



# Hands on Safety

"Being Safe Is No Accident"



## Statewide Health and Safety Committee Changes

Please help us in welcoming our new committee members:



Bob Hausen  
Chere Wilson

We would also like to say goodbye to Dale Petersen and thank him for all of his hard work and dedication while on the committee.

From the DRC Statewide Health and Safety Committee





## Home Maintenance Tasks



- Review the contents of your medicine cabinets and throw away dated prescriptions and over-the-counter medicines. Be sure all medicines are out of the reach of children or contained in a cabinet equipped with childproof locks.
- After heavy rains, inspect your basement walls for signs of moisture. If you detect wetness, run a portable dehumidifier. If condition persists, consult a waterproofing contractor.
- Check to make sure your sump pump works properly by pouring water into the pump silo to raise the float and activate the motor.
- Inspect screens (both house and vent screens to attic or crawl space) for tears and bent frames.
- Clean window screens. Lay them flat on a picnic table or a pair of sawhorses and scrub them with a soft bristle brush and a mild detergent solution. Rinse with a garden hose and allow to dry thoroughly.
- Inspect garden hoses for leaks. Make temporary repairs with electrical tape. Pry out old washers and replace them.
- Check all weather stripping around doors and windows for wear. Caulk open joints and replace material that is no longer blocking air.
- Check fire extinguishers to make sure they are not outdated, have lost pressure or are damaged.
- Clean your garbage disposal. Grind two (2) trays of ice cubes made from a mixture of one (1) cup white vinegar to one (1) gallon of water.
- Clean lint from the entire clothes dryer vent system, from the dryer to the exterior vent cap.
- Wash the exterior of your house, using ordinary garden hose pressure and a mild detergent. Beware of the pressure washers - they are powerful enough to force water under the siding where it may encourage mildew and rot.

## Flooding - Are You at Risk?



Do you live or work in a flood plain? Check the incidence of flooding in your area by contacting an expert source. Check the business listing of your White Pages.

Do you know what a Flash Flood or Flood Watch or Warning means?

### Flood Indicators

- Usually hard rain over several hours or steady substantial rain over several days.
- Rains in conjunction with a spring thaw.
- A hurricane or other tropical system is affecting your area (wind is not the only potentially dangerous aspect).

### Flash Flooding Indicators

- Water rising rapidly in streams and rivers.

Any of these signs should prompt you to get an up-to-the minute report on flood conditions.

How will you be warned? Four key alerts relate specifically to flood conditions

- Flood Watch - high flow or overflow of water from a river **is possible** in the given time period. It can also apply to heavy runoff or drainage of water into low-lying areas. These watches are generally issued for flooding that is expected to occur at least 6 hours after heavy rains have ended.
- Flood Warning - flooding conditions are **actually occurring or are imminent** in the warning area.
- Flash Flood Watch - flash flooding **is possible** in or close to the watch area. Flash Flood Watches are generally issued for flooding that is expected at least 6 hours after heavy rains have ended.
- Flash Flood Warning - flash flooding **is actually occurring or imminent** in the warning area. It can be issued as a result of torrential rains, dam failure, or ice jam.

Consult The Weather Channel or NOAA Weather Radio for accurate and timely storm updates.

# Flooding - Before it Occurs

## Be Prepared

- Develop a Family Preparedness Plan (from Issue 7) that includes the following: decide where to go if at home, school, work, outdoors, or in a car when a flood warning is issued. Update these plans every school year, and as places of employment and residence change.
- Your Family Emergency Supplies Kit (from Issue 7). These contents can be assembled over a five-month period on a weekly basis, and all perishable items should be changed or replaced every six months.

## Prepare Your Home

- Stockpile emergency building materials. See the recommended building materials listed in the Family Emergency Supplies Kit.
- Be realistic about the use of sand bags. It takes one person an hour to fill and properly place 50 bags, but it may take as many as 1,000 sand bags to create a strong wall only three feet high and 20 feet long.
- Make home improvements to reduce loss. Consider installing check valves in your plumbing to prevent flood water back-up and moving your appliances to higher ground to prevent costly replacements.

## Immediately Before the Flood

### Outside:

- Bring in any outdoor items that might cause damage or be lost if flooded. You do not want to go into flood waters to retrieve them. If you are not at home, go to high ground and wait.

### Inside:

- Scrub bathtubs and sinks with bleach, then rinse and fill them and any extra bottles with clean water for sanitary use in case the water supply becomes contaminated.
- Use this time to move your valuable possessions to the highest levels of the house or to the safest area.
- If instructed by authorities to evacuate, turn off water and electricity at the main valve or switch.



## During a Flash Flood or Flood

What do you do? Stay near your television to get updates on The Weather Channel or listen to your radio. The decisions you make now are **critical!**

### Surviving a Flash Flood

- There may be no time for a warning to be issued.
- You may have only seconds to escape.
- It could be a life-and-death decision for you and your family.
- If you suspect a flash flood is about to happen **immediately climb to higher ground.**
- Remember, it does not have to be raining for a flash flood to occur. Some of the most dangerous floods originate many miles away.



