

FD Safety

- Lightning
- Heat Stroke-Hyperthermia
- Heat Exhaustion
- Tower Safety

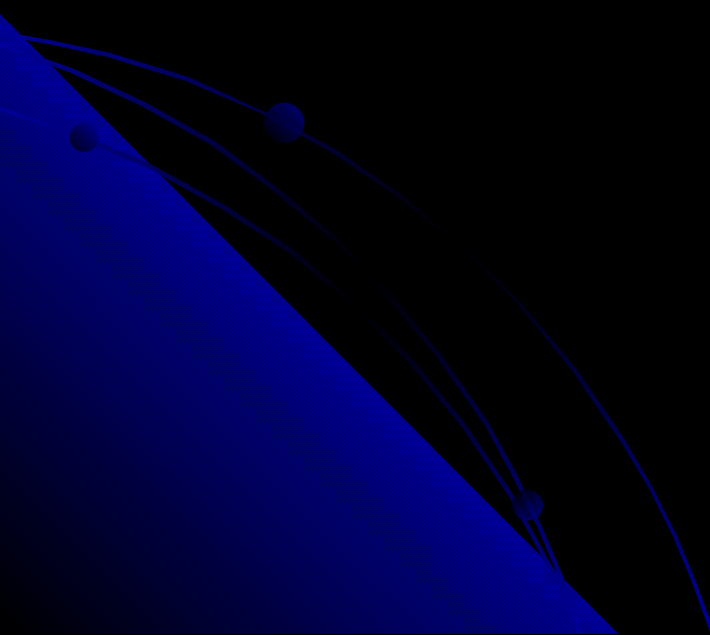
LIGHTNING SAFETY



(All content from the NOAA)

LIGHTNING SAFETY

Lightning is the MOST UNDERRATED weather hazard. (NOAA)



LIGHTNING SAFETY

In the United States, lightning routinely kills more people each year than tornadoes or hurricanes (not including floods.)

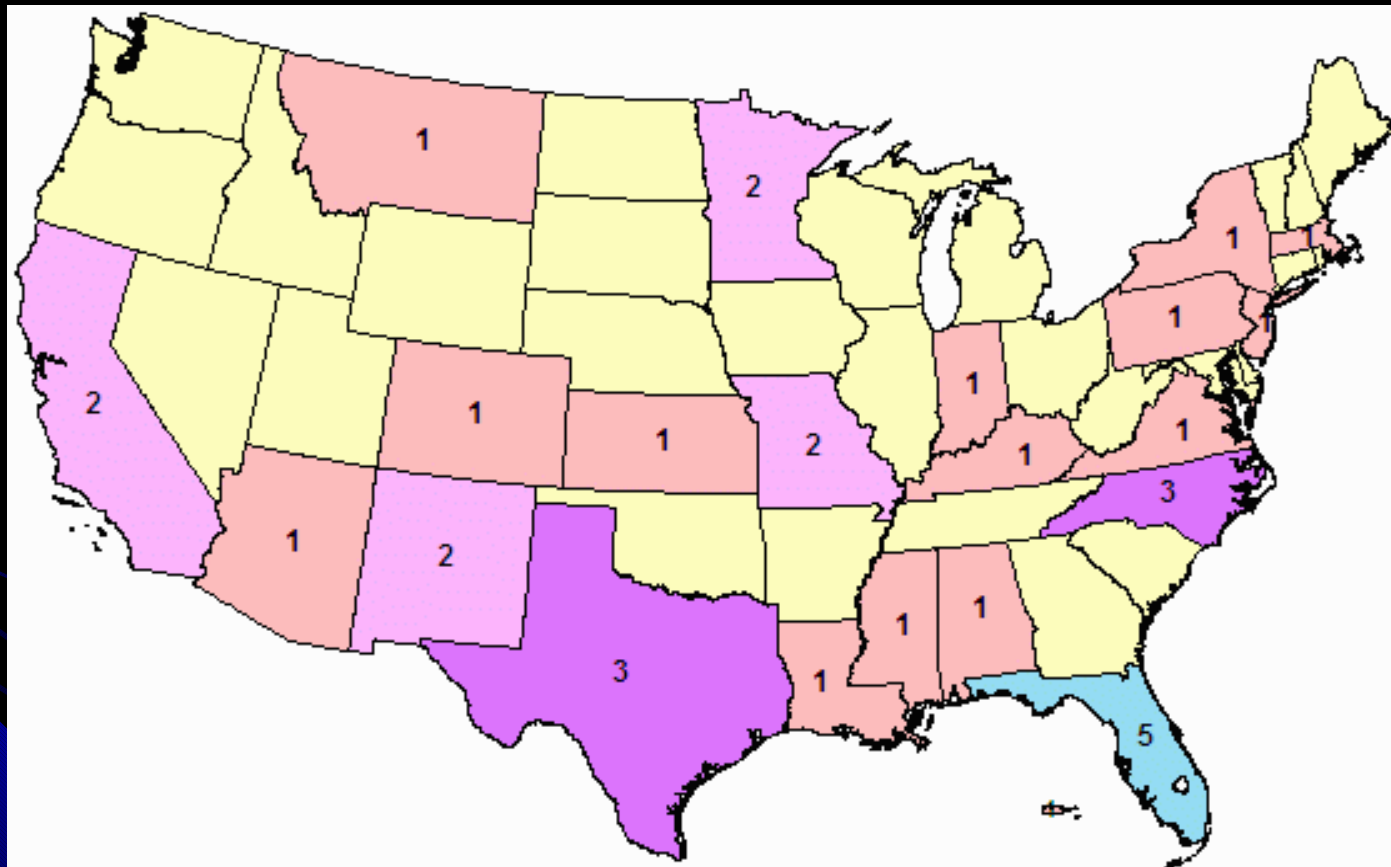
Only lightning can strike outside the storm itself. Lightning is the first thunderstorm hazard to arrive and the last to leave.
(NOAA)

