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May 12, 2005



Shipment Numbers

Shipments
scheduled to arrive
06/05/05 - 06/11/05

20

Hanford - 4
INL - 9
LANL - 1
SRS - 6

(subject to change)

3,625
total shipments

received as of
06/01/05



Triay takes Headquarters post

A TRU TeamWorks interview ...



Preparation is the key

Annual exercise sharpens WIPP response ...



Sandia's Shoemaker moves on

A fond farewell for Sandia-Carlsbad head ...



Hands down

The ins and outs of repetitive motion injuries ...



GET online

General employee training gets smart ...



Team news

The inside scoop on WIPP team happenings ...



Disposal Numbers

Waste disposed as of
06/01/05 :

4,443
standard waste boxes

1,668
ten-drum overpacks

62,182
waste drums

28,917 cubic meters

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The Big Story



Dr. Inés Triay

"I have a passion for getting things done – not just meeting goals and milestones, but surpassing them."

New WIPP logo makes its debut

The new WIPP logo is here! The logo was created from a design submitted by WTS employee, Bob Beeman, who incorporated Bob Roland's original unofficial design for the word "WIPP".

Triay to be new Chief Operating Officer of EM-3

For the second time in as many years, WIPP will say good-bye to Dr. Inés Triay. Triay, the former Carlsbad Field Office manager and current acting manager, has been on detail to WIPP from DOE Headquarters since January. She recently accepted the position of Chief Operating Officer for the Environmental Management Program in DOE/HQ (EM-3) and will assume those duties later this month in Washington, D.C.

TRU TeamWorks had an opportunity to talk with her.

Q. You have been an agent of change in nuclear waste management for 20 years, what's your greatest accomplishment?

A. To have LANL be the first to ship to WIPP. I was working at LANL at the time, and it's truly a perfect organization for achieving objectives that require multidisciplinary teams. LANL's staff includes chemists, physicists, statisticians, regulatory experts, attorneys and others that make it uniquely qualified to solve national problems.

Idaho was the first site scheduled to ship waste to WIPP. I approached the program manager of the Environmental Management Program and told him I felt we could be ready to ship before Idaho. My perspective was that LANL and WIPP are both in New Mexico: The waste was generated at LANL and WIPP was designed to reduce risks to the public and environment. Because LANL and WIPP share the same regulator, I thought the best illustration of an effective cradle-to-grave TRU waste management system was to begin in our own state.

Q. You've had a great impact on WIPP's future, how has WIPP affected you?

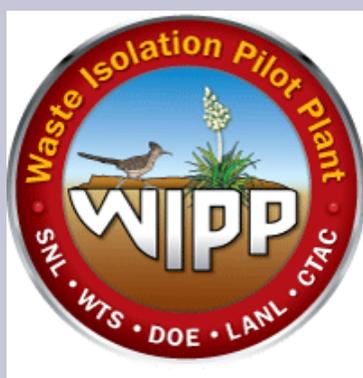
A. The first thing that comes to mind is from a personal perspective: I have a passion for getting things done—not just meeting goals and milestones, but surpassing them. Sometimes I would drive too hard, and it may have been stressful for those who didn't fully understand the implications of not meeting milestones.

What I've learned is that effective communication must go along with setting challenging goals and that strong technical merit is not sufficient to move ideas. There must be dialogue with regulators and stakeholders within the reality of the regulatory framework that gives voice to all parties— and negotiations have to be respectful.

Q. What will be your duties as Chief Operating Officer at EM-3?

A. All DOE field offices report to EM-3. We will be responsible for the day-to-day environmental management operations in DOE facilities around the country.

Q. So we say good-bye again. Will you visit WIPP occasionally as EM-3 Chief?



WTS has also adopted the design. The WTS version uses the words Washington TRU Solutions to surround the bottom half of the circle.



A. You can bet on it!

Q. Any message for WIPP personnel?

A. I am proud of every single person who has contributed to the WIPP program, which now spans decades. The WIPP family should feel pleased with its accomplishments; they have written a chapter in American history.

