



# MOUNT VERNON COMPOSITE SQUADRON



## Monthly Safety Meeting

9 June 2016

Please sign roster

# Before we begin...

- Please sign the safety meeting roster
  - Used to log safety training in eServices
- Safety Officer logs training
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- Safety training is a monthly requirement
  - Can view most current briefing on squadron website.
  - Status updated only after email sent to safety officer and logged.

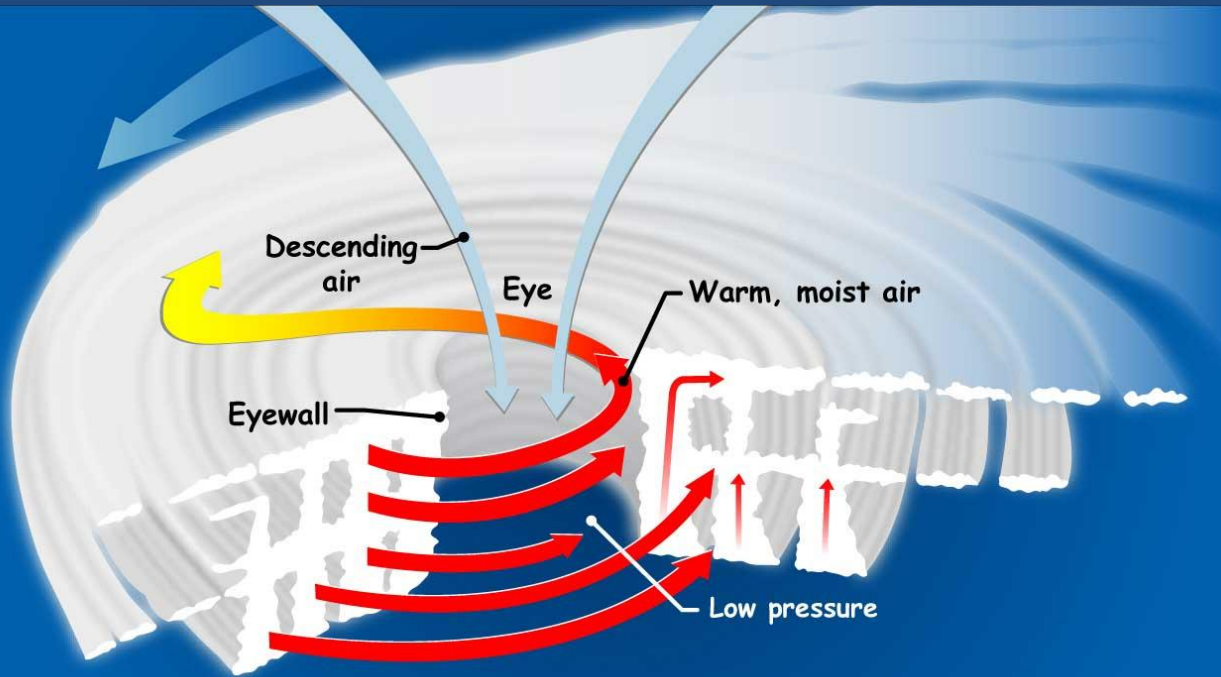
# Agenda






## The 3 H's

- Hurricanes
- Heat
- Humidity

# Hurricanes

- Eastern Pacific and Atlantic hurricane seasons start on May 15 and June 1



<b>Hurricane Category Chart</b>	
	<b>1: 74 – 95 mph</b>
	<b>2: 96 – 110 mph</b>
	<b>3: 111 – 130 mph</b>
	<b>4: 131 – 155 mph</b>
	<b>5: over 155 mph</b>

