

# The **Maywood Project** Site



F U S R A P U P D A T E

**US Army Corps  
of Engineers.**  
NEW YORK DISTRICT

Formerly Utilized Sites Remedial Action Program  
[www.fusrapmaywood.com](http://www.fusrapmaywood.com)

## Cleanups Complete at Four More Site Properties

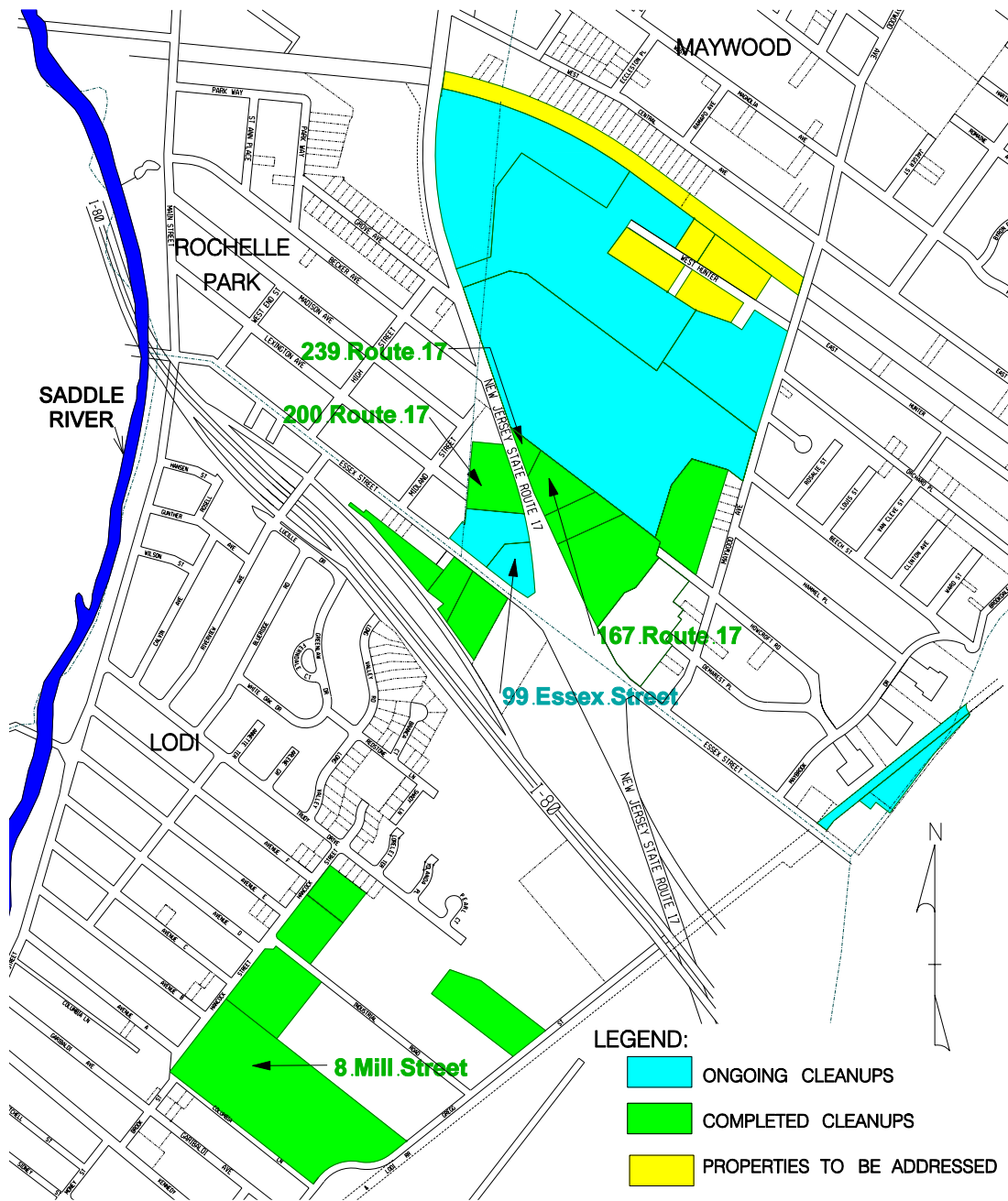
The FUSRAP Maywood project continues to move forward with the completion of four site property cleanups so far this year (see map on page 2 for specific property locations). A total of nearly 58,000 cubic yards of contaminated soil were removed from these properties, enough to fill about 900 rail cars of the type used for shipment to offsite disposal. Restoration work including paving and landscaping remains on some these properties; this will largely be done by project subcontractors.