The studies in salt beds, characterizing waste, efforts of the generator sites, all have had exceptional difficulties and all have been exceptionally well done.

WIPP QA is world-class and I want to recognize the administrative processes that support waste certification, disposal and the compliance envelope – they're just as important.

The WIPP family is fortunate to have the support of the community, city and political leaders. Not only does WIPP have a talented, dedicated workforce, but also talented, dedicated community leaders and elected officials whose contributions have made this project what it is today.

The bond between WIPP workers and the community will be the main ingredient for this project's continued success.



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Operations



P2 Intranet Web site now available

Check out WIPP's new Pollution Prevention (P2) Web site for great information on WIPP's:

- FY05-06 P2& energy efficiency (E2) goals
- Disposal practices
- Recycling program and material protocols
- Affirmative procurement requirements
- P2 & E2 awareness activities
- RCRA
- Sanitary waste
- Pollution Prevention P2 opportunity assessment (PPOA)
- P2 reporting
- Recycling, pollution prevention, and community improvement links

*Submitted by - Celeste M. Marsh,
WRES
Pollution Prevention (P2)
Coordinator*

WIPP conducts annual exercise

Wednesday, May 25, was a typical workday. A lone pager could be heard beeping in one employee's cube, then another and another, until a chorus of pagers could be heard among the rows of work stations. When the phones began to ring, it was clear an event had occurred at WIPP. Employees left their desks and immediately signed in at the Joint Information Center (JIC).

Once a year, WIPP is required to evaluate its emergency preparedness plan—a full-scale exercise was underway. This year's simulated event involved a security scenario at the WIPP site.

The WIPP site Emergency Operations Center (EOC) activated, followed by activation of the JIC located in the Skeen-Whitlock Building. While the EOC team managed the crisis, members of the JIC management team made required notifications to federal, state and local officials, corporate management, news media and other organizations.

JIC management listened on an open telephone line to the EOC. They were required by procedure to draft a news release within the hour. As JIC management sought clarification from the EOC public affairs representative on the injured and which agencies were en route to the scene, the JIC writer worked the news release.

Public and media phone lines set up for the event began to ring. "I heard there's been an incident at WIPP, is my husband safe?" asked one role-playing caller. JIC phone team members were flooded with calls asking about loved ones who worked at WIPP and media seeking updated information for news bulletins. They could offer only confirmed information.

Other JIC members set up sound equipment in the Skeen-Whitlock Building auditorium in preparation for hourly news conferences, as the DOE spokesperson made notes for the news conference and fielded rumors from the phone teams. Orange-vested evaluators circulated among the response teams, taking notes and grading the performance.

Just as participating Eddy County Sheriff's deputies were in place at the scene, the exercise was terminated. All objectives for the exercise had been met. WIPP's emergency preparedness plan was tested and once again met success.

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Progress



Paul Shoemaker

Sandia/Carlsbad Operations Office (SNL/CPG) Paul Shoemaker bids farewell to WIPP

SNL/CPG's Paul Shoemaker said goodbye to WIPP earlier this month to take on other responsibilities within the Sandia organization. Here is a look back at his WIPP experience as the entire project wishes him well in his future endeavors.

In your opinion, what were the Sandia-Carlsbad's top accomplishments during your tenure?

I am especially proud of Sandia's contributions to the Compliance Recertification Application. Sandia bore responsibility for a significant amount of the technical content of the CRA (not to diminish technical content contributed by both WTS and LANL). The extremely intense effort to compile and craft Sandia's contribution took place against the backdrop of supporting DOE in its effort to secure EPA permission to bring supercompacted waste from Idaho to WIPP.

That Sandia staff were able to expertly do both simultaneously swelled my admiration for my Sandia colleagues, those based in Carlsbad, of course, and those from other Sandia sites on whom we relied.

I am also proud of the way in which Sandians working on the WIPP project have embraced their Quality Assurance responsibilities. I used to preach that our QA staff were not the ones who "did" QA; instead it was our technical staff who "did" QA. We're not perfect in this respect, by any means, but our QA program is mature and effective, and when we run across a QA misstep, we are ready to call ourselves on it, to bring resources to bear to fix the problem, and to learn what needs to be learned to avoid repetitions down the road.