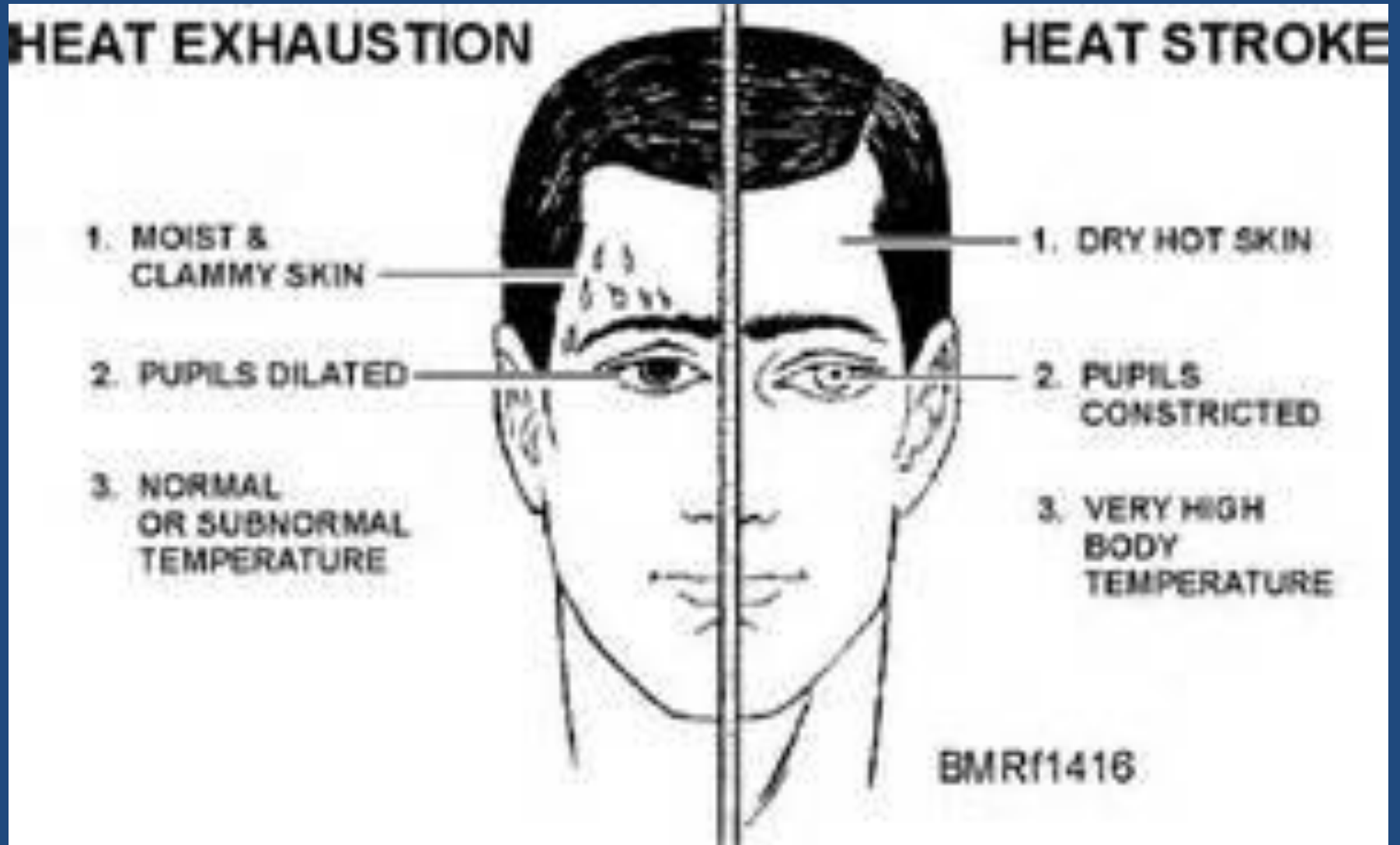
# Hurricanes

- **Have a plan:** You may not be with your loved ones when disaster strikes, so have a [Family Emergency Communication Plan](#) in place so you know how to reach each other and where to meet up when conditions are safe. <https://www.fema.gov/media-library/assets/documents/94715>
- **Be informed:** [Download](#) the FEMA mobile app for disaster resources, weather alerts, and safety tips. The app provides a customizable checklist of emergency supplies, maps of open shelters and recovery centers, disaster survival tips, and weather alerts from the National Weather Service. The app also enables users to receive push notifications reminding them to take important steps to prepare their homes and families for disasters. <http://www.fema.gov/mobile-app>
- **Be prepared for a power outage:** If you or anyone in your household depends on medical devices that are powered by electricity, make those items a first priority. Talk to your medical equipment company to find out what will happen to your equipment during a power outage. FEMA recommends each person has at least a three-day supply of extra batteries for your flashlights, radios, and other devices run on battery power. Visit this [webpage](#) for information. <https://www.ready.gov/power-outage>
- **Know your community's evacuation plans:** Many communities have designated “evacuation routes” and some even have evacuation zones. You will want to be familiar with these so that if your local authorities issue an evacuation order, you'll know exactly where to go.

