

# *Within Range*

A e a e

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PMRF started a nursery in early 2023 and over the past year and a half it has grown to over 2,000 potted plants from 23 native species.

## Tracks in the Sand

Environmental surveys are part of our mission as caretakers of the land at PMRF. See how our environmental team studies turtle nests on Barking Sands.



## Shooter Stand By

Sailors in our Security Department maintain mission readiness through gun qualifications at PMRF.

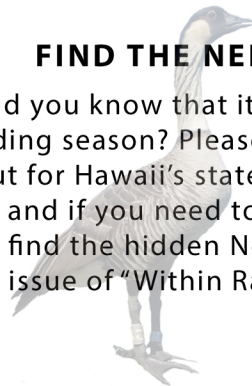


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## FIND THE NENE!

Did you know that it is Nene breeding season? Please keep your eye out for Hawaii's state bird on the road and if you need to train your eye, find the hidden Nene in this issue of "Within Range."



*Pacific Missile Range Facility Barking Sands (PMRF) is the world's largest instrumented multi-domain range capable of supporting surface, subsurface, air, and space operations simultaneously. There are more than 1,100 square miles of instrumented underwater range, 42,000 square miles of controlled airspace and 2.1 million square miles of extended range when needed.*

PMRF Public Affairs Officer MC1 Louis Lea

## PMRF TRIAD



**Capt. Brett Stevenson**  
Commanding Officer



**Cmdr. Kacee Jossis**  
Executive Officer



**CMDCS Norman Mingo Jr.**  
Senior Enlisted Leader



# WELCOME ABOARD



BM2 ALEXIS BURCIAGA

## SAFETY CORNER

with Floreen Johnson

PMRF Safety and Occupational Health Specialist

According to the Bureau of Labor Statistics, there are tens of thousands of injuries sustained by office workers every year. As a result, it is essential that we address hazards and safety for workers in the office.

### Common Office Injuries

**Falls** are the most common type of office injury. Office workers are 2 to 2.5 times more likely to suffer a disabling injury from a fall than non-office workers. Tripping over clutter or an open file drawer are some reasons office workers sustain injuries from a fall.

**Strains and sprains** due to lifting objects also occurs in the office. Office workers are usually not trained on proper lifting techniques to use when moving objects. Lifting awkward or heavy objects alone also leads to injuries.

**Ergonomic-related injuries** are common in an office setting. A work area that is not set up correctly to fit the user can lead to ergonomic injuries and issues over time.

### Safe Work Practices for the Office

Maintain a clean and uncluttered work area. Never leave objects on the floor or in an area where you or others can trip over them.

Eliminate the amount of awkward or heavy lifts around the office. If you have a heavy box, set it down on a table instead of the ground if feasible.

Set up your office work area to fit your body. Pick a chair that adjust to where your thighs are parallel to the floor, your feet are on the ground, and your lower back is supported. Have your desk at a height where your arms make a 90-degree angle, and your wrists are straight.

Mahalo for being safe!





# Native Roots

*Story and Photos by MCI Louis Lea*

Working under the intense sun of the Mana Plain in a secluded garden on the south end of base, members of PMRF's environmental team care for 23 species of native plants at the installation's nursery.

In the continuous effort to be good stewards of the land, PMRF started the nursery in early 2023 and over the past year and a half it has grown to over 2,000 potted plants. The ultimate goal is to have more native plants around the installation and increase their chances of survival once they are in the ground by giving them a strong start at the nursery.

"Many areas that were once incredibly biodiverse have been overrun by highly competitive invasive species like Haole Koa or Guinea Grass," said Stephen Rossiter, a biologist at PMRF. "We have plans to use the plants from the nursery to try and restore the remnants of these diverse native ecosystems that existed before the invasive plants were introduced."

It takes a lot of work from skilled professionals to continue the growth of the nursery and each individual plant. The team is responsible for identifying the needs of each plant and providing the correct resources to keep the plant healthy. Depending on the weather the plants may need to be moved to different locations or given extra water; as their growth continues the plants can be replanted into larger pots.

