Spring 2003

# Care and Cleaning, AGAIN?

By Roy Bergman, Adjunct Staff Instructor

Why do we wash dirty dishes? The answer is: "So that we can use the clean dishes and get them dirty again." Why do we clean our law enforcement firearms? For the same reason: "So that we can use our cleaned and properly-lubricated firearms, and get them dirty again." Sounds like a vicious cycle doesn't it? However, does everyone at your range clean up after firearm qualification? Just take a look around when everyone leaves the range after your next firearm practice and qualification. Do all the officers field-strip and clean all their firearms, or do some of them just reload, reholster, or rack their weapons and return to duty? It appears that some do just that.

None of us would store our dirty dinner dishes and use them to set the table again for breakfast. Then why do some officers leave the range with their dirty weapons and return to duty? Mostly, because we as firearm instructors have not stressed the importance of a clean, properly-lubricated, and functioning firearm. As you well know, empirical tests show that a clean firearm is more accurate, and it is more likely to function in a reliable manner. Therefore, we as Law Enforcement Firearm Instructors must insist on proper firearm maintenance.

Negligence in Care and Cleaning of Law Enforcement Firearms can be the result of a lack of training. Students who attend NRA/LEAD Firearm Instructor Schools are required to demonstrate their skill and ability to field-strip their handguns. A few have difficulty in performing this test, and some cannot do it at all until they receive basic instruc-

tions. This basic fundamental firearm skill should have been taught and tested by every instructor. If you are a member of an agency that permits/requires their officers to pur-



Roy Bergman has been teaching firearm-related classes to law enforcement officers for over 30 years.

chase their own handguns, you may not know how to disassemble and properly maintain all of the different makes and models. However, you should insist that every member of your agency follow the manufacturer's guidelines for maintenance. You may obtain a wall chart or pamphlet for field-stripping, cleaning, and maintenance from the manufacture's customer service department.

Sometimes, inadequate firearm maintenance is the result of inadequate supervision and inspection. NRA Instructors sometimes encounter students who are using firearms that have been lacking in cleaning, maintenance, and repair.

In one NRA/LEAD Firearm Instructor School, Dave Miller and I had to borrow or

cannibalize parts from other shotguns so that we could repair enough functioning shotguns for the class. These shotguns were all from the same department, and were believed to be in working order. These were the only shotguns owned by the department. They were stored in racks, lockers, and arms vaults of the agency, and ready for use by officers on the street. We found defective stocks, barrels, extractors, ejectors, shell holders, and even broken firing pins! Someone should have noticed these problems and placed those malfunctioning shotguns out of service, even if he/she was not a trained armorer. This responsibility should be ours, as firearm instructors.

The last challenge is to provide the necessary cleaning equipment. (Cleaning rods, brass bristle brushes of each caliber, cleaning patches, cleaning solvent, toothbrushes, lubricant, and cloths or rags. If you have the resources, a pressure air tank/hose would be nice). Be assured that all of us have great problems in keeping those items in stock. They just seem to disappear. However, they are all necessary for proper maintenance, and the supply must be replenished regularly. As you know, firearms should be cleaned and wiped dry, and lubrication applied to the mechanism as specified by the manufacturer. Then you must schedule the time needed for firearms cleaning in your training schedule, and insist that all officers do their part. Doesn't it seem a small price for something that will help them to survive when the odds may already be against them?

# OSHA Regulations and Exposure to Lead on Shooting Ranges

## by Jack J. Giordano

## (Part Two of a Three-Part Series)

# ABOUT THE OSHA LEAD STANDARD 29CFR1910.1025

OSHA has developed a standard to assure that employees and/or workers avoid overexposure. It is important to note that this standard is a federal regulation. It is comprised of **requirements**, not suggestions.

Fines associated with violation of this standard are quite severe. Fines cannot exceed \$70,000 per violation, but cannot be less than \$5,000 per violation.

#### **EXPOSURE LEVELS**

Permissible Exposure Limit (PEL): The limit set by this standard is **50 micrograms** of lead per cubic meter of air (50ug/m3) averaged over an 8-hour workday. This level represents the highest concentration of lead that you may be exposed to by law.

Action Level: This standard establishes an action level of 30 micrograms of lead per cubic meter of air (30ug/m3) averaged over an 8-hour workday. Once a determination has been made that a worker is being exposed to 30ug/m3 or more, the employer must meet certain requirements and establish certain programs. In simple terms, if it is found that the worker is being exposed to lead in concentrations of 30ug/m3 or more, the employer MUST TAKE ACTION.