I am proud of the collaborative relationships we have built with all WIPP participant organizations, especially WTS and our brothers and sisters at LANL. Collaboration is not a word that necessarily applied to our interrelationships when I arrived in Carlsbad five years ago, but we've generally applied ourselves to improving those relationships as we've gone forward. The road has been bumpy on occasion, but the vision of a tightly knit and mutually supportive "family" of WIPP participant organizations has been one I've pursued, believing that the benefit to the DOE and to the nation overrode any parochial interests we might be tempted to pursue.

Last, I am proud of Sandia's support for the community of Carlsbad – and indeed for all of southeastern New Mexico – that our Carlsbad contingent has shown. This includes memberships in community organizations, contributions to United Way, participation in community events, scholarships to graduating high school seniors, and so on. The Sandians in Carlsbad are truly members of the community.

What will you miss most about working at WIPP?

I'll miss no longer being part of the solution to the pressing national problem of what to do with nuclear waste. It's been very motivational for me personally to have the programmatic opportunity to live out Sandia's corporate motto: "exceptional service in the national interest."

I will also miss day-to-day contact with the Sandia/Carlsbad staff and management, everyone who works in our facilities in Carlsbad. I have always felt fortunate that Sandia allowed me to be affiliated with such a talented and dedicated group of people. I'll also miss the friendly banter with our colleagues in other WIPP participant organizations, at

DOE/CBFO, and in the community.

Believe it or not, I'll also miss the unusually intense customer interface Sandia has with the DOE folks in Carlsbad, not least of which Inés Triay and Lloyd Piper, stimulating intellectual discussion with Roger Nelson, engaging the passion of Chuan-Fu Wu, benefiting from the guidance and wisdom of our DOE subject matter counterparts.

Any regrets?

Other than not wanting to leave behind relationships formed over the course of five years, my only regret is that the timing of the opportunity I am now pursuing is such that I will not be on the team in Carlsbad when the EPA announces its recertification decision for WIPP. The whole Carlsbad experience for me has been very professionally fulfilling.

Final thoughts?

Not to suggest that all the members of the WIPP community are Sandians, I just want to remind everyone working on WIPP that we truly are solving a national problem. Together, we are all rendering "Exceptional service in the national interest." Keep up the great work.

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Safety



Did you know?

Repetitive motion injury is also known as:

- Overuse syndrome
- Cumulative trauma disorder
- Repetitive stress injury
- Repetition strain injury
- Tendonitis/tendinitis
- Tenosynovitis, bursitis
- Carpal tunnel syndrome
- Tennis elbow
- Gout

Repetitive Motion Injuries

By guest contributor, Deborah J. Schenck M.D.M.S., WIPP occupational medical director

Repetitive motion injuries are among the most common injuries in the United States. They are frequently caused by both non-work-related and work-related activities. Symptoms are increased by the repetitive actions of daily living. They make up over 50 percent of all injuries seen by doctors and result in huge losses in terms of cost to the workforce. Simple everyday actions, such as throwing a ball, scrubbing a floor, or jogging, can lead to this condition.

The most common type of repetitive motion injury is tendinitis. Tendinitis is frequently mistaken for other more serious disorders, such as carpal tunnel syndrome. Common sites of tendinitis include the shoulder, the biceps, and the elbow (such as tennis elbow) and the wrist.

Tendons run through a lubricating sheath where they connect into muscle, and this sheath also may become inflamed. This condition is known as tenosynovitis. Tenosynovitis is almost identical to tendinitis because both have identical causes, symptoms and treatment.

Causes

Repetitive motion disorders develop because of microscopic tears in the tissue. When the body is unable to repair the tears in the tissue as fast as they are being made, inflammation occurs, leading to the sensation of pain.



Causes of repetitive motion injuries include these:

- Repetitive activity
- Trauma
- Crystal deposits (such as in gout)
- Friction
- Systemic disease (rheumatoid arthritis, gout)

Symptoms

The most common symptom associated with tendinitis is pain over the site involved. Tendinitis is made worse by active motion of the inflamed tendon. The skin overlying the inflamed tendon may be red and warm to the touch.