LIGHTNING SAFETY

Lightning Deaths in 2009 (NOAA)

- 51% Occurred in June and July
- 24% Occurred on Saturdays
- 17% Occurred on Sundays
- 82% Were Male
- 79% Were between ages 20 to 79

LIGHTNING SAFETY



Lightning Deaths in 2009 (NOAA)

LIGHTNING SAFETY

A lightning safety plan should be an integral part of the planning process for any outdoor event. Do not wait for storm clouds to develop before considering what to do should lightning threaten! An effective plan begins **LONG** before any lightning threat is realized. You can't control the weather, so you have to work around it! (NOAA)

LIGHTNING SAFETY

Buildings which are NOT SAFE (even if they are "grounded") have exposed openings. These include beach shacks, metal sheds, picnic shelters/pavilions, carports, and baseball dugouts. Porches are dangerous as well. (NOAA)

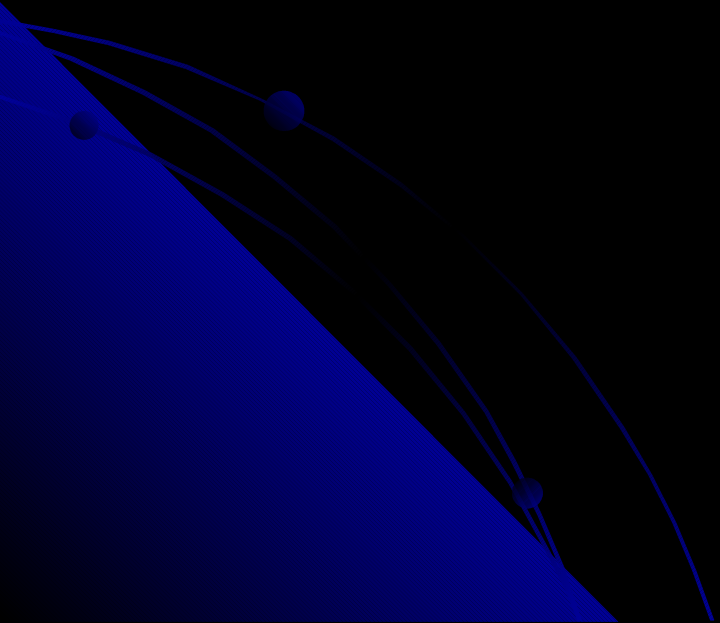
There are no safe buildings for us at Burroughs Park.

