

"Our Work Shows Pride, With Safety As Our Guide"

Severe Weather and Your Emergency Action

Lots of news coverage is being given to the start of hurricane season. Does the name Katrina ring a bell? We are well into the tornado season in the Midwest and now is an important time to review your Emergency Action Plan and even do a practice emergency for an emergency involving Severe Weather. Emergency Action Plans must consider every type of emergency situation. Some locations may limit their emergency action plans and alarm systems to fire emergencies and don't consider other emergencies such as severe weather. Certainly a response to a tornado warning would be different than a response to a fire.

A good Emergency Action Plan will include all possible emergency situations. For example, people in Terre Haute and Vincennes may need to include earthquake responses in their plans. Every one of the imi, et el, locations in Indiana, Kentucky, Tennessee, Ohio, and Illinois should be prepared for the event of a tornado and severe lightning and wind storms since they are common in the spring and summer.

TORNADO SAFETY TIPS

When a tornado is coming, you have only a short amount of time to make life-or-death decisions. Advance planning and quick response are the keys to surviving a tornado.

BEFORE

Conduct tornado drills each tornado season. Designate an area as a shelter, and practice having everyone go there in response to a tornado threat. Make sure everyone knows the difference between a *Watch* and a *Warning*.

Tornado Watches and Warnings

A tornado watch is issued by the National Weather Service when tornadoes are

possible in your area due to the weather conditions.

A tornado warning is issued when a tornado has been sighted or indicated by weather radar.

Tornado Danger Signs

Learn these tornado danger signs:

- An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible.
- Before a tornado hits, the wind may die down and the air may become very still.
- Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

AFTER

Help injured or trapped persons. Give first aid when appropriate. Don't try to move the seriously injured unless they are in immediate danger. **Call for help.**

INSPECT UTILITIES FOR DAMAGE

Check for gas leaks. If you smell gas or hear a hissing noise, open a window and quickly leave the building. Turn off the gas outside the building, if possible.

Look for electrical system damage. Sparks and frayed or broken wires, or the smell of hot insulation means beware. Turn off the main power circuit.

If water utilities are damaged, avoid using water from the tap for drinking. Safe drinking water can be made by melting ice cubes.

This information and more can be accessed at the FEMA web page. www.fema.gov/hazard/tornado/

For What It Is Worth! *On The Lighter Side—*

A very, very rich gentleman dies, leaving his fortune to his only living friends, a Doctor, a CEO, and a Lawyer. But being the eccentric he was, his will stipulated that each one must place their third of the money in his coffin before he is put in his final resting place. The funeral comes and goes. Over a year later the three friends are talking over lunch and the topic of the old man and his strange ways comes into the conversation. The Doctor finally says "I have to be honest, I didn't place ALL of the money into his coffin. I kept five million". Then the CEO states "Well, I have to admit that I too kept some of the cash. Ten million to be exact". The Lawyer glares at the two and says "I am ASHAMED of you two, I wrote a check for the FULL amount!"

Safety is never an accident: it is always the result of high intention, sincere effort, intelligent direction and skillful execution! It represents the wise choice of many alternatives!!

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"We're Proud of Our Work"



Words of Wisdom:
 Only our individual faith in freedom can keep us free.
 - - Dwight D. Eisenhower

Location: _____

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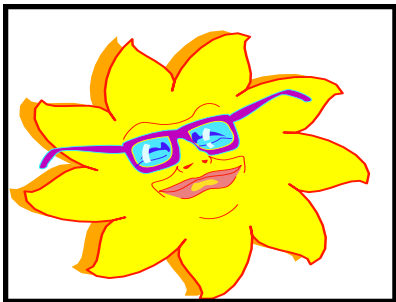
I sure would like suggestions for topics for these monthly safety talks!

ANOTHER RANDOM THOUGHT

This is an age when people who are contributing nothing to society gain fame and fortune by denouncing those who are contributing something, because those who are contributing something are not doing so the way idle on-lookers would wish, or in a way that those ignorant of the process would consider right. - - *Dr. Thomas Sowell*

Summer is Here!

Time to think about maintaining your good health under the sun. When working and playing outside you need to take precautions to protect your skin and eyes from the damaging effects of the sun.



Over exposure to sunlight, natural or artificial, can cause cancer at any age. Natural sunlight becomes somewhat

more important because we tend to spend more time in the sun than we do under tanning lights. While sun exposure can cause cancer, it also leads to premature aging of the skin (wrinkles) and cataracts of the eyes.

Ultraviolet radiation is what causes the problems for our eyes and skin. Keep these tips in mind this season:

- Wear protective clothing to cover as much skin as possible.
- Use sunscreen with a minimum of SPF 15 that is labeled as broad spectrum effective against UVA and UVB. Apply the sunscreen at least 15 minutes prior to going outdoors and reapply every two hours.
- Wear a hat with a wide brim that protects the back of the neck and tops of the ears. These are the places where most skin cancers develop.
- Wear sunglasses that block ultraviolet rays.
- Minimize direct sun exposure between 10 AM and 4 PM when possible.

While it is very important to protect against developing skin cancer, it is also important to monitor damage already done to the skin. Early detection is important in the cure of skin cancers. A warning sign is a spot on the skin that is changing in shape, size, or color.