

PROCEDURES FOR APPLYING FOR SPECIAL APPROVALS AND THEIR RENEWALS ARE FOUND IN THE JOINT MILITARY PUBLICATION, AR 700-143, PACKAGING OF HAZARDOUS MATERIAL.



THE ARMY'S SERVICE FOCAL POINT FOR CAAS, DOT-SPS, COES, AND MILAIR WAIVERS IS A PART OF AMC'S LOGISTICS SUPPORT ACTIVITY (LOGSA).



LOGSA'S PACKAGING, STORAGE, AND CONTAINERIZATION CENTER (PSCC) WILL PROCESS AND ISSUE THESE SPECIAL APPROVALS.

FOR MORE INFO, CALL THE PSCC, DSN 795-7070, 570-895-7070, OR EMAIL:

[toby.pt@us.army.mil](mailto:toby.pt@us.army.mil)



PS  
END

U.S. Army Combat Readiness/Safety Center...

YEEOWTCH!



## SAFETY - Save Your Aching Back!

Saving your back is heavy stuff! In 2007, a specialist at Ft Carson suffered a herniated disk as he repetitively lifted heavy equipment from the ground to install them on a HMMWV. A severe sharp pain in his back and back spasms resulted in a hospital visit and lost time while he was on medical quarters.

When moving heavy items, use proper lifting techniques. This link to the National Institute for Occupational Safety and Health (NIOSH) Pub 94-110, *Revised NIOSH Lifting Equation*, provides proper lifting information:

<http://www.cdc.gov/niosh/docs/94-110/>