# HOW DO YOU KNOW IF WORKERS ARE BEING OVEREXPOSED?

OSHA's 29CFR1910.1025(d)(2) requires what is called **Initial Determination:** 

"Each employer who has a workplace or work operation covered by this standard shall determine if any employee may be exposed to lead at or above the action level."

To make an initial determination, air monitoring is required. OSHA Industrial Hygienists are available to conduct these tests, usually at no cost. It is very important that air testing be conducted properly. Shooting range

exposure, for the most part, is very different from other types of industrial exposure. Most range workers are not exposed for a full 8hour day.

Personal air sampling pumps should be used to determine exposure levels. Sampling only during shooting activity and interpolating for an 8-hour day will give false readings.

It is *not* a good idea to sample the air of the *shooters* on your range. On commercial or club ranges, the shooters are not covered by this standard because they are not range employees.

On a law enforcement range, or a range being used by a law enforcement agency, the shooters' exposure would most likely be considered **intermittent**. Testing of the shooters will most likely not be necessary or required, and, if tested, may cause false readings.

If the initial determination reveals that workers are not exposed at or above the action level, no action is necessary. Additional testing will not be required unless there is a change in operation, control, ".... or personnel change which may result in new or additional exposure to lead, or whenever the employer has any other reason to suspect a change which may result in new or additional exposures to lead." In such cases, "... additional monitoring in accordance with this paragraph shall be conducted." All records of testing must be maintained.

If the initial determination reveals that any employees/workers are exposed to lead concentrations *in excess* of the action level, the employer must:

\*Inform the workers in writing that the work environment causes exposures in excess of 30ug/m3. (Inform workers in writing of testing results.)

\*Begin a **Medical Surveillance** pro gram, which would include medical exams and blood lead level testing (ZPP and PhB tests every 6 months).

- \*Make an effort to reduce workers' expo
- \*Repeat air monitoring/sampling every 6 months.
- \*Continue monitoring/sampling at the same frequency until at least two consecutive measurements, taken at least 7 days apart, are below the action level.

If it is determined that workers are exposed to 30ug/m3 or more, and blood lead level testing determines that the workers blood lead level is in excess of 40 micrograms per 100 grams of whole blood (40ug/100g), blood testing must be increased to every two months.

The employer/range operator **must** inform the workers in writing if their blood lead levels are at or above 40ug/100g. They must also inform the workers of the provisions of the **Medical Removal** program.

All medical services must be performed by, or under the supervision of, a licensed physician

At this point, more frequent medical exams may also be required. The workers will be required to provide medical and work histories. The medical exams and lab work must include tests to check blood chemistry and kidney function. The workers will also have the right to request an evaluation of male fertility or a pregnancy test. The examining physician must provide the employer with a written opinion, and the workers must receive a copy. The workers will have a right under this regulation to request a second opinion regarding any medical findings or opinions by the examining physician. The employer MUST cover 100% of all associated medical expenses.

#### MEDICAL REMOVAL PROTECTION

Medical Removal Protection (MRP) permits the employer to temporarily remove workers from high-exposure positions if their

blood lead levels become too high. The established federal regulations protect the workers by protecting earnings, seniority, or any benefits that they would have had if they were not removed due to high blood lead levels. The regulation also assures that the workers' jobs are protected, and that they return to their jobs and assignments when they are able.

If average blood lead level is determined to be 50 ug/100g, or if two consecutive tests reveal that workers' blood lead levels are above 60 ug/100g, the employer MUST remove the workers from any assignments or jobs that cause exposure at or above the action level of 30 ug/m3. Workers may not return to their assignments or jobs until their blood tests show blood lead levels at 40 ug/100g or less. They may also be removed from assignments or jobs upon the written recommendation of the company/agency physician. In such cases, they will only be permitted to return to their assignments after the doctor has stated that it is safe for them to do so.

If workers are removed from jobs/assignments due to elevated blood lead levels, they will be required to be given monthly blood tests and/or examinations prescribed by the treating physician.

Important note: Failure on the workers' part to comply with the follow-up medical

service may cause them to lose their benefits under the OSHA Medical Removal Protection program.

# AVOIDING MEDICAL REMOVAL AND OVEREXPOSURE

Medical removal from any job or assignment is certainly not desired by anyone. Workers may have to be moved to shifts or assignments that they do not like, and the employer will most likely have to train persons to take their places during their absences. However, there are many ways to avoid medical removal and overexposure.

