

# June 2011



Sun      Mon      Tue      Wed      Thu      Fri      Sat

### Attention

#### All Employees

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This is a reminder that timesheets are due **EVERY MONDAY**. You must turn in your timesheets to the office on time in order for you to be paid properly. If sheets continue to be late, you will not get paid on time, and we do NOT want that to happen. Please make an extra effort to get your timesheets to the office on time. Thank you!



Sun	Mon	Tue	Wed	Thu	Fri	Sat
5	6 Time sheets Due for 5/29-6/4	7	8	9	10 Pay Day For 5/15-5/28	11
12	13 Time sheets Due for 6/5-6/11	14 	15	16	17	18
	20 Time sheets Due for 6/12-6/18	21	22	23	24 Pay Day For 5/29-6/4	25
26 	27 Time sheets Due for 6/19-6/25	28	29	30		

## 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.

Safety Rules to Remember: 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.

Please have a safe, fun-filled summer!

# June 2011 – Weather safety and survival

Name \_\_\_\_\_

Date \_\_\_\_\_

1. In our area, \_\_\_\_\_ storms usually get the most attention.
2. When severe thunderstorms form, the potential for \_\_\_\_\_ and \_\_\_\_\_ may occur.
3. \_\_\_\_\_ is issued by the National Weather Service when atmospheric conditions are favorable for tornados.
4. \_\_\_\_\_ 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 watch the tornado pass by? YES or NO
6. What are 2 safety rules you should follow if a tornado warning in your area? \_\_\_\_\_
7. If you are in a mobile home or car and a tornado is in your area, what should you do? \_\_\_\_\_
8. List 2 possible dangers that might exist after a thunderstorm has passed. \_\_\_\_\_
9. \_\_\_\_\_ is defined as having wind of at least \_\_\_\_\_ mph and/or hail  $\frac{3}{4}$  of an inch or larger.
10. Documented lightning 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 lightning victims may suffer from.
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_