LIGHTNING SAFETY

Knowing and following proven lightning safety guidelines can greatly reduce the risk of injury or death. Remember, YOU are ultimately responsible for your personal safety, and should take appropriate action when threatened by lightning. (NOAA)

LIGHTNING SAFETY

Inside a vehicle, roll the windows up, and avoid contact with any conducting paths leading to the outside of the vehicle (e.g... *radios*, ignition, etc.) (NOAA)

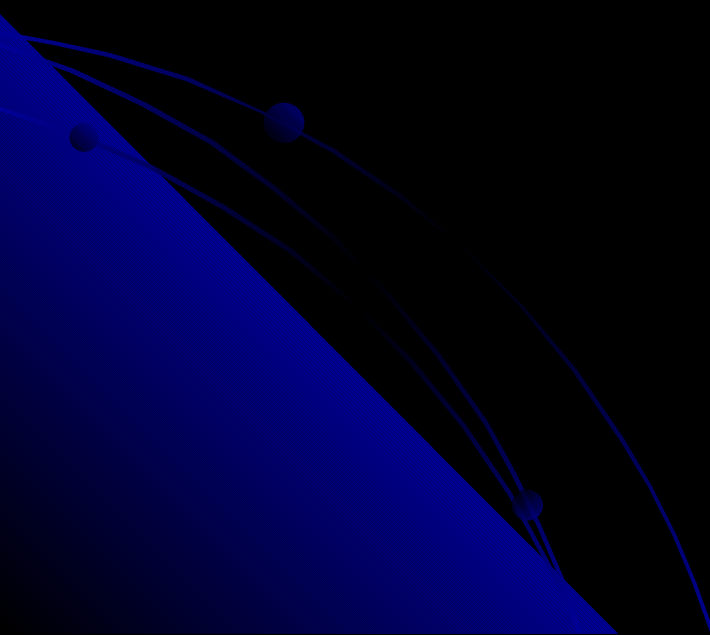


LIGHTNING SAFETY

Convertible vehicles offer no safety from lightning, even if the top is "up". Other vehicles which are NOT SAFE during lightning storms are those which have open cabs, such as golf carts, tractors, and construction equipment. (NOAA)

LIGHTNING SAFETY

The first stroke of lightning is just as deadly
as the last!

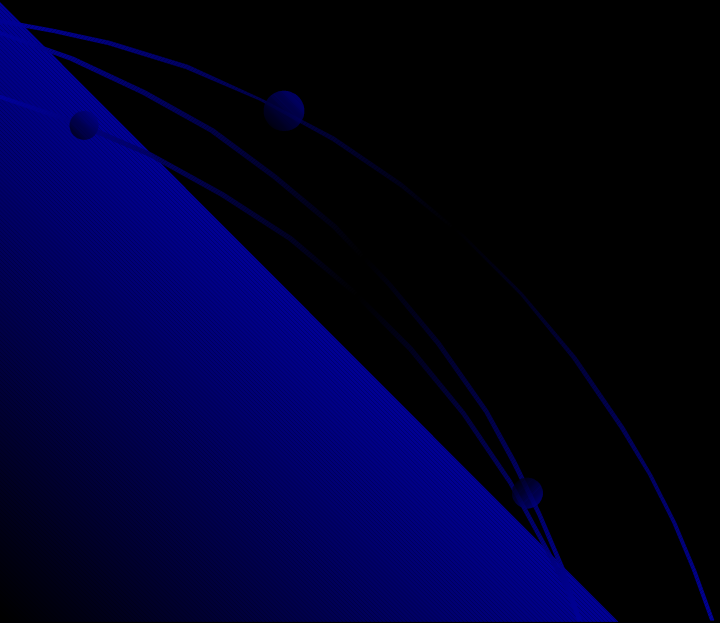


LIGHTNING SAFETY

- Lightning can (and does) travel horizontally for several miles before striking the ground.
- *If you can hear thunder, you are within range of a ground strike.*

LIGHTNING SAFETY

The best defense to lightning is to seek safe shelter.