Lead accumulates in areas of the body other than the blood. It also accumulates in soft tissue and in bone. ZPP (Zinc-Protoporphyrin) and EPP (Erythrocyte-Protoporphyrin) tests will reveal the **Average Body Burden** of lead during the past four months.

Half-life levels of lead are as follows:

The half-life of lead in soft tissue is three months.

The half-life of lead in blood is three months.

The half-life of lead in bone is ten years.

Medical treatment for high blood lead levels may include **chelation**. Chelation therapy is the regular use of drugs, prescribed by a physician, to lower blood lead levels.

Important Note: It is a violation of federal regulations to routinely take chelating drugs as a means of preventing high blood lead levels.

If it is determined that workers are being exposed to lead levels at or in excess of the **PEL** (50ug/m3), the employer **MUST**:

Conduct air sampling every three months instead of every six months.

Notify workers of corrective action being taken to reduce their exposure.

Place into effect other elements of the standard, which would include, but may not be limited to, programs covering hygiene, housekeeping, respirator usage and training, and protective work clothing.

#### TO BE CONTINUED

In the next issue containing the third and final installment of this article, I will discuss how we, as range workers, can minimize our exposure levels.

# Firearm Instructor Training Conference Reminder

Mark your calendar and make plans to attend the International Association of Law Enforcement Firearms Instructors annual conference being held in Orlando, Florida, from June 9th through the 14th. IALEFI's annual training conference is attended by firearm instructors from around the world, and gives instructors a chance to network and attend training sessions that cover a wide variety of topics. In addition to traditional classroom training sessions, the conference offers livefire training sessions that provide attendees a rare opportunity to not only hear about new firearm training ideas, but also to experience them first hand on the range as a shooter. For more information about IALEFI and the annual conference, visit the IALEFI home page at www.ialefi.com or give them a call at (603) 524-8787. NRA Law

Enforcement Instructors should note that IALE-FI training can be credited toward the continuing education requirement for NRA instructor renewal

When selecting your IALEFI training sessions, look for live-fire courses being presented by NRA Law Enforcement Activities Division instructors to experience first-hand our latest program developments. Be sure to visit the NRA Law Enforcement Activities Division booth in the vendor area to meet staff members and see our latest instructor training materials.

For a current schedule of NRA Law Enforcement Activities Division Firearm Instructor Development courses, please visit our home page at www.nrahq.org/law or call (703) 267-1640.

Spring 2003 3



# 2003 NRA-Hosted Law Enforcement Tuition-FREE Schools

Phone (703) 267-1640







The National Rifle Association's Law Enforcement Activities Division (LEAD), in conjunction with many leading law enforcement firearm manufacturers and premier industry shooting academies, will host the following *TUITION-FREE* armorer/shooting schools this year. These schools are being donated by these companies as a way of giving back to our law enforcement officers some of the schools would otherwise cost upwards of \$1,000. All tuition-free schools will be held at either the NRA Headquarters in Fairfax, VA, or the Fairfax County Police Firearm Training Facility in Chantilly, VA.

Dates	Manufacturer / Company	Subject	2003 Entry Deadline
April 30	Smith & Wesson	SW 99/Walther P-99 Armorer	Feb 28
May 12-14	Remington	870/1187/700P Armorer	March 14
June 18-20	FNH	P-90 Subgun/FNP-9 and Five-SeveN Tactical Pistol Armorer	April 18
July 14-15	SIGARMS	"P" Series Pistol Armorer	May 16
August 28	Glock	Pistol Armor	June 27
September 23-25	Ruger	Mini-14/Police Carbine Armorer	July 25
October 13-17	Colt	1911 Pistol/AR-15/M-16 Armorer	August 15
October 27-31	H&K	MP5/Rifles/Burt Trigger Groups/USP Pistols	August 29
November 4	Mossberg	500 / 590 Shotgun Armorer	September 5
November 19-21	FNH	P-90 Subgun/FNP-9 and Five-SeveN Tactical Pistol Armorer	September 20

Participants in the tuition-free schools are selected by **RANDOM DRAWING**. Applications will **ONLY** be accepted **ONLINE** through our website at:

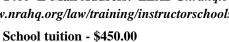
# http://www.nrahq.org/law/training/armorerschools.asp.