When to call the doctor

- Pain with movement of arms and legs
- Tenderness over a joint or where a tendon connects
- Redness and increased warmth over joint
- Pain that wakes you from sleep
- Inability to sleep on affected side
- Inability to carry on normal activities of daily living (such as brushing your teeth or taking a shower)

Treatment

(Self-Care at Home)

- Home care for a painful or swollen joint should include elevation and not moving it until your doctor can be contacted.
- Ice can also be used for relief of pain and swelling.
- Most authorities recommend icing 2-3 times a day for 20-30 minutes each time.
- Wrap ice or a bag of frozen vegetables in a towel and place it on the area.
- If your shoulder is involved, you should not keep it immobile for more than 24-48 hours because your shoulder may become frozen and have decreased range of motion.

(Medical Treatment)

- Tendinitis is best treated with immobilization and ice during the early phase and moist heat during the long-term phase.
- Bands placed around the elbow may be used for tennis elbow and golfer's elbow.
- Nonsteroidal anti-inflammatory drugs (NSAIDs, such as aspirin, naproxen, or ibuprofen) may be prescribed to reduce the inflammation. All NSAIDs should be taken with meals to avoid stomach upset.
- If your tendinitis or bursitis is not helped by NSAIDs, the doctor may choose to inject steroids into the surrounding area of inflammation. As a rule, you should not have more than 3 injections into the same area within a 12-month period.
- You should begin graduated range-of-motion exercise once your symptoms begin to improve.
- An exception to this type of treatment is shoulder involvement.
- The shoulder should not be immobilized for more than 24-48 hours in order to minimize frozen shoulder, called adhesive capsulitis.
- You should have physical therapy.
- The goal in treatment of shoulder tendinitis is first and foremost to maintain full range of motion of the shoulder joint, and relieving the symptoms is secondary.

Prevention

- Do adequate warm-up and cool-down maneuvers (crucial to proper tendon and bursae health).
- Avoid activity that makes your injury flare up. This will speed healing of both tendinitis and bursitis.
- If work has caused a repetitive motion injury, your occupational health manager may be able to redesign your job so you won't have a recurrence of the condition.
- Practice range-of-motion exercises. These are important to ensure minimal decrease in function.
- use splints or bands to decrease the strain on a tendon that occurs with activities, such as tennis and golf. These devices may be bought over-the-counter or obtained from your doctor.

Outlook

- Tendinitis has an excellent prognosis with proper care. It is important to begin self-treatment early and see a doctor if self-treatment does not result in rapid improvement in your symptoms
- Repetitive bouts of tendonitis may lead to chronic tendonitis, which in turn may create a need for injections or surgery.

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Working Smart

Employee reaction:

How did you like the online GET refresher option?

I liked it. You study and then take it right away. Now you can take it when you have time.

Teddy Garcia – WTS Hoisting

I thought that the Training document and test were well organized and easy to do.

Jim Wilburn – CTAC

I really preferred taking the test online rather than going to the Training Building ... nothing against Training, but it's more convenient to take the test right at your own desk when you have time. No scheduling, quick and easy!

David Ramirez – L&M

The online GET refresher exam was great. I was able to take it when I wanted to, and without having to make a trip to the Training Building. It saved at least an hour of time from my day.

Ed Flynn- WTS Surface Operations & Maintenance

I absolutely loved the online version of the GET refresher. It is easy to use, saves time, and the results are immediate. You even get a certificate at the end when you pass! I highly recommend this option to everybody. Kudos go out to John Giblin and Training for implementing this option.

Training's online general employee refresher exam makes its debut

Training premiered its online general employee training (GET) refresher exam this month and so far the results are promising. All employees are required to have initial GET training, and then pass an annual refresher test. Already, more than ten employees have chosen to take the online test. "Making this happen was a team effort. John Giblin and Tom Lichty are doing an outstanding job working with this technology," says Training Manager Tom Fabian.