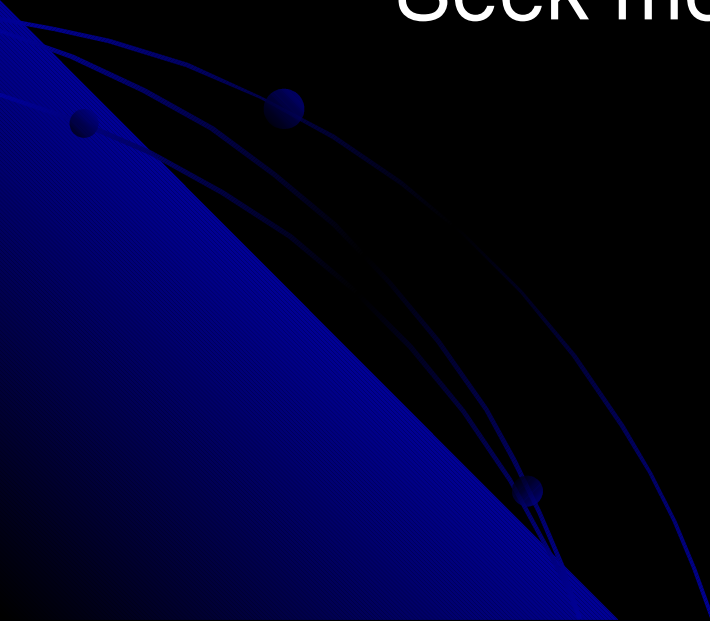


LIGHTNING SAFETY

Have a safety plan in place beforehand.

- ***Know the weather forecast*** before beginning outdoor activities.
- ***Designate individuals to monitor the weather.***
- ***Know safety shelters in advance.***
- **Designate individuals to organize and lead evacuation.**

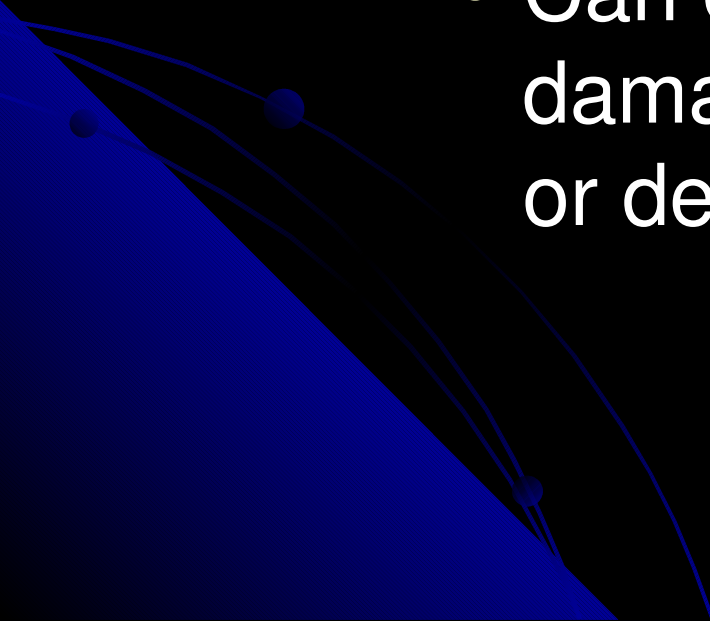
FIRST AID FOR LIGHTNING

- Take shelter, *first*.
 - Treat for burns and electric shock.
 - Seek medical attention.
- 


HYPERTHERMIA-HEAT STROKE

- An **ACUTE** CONDITION with abnormally high core temperature.
- The body's regulatory mechanisms have become overwhelmed.

HYPERTHERMIA-HEAT STROKE

- Requires immediate treatment and hospitalization.
 - Can cause permanent damage to internal organs or death.
- 

HEAT STROKE *SYMPTOMS*

- Confusion or disorientation
 - Agitation
 - Visual disturbances or hallucinations
 - Difficulty breathing
- 

HEAT STROKE *SIGNS*

- RED, DRY, HOT SKIN;
- LACK of sweating
- Abnormal pupil size
- Strange behavior
- Seizures, collapse or decreased consciousness.
- Rapid and strong pulse > 100 bpm.

Heat Stroke proceeds rapidly to multi-organ failure and death.

FIRST AID FOR HEAT STROKE

- *Cool the victim* with immersion in cold water or with ice packs in armpits, head and neck areas. DO NOT USE ALCOHOL RUB.
- *Seek immediate medical attention.*
- *NEVER* use oral rehydration or give anything by mouth to an unconscious person.