Only one online entry per person, per school, will be accepted. Application does NOT guarantee a slot. Winning participants will be notified after the deadline by e-mail approximately two months prior to the school. Since we receive a tremendous number of applications, we do not notify non-winners. Although the tuition is complimentary, participants will be responsible for all other expenses. NRA membership is NOT required to attend a tuition-free school. If you are selected and circumstances occur preventing your attendance, notify us immediately so that we can make that slot available to someone else. Any questions, please call (703) 267-1640 or e-mail *LEAD@nrahq.org*.



# 2003 NRA Law Enforcement **Instructor Development Schools**

Phone: (703) 267-1460 E-Mail Address: LEAD@nrahq.org Web site: http://www.nrahq.org/law/training/instructorschools.asp





#### HANDGUN / SHOTGUN INSTRUCTOR

HANDG	UN / SHOTGUN INSTRUCTOR	TACTIC	AL SHOTGUN INSTRUCTOR
Feb 17-21	Panama City, FL FULL	March 10-14	Autaugaville, AL
Feb 17-21	Gulfport, MS	April 7-11	Castle Rock, CO
March 3-7	Florence, AZ	April 14-18	Ontario, CA
March 17-21	Sioux City, IA FULL	May 5-9	Gulfport, MS
March 24-28	Fredericksburg, VA	May 19-23	Jackson, NJ
April 7-11	North Las Vegas, NV	June 9-13	Burbank, CA
April 14-18	Pearl, MS	June 23-27	Pittsburgh, PA
May 5-9	Selma, AL	July 28-Aug 1	Louisville, KY

May 5-9	Selma, AL	July 28-Aug 1	Louisville, KY
May 12-16	Moyock, NC (Blackwater)		
May 26-30	Trinidad, CO	PATR	OL RIFLE INSTRUCTOR
June 2-6	El Dorado, KS	March 24-28	Gilbert, AZ
June 2-6	Allentown, PA	April 7-11	Gulfport, MS
June 9-13	Allentown, PA	April 14-18	Pittsburgh, PA
July 14-18	Reno, NV	May 5-9	Castle Rock, CO
July 28-Aug 1	Pittsburgh, PA	May 12-16	Jackson, NJ
Aug 4-8	Trinidad, CO	June 2-6	Pearl, MS
Aug 11-15	East Brunswick, NJ	July 14-18	Ithaca, NY
Aug 25-29	Vancouver, WA	July 21-25	San Clemente, CA
Oct 6-10	Muscle Shoals, AL	Aug 18-22	Castle Rock, CO
Oct 13-17	Las Vegas, NV	Sept 8-12	Knoxville, TN
Oct 20-24	Evansville, IN	Sept 8-12	Fredericksburg, VA
Oct 20-24	Baton Rouge, LA	Oct 20-24	Ontario, CA
Oct 20-24	St Charles, MO	Nov 3-7	Las Vegas, NV
Nov 3-7	Kennedy Space Center, FL	Nov 10-14	Panama City, FL
Nov 3-7	Pearl, MS		

#### TACTICAL HANDGUN INSTRUCTOR

11101101	in in in out in the color
March 10-14	Gulfport, MS
April 7-11	Ontario, CA
April 21-25	Yuma, CO
April 21-25	Kennedy Space Center, FL
May 5-9	Fredericksburg, VA
May 19-23	Bedford, PA
June 2-6	Louisville, KY
July 14-18	Allentown, PA
July 28-Aug 1	San Bernardino, CA
July 28-Aug 1	Vancouver, WA
Sept 8-12	Evansville, IN
Sept 15-19	Castle Rock, CO
Oct 6-10	Pearl, MS
Oct 27-31	Las Vegas, NV
Nov 17-21	San Bernardino, CA

### HANDGUN INSTRUCTOR

Mar. 31-Apr. 4	Castle Rock, CO
Sept. 8-12	Castle Rock, CO

#### PRECISION RIFLE INSTRUCTOR

March 17-21	Lexington, KY
Apr 28-May 2	Pearl, MS
July 14-18	Autaugaville, AL
Oct 6-10	Fredericksburg, VA
Nov 17-21	Las Vegas, NV

#### SELECT-FIRE INSTRUCTOR

D	
May 12-16	Connersville, IN
May 19-23	Pearl, MS
June 2-6	Gulfport, MS
Aug 4-8	East Brunswick, NJ

#### NATIONAL POLICE SHOOTING CHAMPIONSHIPS (NPSC)

September 22-25, 2003 • Jackson, Mississippi Phone: (703) 267-1634 • E-mail: amccullough@nrahq.org Web site: http://www.nrahq.org/law/competitions/competitions.asp

It was over in a flash. Your heart is racing, your muscles are tense, and even though your palms are sweaty, you have a firm grip on your handgun. "What do I do now?" is racing through your mind.

