry bulb thermometer temperature readings are 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?
- Every 4 hours for manned spaces if dry bulb temperatures do not exceed 85 F.
- Every hour for manned spaces if the dry bulb temperature exceeds 85 F.
- Watch supervisor directs heat stress surveys to be conducted and enforces the resulting stay times if required.

REF: OPNAVINST 5100.19 series B0204B(3)
OPNAVINST 5100.19 series B0204B(4)

J. RESPIRATORY PROTECTION
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<td><strong>37.</strong> (MR01)</td>
<td>Has the submarine’s commanding officer appointed an individual to serve as the respiratory protection assistant (RPA) for that unit?</td>
<td><strong>REF:</strong> OPNAVINST 5100.19 series B0614</td>
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<td><strong>38.</strong> (MR03)</td>
<td>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?</td>
<td><strong>REF:</strong> OPNAVINST 5100.19 series B0614</td>
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<td><strong>39.</strong> (MR04)</td>
<td>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.</td>
<td><strong>REF:</strong> OPNAVINST 5100.19 series B0614</td>
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<td><strong>40.</strong> (MR05)</td>
<td>Does the RPA maintain a copy of the local guidance or standard operating procedures and a roster of personnel in the respiratory protection program?</td>
<td><strong>REF:</strong> OPNAVINST 5100.19 series B0614</td>
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<td><strong>41.</strong> (MR06)</td>
<td>Does the RPA maintain supplies to conduct fit testing and training?</td>
<td><strong>REF:</strong> OPNAVINST 5100.19 series B0614</td>
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42. (MR07) 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, and name of the individual tested?

REF: OPNAVINST 5100.19 series B0614

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS

POTABLE WATER SYSTEM (SSN AND SSGN ONLY) - POTABLE WATER CONNECTIONS

43. (K3B0) 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 PARA 533-2.3.4

C R NA UA PF
☐ Repeat
☐ Significant
☐ PMS
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