"Working at the nursery has been such a rewarding process," said Tabitha Morris, the temporary nursery assistant. "I've loved having the opportunity to watch and aid the growth of these plants. I've been able to learn a lot more about this beautiful land that we get to call home and have in turn become so much closer to the earth."

Having a nursery on base provides a source of native plant species for use on Barking Sands that are adapted to the local conditions here and are free from concerns of potentially damaging invasive species hitchhiking along with them, compared to plants in pots that might otherwise be brought in from off island.

"Hopefully soon our plants will start to be seen here and there around the base and I look forward to that," said Rossiter. "Personally I would like to find some places on base to plant Wiliwili trees. This is a native, drought-tolerant species with amazing orange flowers. A few remaining individuals can be found along the highway from Kekaha to Kokee, but overall it's a rare and beautiful species. Maybe one day they, or native Kou trees with their showy flowers, could shade walking paths around the base."

The nursery also has volunteer opportunities. If you are someone who has plant propagation experience with Hawaiian species and a desire to help, contact Stephen Rossiter at 808-341-4314 or [sr71@hawaii.edu](mailto:sr71@hawaii.edu).









# TRACKS IN THE SAND

PMRF's Environmental Department and the Hawaii Division of Aquatic Resources carefully dig through hatched sea turtle nests on the beach along PMRF. Once a sea turtle nesting location is identified our biologists closely monitor the nest.

After the eggs hatch the team digs down from the surface to the egg chamber and count individually how many eggs hatched. The eggs that do not hatch are examined to see how far in the development process the embryo progressed.

The surveys conducted by our environmental team provide important data that is recorded and can be used to find patterns or trends over the years.





# SHOOTER STAND BY

Sailors in Security Department at PMRF utilize the indoor gun range to meet qualification standards to uphold the highest level of security force protections on the installation. Members are required to qualify on three different weapons systems: the M18 Service Pistol, M4 Service Rifle and M500 Service Shotgun.





# Electrical Cooking Appliance Safety

When we think of cooking appliances in the kitchen, we often think of the stovetop, oven, and microwave. However, more and more people are often turning to electrical appliances like air fryers and slow cookers for the convenience of cooking meals quickly. Using these appliances properly is key to keeping safe in the kitchen.

## Key Safety Tips

- Always use cooking equipment—air fryers, slow cookers, electric skillets, hot plates, griddles, etc.—that are listed by a qualified testing laboratory.
- Follow the manufacturer's instructions on where and how to use appliances.
- Remember to unplug all appliances when not in use.
- Check cords regularly for damage. Do not use any appliance with a damaged cord.

## Slow Cooker

A slow cooker is designed to be left on while you do other things, even things outside of the home.

However, there are few safety tips to keep in mind:

- Keep things that could catch fire away from the slow cooker.
- Make sure the slow cooker is in a place where it won't get bumped. If the lid gets dislodged, the liquid could boil away, which could cause the appliance to overheat and create a fire.

## Pressure Cooker

A pressure cooker is designed to cook food faster than a stovetop or oven. Because it uses hot steam and pressure to cook food it is important that they are used properly to prevent burns.

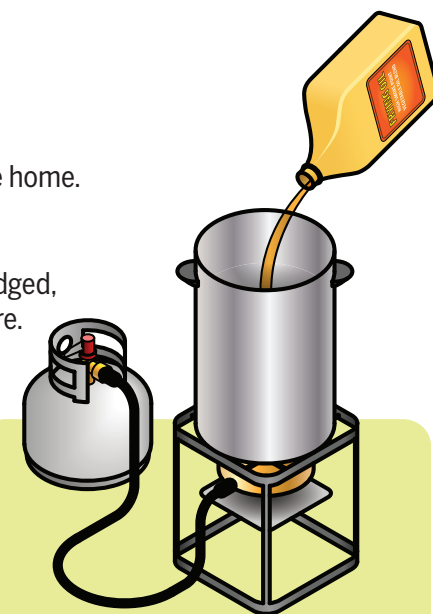
- Place the cooker in an open space to give enough room for the steam to ventilate.
- Never cover the steam release valve on the pressure cooker.
- Do not leave the home when using a pressure cooker.