The leap into virtual testing began in October 2004. Training's Giblin, Lichty, Candace Nance and Steve Gallagher learned to use the Authorware program with the help of a consultant. "The computer-based training development team is a wonderful mix of individuals," says Tom Lichty. "Each one has a unique strength to add to the project." The team developed and tested the prototype and refinements will continue as they gain experience with the new tool.

"There have been a few wrinkles in the carpet," says Giblin, "But we're addressing them and overall it's been a success." The online option is available to employees with access to the WIPP Intranet. However, employees that access the Intranet remotely will have to wait a bit longer. "We're working with NCI Information Systems to resolve issues with remote access," adds Giblin. "Eventually this will be available to WIPP employees located at other sites."

The GET refresher test may be the first of other online exams. Giblin has high hopes for other uses of the software. "If you can imagine it, we can do it," he says. The Authorware program will allow them to develop full-scale training programs with graphics, video, photos, animations, etc. Other annual refresher exams, such as the Radiation Worker refresher exam, are likely to follow.

While this new technology is a great tool, Training knows that it won't necessarily work for everyone. Employees who don't have ready access to a computer or who prefer to take a test with pen and paper may still do so.

To download the Authorware Web Player (required in advance), take a mock examination for practice or to actually take the GET refresher, go to the Resources and Links area on the Technical Training Intranet page.



Kathy Kessler – WTS Human Resources

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Our Team

WIPP says goodbye!



Kim and John Jackson are set to transfer from WIPP to the Umatilla Facility in Hermiston, Oregon. The couple is pictured here with their three children (left to right) Devon, Rexanna and Rachel.



Birthdays

Angela Ashford (L&M) June 2
 Jan Terpening (WTS) - June 10
 Judy Zwickl (WRES) - June 13
 Marty Gonzales (WTS) - June 14
 Gerry Woolsey (WTS) - June 15

WTS June Service Awards

5 years

Paul Muse

15 years

James Bowen
 Cindy Anderson
 Craig Heine
 Joe Stroble
 David Brannan
 Randy Self
 Gloria Johnson
 Farok Sharif
 Patty Hollen

20 years

John Dickson

Jackson team transfers to Umatilla

WIPP colleagues:

Wow – what a ride! You have made the last 12 years very special for me. John and I are transferring to WGI's Umatilla Chemical Agent Disposal Facility in Hermiston, Oregon to give us some new challenges and support environmental cleanup of chemical weapons.

I remember coming to WIPP straight out of college many years ago – as green as I could be. I came as an empty vessel, didn't know the slightest about how to be a good engineer or manager – but over the years you have all filled me up with your experiences, wisdom, friendship, encouragement, and knowledge. And now, that empty vessel isn't just full, it's overflowing. And because of how you filled me up and the base you have given me – I know I will be successful wherever life takes me.

I have many special memories – the Facility Operations crews trained me on the plant systems, and made it easy for me to be a Facility Shift Manager. I always appreciated how you all took care of me while I was waddling around the plant pregnant. Thank God my children weren't born at the FSM desk or out in the plant (got close a few times!) And my years with the Waste Handlers were awesome! You guys always had wonderful ideas that we implemented to improve our processing times. I still miss our weekends together cooking breakfast and processing TRUPACTs – what a combination! Finally, my last years spent with the transportation department were filled with significant challenges – and you all gave me so much support and encouragement to make things easier. You guys were the difference makers in getting Idaho's 3100 cubic meters shipped, and getting Rocky finished.

The one thing about WIPP that is special is your capacity and willingness to conquer any

mountain – no matter how big or rocky it may be. Never lose sight of how pivotal your role is in cleaning up the legacy waste across this country. No one else can claim such a daunting role. Your pride, ownership, teamwork and commitment to this project have made WIPP the gem of the DOE – you opened it, you operate it, and you will continue to weave your destiny for the future success of the project.

Thank you so much for letting me share with you the awesome success of WIPP, and for teaching me so much, not just professionally but personally. Each of you, no matter how large or small, has made a difference in my life. I will never forget how incredible the people of this project are! I wish you all continued success here at WIPP. If you are even in Oregon, come see us!

God Bless!

Kim and John Jackson



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