# Heat



# Heat (High Temperatures)





# Heat (High Temperatures)



## Heat Exhaustion

nausea, vomiting, fatigue, weakness, headache, muscle cramps, aches, and dizziness.

## Heat Stroke

high body temp, absence of sweating, hot red or flushed dry skin, rapid pulse, difficulty breathing, strange behavior, hallucinations, confusion, agitation, disorientation, seizure, and/or coma.

## Death

lack of breathing, no heart beat, silence, rigor, and complete reduction in running pace.



# Heat (High Temperatures)

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## HEAT EXHAUSTION

- \* Headache
- \* Fatigue
- \* Weakness
- \* Skin Moist / Sweating
- \* ↓ BP - Orthostatic
- \* ↑ Pulse
- \* Anxiety - Confusion

- CAUSES:
- \* ↓ Fluid Intake
  - \* ↑ Heat Exposure
  - \* ↑ Activity

- \* Body Temp  
↓ 38.8° C  
or 102° F



(Management - Salt & Water Replacement, Rest)

# Heat (High Temperatures)

## TREAT HEAT DISORDERS

### HOW TO TREAT HEAT DISORDERS



#### **SUNBURN**

*Get out of the sun, apply cool aloe lotion or a cool wet cloth. If blistered, apply dry dressings.*



#### **HEAT CRAMPS**

*Sips of water if nausea not present.*



#### **HEAT EXHAUSTION**

*Lie down in cool place, cool wet cloths, sips of water if nausea not present.*



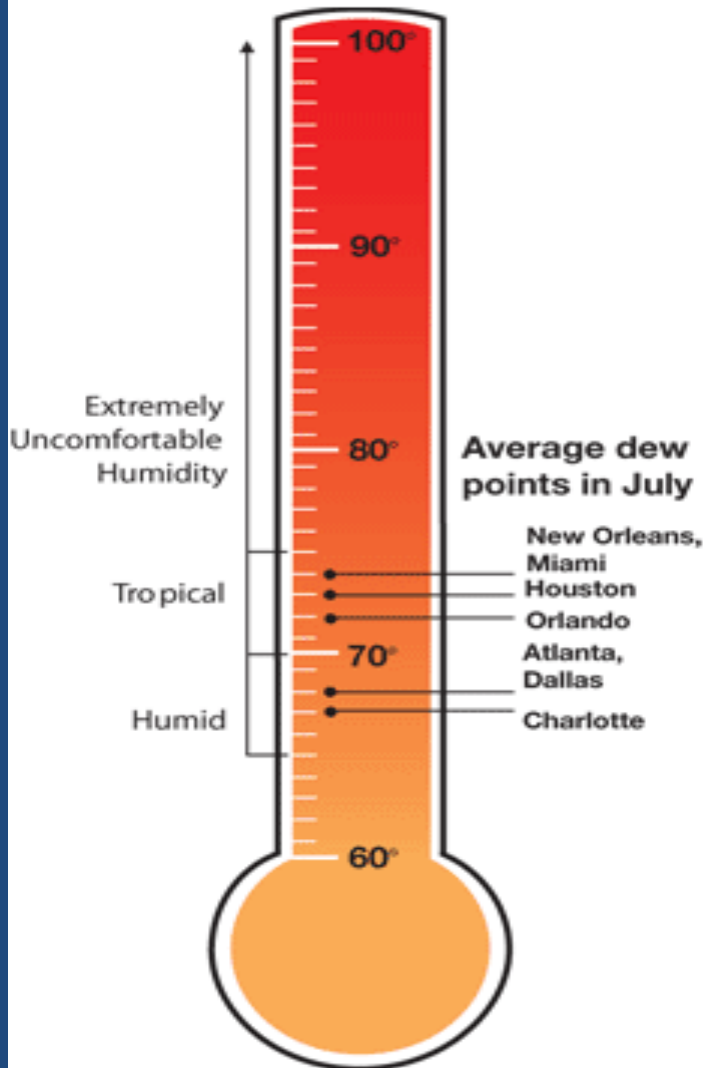
#### **HEAT STROKE**

*Get to hospital if possible. If not, get in cool water, remove clothing. Do not give fluids.*

# Humidity



# Humidity



Dew points and relative humidity (Rh) affect the way your body senses heat. Higher humidity levels can cause the atmosphere to feel much hotter than the actual temperature. By taking the humidity out of the air, the homeowner can turn their thermostat up and may feel cooler at a higher temperature. Energy Star estimates homeowners can save up to 6 % on cooling costs for every degree the thermostat is turned up.

