



A Place of Safety

SAFETY QUOTE OF THE MONTH:

"Never take chances, because chances take lives."

– Author Unknown

YOUR GARRISON SAFETY STAFF

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Emergency Action Plans—Tornado Safety

Last week's tornadoes that touched down in Belton and Temple left downed trees, property damage, and devastation in and around the Fort Cavazos community. Fortunately, although there were some injuries related to the storm, there were no reported fatalities. The National Weather Service (NWS) has declared this the most active spring in the U.S. for severe weather in 13 years!



Be weather aware and have an emergency action plan (EAP) that contains specific procedures for tornado response in the home and workplace. Review and rehearse the EAP with family members and team members at work so everyone knows where to go to take shelter. If you don't have an EAP, go to <http://ready.gov/tornadoes> and download the FEMA app for information about preparing for a tornado.

Have plenty of water and non-perishable food on hand, fresh batteries, flashlights, and needed medication to last a few weeks in case power is lost and/or you have to move to a shelter after the storm.

After a tornado, avoid fallen power lines or broken utility lines, use caution when walking through storm damage, and avoid damaged structures.

Tornado Watch: Be Prepared!

- * Review and discuss home or workplace emergency plans.
- * Check supplies and shelter-in-place location.
- * Monitor emergency alerts and weather updates.
- * Know the signs of an approaching tornado.

Tornado Warning: Take Action!

- * Move to interior room on lowest floor with no windows.
- * If outside, move to the closet substantial shelter.
- * If shelter unavailable, go to low lying area, ditch, or ravine.
- * Sheds, storage facilities, and mobile homes are not safe.
- * Cover your head to avoid flying debris.

ASOHMS Corner: Safety Training

Safety and Occupational Health (SOH) training keeps our Garrison team members safe and healthy while meeting mission requirements. Here is the list of mandatory annual SOH training for all team members, including supervisors:

- >> *Emergency Actions and Fire Safety*
- >> *Slip/Trip/Fall Prevention*
- >> *How to Report a Mishap*
- >> *How to Identify and Report Hazards*
- >> *Ergonomics/Safe Lifting*
- >> *Fundamentals of the Army SOH Management System (ASOHMS)*

Initially upon hire, all personnel must take:

- >> *The Fort Cavazos Local Hazards Course*
- >> *The online Risk Management and Employee or Leader Safety Course*

Please contact Garrison Safety to schedule training or request information.





National Weather Service



TORNADO SAFETY FOR YOU AND YOUR FAMILY

BEFORE

- ✓ **BE WEATHER-READY:** Check the forecast often to see if a tornado is coming. Listen to local news or a NOAA Weather Radio to stay informed about tornado watches and warnings.
- ✓ **SIGN UP FOR NOTIFICATIONS:** Know how to get warnings. Media broadcasts and smart phones can alert residents of severe storms capable of producing tornadoes.
- ✓ **CREATE A PLAN:** Have a family plan that includes an emergency meeting place and shelter spaces. Pick a safe room in your home, such as a basement, storm cellar or an interior room on the lowest floor with no windows.
- ✓ **PRACTICE YOUR PLAN:** Conduct a drill regularly so everyone knows what to do if a tornado is approaching. Make sure all family members know where to go when a tornado warning is issued. Don't forget pets if time allows.
- ✓ **PREPARE YOUR HOME:** Consider having your safe room reinforced. You can find plans for reinforcing an interior room to provide better protection at [fema.gov/safe-room-resources](https://www.fema.gov/safe-room-resources)
- ✓ **HELP YOUR NEIGHBOR:** Encourage your loved ones to prepare for the possibility of tornadoes. Take CPR training so you can help if someone is hurt.

DURING

- ✓ **STAY WEATHER-READY:** Continue to listen to local news or a NOAA Weather Radio to stay updated about tornado watches and warnings.
- ✓ **AT YOUR HOUSE:** If you are in a tornado warning area, go to your basement, safe room or an interior room away from windows. Don't forget pets if time allows.
- ✓ **AT YOUR WORKPLACE OR SCHOOL:** Follow your tornado drill and proceed to your tornado shelter quickly and calmly. Stay away from windows and do not go to large open rooms such as cafeterias, gymnasiums or auditoriums.
- ✓ **OUTSIDE:** Seek shelter inside a sturdy building immediately if a tornado is approaching. Sheds and storage facilities are NOT safe.
- ✓ **IN A VEHICLE:** Being in a vehicle during a tornado is NOT safe. The best course of action is to drive to the closest shelter. If you are unable to make it to a safe shelter, either get down in your car and cover your head, or abandon your car and seek shelter in a low lying area such as a ditch or ravine.



If you don't have a tornado shelter, stay in an inside room or hallway and cover your head. Photo: NOAA

AFTER

- ✓ **STAY INFORMED:** Keep listening to local news or NOAA Weather Radio for updates about more tornado watches and warnings that may be coming. The next round of thunderstorms may bring more tornadoes.
- ✓ **CONTACT YOUR FAMILY AND LOVED ONES:** Let your family and close friends know you are okay so they can help spread the word. Send text messages or posts updates on social media. These posts are more reliable forms of communication than phone calls.
- ✓ **ASSESS THE DAMAGE:** After the tornado threat has ended, check for property damage. When walking through storm damage, wear long pants, a long-sleeved shirt and sturdy shoes. Contact utilities if you see power lines down and stay away from them. Stay out of damaged buildings. Be aware of insurance scammers.
- ✓ **HELP YOUR NEIGHBOR:** If you see someone injured, call 911. Then, if you are trained, provide first aid until emergency responders arrive.



After a tornado, watch out for dangerous debris such as sharp metal, glass or downed power lines. Photo: NOAA

For more information, visit [weather.gov/safety/tornado](https://www.weather.gov/safety/tornado)