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**CERT IS
WHAT
YOU
MAKE IT**



**COUNTY,
STATE,
&
FEDERAL
ONE TEAM**

CERT Monthly Newsletter

JULY, 2018

Nassau County CERT Newsletter

Dear Members,

The weather has changed and Summer has just begun . Summer is a time for family road trips, outdoor fun in the sun and hopefully lots of great weather. While we are planning or doing these events taking precautions could prevent injuries and save lives. Always remember to keep yourself and family safe and to have an emergency plan.

Thank you for attending the 2018 American Red Cross Regional Full-Scale Exercise at SUNY Farmingdale on June 9. We had an excellent participating from CERT who played the role of actors as well as players and we hope you found the experience beneficial.

We are in the beginning stages of planning our next CERT Basic Class. No dates have been finalized yet, however we are planning the first class in September. Also we are investigating the various locations for the class. If anyone has a suggestion for a location, please let us know. If you know anyone who may be interested, please refer them to us via oemcert@nassaucountyny.gov.

Danielle Krause has moved on from her position with the CERT and the OEM organization. We wish her the best in her new endeavors.

We want to wish every one of you and your family a safe, happy and healthy July 4 Holiday!

Best Regards,

Bob J. Paul

American Red Cross

June 9, 2018

Regional Full Scale Exercise



**American
Red Cross
Regional
Full Scale
Exercise**



**Thank You
To
All Who
Participated
In the Success of
Exercise**



Best to Leave Fireworks to the Experts



Summer is synonymous with barbecues, parades and fireworks displays. But along with all the festivities are plenty of visits to emergency rooms – especially during July.

In 2016, at least four people died and about 11,100 were injured badly enough to require medical treatment after fireworks-related incidents, according to the U.S. Consumer Product Safety Commission.

And while the majority of these incidents were due to amateurs attempting to use professional-grade, homemade or other illegal fireworks or explosives, thousands were from less powerful devices like small firecrackers and sparklers.

More fires are reported on July 4 than any other day of the year. On a typical Fourth of July, fireworks account for two out of five of all reported fires, according to the National Fire Protection Association. Each year, fireworks cause on average 1,300 structure fires, 300 vehicle fires and nearly 17,000 other fires resulting in thousands of injuries.

The National Safety Council advises everyone to stay away from all consumer fireworks and to only enjoy fireworks at a public display conducted by professionals.

Drowning: It Can Happen in an Instant

Not including boating incidents, on average about nine people die from drowning every day in the United States, according to *Injury Facts 2017* the annual statistical report on unintentional injuries produced by NSC.

Teens and Young Adults Often Don't think About Safety

When we think of water safety, we often think of the potential for young children to drown. But drowning also is a concern for teens and young adults. While drowning is more common for children 5 and younger, it's the second leading cause of death for people age 5-24. According to NSC data, 737 people age 5 to 24 drowned in 2014.

Swimmers should keep a few safety precautions in mind:

- Don't go in the water unless you know how to swim; swim lessons are available for all ages
- Never swim alone
- Learn CPR and rescue techniques
- Make sure the body of water matches your skill level; swimming in a pool is much different than swimming in a lake or river, where more strength is needed to handle currents
- If you do get caught in a current, don't try to fight it; stay calm and float with it, or swim parallel to the shore until you can swim free
- Swim in areas supervised by a lifeguard
- Don't push or jump on others
- Don't dive in unfamiliar areas
- Never drink alcohol when swimming; alcohol is involved in about half of all male teen drownings, according to KidsHealth.org



The Younger the Child, the Greater the Risk

Most parents think water safety is first and foremost on their minds whenever they are enjoying summer activities with their young kids. But when the unthinkable happens and a child drowns, parents and caregivers have been known to say, “I only looked away for a second.”

NSC statistics point to drowning as a leading cause of death for young children – mostly due to children falling into a pool or being left alone in the bathtub.

Of the 3,406 drownings in 2014, more than 12% were children age 4 and younger, according to *Injury Facts 2017*. These statistics are in line with Consumer Product Safety Commission reports, which state more than 200 children ages 1 to 14 drowned in pools and spas during summer 2013. Bathtubs, toilets and even buckets also can pose a danger for very young children.



