

MAUPIN VOLUNTEER FIRE DEPARTMENT

P.O. BOX 308
MAUPIN, OR 97037
Fire Chief Tom Troutman

TEL: 541/395-2698
FAX: 541/395-2499
Email: cityhall@cityofmaupin.org

July 1, 2018

As summer progresses, increasing and prolonged temperatures are drying grass, brush and trees. We are asking our community and visitors to stay particularly vigilant in being fire safe.

It's important for the safety of your home and nearby wildlands to learn how to use and maintain outdoor equipment and vehicles in ways that prevent sparking a wildfire.

Vehicle Safety:

- Be careful driving through or parking on dry grass or brush. Hot exhaust pipes and catalytic converters can start the grass on fire. You may not even notice the fire until it's too late.
- Be sure chains and other metal parts are not dragging from your vehicle – they cause sparks.
- Check your tire pressure. Driving on an exposed wheel rim can cause sparks.
- Never let your brake pads wear too thin; metal on metal makes sparks.
- Vehicles are required to have a shovel and bucket or at least a gallon of water and fire extinguisher in many areas.

Lawn Care:

- Sparks from lawnmowers and power equipment **DO** start wildfires! Be careful on hot, dry days and be sure to check your equipment regularly.
- Keep exhaust system, spark arresters and engine in proper working order and free of carbon buildup. Don't over fill the gas tanks.
- Mow before 10 a.m., but never when windy or excessively dry. Remember that lawn mowers are designed to mow lawns, not weeds or dry grass. Metal lawnmower and weed eater blades striking rocks can create sparks and start fires.
- When doing any yardwork or work outdoors with mechanical equipment, keep a shovel and fire extinguisher handy and a charged hose.
- In wildland areas, spark arresters are required on all portable, gasoline-powered equipment. While spark arresters are not 100 percent effective, they greatly reduce the risk of starting a wildfire.
- Never store rags with solvents, gas or other combustibles. Make sure storage areas are well ventilated.

Always keep a cell phone nearby and call 911 immediately in case of fire.

Know fire risks and obey fire restrictions.

Remember sky lanterns are illegal in Oregon airspace.

Never discard cigarette butts on the ground or in vegetation and make sure they are dead out!!

“Remember... Only You can Prevent Wildfires” Smokey the Bear

HEAT STRESS TABLE

Be aware of the signs of heat exhaustion and heat stroke when you're working in hot, humid conditions. The table below shows the risks of exposure to high temperature and high humidity:

Air Temperature		Relative Humidity (%)												
		40	45	50	55	60	65	70	75	80	85	90	95	100
110	136													
108	130	137												
106	124	130	137											
104	118	124	130	137										
102	112	118	124	130	137									
100	106	112	118	124	130	137								
98	100	106	112	118	124	130	137							
96	101	107	113	119	125	132	139	146						
94	97	103	109	115	121	128	135	142	149					
92	94	99	105	111	117	124	131	138	145	152				
90	91	93	95	97	100	103	106	109	113	117	122	127	132	137
88	88	89	91	93	95	98	100	103	106	110	115	120	125	130
86	85	87	88	89	91	93	95	97	100	102	105	108	111	114
84	83	84	85	86	88	89	90	92	94	96	98	100	103	106
82	81	82	83	84	85	86	87	88	89	90	91	93	95	98
80	80	80	81	81	82	82	83	84	84	85	86	86	87	88

Oregon Occupational Safety & Health Division 440-3333-5 (1/16)



Extreme Danger: Heat stroke highly likely
Danger: Muscle cramps, and/or heat exhaustion likely
Extreme caution: Muscle cramps and/or heat exhaustion possible
Caution: Fatigue possible

HEAT STROKE - A Medical Emergency

What happens to the body:
 Dry, pale skin (no sweating); hot, red skin (looks like a sunburn); mood changes; irritability, confusion, and not making any sense; seizures or fits, and collapse (will not respond).

- What should be done:**
- Call for emergency help (ambulance or 911.)
 - Move the person to a cool, shaded area. Don't leave the person alone. Lay him on his back and if the person is having seizures, remove objects close to him so he won't hit them. If the person is sick to his stomach, lay him on his side.
 - Remove heavy and outer clothing.
 - Have the person drink some cool water (a small cup every 15 minutes) if he is alert enough to drink anything and not feeling sick to his stomach.
 - Try to cool the person by fanning him or her. Cool the skin with a cool spray mist of water, wet cloth, or wet sheet.
 - If ice is available, place ice packs in armpits and groin area.

HEAT EXHAUSTION

What happens to the body:
 Headaches, dizziness, or light-headedness, weakness, mood changes, irritability or confusion, feeling sick to your stomach, vomiting, fainting, decreased and dark-colored urine, and pale, clammy skin.

- What should be done:**
- Move the person to a cool, shaded area. Don't leave the person alone. If the person is dizzy or light-headed, lay him on his back and raise his legs about 6-8 inches. If the person is sick to his stomach, lay him on his side.
 - Loosen and remove heavy clothing.
 - Have the person drink some cool water (a small cup every 15 minutes) if he is not feeling sick to his stomach.
 - Try to cool the person by fanning him. Cool the skin with a cool spray mist of water or wet cloth.
 - If the person does not feel better in a few minutes call for emergency help (ambulance or 911.)
- (If heat exhaustion is not treated, the illness may advance to heat stroke.)*

TOP TIPS TO BEAT THE HEAT

H₂O to go
 Take a bottle of cold water with you when you're out and about.

Avoid
 Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so limit alcohol and avoid them during hot weather.

Be cool
 Make use of fans or air conditioning set to cool.

Rest
 Make sure you get enough sleep and rest if you feel tired.

Soak
 Take a cool shower or bath to help your body cool down when you're hot.

Shade
 Wear a hat or take an umbrella with you if you're outside on a hot day.

Enjoy
 Try eating more cold foods, like salads, and fruits. They contain water and are more refreshing than hot foods.

Dress down
 Wear lightweight, light-colored, loose-fitting clothes made from natural fibers like cotton or linen.

HEAT EXHAUSTION OR HEAT STROKE

Faint or dizzy _____ Throbbing headache _____

Excessive sweating _____ No sweating _____

Cool, pale, clammy skin _____ Body temperature above 103° _____

Nausea or vomiting _____ Red, hot, dry skin _____

Rapid, weak pulse _____ Nausea or vomiting _____

Muscle cramps _____ Rapid, strong pulse _____

_____ May lose consciousness _____

CALL 9-1-1

Get to a cooler, air conditioned place

Drink water fully conscious

Take a cool shower or use cold compresses

Take immediate action to cool the person until help arrives

Weather.gov/heat @ScrammoES

Weather.gov/heat @ScrammoES