

SWEETWATER COUNTY EMERGENCY MANAGEMENT NEWSLETTER

Newsletter
March 2019



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Emergency Management

The Sweetwater County Emergency Management Agency analyzes the hazards, assesses capabilities, plans for the potential events then responds to, recovers from, and mitigates against the emergency or disaster. We coordinate with response agencies, industry, elected officials, and volunteer agencies to accomplish our mission of limiting injuries, reducing loss of life and damage to property.

Sweetwater County Emergency Management is available to train and provide preparedness information to groups and individuals to enable them to be better prepared. Please pass this information to your family and friends.

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Upcoming Events:

- *March 10: Daylight Savings Time
- *March 17: St. Patrick's Day
- *March 22-23: CERT Training
- *March 29-30: CERT Training

C.E.R.T.

Community Emergency Response Team

Empower yourself and your family and take some simple steps to prepare for and respond to potential emergencies, including natural disasters and terrorist attacks. Do three key things:

- Get an emergency supply kit (72 hour survival Kit). Consider what unique needs your family might have, such as supplies for pets or seniors
- Make a family emergency plan
- Be informed about the different types of emergencies that could occur and their appropriate responses

Cheesy Lasagna Roll-Ups

1 jar tomato basil pasta sauce
1 lb. lean ground beef
1 package (8 oz.) cream cheese, softened
8 lasagna noodles, cooked and drained as directed on package
2 cups baby spinach leaves
2 cups shredded mozzarella cheese (8 oz.)
Chopped fresh parsley, if desired

Spray 13x9 baking dish with cooking spray. Spread ½ cup pasta sauce in bottom of baking dish and set aside. Brown ground beef in skillet; drain. Spread 1 oz. cream cheese, softened, down center of each lasagna noodle. Divide beef evenly among noodles, placing over cream cheese. Top each with 4 spinach leaves. Roll noodles up tightly; place in single layer in baking dish. Pour remaining sauce over all roll-ups. Sprinkle evenly with 2 cups shredded mozzarella cheese (8 oz.) Bake at 350 degrees, 15 to 20 minutes or until cheese is melted and bubbly. Let stand 5 minutes before serving. Top with chopped fresh parsley.

*****COMMUNITY EMERGENCY RESPONSE TEAM TRAINING*****

***YOU ARE CORDIALLY INVITED TO ATTEND TRAINING ON**

MARCH 22-23 AND MARCH 29-30, 2019

PLEASE REGISTER THROUGH EVENTBRITE*

WHAT IS C.E.R.T.?

CERT training promotes a partnering effort between emergency services and the people they serve. CERT training/class address basic “how to” manage disaster occurrences in the home and the neighborhood, consisting of:

- Disaster Preparedness
- Disaster Fire Suppression
- Disaster Medical Operations
 - Light Search & Rescue
 - Disaster Psychology
 - Disaster Simulation

Prepare to be your own hero...

Prepare to live another day...

Prepare through education; it's less costly than learning through tragedy



Community Emergency Response Teams, or CERT, is organized under the direction and leadership of the Sweetwater County Sheriff's Office/Emergency Management Division.

CERT training promotes a partnering effort between emergency services and the people that they serve. The goal is for emergency professionals to train members of neighborhoods, community organizations, or workplaces in basic response skills, and then integrate them into the emergency response capability for their area. Should a disaster overwhelm or delay the community's professional response, CERT may provide vital services until emergency responders arrive.

CERT training enhances the ability to recognize, prepare for, respond to, and recover from a major emergency or disaster situation. Members are trained to take care of themselves, their families and their neighbors before, during and after a major emergency.

CERT's have been used to:

Search for lost or kidnapped children
 Staff emergency Operations Centers and monitor events
 Emergency Operations Center security; driving, information, assisting disabled visitors and minor first aid
 Manage "spontaneous/convergent" volunteers
 Assist volunteer organizations on mass care

CERT Training Will Teach Participants to:

- Describe the types of hazards most likely to affect their homes and communities.
- Describe the function of CERT and their roles in immediate response.
- Take steps to prepare themselves for disaster.
- Identify and reduce potential fire hazards in their homes and workplaces.
- Work as a team to apply basic fire suppression strategies, resources; and safety measures to extinguish a burning liquid.
- Apply techniques for opening airways, controlling bleeding, and treating shock.
- Conduct triage under simulated conditions.
- Perform head-to-toe assessments.
- Elect and set up a treatment area..
- Employ basic treatments for various injuries.
- Identify planning and size-up requirements for potential search and rescue situations.
- Describe the most common techniques for searching a structure.
- Use safe techniques for debris removal and victim extrication.
- Describe ways to protect rescuers during search and rescue operations.