Will you or your fellow officers confidently take charge and act without hesitation, or has your training failed you? Too often on the range, there is a lack of consideration for the realities of a street encounter. For many, reholstering has become a speed drill which permits officers to engrain bad tactics.

The time frame from the point one starts to think about reholstering until it is actually done is critical and involves many elements. Assessing the threat, shifting to a ready position, scanning, moving to a safer position, checking the condition of the handgun, checking to see if you (and your partner) are okay, and calling for assistance should all be part of a comprehensive firearm training program.

NRA Law Enforcement Instructor Development programs stress these critical elements and the importance of *reholstering reluctantly*. Central to our philosophy is a technique we refer to as *down and scan*.

Down and scan begins with the handgun slightly lowered for a threat assessment. If the suspect was shot, an officer must determine whether the hit placement terminated the dangerous action that justified firing. A threat assessment is also conducted if the officer drew a firearm, but was able to gain compliance and control through verbal commands and physical presence without having to fire.

After the threat assessment, the handgun is lowered down to a ready position to increase field of view of both the suspect and the immediate vicinity. The ready position may vary depending upon training and the circumstances of the situation. With the muzzle depressed as much as 45 degrees, arms may remain in a locked-out position, or the elbows may be bent to bring the handgun close to the body. You may choose to employ the safety circle technique as taught in NRA Tactical Instructor Schools. This technique involves bringing the handgun close to the body with the barrel perpendicular and the muzzle pointed at the ground, giving an officer a method of moving and scanning without inadvertently muzzling other officers or bystanders.

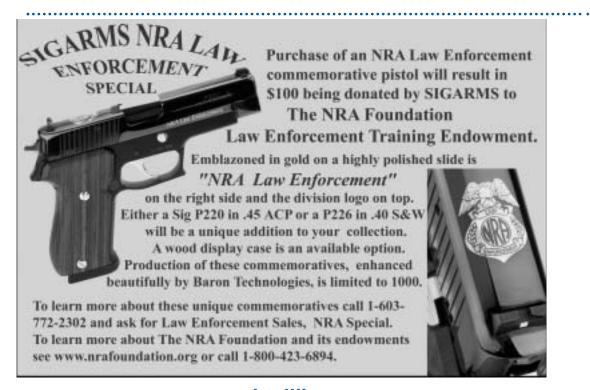
Scanning will now allow searching for other threats, and will break tunnel vision. One must scan slowly, and deliberately search in every direction. Range training must reinforce a 360 degree scan and not allow officers to simply go through the motions of turning their heads left and right. To build solid scanning habits, officers should scan each time they lower their

handguns to a ready position.

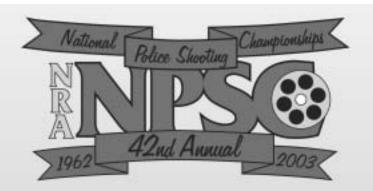
If your position provides good cover, stay there. If not, **MOVE** to cover! From cover, check the condition of your handgun, yourself, and your partner: Do you need to clear a malfunction? Are you empty? Should you do a tactical reload? Do you need to decock or place your safety on? Are you or your partner injured?

From cover, visual contact must be maintained with the suspect while calling for assistance. Do not attempt to physically secure a suspect until back-up arrives (unless no back-up is available). You should continue to cover the suspect with your handgun, while your back-up (with holstered handgun) handcuffs and searches the suspect. With the situation and the suspect under control, you should conduct one more down and scan, and reluctantly holster.

Your shift is over, and on the way out the door the Chief patted you on the back and said "Good Job!" Now you're home, you're safe, and sitting on the couch with your feet up reflecting on the day. Then it hits you that because of your training, you knew the answer to "What do I do now," and got to go home at the end of your shift. You realize there's someone to thank.









# 42nd Annual National Police Shooting Championships September 22-25, 2003 - Jackson, Mississippi

The National Rifle Association proudly sponsors this premier training event which serves as a testament to the hard work and effort that officers put forth year-round to enhance their police combat proficiency in order to better serve and protect their communities. Officers from across the country and the world train year-round for the NPSC matches and use it as an accurate indicator of their skill level while practicing the safe use and handling of firearms.

