



Summer Weather Safety

Provided by:

Fort Rucker Weather Operations
(FRWXOPS)



Spring/Summer Weather Hazards

- ◆ Heat Disorders/Safety Tips
- ◆ Thunderstorms/Safety Tips
- ◆ Tornadoes/Safety Tips
- ◆ Hurricanes/Safety Tips



Heat Disorders

- ◆ When the body gets overheated, it tries to cool itself by sweating
- ◆ Sweating cools the body by evaporation
- ◆ If the temperature and humidity are high, the evaporation process is slowed or stopped altogether
- ◆ This results in heat disorders
 - ◆ Heat cramps
 - ◆ Heat exhaustion
 - ◆ Heat stroke/Sun stroke



Heat Disorders

- ◆ Heat Cramps
 - ◆ Heavy sweating
 - ◆ Painful muscle spasms in legs and stomach



Heat Disorders

- ◆ First Aid for Heat Cramps
 - ◆ Apply firm pressure on cramping muscles
 - ◆ Massage cramping muscles to relieve spasms
 - ◆ Give sips of water
 - ◆ If nausea occurs, discontinue



Heat Disorders

- ◆ Heat Exhaustion
 - ◆ Heavy sweating
 - ◆ Weakness
 - ◆ Cold, pale, and clammy skin
 - ◆ Thready pulse
 - ◆ Fainting and vomiting



Heat Disorders

- ◆ First Aid for Heat Exhaustion
 - ◆ Get victim out of sun
 - ◆ Lay down and loosen clothing
 - ◆ Apply cool, wet cloths
 - ◆ Fan or move victim to air conditioned room
 - ◆ Give sips of water
 - ◆ If nausea occurs, discontinue
 - ◆ If vomiting continues, seek immediate medical attention



Heat Disorders

- ◆ Heat Stroke/Sun Stroke
 - ◆ High body temperature (106° or higher)
 - ◆ Hot, dry skin
 - ◆ Rapid or strong pulse
 - ◆ Possible unconsciousness



Heat Disorders

- ◆ First Aid for Heat Stroke/Sun Stroke
 - ◆ Call 911 immediately! Delay can be fatal
 - ◆ Move victim to a cooler environment
 - ◆ Remove clothing
 - ◆ Give cold bath or use cold sponges/towels
 - ◆ Do NOT give fluids



Heat Index Scale

Heat Index	Effects
80°F-90°F	Fatigue possible
90°F-105°F	Sun stroke, heat cramps, and heat exhaustion possible
105°F-130°F	Sun stroke, heat cramps, or heat exhaustion likely
130°F or higher	Heat stroke/sun stroke highly likely

<http://www.rucker.amedd.army.mil>



Heat Safety Tips

- ◆ Slow down
- ◆ Dress in light-weight, light-colored clothing
- ◆ Drink plenty of water and non-alcoholic fluids
- ◆ Avoid sun exposure during the heat of the day
- ◆ Stay indoors as much as possible
- ◆ Stay alert to possible heat disorders



Thunderstorms

- ◆ 3 ingredients
 - ◆ Moisture
 - ◆ Instability
 - ◆ Lift

- ◆ Bermuda High
- ◆ Sea Breeze



Thunderstorms

- ◆ The NWS defines a severe thunderstorm as having winds ≥ 58 mph and/or hail $\geq \frac{3}{4}$ "
- ◆ The NWS covers several surrounding counties

- ◆ The Army defines a severe thunderstorm as having winds ≥ 45 kts and/or hail $\geq \frac{1}{2}$ "
- ◆ FRWXOPS covers Ft Rucker and its assets



Lightning

- ◆ Lightning can strike 10-20 miles away from the actual thunderstorm
- ◆ On average, there are 66 deaths and 300 injuries each year
- ◆ Your chances of being struck by lightning are 1 in 600,000
- ◆ The temperature of a lightning bolt is 50,000°F



Thunderstorm Safety

- ◆ If you are indoors:
 - ◆ Stay inside!
 - ◆ Stay away from windows
 - ◆ Do not use a land phone or electrical appliances
 - ◆ Do not take a shower or bath
 - ◆ Unplug computer, TV, and other electrical appliances to protect from lightning



Thunderstorm Safety

- ◆ If you are outdoors:
 - ◆ Seek shelter in a building if possible
 - ◆ Get away from tall objects, metal objects, and water
 - ◆ Squat in a low-lying area such as a ditch