### Surviving a Flood

- If on foot, **do not** attempt to walk through flood waters. Instead, turn around and go directly to higher ground.
- Make sure to keep children and pets away from flood waters, storm drains, and sewers.
- If you are in a car, drive away from flooded areas **never** try to take a shortcut through them.
- If your car stalls, immediately abandon it and climb to higher ground.

### If No Evacuation has been Ordered

- Collect your Family Emergency Supplies Kit plus extra blankets and sleeping bags and keep them with you.
- Call your emergency contact person to report your plans.
- Keep children and pets indoors.
- Make sure you have cash and your car has a full tank of gas in case you must evacuate.
- Make sure battery-powered radio is nearby.

### If Evacuation is Advised

- Turn off all utilities (water and electricity).
- Lock the windows and doors of your home before leaving.
- Tune your car radio to a news station to hear updates on evacuation routes.
- Be sure to follow the recommended evacuation routes. Your favorite shortcuts may already be blocked by flood waters.

## Flooding - After the Flood

It is important to wait until your local emergency personnel have announced it's safe to return home. Then use only the recommended routes and take the following steps:

### How to Help Injured Others

- Help injured or trapped persons.
- If you have a cellular phone, try to call for help.
- Call 9-1-1 immediately if there are life threatening injuries.

### Beware of Hazards

- Be watchful and enter your home very carefully. Keep in mind more than 150 people died in the cleanup effort after Hurricane Andrew.
- Watch for snakes and other animals forced into your home by flood waters.
- To prevent accidental fires, use flashlights, not candles to see if power is on or off after a flood.
- Look for fire hazards.
- Keep children and pets inside. If pets must be walked outside, make sure they are leashed.

### Repairing the Damage

- Wear sturdy shoes and protective clothing as you begin cleaning up.
- Check for structural damage such as loose plaster or damaged ceilings.
- Throw away all foods, including canned goods, that have come into contact with flood waters; they may be tainted.
- Check your electricity and water. If you suspect a gas leak, consult a professional immediately. If you suspect structural damage in your home, have a professional check your water, gas, electric, and sewer lines.
- If your home has sustained damage, call your local chapter of the American Red Cross to get your copy of their booklet, "Repairing Your Flooded Home."

### Assess Psychological Efforts

- In addition to the obvious physical damage, floods can sometimes cause emotional trauma and distress. Crisis counseling can help.
- Address your problems one at a time. Preparation may help you save lives and avoid injury. The rest can be rebuilt.

## Facts about Flooding

Here are some fascinating facts about floods and flash flooding:

A **Flood** (commonly called river flood) is a high flow or overflow of water from a river or similar body of water, occurring over a period of time too long to be considered a flash flood.

Flooding is caused in a variety of ways. Winter or spring rains, coupled with melting snows, can fill river basins too quickly. Torrential rains from decaying hurricanes or other tropical systems can also produce river flooding. The Mississippi River Flood of 1993 was caused by repeated heavy rain from thunderstorms over a period of weeks.

**Flash Floods** are quick-rising floods usually occurring as the result of heavy rains over a short period of time, often only several hours or even less.

They can also be caused by ice jams on rivers in conjunction with a winter or spring thaw, or occasionally even a dam break. The constant influx of water finally causes a treacherous overflow to begin, powerful enough to sweep vehicles away, roll boulders into roadways, uproot trees, level buildings, and drag bridges off their piers. Most frightening is the rapidity with which the water rises.

**Costal Flooding** occurs when strong onshore winds push water from an ocean, bay or inlet onto land. This can take the form of storm surges associated with tropical storms and hurricanes, or can be associated with non-tropical storms such as "nor'easters."

Flooding poses tremendous danger to both people and property. Since 1900, floods have taken more than 10,000 lives in the United States alone. Most people are unaware that:

66% of flood deaths occur in vehicles, and most happen when drivers make a single, fatal mistake trying to navigate through flood waters.

Just 6 inches of rapidly moving flood water can knock a person down.

A mere 2 feet of water can float a large vehicle, even a bus.

One-third of flooded roads and bridges are so damaged by water that any vehicle trying to cross stands only a 50% chance of making it to the other side.

Beyond the risk of fatalities, floods devastate homes, towns, and even entire regions. The great Mississippi Flood of 1993 covered an area 500 miles long and 200 miles wide. More than 50,000 homes were damaged, and 12,000 miles of farmland were washed out.

## Home Protection Checklists

Floods happen - beside rivers, on the coast, in deserts, along city streets and behind protective levees. But you can take steps before the flood to protect your home and family from disaster. Some things can and should be done immediately. Others require a licensed professional. However, each change you make will increase your home's resistance to flood damage.