In the meantime, FUSRAP cleanup crews have moved on to some of the other site properties with ongoing remediation, shown in blue on the map. The most visible of these is 99 Essex Street in Maywood, just west of Route 17 (see map). Passersby will notice construction activity and increased truck traffic at this location. We ask for your patience and understanding as we conduct this work. Flag persons will be used to safely direct our traffic on and off Essex Street, but you can help by giving us “a brake” for safety as you drive by.



*Progress at a typical cleanup site: from mobilization to excavation to restoration*





### The March to One Million Safe Work Hours

The Maywood project continues to compile some impressive safety numbers. As of the Labor Day holiday, the project had logged nearly 1,500 days without a lost time accident resulting in days away from work and/or days of restricted duty. This translates to nearly 800,000 work hours without such an accident. This record reflects a shared commitment to worker safety on the part of the Army Corps, Shaw Environmental, and our local craft labor and contractors. The scope of work on the Maywood project includes soil excavation, transport and railcar loading; water treatment and discharge; and removal/replacement of utilities. Our goal is to surpass the 1 million hour mark sometime in 2008. We'll keep you posted.



## **Back to School Safety : Don't Overlook Your Home Computer!**

With the new school year underway, now is a good time to remind the students in your home of some easy-to-do steps for setting up a comfortable and safe computer workstation:



### **Monitors**

- Keep the surface of the viewing screen clean.
- Adjust monitor brightness and contrast for best comfort.
- Position monitor directly in front of user to avoid twisting of the neck.
- Position monitor approximately 20 to 26 inches (arm's length) from user.
- Tilt top of monitor back 10 to 20 degrees.
- Position monitor away from direct lighting and at right angles from windows to reduce glare.
- Top of the viewing screen should be at eye level when sitting in an upright position.

### **Adjusting Your Chair**

- Avoid one static position for extended periods of time.
- Alternate between sitting and standing.
- Adjust the backrest to support the natural inward curve of the lower back.
- Use a rolled towel or lumbar pad to support the low back if needed.
- Set the backrest angle so that your hip-torso angle is 90 degrees or greater.
- Rest feet flat on the floor (use a footrest if necessary).
- Sit upright in the chair with the low back against the backrest and shoulders touching the backrest.
- There should be 2 to 3 inches between the edge of the seat and the back of the knee.
- Adjust armrests so arms can rest at user's sides and shoulders can relax while typing.
- Elbows and lower arms should rest lightly to avoid circulatory or nerve problems.

### **Desktops**

- The working height of your desk should be at elbow height for light duty desk work.
- Position keyboard approximately 1 to 2 inches above your thighs or use an articulating keyboard tray.
- Keep the area under the desk clear to allow for stretching.
- Keep frequently used objects close to avoid excessive extended reaching.
- Place document holders at the same height as the monitor and at the same distance from the eyes to prevent frequent eye shifts between the screen and reference materials

### **Keyboard and Mouse**

- Adjust keyboard height so shoulders can relax and arms can rest at sides.
- Keep the keyboard close to avoid excessive extended reaching.
- Keep forearms parallel to the floor.
- Avoid extended and elevated reaching for the keyboard and mouse.
- Rest hands in your lap when not typing.

### **Lighting**

- Close drapes or blinds to reduce glare.
- Use indirect or shielded lighting where possible. Walls with a medium or dark color without a reflective finish are preferable.
- Use a glare-reducing screen.

## Community Outreach

The FUSRAP Maywood Site Public Information Center is your community resource for “one stop shopping” on our project. The center’s staff has assisted hundreds of residents, business people, local officials, students and others find information on many aspects of our work. From basic information on site history and the current status of our cleanups to more technical items like the science and engineering behind what we do, the Public Information Center is there to help you stay informed and involved in the FUSRAP Maywood Superfund Site cleanup. We are conveniently located in Maywood’s central business district, with free on-street parking available. Onsite photocopying is also available for smaller documents.

### FUSRAP Public Information Center

75A West Pleasant Avenue,  
Maywood, NJ

Monday and Wednesday,  
9 a.m. - 4 p.m.

Friday, 9 a.m. - 3 p.m.

**Tel.** 201-843-7466

**Fax** 201-843-7560

After hours calls will be returned the next business day.



*Find us online at [www.fusrapmaywood.com](http://www.fusrapmaywood.com).*

**U.S. Army Corps of Engineers**  
**75A West Pleasant Avenue**  
**Maywood, NJ 07607**



**US Army Corps  
of Engineers.**