



Latah County Idaho
 www.latahcert.us
 contact@latahcert.us

JULY 2023
 NEWSLETTER

2023 CALENDAR

July 19th: How to Create Campfires, How to Put Them out, and How to use Fire Extinguishers at 6:30 pm at the Latah County Fairgrounds with CERT and the Moscow Volunteer Fire Department

August 2nd: Team Building Exercises at 6:30 pm at the Latah County Fairgrounds

August 2nd: Team Building Exercises at 6:30 pm at the Latah County Fairgrounds

Be Safe!

Never leave a child, adult, or animal alone inside a vehicle.

Find places with air conditioning.

If you're outside, find shade.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated.

Do not use electric fans when the temperature is more than 95F.


Avoid high-energy activities.

Check on family and neighbors.

EXTREME HEAT PREPAREDNESS & USING FIRE EXTINGUISHERS

Currently many countries around the world are experiencing extreme heat and high temperatures which are causing deaths and illness. Extreme heat is a period of high heat and humidity with temperatures about 90 degrees Fahrenheit or 32.2 Celsius for at least 2 to 3 days. Extreme heat often results in the highest annual number of deaths among all weather-related disasters. Let's review the signs of heat-related illnesses and some actions you can take to help your family and friends stay cool this summer.

Common heat-related illnesses	Signs and symptoms	Actions to take
Heat cramps	Muscle pains or spasms in the stomach, arms or legs	<ul style="list-style-type: none"> ▶ Stop physical activity and move to a cooler place ▶ Drink water or a sports drink ▶ Seek medical attention if cramps last longer than one hour
Heat exhaustion	Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting	<ul style="list-style-type: none"> ▶ Move to a cooler area ▶ Loosen clothing ▶ Sip cool water ▶ Seek medical help if symptoms don't improve
Heat stroke	Extremely high body temperature (above 103 degrees) indicated by an oral thermometer; red, hot and dry skin with no sweat; rapid, strong pulse; dizziness; confusion; and unconsciousness	<ul style="list-style-type: none"> ▶ Call 911 ▶ Move to a cooler area ▶ Loosen clothing and remove extra layers ▶ Cool with water or ice



If someone is suffering from heat stroke, do not give them fluids.

FIRE EXTINGUISHERS! When a fire breaks out, every second matters. Personal safety is the first priority, so never think you have to stay and put out a fire. If its taller than your head, if its burning beyond the original materials that ignited, or if its not confined to a waste basket or other container, LEAVE IMMEDIATELY. Go to a safe location and call the fire department. (homedepot.com)

Extinguishers are classed by the type fire they can put out. Some extinguishers are **Combination** types that can be used on several different types of fires

Using a Fire Extinguisher

P-A-S-S

Pull the pin

Aim at base of fire

Squeeze the handle

Sweep from side to side



Types of Fires

Class A

Combustible material such as paper and wood

Class B

Fires involving flammable liquids such as gasoline, paint, diesel fuel or solvents

Class C

Fires started in electrical equipment by arching or overheating

Class D

Fires involving combustible metal powders, flakes or shavings

Smart Safety Rules

Stand 6 to 8 feet away from the fire

Use an extinguisher **ONLY** if you have been trained to use it.

Fire Extinguishers are for small fires in the early stages.

Know where fire extinguishers are located

Never place a pressurized fire extinguisher upright unless you are holding it - if it falls over the nozzle can break off

All fire extinguishers should have an inspection tag and a trigger seal and a pin

After use, do not put a fire extinguishers back on its mounting – it must be refilled before being returned to its location