

March is Severe Weather Awareness Month: ARE YOU PREPARED AT WORK?

A **severe thunderstorm watch** outlines an area where an organized threat of thunderstorms containing penny-size hail or large and/or damaging/destructive winds is expected during (generally) a three to 6 hour period.

A **severe thunderstorm warning** is issued by your local National Weather Service office when they deem a particular thunderstorm is capable of producing large hail (penny size or larger) and damaging wind gusts of more than 58 mph.

A **tornado watch** includes the large hail and damaging wind threats, as well as the possibility of multiple tornadoes.

A **tornado warning** is issued when a tornado (or sometimes a funnel cloud) has been spotted or is denoted by radar. When a tornado warning is issued for your area you should seek shelter immediately.

The PBX operators monitor weather watches and warnings using a weather radio 24/7/365 and will alert staff of all watches and warnings.

ON DUTY STAFF SHOULD:

During a tornado watch:

- Clear pathways/corridors to patient rooms
- Remind staff on duty of responsibilities
- Assess patient capabilities: wheelchair, bed, ambulate
- Know where secure areas are on unit
- Place patient shoes close to bed
- Close patient blinds and curtains
- Determine equipment needed; have oxygen tank close if needed

During a tornado warning:

- Move patients/visitors into secure area
- Close door of patient room
- if unable to move patient from room, move as far away from windows as possible, cover patient with blankets/pillows
- Put patient shoes on bed/lap
- Have patient/staff roster available
- Await further instructions from PSS or Administration
- Be prepared to evacuate area if needed

If you are in a non-patient care area when a tornado warning is called, go to a patient area to assist clinical staff. DO NOT USE ELEVATORS

Preparedness at Home

Be prepared to be on your own for three days. Check your kit twice a year:

BASIC SUPPLIES

Checklist

Large Covered Container	Disposable Tableware
Water - One gallon per person per day	Non-perishable Food
Manual can opener	Flashlight - solar, battery operated, crank
Powered baby formula, baby food	First Aid kit
Extra batteries, if needed	Whistle - to signal for help
Hand sanitizer	Dust masks
Moist towelettes	Toilet paper
Cat litter - for sanitation	Plastic garbage bags
Duct tape	Unscented bleach
Medicine dropper	Blankets - emergency (one per person)
First Aid book	Matches - in a waterproof container
Change of clothing - appropriate for the season	Radio - NOAA weather, AM/FM - solar, battery operated, crank

DRUGS

- Daily medications
- Non-prescription drugs: aspirin, non-aspirin pain reliever, antacids, allergy medications, cold medications.

TOOLS

- Wrench, pliers
- Instructions to shut off gas, water, electricity to home
- Small ABC canister fire extinguisher

INFORMATION (place in zip lock bag)

- Emergency health information card
- Emergency contact list
- Insurance information

MISCELLANEOUS

- Pet supplies (copies of shot record)
- Cash (no large bills) and coins
- Feminine care supplies

LEARN MORE ABOUT BEING PREPARED

www.ready.gov

www.fema.gov/plan

www.redcross.org

Volunteer Opportunities in Salina

Get trained in CPR and basic first aid and volunteer to help mass care and sheltering operations at your local American Red Cross Chapter.

Support community safety and security by getting trained and involved in Neighborhood Watch and Volunteers in Police Service.

Find a volunteer opportunity with the Volunteer Connection.

Civil Air Patrol recruits volunteers through local squadrons that support aerospace education, cadet programs and emergency services. This air auxiliary has been supporting missions since the 1940's.

North Central KS Medical Reserve Corps provides support for the local Health Departments and Hospitals in our Region during their response to mass casualty incidents, major emergencies, pandemics, etc.

Meals on Wheels Association of America and the MOWAA volunteers provide meals and essential disaster preparedness information to over one million seniors in the U.S. each day.