CONTRIBUTING FACTORS

NOTE: Heat tolerance varies widely among individuals.

- Exposure to heat and/or high relative humidity
- Vigorous physical activity
- Dehydration
- Alcohol, drug or caffeine intake
- Recent large meal
- Sunburn
- Fever, obesity, old age, heart disease, poor circulation, diabetes and other medical conditions

PREVENTING HEAT STROKE

- Limit physical activity in hot or humid environments.
- Increase your fluid intake - regardless of your activity level. During heavy exercise in a hot environment, drink 2-4 glasses (16-32 ounces) of cool fluids each hour.
- **Caution:** If your doctor has prescribed a fluid-restricted diet or diuretics, ask your doctor about limitations on fluids and activity.
- Avoid alcoholic beverages, because they will actually cause you to lose fluid. Also avoid coffee, tea & carbonated beverages.

PREVENTING HEAT STROKE

- Use a buddy system when working in hot or humid conditions.
- Do NOT use fans when ambient temperature is above 98 F.
- Consult your physician or pharmacist when taking any medications.
- Wear hats and lightweight, loose-fitting, light-colored clothing.
- Avoid the obvious, such as the interior of a parked car.

PREVENTING HEAT STROKE

- Avoid heavy or hot meals.
- Limit Sun Exposure.
- **Monitor Those at High Risk:**
infants and children up to four years of age,
people 65 years of age or older,
people who are overweight ,
people who overexert during work or exercise,
people who are ill or on certain medications
and your pets to ensure suitable conditions and
sufficient water intake.

HEAT EXHAUSTION

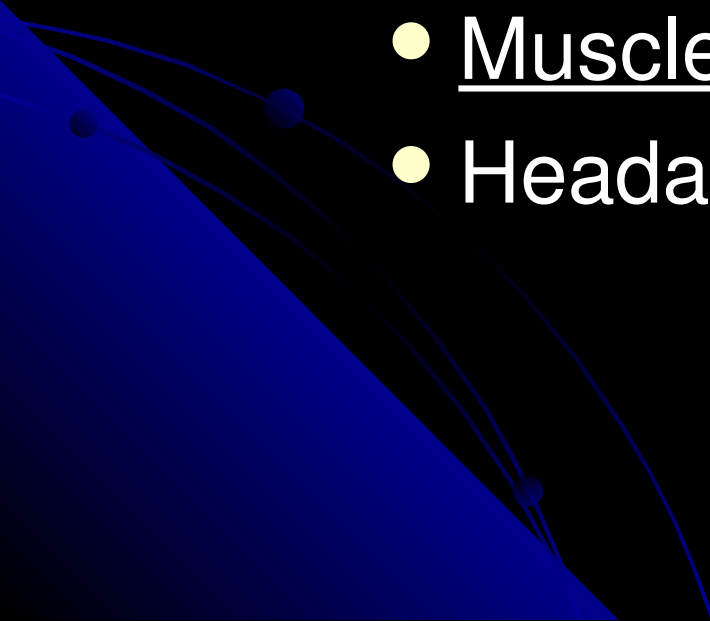
- is a milder form of heat-related illness.
- can occur after extended exposure to heat, with exercise, and inadequate replacement of fluids.
- *Can lead to HEAT STROKE.*

HEAT EXHAUSTION CONTRIBUTING FACTORS


- Age
- High blood pressure
- Alcohol, drug or caffeine use
- Vigorous exercise or work in a hot and/or humid environment
- Inadequate replacement of fluids

HEAT EXHAUSTION

SYMPTOMS

- Weakness and tiredness
 - Dizziness
 - Nausea
 - Muscle cramps
 - Headache
- 

HEAT EXHAUSTION *SIGNS*

- Heavy sweating
 - Cool and moist skin
 - Paleness
 - Rapid, weak pulse
 - Vomiting
 - Fainting
 - Fast and shallow breathing
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HEAT EXHAUSTION FIRST AID

- Seek medical attention IF symptoms are severe, or the victim has high blood pressure or heart problems.
- Give cool, non-alcoholic beverages, preferably water.
- Apply cool shower or immerse in cool water.
- Rest.
- Remove victim to air conditioning.
- Loosen clothing.

Tower Safety

Don't let it fall on you.

It's that simple.