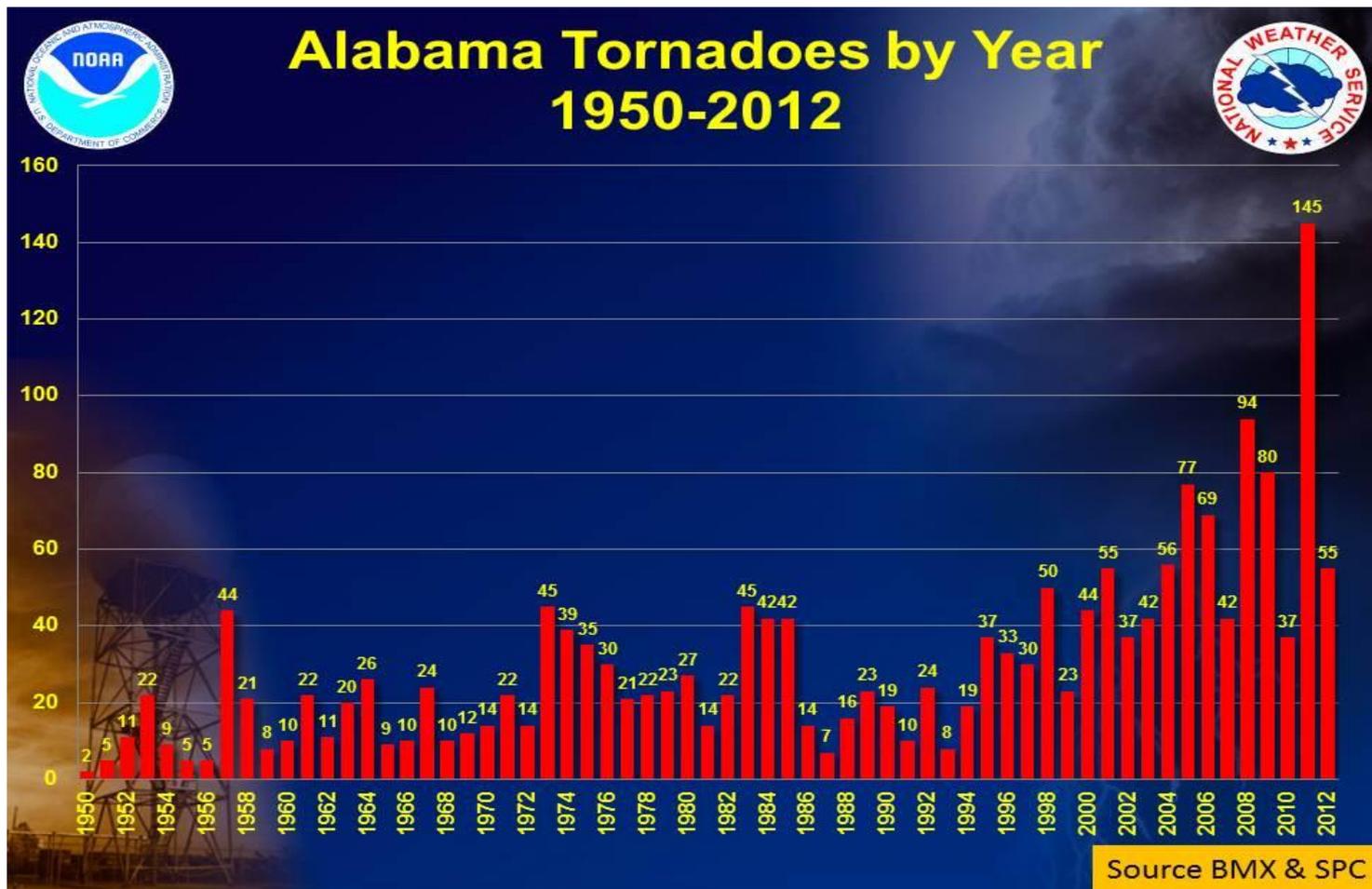


Thunderstorm Safety

- ◆ If you are driving:
 - ◆ Slow down!
 - ◆ Look for a place to pull over, away from trees and power lines if possible
 - ◆ Turn on your emergency flashers
 - ◆ Remain in your car until the storm passes
 - ◆ Never drive on a road covered by water

