



BRUCE A. BLAKEMAN
 NASSAU COUNTY EXECUTIVE

CERT



NASSAU COUNTY



CERT Monthly Newsletter

JULY 2022

**CERT
 IS WHAT
 YOU**



**COUNTY,
 STATE,
 &
 FEDERAL
 ONE TEAM**

Dear Members,

It's hard to believe but Summer is officially here and another July 4th holiday is upon us. With this comes Independence Day celebrations and warmer weather. July is dedicated to Fireworks and UV Safety. We have included some great safety information in this issue that you can use and share with friends and family. Please have a happy and safe holiday.

We are now in the beginning of the process of securing dates and a location to hold the next CERT basic course. If you know of a location that is suitable to conduct a class please forward the information to us. As current members, you are the best ambassadors the program has, if you know anyone who may be interested, please refer them to us via oem-cert@nassaucountyny.gov.

If you have any type of training you'd like to suggest, that reinforces our skills as CERT's, please contact us.

Best regards
Bob & Rick



United States
Consumer Product Safety Commission

Fireworks Injuries & Deaths

2020 REPORT

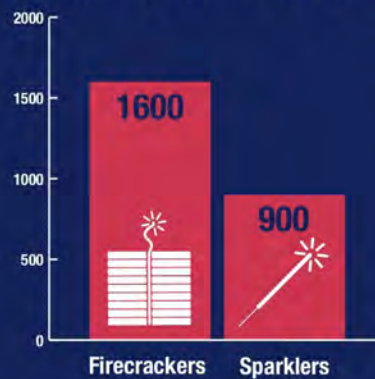
#CelebrateSafely

Fireworks Safety Tips

- ★ Never allow children to play with or ignite fireworks.
- ★ Make sure fireworks are legal in your area before buying or using them.
- ★ Keep a bucket of water or a garden hose handy in case of fire or other mishap.
- ★ Light fireworks one at a time, then move back quickly.
- ★ Never try to re-light or pick up fireworks that have not ignited fully.
- ★ Never use fireworks while impaired by alcohol or drugs.
- ★ More Fireworks Safety Tips: [cpsc.gov/fireworks](https://www.cpsc.gov/fireworks)

How & When Injuries Occurred

Injuries by Firework Type



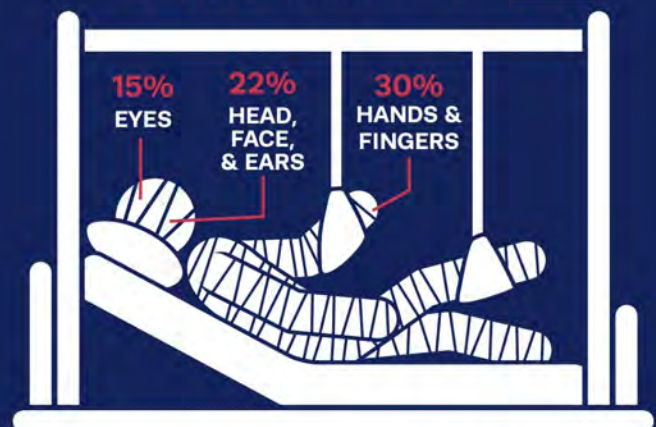
66%

of injuries occurred in the month around the July 4th holiday



Most Injured Body Parts

44% of the injuries were burns



Spike in Fireworks Injuries & Deaths

50%

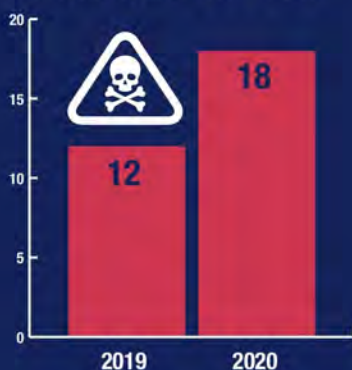
increase in deaths & injuries compared to 2019



15,600

people were treated in ERs for fireworks injuries

Deaths from Fireworks



Source: U.S. Consumer Product Safety Commission 2020 Fireworks Annual Report



CPSC.gov
f i t v
USCPSC

Summertime Burn Safety



Summer is the time to enjoy vacations, camping, picnics and the Fourth of July; however, summertime also brings fires and burn injuries due to fireworks and outdoor cooking.

Know how to prevent a burn while you enjoy outdoor activity this summer.