Distractions Make for Tragedies

Parents are cautioned all the time about water safety, but drownings still occur. Always be aware and be in the present moment with your children. Following are a few water safety precautions:

- Never leave your child alone; if you have to leave, take your child with you
- Find age-appropriate swim lessons for your child, but keep in mind that lessons do not make your child "drown-proof"
- Lifeguards aren't babysitters; always keep your eyes on your child
Don't let children play around drains and suction fittings
- Never consume alcohol when operating a boat, and always make sure everyone is wearing U.S. Coast Guard-approved life jackets
- Don't underestimate the power of water; even rivers and lakes can have undertows
- Always have a first aid kit and emergency contacts handy
- Get training in CPR
- If a child is missing, check the water first

Every pool, every lake and every warm summer day holds the possibility of new, fun summer experiences. All you need to add is your undivided attention.

Boating and Marina Safety

For many, swimming and boating are synonymous with summer fun. However, there are many electrical hazards that come along with these leisurely summer activities. Just like your home, it is critical that you have your boat inspected regularly by a licensed electrician and that you are familiar with the electrical system so you can identify and correct any potential hazards. Along with the safety of your boat's electrical system, it is critical for the safety of boat operators and swimmers to understand the hazard of electric shock drowning. ESFI's Boating and Marina Safety resources have the necessary tools to ensure that fun in the sun doesn't give way to an emergency at sea.



Docks and boats carry sources of electricity. Faulty wiring or the use of damaged electrical cords and other devices can cause the surrounding water to become energized. NEVER swim near a marina or near a boat while its running.

- There is no visible warning to electrified water
- Electric current in the water causes the paralysis of muscles which results in drowning
- The 2017 National Electrical Code now requires marinas and boatyards to have ground-fault protection to help prevent water electrification. Check to see if your marina, and the boats in the marina, have proper [GFCI protection](#)
- As little as 10 milliamps, 1/50th the amount used by a 60 watt light bulb, can cause paralysis and drowning

What to do if you see electric shock drowning taking place:

- Turn power off
- Throw a life ring
- Call 911
- NEVER enter the water – you could become a victim too

The 2017 National Electrical Code requires marinas and boat socks to post electric shock warning signs where electricity is used near water

5 Tips for Boat Owners:

1. **Swimming Safety** - Never allow swimming near the boat, marina, or launching ramp. Residual current could flow into the water from the boat, or the marina's wiring, potentially putting anyone in the water at risk of Electric Shock Drowning.
2. **Put It to the Test** - Be sure your boat is properly maintained and consider having it inspected annually. GFCIs and ELCIs should be tested monthly to ensure functionality. Conduct leakage testing to determine if electrical current is escaping the vessel.
3. **Use the Right Tool** - Never use household cords near water. Use only portable GFCIs or shore power cords (including "Y" adapters) that are "UL- Marine Listed" when using electricity near water.
4. **Know Your Surroundings** - Know where your main breaker(s) are located on both the boat and the shore power source so that you can respond quickly in case of an emergency. Be aware of any potential electrical hazards by checking for nearby power lines before boating, fishing, or swimming.
5. **Learn the Code** - Regularly have your boat's electrical system inspected and upgraded by a certified marine electrician to be sure it meets your local and state NEC, NFPA, and ABYC safety codes and standards.

Electric Shock Drowning:

Electric Shock Drowning occurs when a body makes contact with electrified water and becomes a conductor of electricity leading to the possibility of complete loss of muscle control, rapid or irregular heart beat (ventricular fibrillation), and even electric shock death.

Common Causes:

Docks and boats can carry sources of electricity. Faulty wiring or the use of damaged electrical cords and other devices can cause the surrounding water source to become energized.

How to Avoid:

- Obey all “No swimming signs”.
- NEVER swim near a marina.
- NEVER swim near a boat while it is running.
- If you feel any tingling sensations while in the water, tell someone and swim back in the direction from which you came. Immediately report it to the dock or marina owner.