## Over \$250,000 in prizes to be awarded including over 130 Firearms!

Officers, both public and private - novice to experienced - will compete for honors in both individual and team challenges. The NPSC is strongly supported with donated merchandise from the shooting sports industry. This merchandise is awarded to officers competing at all levels of expertise.

## Does Your Pistol Team Need Financial Support

NRA has grants available to assist you in obtaining funding for your pistol team to travel to and compete at the annual NPSC. Funding could include, travel expenses, food, housing and entry fees. Grants are also available to those interested in hosting Police Pistol Combat Tournaments. Contact our office to receive a Grant Packet.

#### New Shooters

All first-time NPSC competitors or those that haven't competed in the last three (3) years will be automatically included in several firearm drawings. The following gun builders will be donating firearms: Bob Jones, Jerry Keefer and Feodor Timpko. See the NPSC program for details!

# Bring a Partner Program

This is an incentive program to increase participation. If you were at the 2002 NPSC and you bring a competitor to the 2003 NPSC, both you and the new shooter will be included in a drawing sponsored by *Heckler & Koch* for their new LEM firearm. You'll also get to shoot one of the service matches for free!!! See the NPSC program for details.

# Complimentary Dinners

A number of complimentary dinners will be held in conjunction with the 2003 NPSC. The dinners are being hosted by: Armor Holdings, Beretta U.S.A., Blackwater Training Center, Davidson's, Safariland, and the Jackson Police Department. See the NPSC program for details.

# X-Team Challenge

Due to popular demand, the X-Team Challenge will be repeated at the 2003 NPSC and is again sponsored by Springfield Armory. This is a 2-officer team competition where all teams equal the equivalent of an Expert rating. Team selection will be done by computer and the top three (3) teams will receive firearms from Springfield Armory.

# Industry Sponsored Training

Several manufacturers will offer compliementary armorer schools and training sessions in conjunction with the 2003 NPSC. These classes are restricted to NPSC competitors. The following companies will host training sessions: Beretta USA, FNH USA, Glock, Heckler and Koch, Sigarms, Smith and Wesson, and Taser.

## Find Out More Today!

For additional information and/or the 2003 Match Program call Patty at (703) 267-1632 or e-mail at pzollman@nrahq.org. Or write to NRA Law Enforcement Activities Division, 11250 Waples Mill Road, Fairfax, VA 22030.

> DON'T LET YOUR DEPARTMENT GO UNREPRESENTED! www.nrahq.org/law

# Continuing Education Requirement for NRA Law Enforcement Firearm Instructors

# By Marc Lipp, Staff Instructor

Effective January 1, 2004, certified NRA Law Enforcement Firearm Instructors will be required to attend a minimum of 24 hours of continuing education directly related to law enforcement/security firearms training, or instructor development in order to renew their certification as an NRA Law Enforcement Firearm Instructor.

The continuing education training requirement may be met by attending one approved training course containing at least 24 hours of approved content hours, or by adding training credit hours together from several different

approved training courses over the three-year period before the instructor's recertification date.

Instructors must document the continuing education training hours they received during their 3-year instructor certification period by completing an Application for Registration of Continuing Education Hours form and sending it in *with* their renewal application. In select cases, instructors will be granted a one-time full or partial waiver due to special circumstances, such as being recalled to active military duty, being unable to attend training hours

due to injury, or being unable to meet the total hour requirement due to lack of time from this announcement to their next renewal date.

Complete information about the renewal process, continuing education requirements, acceptable courses, approved topics and Continuing Education Registration forms can be found on the LEAD web site at www.nrahq.org/law. Once there, go to the training page and click on the recertification menu. Instructors may also call and speak with a LEAD staff member at (703) 267-1640.

Law Enforcement Web site: http://www.nrahq.org/law

For information on NRA programs or membership, please call (800) NRA-3888

Chris Cox

Executive Director
Institute for Legislative Action

Craig D. Sandler
Executive Director General Operations

Тгеаѕигег

Wilson H. Phillips, Jr.

Secretary

Edward J. Land, Jr.

Executive Vice President

Wayne R. LaPierre

Sandra S. Fresident Second Vice President

First Vice President

Kayne B. Robinson

Charlton Heston President

NRA Officers

National Rifle Association 11250 Waples Mill Road Fairfax, VA 22030

