



# Fort Bragg Protection Branch

## EMERGENCY MANAGEMENT



28 June 2021

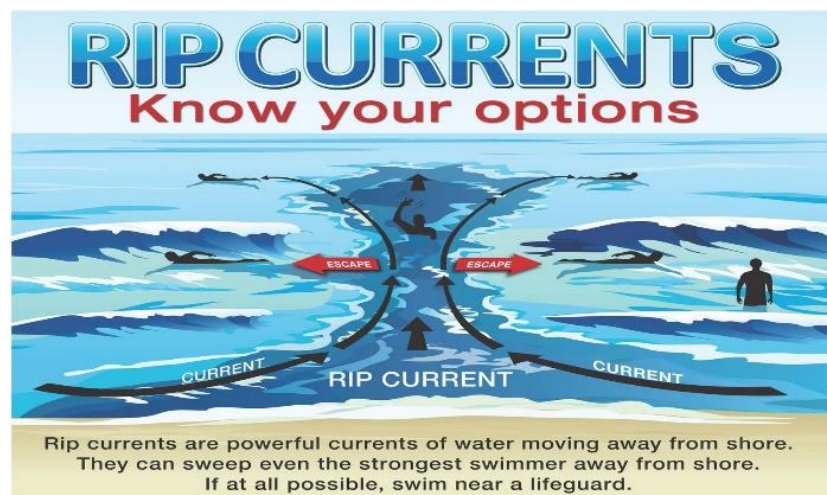
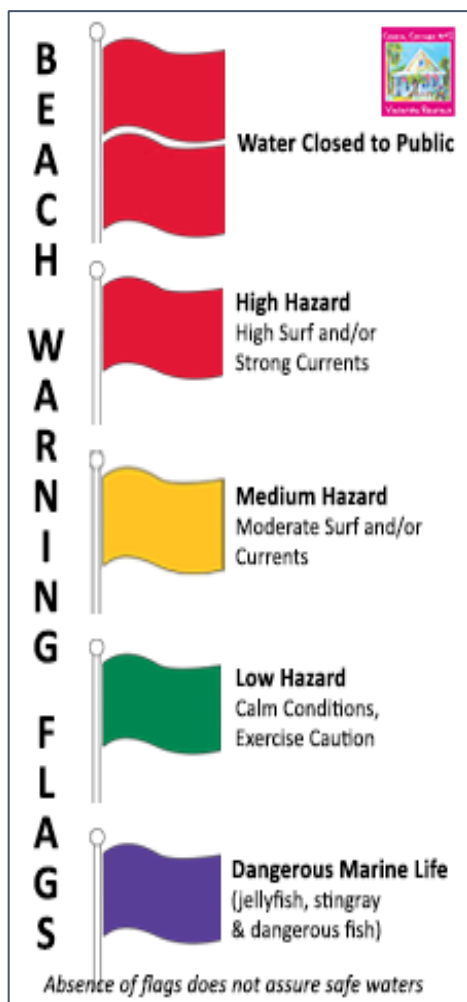


From Memorial Day weekend through the Labor Day holiday, we enjoy all types of warm-weather events, but summer is also a critical time for injuries. In fact, more mishaps occur during the 101 days of summer than the rest of the year. The key to preventing these injuries is by practicing the same safe work practices and attitude used on the job and apply them to our off-duty activities.

Let us take a look at some different activities and how to use caution to avoid becoming a statistic. When we participate in outdoor sports during the summer, are we really prepared?

These sports can range from volleyball, soccer, or softball. With the number of outdoor sports to

include these, if we are not regularly playing them, our bodies are not conditioned for the running, diving, or sliding that may occur while enjoying the game. To avoid injuries, stretching before and after will be your best friend. The reason there is potential for injuries is people would not try and make a foolish chance while working, but they will leave it out on the line for a friendly game with friends and family. Remember, as there is protective equipment used at your place of work, some summertime activities require the use of protective gear as well. One of the favorite things to do in the summer is going to the beach and swimming in the ocean. There are dangers that lie within the ocean that could lead to injury or worse. Before going into the ocean, know your limits on how well you can swim. Learn what the different color flags mean when going out to the water. Knowing the types of flags and their meanings can have an impact on your activities. Knowing what a rip current is, identifying a rip current, and knowing how to escape from one can mean a difference between life and death.