- Wear short sleeves or roll them up when cooking on the grill.
- Use long-handled barbecue tools.
- Keep a 3-foot safe zone around grills, fire pits and campfires.
- Attend public fireworks displays; this leaves the lighting to the professionals.



First aid for burns:

- Place the burn in cool water for three to five minutes.
- Cover the burn with a clean, dry cloth.
- See your doctor if the burn is larger than your palm.

For more information and free fire-safety resources, visit
www.usfa.fema.gov.

BE PREPARED FOR EXTREME HEAT

Extreme heat often results
in the highest annual
number of deaths among all
weather-related disasters.



FEMA

FEMA V-1004/June 2018

In most of the U.S., extreme heat is a long period (2 to 3 days) of high heat and humidity with temperatures above 90 degrees.



Greater risk



Can happen anywhere



Humidity increases the feeling of heat as measured by a heat index

IF YOU ARE UNDER AN EXTREME HEAT WARNING

Find air conditioning, if possible.



Check on family members and neighbors.

Avoid strenuous activities.



Drink plenty of fluids.

Watch for heat illness.



Watch for heat cramps, heat exhaustion, and heat stroke.

Wear light clothing.



Never leave people or pets in a closed car.

HOW TO STAY SAFE WHEN EXTREME HEAT THREATENS

Prepare NOW

Find places in your community where you can go to get cool.

Try to keep your home cool:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors such as aluminum foil-covered cardboard to reflect heat back outside.
- Add insulation to keep the heat out.
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing hot air.
- Install window air conditioners and insulate around them.

Learn to recognize the signs of heat illness. For more information visit www.cdc.gov/disasters/extremeheat/warning.html.

Be Safe DURING

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

Find places with air-conditioning.

Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.

If you're outside, find shade. Wear a hat with a brim to protect your face.

Wear loose, lightweight, light-colored clothing.

Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor what would be best.

Do not use electric fans when the temperature outside is more than 95 degrees. You could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Avoid high-energy activities.

Check yourself, family members, and neighbors for signs of heat-related illness.

Recognize +RESPOND

Know the signs and ways to treat heat-related illness.

Heat Cramps

- **Signs:** Muscle pains or spasms in the stomach, arms, or legs.
- **Actions:** Go to a cooler location. Remove excess clothing. Take sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.

Heat Exhaustion

- **Signs:** Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, and fainting.
- **Actions:** Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.

Heat Stroke

- **Signs:** 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.
- **Actions:** Call 9-1-1 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives.

Take an Active Role in Your Safety

Go to Ready.gov and search for **extreme heat**. Download the **FEMA app** to get more information about preparing for **extreme heat**.



WHAT IS THE REAL COST OF SKIN CANCER?

Skin cancer is the most commonly diagnosed cancer in the United States, yet most cases can be prevented.

5 MILLION PEOPLE

are treated every year for skin cancer in the U.S.



Rates of skin cancer have been increasing every year over the last several decades.



1 OUT OF 3

young white women ages 16-25 indoor tan each year.



ABOUT 37%

of U.S. adults report having been sunburned in the past year.



3,200 PEOPLE

a year in the United States seek care in emergency rooms with injuries from indoor tanning.



NEARLY 9,000 PEOPLE DIE FROM MELANOMA EACH YEAR.

\$8.1 BILLION

is the estimated annual cost of skin cancer treatment.



How to Protect Your Skin From the Sun

Shade

You can reduce your risk of sun damage and skin cancer by staying in the shade under an umbrella, tree, or other shelter. Your best bet to protect your skin is to use sunscreen or wear protective clothing when you're outside—even when you're in the shade.



Clothing

When possible, wear long-sleeved shirts and long pants and skirts, which can provide protection from UV rays. If wearing this type of clothing isn't practical, try to wear a T-shirt or a beach cover-up. Clothes made from tightly woven fabric offer the best protection. A wet T-shirt offers much less UV protection than a dry one, and darker colors may offer more protection than lighter colors. Some clothing is certified under international standards as offering UV protection.

Hat

For the most protection, wear a hat that has a brim all the way around that shades your face, ears, and the back of your neck. A tightly woven fabric, such as canvas, works best to protect your skin from UV rays. Avoid straw hats with holes that let sunlight through. A darker hat may offer

Sunscreen

Put on broad spectrum sunscreen that blocks both UVA and UVB rays and has an SPF of 15 or higher before you go outside. Don't forget to put a thick layer on all exposed skin. Get help for hard-to-reach places like your back. And remember, sunscreen works best when combined with other options.