## Air Fryers

- Give your air fryer enough space. The air vents release heat and need airflow.
- Do not leave the home when using the air fryer.
- Make sure you clean grease and food debris after every use. Unplug and allow to cool completely before cleaning.

## Hot Plate, Griddle and Electric Skillet

- Stay with the hot plate, griddle, or electric skillet when cooking.
- Do not touch the surface of a hot plate, griddle, or electric skillet, as it could burn you.
- Unplug a hot plate, griddle, or electric skillet when not in use and before cleaning. Allow the appliance to cool before cleaning it.



**Turkey fryers** that use oil and an open flame cannot be used safely. These fryers use a large quantity of cooking oil at hot temperatures, which can lead to devastating burns.

**Buy an infrared fryer or electric turkey fryer** that has been listed by a qualified testing laboratory. Do not leave fryers unattended when in use.

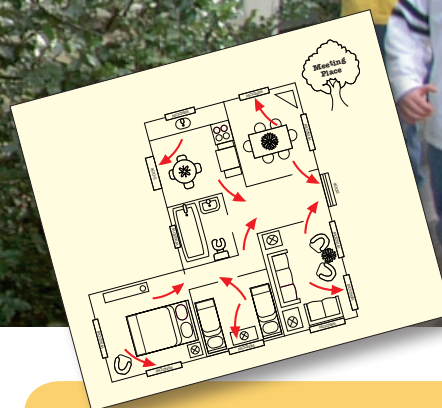


**FIRE  
PREVENTION  
WEEK™**



# Escape Planning

**Plan Ahead!** If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.



## SAFETY TIPS

- » **MAKE** a home escape plan. Draw a map of your home showing all doors and windows. Discuss the plan with everyone in your home.
- » **KNOW** at least two ways out of every room, if possible. Make sure all doors and windows leading outside open easily.
- » **HAVE** an outside meeting place (like a tree, light pole or mailbox) a safe distance from the home where everyone should meet.
- » **PRACTICE** your home fire drill at night and during the day with everyone in your home, twice a year.
- » **PRACTICE** using different ways out.
- » **TEACH** children how to escape on their own in case you can't help them.
- » **CLOSE** doors behind you as you leave.

## IF THE ALARM SOUNDS...

- » If the smoke alarm sounds, **GET OUT AND STAY OUT**. Never go back inside for people or pets.
- » If you have to escape through smoke, **GET LOW AND GO** under the smoke to your way out.
- » **CALL** the fire department from outside your home.

## FACTS

- ! A closed door may slow the spread of smoke, heat, and fire. Install smoke alarms inside every sleeping room and outside each separate sleeping area. Install alarms on every level of the home. Smoke alarms should be interconnected. When one smoke alarm sounds, they all sound.
- ! According to an NFPA survey, only **one of every three** American households have actually developed and practiced a home fire escape plan.
- ! While **71%** of Americans have an escape plan in case of a fire, only **47%** of those have practiced it.
- ! **One-third** of American households who made an estimate thought they would have at least 6 minutes before a fire in their home would become life-threatening. The time available is often less. And only **8%** said their first thought on hearing a smoke alarm would be to get out!



**Your Source for SAFETY Information**

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169





**Who do you want to see featured?**

**Email us your suggestions!**

**[PMRFPublicAffairs@us.navy.mil](mailto:PMRFPublicAffairs@us.navy.mil)**

ASAN McIntosh conducts a hydraulic fluid contaminant check.

YN1 Hill washes a car at the FCPOA car wash.

PMRF Sailors congratulate MA3 Masaveg and MASN Rodriguez-Tranquilino simulate clearing a building during an active shooter drill.

MAC Dockins is presented the Naval Security Forces Master Specialist breast ensignia after qualifying to wear the device.