### When there is risk of flooding

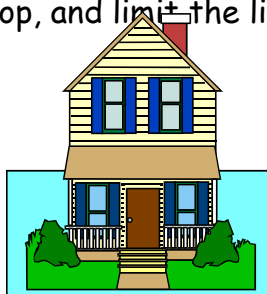
- Clear drains, gutters and downspouts of debris and make sure your yard's grading (slope) directs water away from the building.
- Anchor fuel tanks. An unanchored tank can be torn free by floodwaters, and the broken supply line can cause contamination, or if outdoors, can be swept downstream and damage other homes.
- Buy and install sump pumps with backup power where needed. Regularly check to make sure they are working.
- Cut off electrical service at the main breaker if the electrical system and outlets will be underwater.

### If you have time to hire a licensed electrician

- Raise electric components (switches, sockets, circuit breakers and wiring) at least 12" above the projected flood elevation.
- Place all appliances, including furnace, water heater, washer and dryer on masonry blocks or concrete at least 12" above the projected flood elevation.

### After the flood

- As soon as it is safe to do so, disconnect all electronics/electrical equipment and move it to a dry location.
- Remove as much standing water as possible from inside the building.
- Begin to remove water-damaged materials immediately.
- Ventilate with fans and/or dehumidifiers.
- Acting quickly can increase the chance of salvaging usable materials, reduce the amount of rust, rot and mold that might develop, and limit the likelihood of structural problems.



## Home Protection Checklist (con't)

### Insurance

- Most property insurance policies do not cover damage caused by floods. The federal government created the National Flood Insurance Program to provide this coverage to property owners. Contact your local insurance agent or company to discuss your coverage needs. Remember, there is typically a 30-day waiting period when purchasing a new policy.
- You can also purchase flood insurance directly from the NFIP. To learn more about flooding, community participation in the federal program and what coverage is needed in your area, visit [www.FloodSmart.gov](http://www.FloodSmart.gov) or contact the National Insurance Consumer Helpline (1-800-942-4242) or The Insurance Information Institute (1-800-331-9146).

Learn how your town handles emergencies by contacting your local Emergency Management Agency (EMA).

Home maintenance and flood information provided by [weather.com](http://weather.com).

Soapopular brand hand sanitizer (size 4 oz or less) has been authorized to be brought into the

### Did You Know?

from the manufacturer at <http://www.soapyusa.com/>.

If you know how to properly react to a flat tire or blowout, chances are you will be able to keep yourself and others safe. The following are a few simple safety measures to take if you experience a flat tire or blowout while driving:

- Hold the steering wheel firmly and keep the car going straight.

### Tire Blowout Safety Tips

- **Do not** apply the brakes unless absolutely necessary, and then, only slowly and lightly.
- Reduce your speed to 15 mph or less before pulling off the road or onto the shoulder.
- Get the car as far off the road as possible before exiting and working on the tire.
- Turn on your four way (hazard) flashers to warn oncoming traffic.

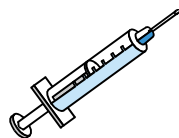
## Policy Review

As of July 1, 2009 all accident reporting will be on-line.

## Don't Forget...

A safe and effective vaccine is available for protection from Hepatitis B. Any person who may be exposed to potentially infectious materials should consider being vaccinated against Hepatitis B. Pursuant to OSHA Regulation 1910.1030, DRC makes this vaccination available to all employees at no cost.

A schedule of vaccination opportunities is available on the DRC intranet at <http://intra.drc.state.oh.us/web/employees/services.htm>. DRC employees are permitted to obtain the vaccination at the most convenient location to their work site. Immunization requires three injections over a six-month period so be sure to review the entire schedule to plan for all three shots. The site will be updated as new vaccination opportunities are scheduled.



The Intranet for DRC employees has a health and safety website with various health and safety resources. Some items posted for review are approved outside agency web links, DRC Safety protocol and additional Safety and Health Coordinator Basic, Intermediate and Advanced training classes. You can access the Office of Prisons Safety and Health Program at:

<http://intra.drc.state.oh.us/web/OOP/safety.htm>

## Agency Health & Safety Committee Members

- Alan Lazaroff (Management Co-Chair)
- Dave Justice (Bargaining Unit Co-Chair)
- Dave Bailey (Bargaining Unit)
- Jody Burkhardt (Management)
- Bridgette Duncan (Bargaining Unit)
- Bob Hausen (Management)
- Ed Henderson (In Memoriam)
- Stuart Hudson (Management)
- Stephanie Lee (Bargaining Unit)
- Chris Mabe (Bargaining Unit)
- Bryant Palmer (Management)
- Kevin Runyon (Management)
- Danny Southward (Management)
- Julie Walburn (Management)
- Charlie Williamson (Bargaining Unit)
- Chere Wilson (Bargaining Unit)