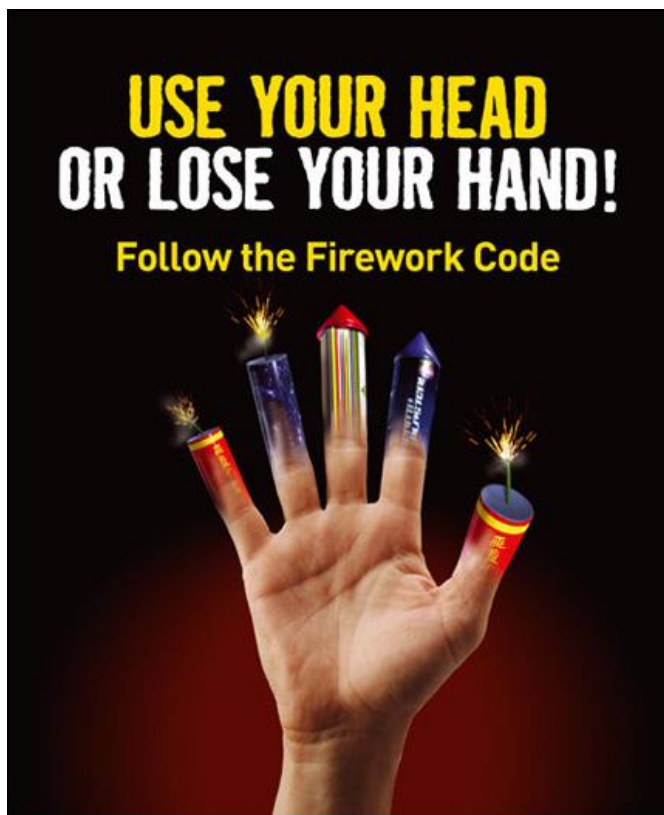
## Firework Safety:

During the summer months, we enjoy spending time with family and friends, having a barbecue, enjoying the beach, or spending the 4<sup>th</sup> of July together lighting fireworks. There are many things to consider when using fireworks. The biggest and main precaution is to stay away from alcohol or drugs while using fireworks. This inhibits your reaction time, it may throw you off balance to where you fall on top of a lit firework.

The National Safety Council (NSC) states that fireworks account for an average of 18,500 fires each year. These fires include 1,300 structure fires, 300 vehicle fires, and nearly 17,000 other types of fires. Here are some safety tips while enjoying fireworks:

1. Never allow children to handle fireworks.
2. Never hold lit fireworks in your hands.
3. Do not light fireworks indoors.
4. Never point or throw fireworks at another person.
5. Never light fireworks inside of a container.
6. If the firework was a dud, don't try and re-light it.
7. Have a garden hose ready with the water turned on in case of a fire.

These are only a few things to consider when having a fireworks gathering at your home. If you are following these safety tips, you all will have a fun and enjoyable time, not watching your home be on fire, or spending unwanted time in the Emergency Room.



For more information on firework safety, please click this link: [Firework Safety NSC](#).





## Heat-Related Illnesses:

For those of us who served in the military, we know and understand the 3 different categories; they are of course Heat Cramps, Heat Exhaustion, and Heat Stroke. Did you know the Center for Disease Control (CDC) has two additional categories? They are Heat Rash and Sunburn. Heat Rash is red clusters that look like small blisters that look like pimples on the skin, whereas a sunburn creates painful, red, and warm skin. It can also create blisters similar to a heat rash.

One of the key ways to avoid any of these from happening to you or your loved ones during the summer is ensuring plenty of water is had. Even if you are in the shade, a hot day will not recognize that and you are still susceptible to a heat injury. If you are working in your garden or working on your lawn, use the same guidelines to ensure you keep yourself away from an injury. There are many different things to look for in each heat injury category. The picture below gives you what to look for in a heat injury and things you should do in the event one of them happens. The below graphic shows you what to look for in the event you or someone you are with exhibits the symptoms, you will know what you should do.