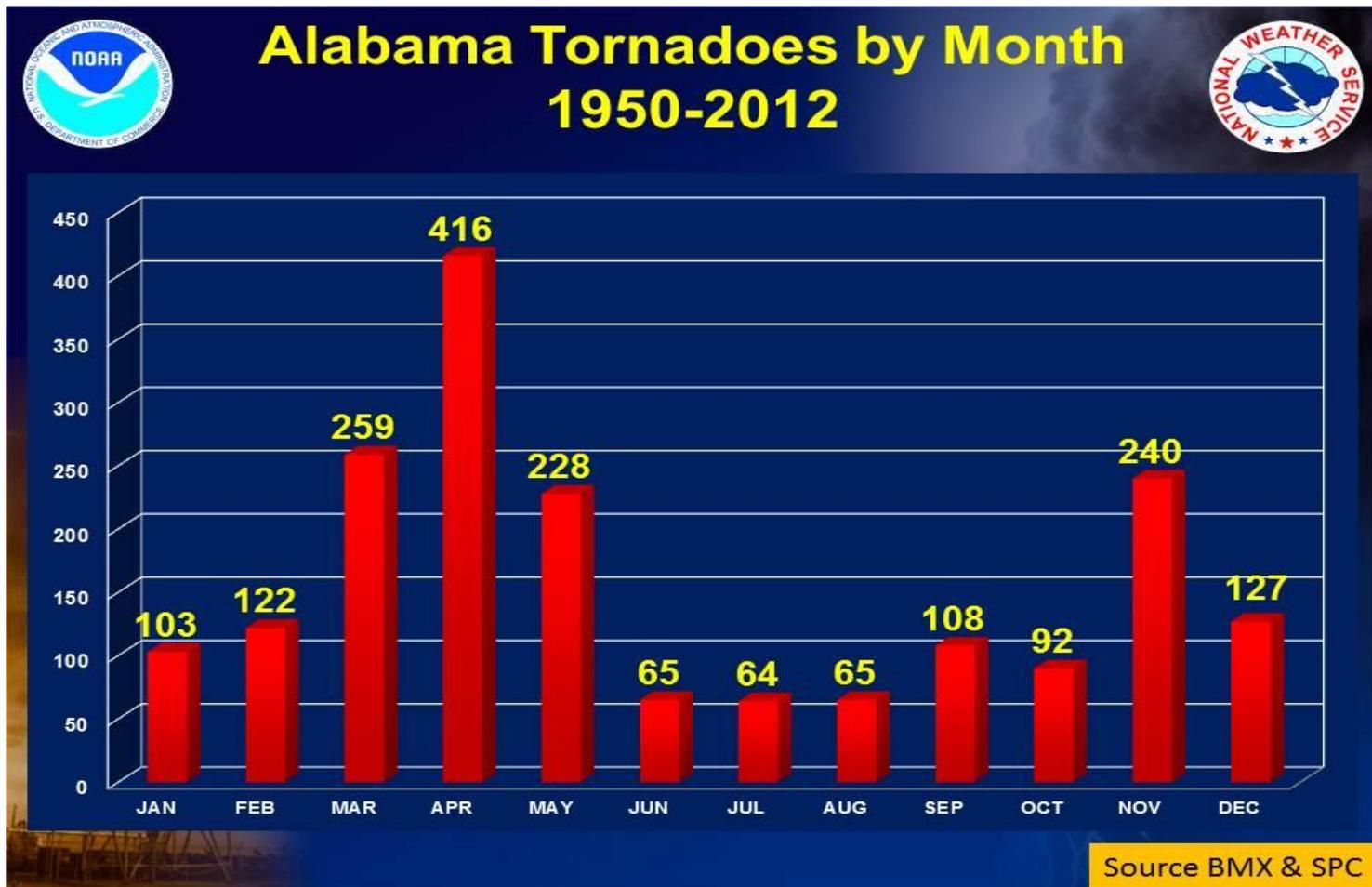


Tornadoes



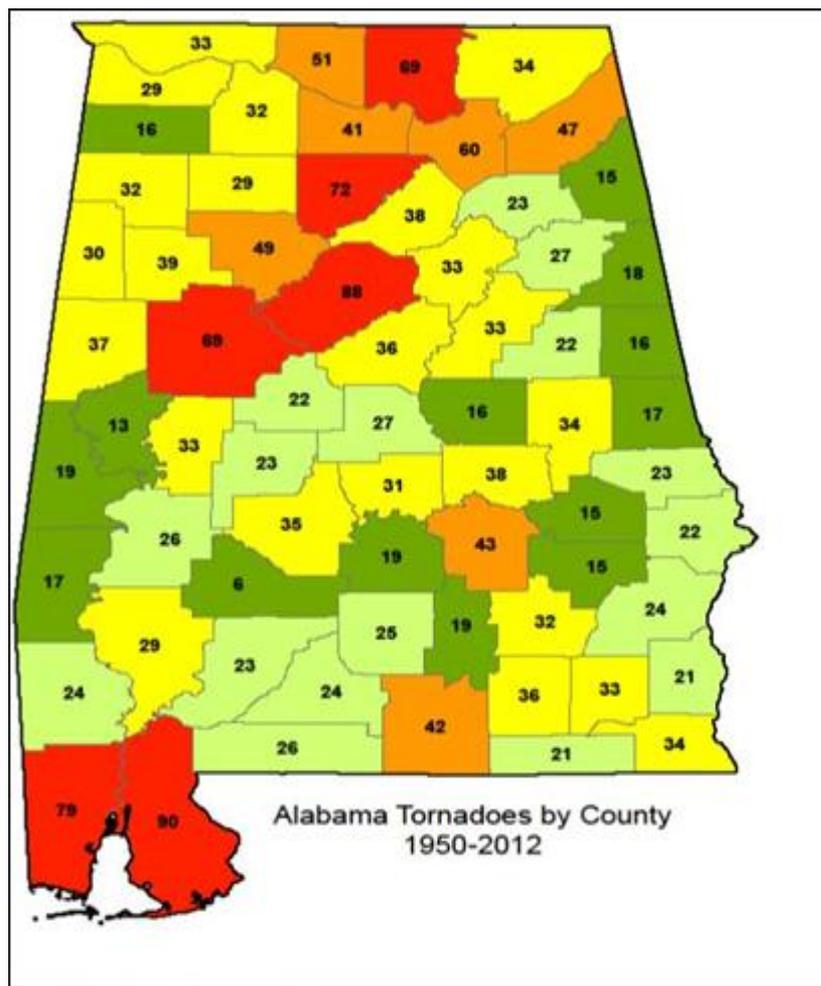


Tornadoes





Tornadoes





Tornado Safety

- ◆ A tornado watch means that there is potential for tornadoes to develop. Watch out.
- ◆ A tornado warning means a tornado has been sighted or indicated on radar. Take cover immediately.
- ◆ The tornado siren is sounded when a tornado will impact Ft Rucker. If you hear the siren, take cover immediately!



Tornado Safety

- ◆ If you are indoors:
 - ◆ Get into an interior room, closet, or basement away from windows
 - ◆ With your back to the wall, cover your head and neck with your hands
 - ◆ Wait for the all-clear before leaving your safe room



Tornado Safety

- ◆ If you are outdoors or in a mobile home:
 - ◆ Seek shelter in a building if possible
 - ◆ Lie in a low-lying area such as a ditch and protect yourself as much as possible



Tornado Safety

- ◆ If you are driving:
 - ◆ Pull over and seek shelter immediately
 - ◆ If no shelter is available, find a low-lying place in which to lie and protect yourself as much as possible



Hurricanes

- ◆ 01 June - 30 November
- ◆ Tropical Depression: Winds of 38 mph
- ◆ Tropical Storm: Winds 39-73 mph
- ◆ Hurricanes: Winds \geq 74 mph



Hurricanes

- ◆ Hurricane Conditions
 - ◆ Governed by Fort Rucker RMOPS Vol V
- ◆ HURCON Definitions:
 - ◆ HURCON 5: 01 June - 30 November
 - ◆ HURCON 4: 72 Hours prior to 50 Knot Winds
 - ◆ HURCON 3: 48 Hours prior to 50 Knot Winds
 - ◆ HURCON 2: 24 Hours prior to 50 Knot Winds
 - ◆ HURCON 1: 12 Hours prior to 50 Knot Winds

Note: Conditions based on sustained wind speed, not winds gusts.



