



National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

In 2021, FEMA's Ready Campaign and the Ad Council broke ground by producing the first-ever national preparedness campaign specifically targeting the Latino community for National Preparedness Month. Released during Hispanic Heritage month, the advertisements centered around the Latino community's commitment to personal planning for occasions and family milestones as a bridge to also planning for disasters.

This one-of-a-kind campaign is committed to putting people first and reaching communities where they are. To continue these efforts, this year's National Preparedness Month campaign will feature a call to action for the Black and African American community.

This year's national public service announcements are being developed and will be released throughout the country this September, to help get preparedness information into the hands of those who live in underserved communities. (ready.gov).

National Preparedness Month sponsored by the Federal Emergency Management Agency and held annually in September, is a good reminder that natural and man-made disasters can strike at any time. It's important to have a planned response when you're at work, on vacation or on the road.

The National Safety Council recommends the following general precautions that apply to many disaster situations:

- Make sure at least one family member knows first aid and CPR.
- Download the FEMA app for resources, weather alerts and safety tips
- Have a family communication plan in place; all members of the family should review and practice the plan
- Have all family members' and other important phone numbers written down or memorized
- Have an emergency kit in your car and at least three days of food and water at home
- Be sure to store all important documents – birth certificates, insurance policies, etc. – in a fire-proof safe or safety deposit box
- Know how to shut off utilities.



DE-ESCALATION



DE-ESCALATING

AN ARGUMENT

If you find yourself in an argument with a customer or co-worker, your main objective is to calm the situation before it escalates. The key strategies for de-escalating an argument involve breathing, listening, calm responses, and body language.

Breathe

First, get yourself under control. Take a few deep breaths, and you should start to calm down. Staying calm lets you think clearly and keeps your emotions in check. Remember to keep taking deep breaths throughout the de-escalation process.

Listen

Give the other person your undivided attention, and truly listen to everything they're saying. Often, people just want their feelings to be heard, and they may calm down simply by expressing themselves to you.

Resist the temptation to respond until they finish speaking their mind. If you talk over them or interrupt them, they may feel like you aren't willing to hear their side. You shouldn't be concerned with winning the disagreement or being right, because your focus should remain on de-escalating the problem.

Respond

In a calm tone of voice, acknowledge their feelings and perspective before moving on to your side of the disagreement. This proves you were paying attention and that you understand how they feel.

As you explain your own perspective, focus on the facts of the disagreement. Don't lie, exaggerate, or use insulting language. If the problem involves your feelings, explain how you feel in a professional manner. If you respond with yelling or an emotional outburst, your words might not register with the other person, and the situation will probably get worse.

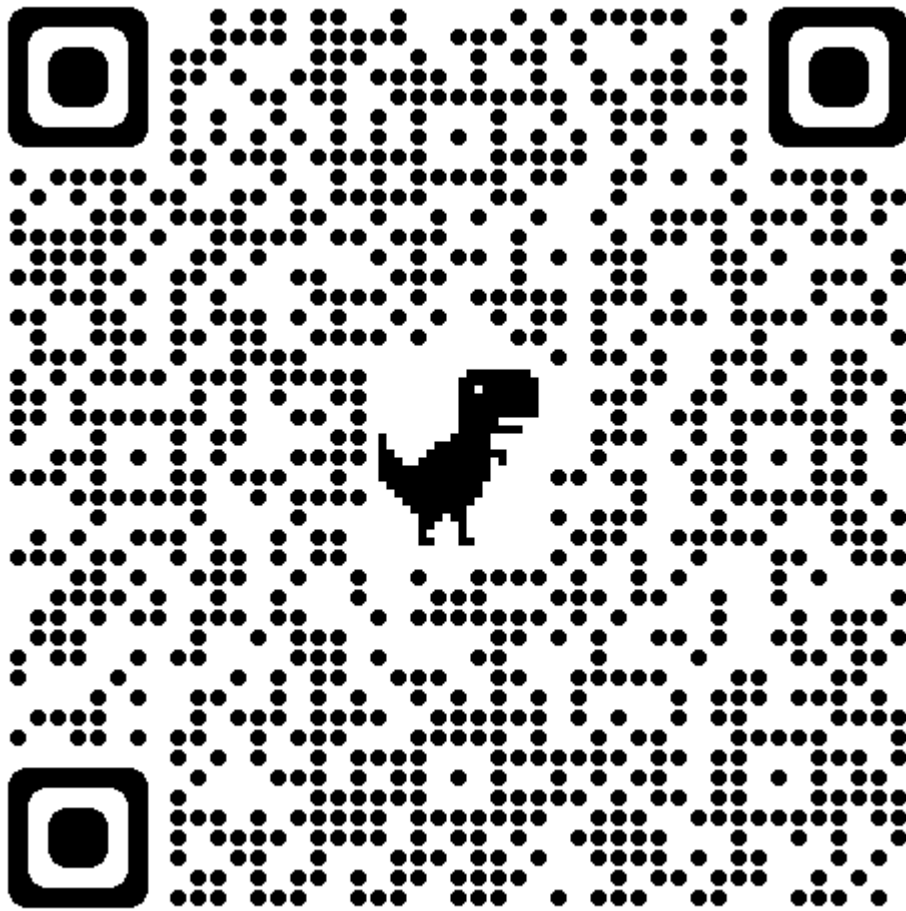
If you're at fault for something wrong or hurtful, apologize. An apology is not a sign of weakness, but rather a gesture of strength, humility, and confidence.