Sunscreen is not recommended for babies who are 6 months old or younger. The U.S. Food and Drug Administration recommends keeping infants out of the sun during midday and using protective clothing if they have to be in the sun.

SPF. Sunscreens are assigned a *sun protection factor* (SPF), which is a number that rates how well they block UV rays. Higher numbers indicate more protection. You should use a broad spectrum sunscreen with SPF of 15 or higher.

Reapplication. Sunscreen wears off. Put it on again if you stay out in the sun for more than 2 hours and after swimming, sweating, or toweling off.

Expiration date. Check the sunscreen's expiration date. Sunscreen without an expiration date has a shelf life of no more than 3 years. Its shelf life is shorter if it has been exposed to high temperatures.

Sun Safety Tips for Schools

Recess and other outdoor activities during the day can put students at risk if their skin isn't protected from too much exposure to the sun. Teachers and school administrators can take steps to protect students from getting skin cancer later in life.


Increase Shade

- Provide shade structures or trees.
- Move outdoor activities to shaded areas.
- Plan for shade when developing or renovating school buildings, playgrounds, or athletic fields. [Shade Planning for America's Schools](#) [PDF-975KB] can guide you.

Promote Sun-Safe Behaviors

- Encourage students to wear hats, sunglasses, and sunscreen outdoors.
- Try to avoid scheduling outdoor activities when the sun is strongest.
- Provide breaks during outdoor activities so that students can reapply sunscreen and get water.

Use Proven Educational Programs

Proven skin cancer prevention interventions and educational programs are available for child care centers and schools. The National Cancer Institute's [Evidence-Based Cancer Control Programs website](#)  lists sun-safety programs for schools.

Sun Safety Tips for Employers

The Occupational Safety and Health Act requires employers to minimize risk of harm to workers. Employers may be required to provide workers' compensation to employees who get skin cancer because of sun exposure on the job.


Skin cancer can greatly reduce workers' productivity. Every year, Americans lose more than \$100 million in productivity because of restricted activity or absence from work due to skin cancer.

Providing sun protection for outdoor workers helps create a healthy and safe workplace. It can also increase productivity, which saves money. Some of the tips below protect outdoor workers from [heat](#) as well as sun exposure.

Increase Sun Protection for Employees

- Encourage sun safety among your employees and provide sun protection when possible.
- Use tents, shelters, and cooling stations to provide shade at worksites.
- Schedule breaks in the shade and allow workers to reapply sunscreen throughout their shifts.
- Create work schedules that minimize sun exposure. For example, schedule outdoor tasks like mowing for early morning instead of noon, and rotate workers to reduce their UV exposure.

Add Sun Safety to Workplace Policies and Training

- Include sun-safety information in workplace wellness programs. The National Cancer Institute's [Evidence-Based Cancer Control Programs website](#)  lists sun safety programs for outdoor worksites.
- Teach outdoor workers about the [risks of exposure to UV rays](#) and the [symptoms of overexposure](#).

EVENTS

RECENT ACTIVITIES

Jones Beach Air Show

May, 2022



LIMARC

June, 2022

The Long Island Mobile Amateur Radio Club (LIMARC) was recognized for their hard work and dedication in the area of emergency communications. They were presented with an award from the Nassau County Executive Bruce A. Blake-man on the 25th of June during a Field Day event where they practice putting their skills to use.





Radio Amateur Civil Emergency Services (RACES)



RACES / CERT Comms Group SITREP

July 2022


RACES is now holding meetings on the first Thursday of the month.

The next meeting is Thursday, July 7th

Location: OEM Lecture Hall

Any questions you can contact us at nassaucountyny.races@gmail.com

July 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3		5	6	7 RACES Meeting 7:30pm	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Important CERT Dates

RACES Meeting

July 7

Time: 7:30 pm



August 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4 RACES Meeting 7:30pm	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3
4	5	6	7	8	9	10

Important CERT Dates

RACES Meeting

August 4th

Time: 7:30 pm



Nassau County CERT Coordinator

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Division 2

Division Supervisor

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PLEASE HELP US RECRUIT NEW MEMBERS!!

[For More Information Please Visit:](https://www.nassaucountyny.gov/1622/Community-Emergency-Response-Team-CERT)

<https://www.nassaucountyny.gov/1622/Community-Emergency-Response-Team-CERT>