

HEAT / COLD

Extreme heat and cold can be very dangerous, especially if we are outdoors or have no way to heat or cool our houses during a power outage.

Hot temperatures can make us more susceptible to dehydration, muscle cramps, heat exhaustion, and heat stroke. Here are some tips for staying safe during hot weather:

✓ **STAY INDOORS** as much as possible.

If you must go outside,

✓ **DRINK WATER!** One glass every 20 minutes or so, especially if you are active.

✓ Wear light colored , loose fitting clothes.

✓ Wear a hat with a brim.

✓ Avoid being outside during the hottest part of the day.

✓ If you start to feel dizzy, confused, or get a bad headache, get to a shady spot or indoors and drink water or take a bath or shower to cool down.



Very cold temperatures can also be dangerous. Being in the cold for too long can cause hypothermia, which means our bodies can't stay warm enough to work properly. If our skin is exposed to extreme cold temperatures, it can cause frostbite.

Signs of hypothermia include: shivering, exhaustion, confusion, hands/fingers that don't work right, slurred speech, and drowsiness.

Frostbite most often affects fingers, toes, nose, ears, chin and cheeks, but can happen anywhere on our body.

Hypothermia and frostbite are both very serious conditions and must be treated by a professional. If you think you have hypothermia or frostbite, it is important to get to a warmer location immediately, and try to quickly warm up. Drink warm (not hot) liquids, loosen any tight clothing, and seek medical attention immediately.



What to do if I'm caught in a

⇒ Fire



⇒ Flood



⇒ Tornado



⇒ Extreme Weather



Preparing for an Emergency

Plan

Every home and workplace should have an emergency plan that includes where to go and what to take with you in the event of an emergency. Make sure you understand your emergency plan, and keep it with you.



Practice



The best way to prepare for an emergency is to practice emergency drills, such as **fire drills** and **tornado drills**.

Practice leaving your house and work site until you know what to do if there is ever an emergency. Practice leaving through different exits and using different routes.

Prepare

It is a good idea to have a bag packed with some things you might need if you ever need to leave your home for a few days. These include: extra socks and underwear, a change of clothes, medications, bottled water, first aid kit and any special items you may need, such as batteries for hearing aids.



If your staff is home, always listen to them for directions!

BLACKOUTS

Sometimes during thunder storms, blizzards, or ice storms, the power can go out. If the power is only out for a few minutes, it's not usually a big deal, but what if the power is out for hours, or even a day or two?

Here are some tips for staying safe when the power is out:

- ✓ Always have a few working flashlights and battery-operated lanterns on hand, and extra batteries. Some have handles you can crank to recharge them.



- ✓ Keep a working flashlight near your bed in case the power goes out while you're sleeping

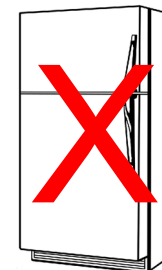


- ✓ If you know a storm is on the way, fill some buckets and pans with water to use for washing hands, flushing toilets, etc.

- ✓ Keep some bottled water on hand for emergency use only, so it will be there when you need it.



- ✓ Avoid getting into the refrigerator or freezer. The food will keep longer if the door remains shut.



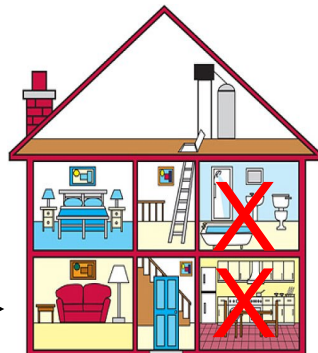
STORMS

We often get rain storms in this area. Sometimes we hear thunder and see lightning when it's raining. Thunder can sound scary, but it can't hurt us. Lightning can light up the sky and put on quite a show, and it *can* hurt us if we aren't careful. Here are some steps to take to stay safe during a storm:

- ✓ It doesn't have to be raining for lightning to strike. Lightning often strikes before or after a storm has passed.
- ✓ If you can hear thunder, the storm is close enough to be dangerous. If you are outdoors, go inside. (Remember: "when thunder roars, go indoors").
- ✓ Take shelter in a safe place - an enclosed building (house, store, etc.) with plumbing or electric is best. **Do not** watch the storm from a porch, shed, picnic shelter, or tent.



- ✓ There is no safe place outside when a thunderstorm is near.
- ✓ Stay away from electrical equipment (anything that plugs into a wall outlet) during a storm.
- ✓ Avoid using the bathroom or kitchen during thunderstorms - lightning can come in through water pipes. →

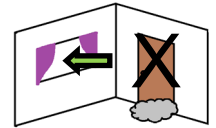


FIRE

If I am in a building and see a fire, or the smoke alarm goes off, I should:

- ü Stay calm and get out of the building.

- ✓ **Do not** open any door that feels hot or has smoke coming under it - find another way out. Know at least **two ways out** of every room - one might be a window.



- ✓ Leave your things behind.
- ✓ **Stay low and go!** Crawl under smoke to get out.
- ✓ Go directly to your safe area. This might be a garage, neighbor's house, etc.
- ✓ Don't hide from a Firefighter... they might look scary, but they are there to help you.



- ✓ Once you are at a safe location, call 911 or ask someone to call for you. You will need to tell the operator the address where the fire is located. If you aren't sure, ask someone.
- ✓ **Never go back inside a burning building** for any reason. Going back inside will put your safety at risk - and the fire fighter's, because they'll have to go into the fire looking for you.
- ✓ If your clothes catch fire, get outside then - **STOP! DROP! ROLL!**

FLOOD

Floods can happen quickly and without warning. Floods can be caused by many things, including getting a lot of rain in a short period of time, snow melting quickly in the spring, or a dam or levee breaking.

If you know a flood is possible in your neighborhood:

- ✓ Try to move items on the floor to a higher location, such as on a table or dresser or to a room upstairs. That way if water comes into your house, they are less likely to get ruined.
- ✓ Grab your “Go Bag” and/or Emergency Kit.
- ✓ Leave your house and move to higher ground if flood waters are nearby or visible.
- ✓ **Never** walk or drive through water. Turn around, don’t drown!
- ✓ **Never** touch electric wires that could be live, and never touch any electric wires or plugs when your hands are wet.



If you are caught by surprise by flood waters and can’t get out of your house safely, go to the highest point in the house and call 911.



Don’t go back into your house until someone in charge says it’s safe.

TORNADO

Tornados are not very common in Northwestern Pennsylvania, but they can happen. Tornados are more likely to occur here in the spring and summer months - often during thunderstorms. Sometimes the sky looks green and it might hail before a tornado. Radio and TV stations will announce if there is a tornado in your area, or if there is a possibility one will form.

You should practice tornado drills at least twice a year so you know where to go if a tornado happens in your area.

If you hear a tornado siren or see a funnel cloud, go indoors. Seek shelter in:

- ✓ **Basement.** If you have one, it is probably the safest place to seek shelter.
- ✓ Closet, hallway or small room on first floor.
- ✓ Cover your head with your hands, a coat, blanket, or cushion
- ✓ Stay in the basement or first floor, do not go upstairs.
- ✓ Stay away from doors and windows.