Department Safety Representative (DSR),

As a way to identify and train the County's cadre of Department Safety Representatives (DSR), the Human Resources Safety Loss Control Division asks all County employees assigned to department safety representative duties to complete a survey to help us better serve you.

If your assigned to DSR duties, please click the link and complete the short survey. As always, if you need any safety related assistance, please contact us at:

SURVEY LINK <https://forms.gle/Um7h2zHXzh9VRKa67>



Thanks for your time!

Wildfires, also commonly called forest fires or bushfires, are unplanned and uncontrolled fires burning in a vegetated landscape, such as a forest or grasslands. Many wildfires are sparked by human activity, such as campfires, or natural causes, like lightning. Dry conditions and prolonged droughts, which are becoming more frequent with climate change, exacerbate the risks of wildfires. Droughts, high winds, and other extreme weather are also making wildfires more common and more powerful, with larger blazes that burn for longer and expand across more land.

From 1998 to 2017, over 2,400 human deaths were attributed to both wildfires and volcanoes. Even when people can evacuate an affected area, they may lose their homes or businesses to the fires. Wildfires can also kill wildlife in the habitats that catch fire. Further, wildfires feed back into a loop, worsening climate change by releasing more carbon dioxide and fine particulate matter into the air.

Since 1950, the area burned by California wildfires each year has been increasing, as spring and summer temperatures have warmed and spring snowmelt has occurred earlier. Compared with recent years, the 2023 fire season in California is off to a slow start.

Roughly 22,000 acres have burned in the state so far this year, compared with an average of 120,000 acres by this point in each of the previous five years, according to CalFire, the state's fire agency. An extraordinarily wet winter and an unusually cool spring and early summer are to thank.



Quick Facts About Wildfires

- About 84% of wildfires in the U.S. are caused by human activity.
- In just one year (based on 2021 numbers), global wildfires can release over 1.76 billion metric tons of carbon dioxide.
- Pollution from wildfires is attributed to over 33,510 premature deaths globally per year.
- Lightning is the biggest natural source of wildfires, and extreme lightning events are getting worse with climate change.
- Forests need 2 to 4 years of recovery time after a wildfire for the soil to replenish before restoration efforts can begin.
- Major wildfires can create their own severe weather, including fire tornadoes.
- Fireproofed homes can reduce the risk of destruction from wildfire by 40%.

CALIFORNIA WILDFIRE HOME SAFETY CHECKLIST

• WHAT TO DO BEFORE A CALIFORNIA WILDFIRE •



Separate your home from flammable materials

Create at least 30 feet of space between your home and flammable vegetation and materials.



Trim trees and shrubs

Ensure trees and shrubs do not come into contact with electrical wires or hang over your home's chimney.



Clean your home's roof

Remove pine needles, leaves and other debris from your home's roof.



Store combustible materials properly

Store combustible or flammable materials in approved containers.



Pick up battery-operated flashlights and radios

Keep battery-operated flashlights and radios with additional fresh batteries in a safe, easy-to-access location in your home.

• WHAT TO DO DURING A CALIFORNIA WILDFIRE •



Stay up to date

Use a TV or radio to receive wildfire emergency updates.



Set up hoses and water

If possible, fill buckets with water and set up hoses outside your home.



Turn on the house lights

Activate the lights in each room of your home.



Remove flammable drapes or curtains

Take down flammable drapes or curtains in your home.



Get ready to evacuate

Prepare all family members and pets to evacuate your home.

• WHAT TO DO AFTER A CALIFORNIA WILDFIRE •



Contact local fire officials

Check in with local fire officials to find out if it is safe to return home.



Look for hot spots

Check the ground for smoldering stumps and other hot spots and use buckets of water on these spots as needed.



Examine your home's exterior

Look for sparks and embers across your home's roof and exterior areas.



Evaluate your home's interior

Keep an eye out for hidden burning in each room of your home.

9-1-1

Call 911

Contact 911 if you identify any potential dangers.



Aggressive driving has become a topic of concern over the last few decades, and for good reason. In an analysis of 10,037 police reports and newspaper stories about traffic accidents that led to violence, the AAA Foundation for Traffic Safety found “road rage” contributed to 218 deaths and 12,610 injuries. Road rage is an epidemic that has the potential to affect every driver on the road, whether you’re an aggressor or victim. Aggressive driving can lead to death or injury, but it can often be avoided.

Environmental factors such as crowded roads can boost anger behind the wheel. Certain psychological factors, including displaced anger and high life stress, are also linked to road rage.

Use these tips to slow down, calm down, and stay safe even with aggressive drivers on the road:

- Practice polite driving habits: Avoid tailgating, cutting off other vehicles, speeding, weaving, leaving high beam headlights on, and erratic braking.
- Slow down: Simply let aggressive drivers go around you and typically, they will quickly be on their way.
- Get away from aggressive drivers: If you notice a driver with aggressive behavior, get some distance between you, whether you slow down and let them get ahead or change lanes so you’re not right next to each other.
- Don’t make rude gestures or yell at other drivers: Avoid making eye contact with an aggressive driver who is trying to pick a fight.
- Use your horn sparingly: Horns should primarily be used in emergency situations.
- Avoid making driving a competitive sport: Remember: getting home safely is more important than teaching another driver a lesson.
- Apologize if you’ve done something wrong: If you’ve accidentally cut off another driver, braked too fast, or made some other mistake that could be offensive, simply smile and wave as an apology. This will disarm and calm most drivers.
- Don’t drive under distress: Avoid driving if you’re angry, upset, or drowsy.



Shake Out.

Don't Freak Out.



October 19, 2023

Shake
Out™

Register at ShakeOut.org