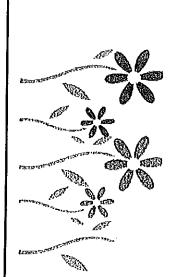
Good Neighbor

June 2011



Attention
All Employees

Sun

Mon

Tue

Wed

Thu

T T.

Sat

sheets continue to You must turn in yo you timesheets to t happen. Please ma due EVERY MONDA an extra effort to g paid on time, and v do NOT want that late, you will not g that timesheets ar order for you to b timesheets to the This is a reminde office on time in , office on time. paid properly. If Thank you!

	the	b be get		re * C
26	Faher	12	, ,	
Time sheets Due for 6/19-6/25	70 Time sheets Due for 6/12-6/18	13 Time sheets Due for 6/5-6/11	7 Time sheets Due for 5/29-6/4	
28	21	14	7	
29	22	15	~	I
30	23	16	9	2
	24 Pay Day For 5/29-6/4	17	<i>10</i> Pay Day For 5/15-5/28	3
	25	18	11	4

June 2011 - Weather Safety and Survival

When we think of summer weather we often visualize warm sunny days and all the wonderful activities we can do outdoors. However we need to be aware of the dangerous weather that may occur, as well. Severe thunderstorms, which generally develop when the atmosphere provides just the right conditions and these, include a supply of warm humid air flowing at ground level with cool dry air flowing at higher levels. When these conditions come together, thunderstorms form and with them the potential for lightning and tornados. Tornados can have wind speeds that vary from as little as 65 mph to as high as 300 mph. They tend to develop quickly and move rapidly. Once a tornado is underway immediate action must be taken to protect ourselves. Knowing what to do means understanding terms used in the warning process. Tornado Watch: Atmospheric conditions are favorable for tornado development. Stay in tune for updating weather reports. Tornado Warning: Issued when a tornado has been detected by radar or sighted by bystanders. If a tornado warning is issued for your area, take shelter immediately.

<u>Safety Rules to Remember:</u> Always get as low as you can. A basement or the lowest floor possible is the best. Try to put as many walls between you and the outside. If there is no basement go to a small interior room such as a closet or bathroom. If possible, get under something sturdy like a heavy table. Protect yourself from flying debris with pillows or blankets. Stay away from all windows, doors and outside walls.

If you are in a mobile home or in a vehicle, leave them and get to a strong shelter. If there are none nearby, get into the nearest ditch and lie flat with your hands covering your head.

Be aware of the dangers that might still exist after a storm moves out of your area. Remain calm and deal with the immediate problems, such as caring for injured people until help arrives. Do not touch electrical switches or light matches if there is any damage to your home. If you smell gas, turn off main gas valve, open windows and get everyone outside. Stay away from downed trees and power lines.

Damaging thunderstorm winds remain more common than tornados in our area. They can cause injury and damage from straight-line winds and hail. Severe thunderstorms are defined as having wind of at least 58 mph and/or hail ¾ inch or larger. A good sized hail stone may fall at speeds up to 110 mph. In the United States there is an estimated 25 million lightning flashes a year. Documented lightening injuries in the US average about 300 per year. During the past 30 years, lightning has killed more people than tornados, but doesn't cause mass destruction of property like tornados do.

Watch for developing thunderstorms and if you hear thunder, seek safety immediately, as you are within striking distance. Remember that lightening can strike as far as 10 miles from the area where it is raining. That is about the same distance you can hear thunder. When Thunder Roars, Go Indoors!

While indoors, stay off corded phones, computers and other corded electrical equipment that can put you in direct contact with electricity. Use surge protectors for key equipment. Install ground fault protectors on circuits near water or outdoors. Be sure to wait 30 minutes after the last clap of thunder before going outdoors again.

If a person is hit by lightning they need immediate medical attention. Lightning victims do not carry an electrical charge and are safe to touch. Cardiac arrest is the immediate cause of death for those hit. Some deaths can be prevented if the victim receives the proper first aid immediately. Call 911 and perform C.P.R. if the person is unresponsive or NOT breathing. Use an automatic external defibrillator if one is available.

Lightning permanently injures hundreds of people each year. Those struck by lightning suffer from a variety of long term debilitating symptoms including memory loss, attention deficits, sleep disorders, chronic pain, numbness, joint stiffness, weakness, muscle spasms and depression.

Because thunderstorms and tornados are more apt to strike during spring and summer months, we need to be aware of changing weather conditions.

June 2011 - Weather safety and survival

Name	Date
1. In our area,	storms usually get the most attention.
	erstorms form, the potential for
and	
	_ is issued by the National Weather Service
when atmospheric c	onditions are favorable for tornados.
4i	is issued when a tornado has been detected by
radar, or sighted by	bystanders.
5. If a tornado warning	has been issued for your area, is it safe for you
to stand outside to w	atch the tornado pass by? YES or NO
6. What are 2 safety rul	es you should follow if a tornado warning in
your area?	
	home or car and a tornado is in your area,
what should you do?	
8. List 2 possible dange passed	rs that might exist after a thunderstorm has
	defined as having wind of at leastmph
and/or hail ¾ of an ind	ch or larger.
10. Documented lightnir	ng injuries in the U.S. average about
per year.	
11. Lightning can strike	as far as miles from an area where it is
raining.	
12 is the	immediate cause of death due to lightening.
13. List 3 injures that lig	htning victims may suffer from.
1)	2)3)