Before the Hurricane

- ◆ Develop a family disaster plan
- ◆ Assemble a disaster supply kit
- ◆ Know how to react to weather watches and warnings



Family Disaster Plan

- ◆ Know the dangers to your area (winds, flash flooding, tornadoes)
- ◆ Plan two evacuation routes
- ◆ Locate a safe room within your home to ride out the storm
- ◆ Establish local and out-of-state emergency contacts
- ◆ Don't forget to plan for your furry friends



Disaster Supply Kit

- ◆ Water (1 gal per person per day for 7 days)
- ◆ Non-perishable food (7 days)
- ◆ Blankets and changes of clothing
- ◆ Flashlight/batteries
- ◆ Candles/matches, lamps/oil
- ◆ First aid kit



Disaster Supply Kit

- ◆ Medications and toiletries
- ◆ Land phone (does not require electricity)
- ◆ Battery powered radio and batteries
- ◆ NOAA weather radio and batteries
- ◆ Pet supplies (food, water, medications, carrier)
- ◆ Special items for babies and the elderly
- ◆ Cash, credit card, ID



Hurricane Watch

- ◆ Hurricane conditions may occur within 36 hours
 - ◆ Make sure your disaster supply kit is stocked
 - ◆ Review your evacuation plan
 - ◆ Stay tuned to local TV or radio for updates



Hurricane Warning

- ◆ Hurricane conditions are expected to occur within 24 hours
 - ◆ Fill up your vehicle/gas cans/generators with gas
 - ◆ Charge cellular phones
 - ◆ Secure outdoor objects
 - ◆ Be prepared to activate your family disaster plan



During the Hurricane

- ◆ Remain in your safe room
- ◆ Stay tuned to local TV or radio for updates
- ◆ Be alert for tornadoes
- ◆ Stay calm



After the Hurricane

- ◆ If you evacuated, wait until local officials clear you to return home
- ◆ Watch for debris, particularly downed power lines
- ◆ Check your gas, sewer, and water lines
- ◆ If the electricity was out, check your cold/frozen food for spoilage



Hurricane Briefing Update

BLUF

Overall Threat to Ft Rucker (72 hrs):



Winds:



Rain/Flooding:



Tornadoes:

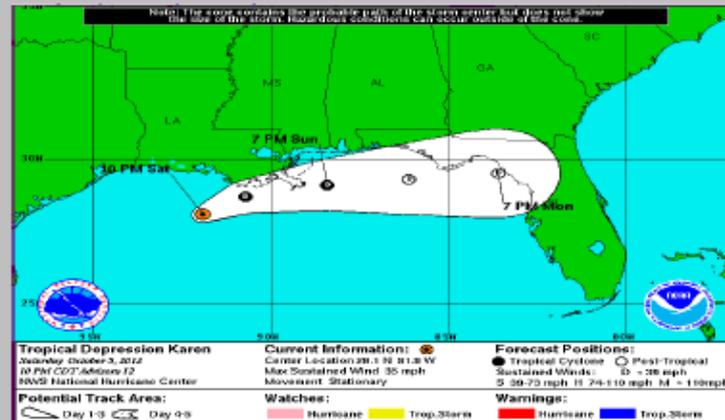


No Impact

Impacts Possible

Impacts Likely

5-DAY CONE



IMPACTS TO FT RUCKER (72 HRS)

THE STORM WILL IMPACT FT RUCKER:	LATE SUNDAY MORNING
IMPACTS TO FT RUCKER:	HEAVY RAIN
ONSET/DURATION OF \geq 35 KT WINDS:	NONE
ONSET/DURATION OF \geq 50 KT WINDS:	NONE
MAX WINDS EXPECTED:	25 KT
TIME OF MAX WINDS:	06/2100L
ONSET OF PRECIPITATION:	LATE SUNDAY MORNING
TOTAL RAINFALL EXPECTED:	1-2"
POINT OF CLOSEST APPROACH:	117 MILES
NEXT UPDATE:	LAST UPDATE

<http://www.rucker.army.mil/6weather/hurr.htm>

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Conclusion

- ◆ Numerous hazards exist during the spring and summer months
- ◆ With a few simple precautions now, you can protect yourself, your family, and your property
- ◆ The time to prepare is NOW

QUESTIONS?

COMMENTS?

FEEDBACK?



SUGGESTIONS?

THOUGHTS?

RECOMMENDATIONS?

IDEAS?