How to Respond:

- Do not enter the water!
- Call 911 or VHF Channel 16 immediately
- If possible turn off all nearby power sources
- Extreme caution should be taken when removing the victim from the water.
- If the victim does not have a pulse and not breathing begin CPR or use (AED) Artificial Electrical Defibrillator if available.

Marina Safety Checklist:

Familiarize yourself with your marina and help prevent electrical hazards. Use this checklist to talk with the marina manger or owner about potential safety concerns

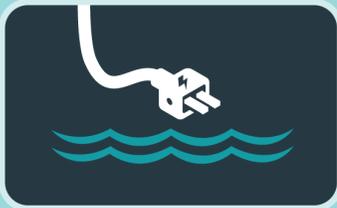
- Are any cords cracked or frayed?
- Is there corrosion or other damage on any of the power pedestals?
- When was the marina last inspected? Inspections should be performed yearly
- What edition of the codes (NEC, NFPA, ABYC) does the marina comply with?
- What type of ground fault protection does the marina provide?

ELECTRIC SHOCK DROWNING

WATER AND ELECTRICITY ⚡

DON'T MIX

Electric Shock Drowning severely injures and kills people every year. ESD occurs when faulty wiring sends electric current into water, which passes through the body and causes paralysis, which could ultimately result in drowning.



How to Avoid Electric Shock Drowning

Pool



Locate and label all power switches to pool, hot tub, and spa equipment and lighting.



Make sure all pools, hot tubs, and spas are at least **25 feet** from power lines.



All wiring and repairs should be performed by a **qualified electrician**.



Have a qualified electrician **inspect your pool, spa, or hot tub annually**.



Install **GFCIs**, which can prevent electrocution, on all receptacles within **20 feet** of water's edge.

What To Do If You See Electric Shock Drowning

1 Do not enter the water



2 Turn off source of power



3 Call 911



4 Use an **insulated device** (such as fiberglass rescue crook) to attempt to **remove victim from water**



If you are interested in the Nassau County Overdose Prevention And Naloxone Training

At any of the listed locations You must register at:

<https://forms.nassaucountyny.gov/agencies/CE/narcan/ontraining.php>

Port Washington Library
1 Library Drive
Port Washington, NY 11050
Monday, July 23, 2018 07:00 PM

Williston Park Village Office
494 Willis Avenue
Williston Park, NY 11596
Monday, August 6, 2018 07:00 PM

Rockville Centre
Central Synagogue - Beth Emeth
430 DeMott Avenue,
Rockville Centre, NY 11570
Thursday, August 23, 2018 07:00 PM

Jericho Public Library
1 Merry Lane
Jericho, NY 11753
Wednesday, September 12, 2018 07:00 PM

Glen Head North Shore High School
450 Glen Cove Avenue
Glen Head, NY 11545
Tuesday, September 25, 2018 07:00 PM

July 2018 - Upcoming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------------------------------|---|----------|--------|----------|
| 1 | 2 | 3 |  | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 RACES Meeting 7:30 p.m. | 17 Division 2 Meeting 7pm | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Important CERT Dates

RACES Meeting

July 16th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm

Division 2 Meeting

July 17th
 Island Park Public Library
 Time: 7 pm

Officers Meeting

No Meeting in July



August 2018 - Upcoming Events

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|---------|-----------|-----------------------------------|--------|----------|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 Officers Meeting 7:30 pm | 17 | 18 |
| 19 | 20 RACES Meeting 7:30 p.m. | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

Important CERT Dates

Officers Meeting

August 16th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm

RACES Meeting

August 16th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm



Nassau County CERT Coordinator

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CERT Section Chiefs

| | | |
|---------------------|----------------------|----------------------|
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Division 5 - Campus CERT

Division Supervisor

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CERT BASIC CLASS

NO CLASSES SCHEDULED

PLEASE HELP US RECRUIT NEW MEMBERS!!

OEMCERT@NASSAUCOUNTYNY.GOV

(Current CERT Members may attend any class as a refresher)