



Green Brook CERT Safety Corner

Volume 2

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<https://www.ready.gov/cert>



Prepare for Extreme Heat

CERT: Community Emergency Response Team, assists our local first responders in cases of emergencies. We might be called for various tasks such as, traffic assistance, sheltering or search & rescue. CERT members go through an extensive 12 training course. All training and supplies are provided free and include the following subjects:

- Emergency Preparedness
- Disaster Medical Operations
- Fire Suppression
- Light Search and Rescue Operations
- CERT Operations / Incident Command System
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation

- Learn to [recognize the signs of heat illness](#)
- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area
- Cover windows with drapes or shades
- Weather-strip doors and windows
- Use window reflectors specifically designed to reflect heat back outside
- Add insulation to keep the heat out
- Use a powered attic ventilator, or attic fan, to regulate the heat level of a building's attic by clearing out hot air
- Install window air conditioners and insulate around them
- If you are unable to afford your cooling costs, weatherization or energy-related home repairs, contact the [Low Income Home Energy Assistance Program \(LIHEAP\)](#) for help

Heat-Related Illnesses

If you are experiencing a medical emergency call 9-1-1.

Heat Stroke

Signs: Extremely high body temperature (above 103 degrees F) taken orally

Red, hot and dry skin with no sweat

Rapid, strong pulse

Dizziness, confusion or unconsciousness

Heat Cramps

Signs: Muscle pains or spasms in the stomach, arms or legs

Heat Exhaustion

Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, fast or weak pulse, dizziness, headache, fainting, nausea, vomiting

If you have signs of Heat-Related Illnesses, go to a cooler location and cool down by removing excess clothing and taking sips of sports drinks or water. Call your healthcare provider if symptoms get worse or last more than an hour.

Be Safe During Heat Waves

- Never leave people or pets in a closed car on a warm day
- If air conditioning is not available in your home go to a cooling center
- Take cool showers or baths
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home
- If you're outside, find shade. Wear a hat wide enough to protect your face
- Drink plenty of fluids to stay hydrated
- Avoid high-energy activities or work outdoors, during midday heat, if possible
- Check on family members, seniors and neighbors
- Watch for heat cramps, heat exhaustion and heat stroke
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet
- If using a mask, use one that is made of breathable fabric, such as cotton, instead of polyester. Don't wear a mask if you feel yourself overheating or have trouble breathing