Air with a high concentration of water



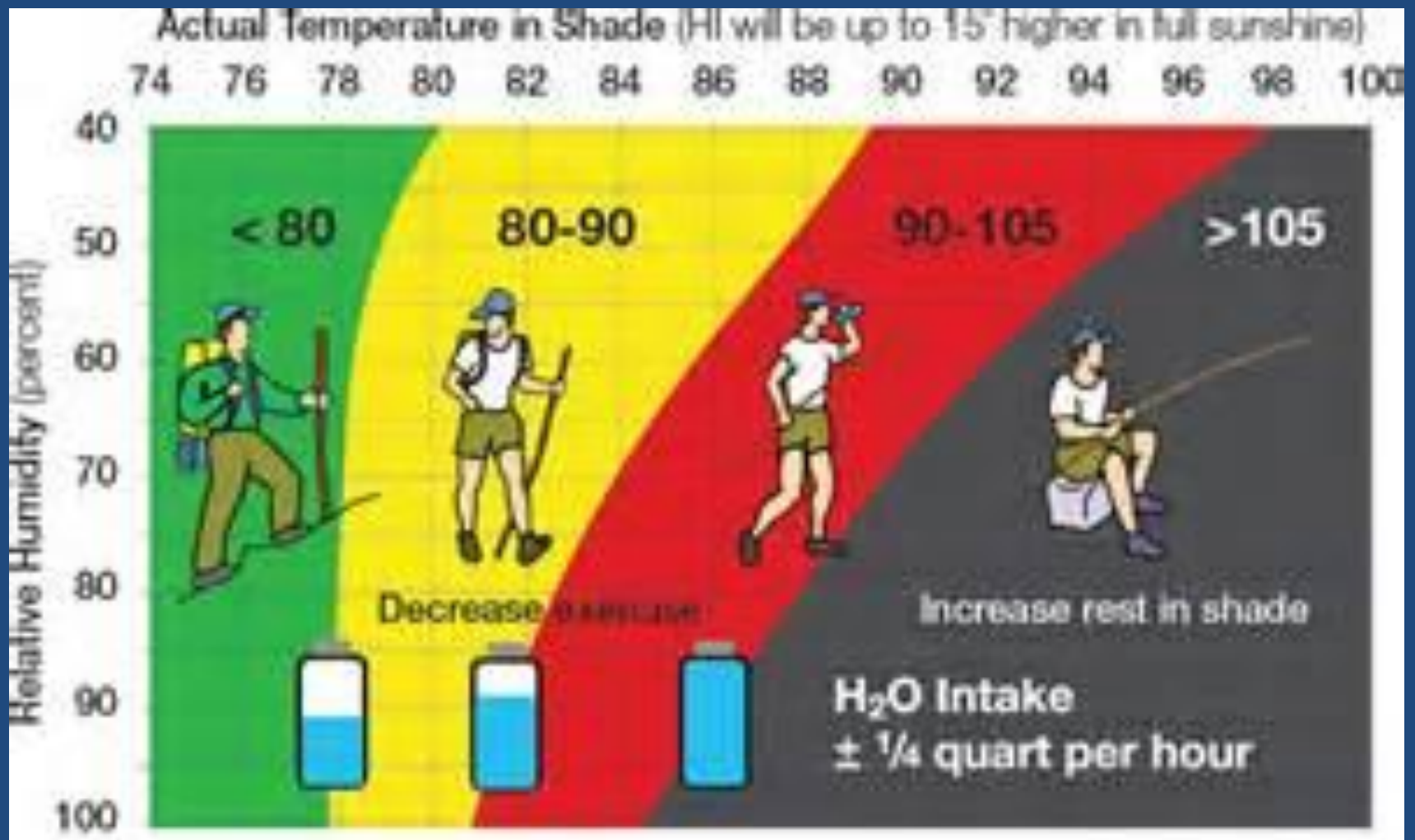
... prevents sweat from evaporating

... impacting the ability of the body to cool itself.





# Humidity



# Summary

- 3 H's – Hurricanes, Heat, & Humidity
- Summer fun but be careful
- Know how to recognize, prevent, and how to treat

From last month, for more information on the  
Zika Virus go to: **CDC.COM**



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