HEAT-RELATED ILLNESSES	
WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"> <li>• High body temperature (103°F or higher)</li> <li>• Hot, red, dry, or damp skin</li> <li>• Fast, strong pulse</li> <li>• Headache</li> <li>• Dizziness</li> <li>• Nausea</li> <li>• Confusion</li> <li>• Losing consciousness (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Call 911 right away-heat stroke is a medical emergency</li> <li>• Move the person to a cooler place</li> <li>• Help lower the person's temperature with cool cloths or a cool bath</li> <li>• Do not give the person anything to drink</li> </ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating</li> <li>• Cold, pale, and clammy skin</li> <li>• Fast, weak pulse</li> <li>• Nausea or vomiting</li> <li>• Muscle cramps</li> <li>• Tiredness or weakness</li> <li>• Dizziness</li> <li>• Headache</li> <li>• Fainting (passing out)</li> </ul>	<ul style="list-style-type: none"> <li>• Move to a cool place</li> <li>• Loosen your clothes</li> <li>• Put cool, wet cloths on your body or take a cool bath</li> <li>• Sip water</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• You are throwing up</li> <li>• Your symptoms get worse</li> <li>• Your symptoms last longer than 1 hour</li> </ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"> <li>• Heavy sweating during intense exercise</li> <li>• Muscle pain or spasms</li> </ul>	<ul style="list-style-type: none"> <li>• Stop physical activity and move to a cool place</li> <li>• Drink water or a sports drink</li> <li>• Wait for cramps to go away before you do any more physical activity</li> </ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"> <li>• Cramps last longer than 1 hour</li> <li>• You're on a low-sodium diet</li> <li>• You have heart problems</li> </ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"> <li>• Painful, red, and warm skin</li> <li>• Blisters on the skin</li> </ul>	<ul style="list-style-type: none"> <li>• Stay out of the sun until your sunburn heals</li> <li>• Put cool cloths on sunburned areas or take a cool bath</li> <li>• Put moisturizing lotion on sunburned areas</li> <li>• Do not break blisters</li> </ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"> <li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li> </ul>	<ul style="list-style-type: none"> <li>• Stay in a cool, dry place</li> <li>• Keep the rash dry</li> <li>• Use powder (like baby powder) to soothe the rash</li> </ul>





## Boat Safety:



Boating in the summertime is something most people enjoy. Unfortunately for some, they have the possibility of being injured. Whether you are out with friends or family, safety should always be the first thing. One of the main things people need to ensure are the life jackets have been approved by the U.S. Coast Guard. Then, you must make sure the life jacket is the proper fit by your height and weight and it can fasten properly without problems. A way to know if you have the right life jacket is by lifting your arms straight up over your head, asking a friend to grasp the tops of the arm openings and gently pulling up. By doing this, you are making sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.

Before you head out on your adventure, make sure to get educated to reduce your risks. The North Carolina Wildlife has published the [North Carolina Vessel Operator's Guide](#) to provide additional guidance as well as an understanding what is needed for your boat. Before going out in the water, it would be wise to look through this guide so you understand the state laws as well as rules of the road. As you are getting your boat ready for the season or have just purchased a boat, get a [free Vessel Safety Check](#) through your local U.S. Coast Guard Auxiliary or U.S. Power Squadron. You will be awarded a decal if your boat meets the requirements set forth for the Vessel Safety Check.

While out on the water exercise good judgment. Knowing your limits and staying within those limits will help to avoid injury. Alcohol and Operating a boat DO NOT MIX. The alcohol will make you believe you can go outside of your limits with no repercussion, will affect your judgment, vision, balance, timing, and coordination. If you are out on the water, remember anything can happen in an instant. If you notice storm clouds, a sudden temperature drop, or wind begins to increase, play it safe and smart by getting off of the water.

The National Association of State Boating Law Administrators (NASBLA) mandated anyone born on or after January 1, 1988, must complete a NASBLA approved boating education course before operating any vessel propelled by a motor of 10 HP or greater. The North Carolina Wildlife Resources Commission provides boat safety education and courses which are either instructor led or distance learning. Click on the image below to navigate to the NC Boating Education website. There you will find useful information to help keep everyone safe while out on the water.



# SAFE BOATING TIPS



## HIGH WINDS/WAVES

### Know Your Action

Reduce speed  
Head to shore

## KNOW BEFORE YOU GO

Check the forecast at [weather.gov](http://weather.gov)  
Always wear a life jacket!



## COLD WATER

### Know Your Action

Remain calm and control your breathing  
Minimize time in the water  
Get dry and warm ASAP



## LIGHTNING

### Know Your Action

Remain weather-ready  
If you hear thunder, it's time to  
stay in the cabin or head to shore



*The Fort Bragg Emergency Management Office is here to assist!*

*Emergency Management Specialist/Community Preparedness Representative: Bob Lacey,  
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**Any questions, please reach out. If you would like for a representative from the Emergency Management Office to speak to your organization on any of the topics above, seasonal weather, or acts of violence, contact Bob Lacey at the email or phone number above to schedule a day and time.**