This is a 20 hour course (**Post hours available**) designed to help local residents prepare for all types of emergency events occurring in their homes and communities. The course addresses basic “how to” manage disaster occurrences in the home and the neighborhood.

Introduction

Unit 1: Emergency Preparedness

Unit 2: Fire Safety

Unit 3: Emergency Medical Operations – (Part 1)

Unit 4: Emergency Medical Operations – (Part 2)

Unit 5: Light Search and Rescue Operations

Unit 6: CERT Organization

Unit 7: Disaster Psychology

Unit 8: Terrorism & CERT

Unit 9: Course Review

Disaster Simulation

Evaluation/ “Hot Wash”

Course Summary/Certificates

Pre-requisites for Sweetwater County Volunteers: (CERT students are not required to become volunteers). Complete or have completed a Sweetwater County Volunteer application*. Be at least 18 years of age and possess a valid driver’s license with a good driving record. **A background check will be performed on all volunteers*

For more information or to register, contact:

Sweetwater County
Emergency Management
(307) 922-5370 Rock Springs
Fax: (307) 922-5481
www.sweet.wy.us/ema

Did you know?
Rabbits like licorice

Ice Fishing Safety Tips

There is no such thing as safe ice. Ice conditions can fluctuate drastically over short times and distances; water levels in lakes, and especially in reservoirs like Flaming Gorge, can change – freezing and thawing weather patterns come and go, and submerged springs in certain areas can make a big difference. Always exercise caution and never become complacent.

Check ice thickness before venturing out and check thickness every 100 to 150 feet. (A cordless drill with a 5/8-inch, 5-inch long wood augur bit makes this an easy proposition.) Clear ice 4 inches thick or more is generally considered safe for an angler on foot, and though guidelines exist for appropriate ice thickness for snow machines, four wheelers, and larger vehicles, Sweetwater County Emergency Management does not recommend taking motorized vehicles of any kind out onto the ice, regardless of thickness.

Never ice fish alone.

Wearing a PFD (Personal Flotation Device), commonly called a life jacket, is highly recommended.

Two ice picks, either homemade or commercially manufactured, on the ends of a rope and worn thru your coat sleeves; in the same manner as parents attach mittens for small children, can literally save your life if you fall thru the ice.



Flood Safety

Before a Flood

- ✓ Stay informed– visit weather.gov or tune into your local news for the latest forecast
- ✓ Determine whether your home, school or work is in an area likely to flood.
- ✓ Learn which roadways are likely to flood and find an alternative route so you can avoid them.
- ✓ Create a communications plan so your family will know how to connect during an emergency.
- ✓ Assemble an emergency kit.
- ✓ If you might be evacuated, pack your bags and include items for your pets so you're ready to leave at a moment's notice.
- ✓ Charge all essential electronics.
- ✓ Be proactive–leave before the flooding starts to avoid getting stranded.

During a Flood

- ✓ Stay informed–tune into your local news for updates on flooding in progress.
- ✓ Get to higher ground if you are in an area that is subject to flooding
- ✓ Follow evacuation orders and heed warning signs.
- ✓ If you have time before you evacuate, disconnect utilities and appliances.

- ✓ Avoid flood waters. It is NEVER safe to drive or walk through flood waters.

After a Flood

- ✓ Stay informed–tune into your local news for updates on affected areas and the safety of your drinking water.
- ✓ Avoid floodwaters–standing water can hide chemicals that can make you sick, power lines that can cause electrocution and sharp debris that can seriously harm you.
- ✓ Avoid disaster areas–your presence may hamper emergency operations.
- ✓ Heed road closure and cautionary signs.
- ✓ Wait for the “all clear” before returning to an area that was impacted by flooding
- ✓ Contact your family and loved ones to let them know you're ok.

For more information visit:

www.weather.gov/floodsafety/



If you would like more information on this or any of our other programs
please
contact us.

Call: (307) 922-5370 Rock Springs
(307) 872-3884 Green River

Web: www.sweet.wy.us/ema
Email: roderickj@sweet.wy.us
coveye@sweet.wy.us

Attention Sweetwater County Employees!

If you are the first to answer the following question correctly and email the
answer to coveye@sweet.wy.us you may win a prize!!

In the late 1930's Mountain Fuel, now Dominion
found _____ while searching for natural gas.

CONGRATULATIONS to **LYNNE CLARK** for being
the first person to submit the correct answer
for the February 2019 quiz.

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We're on the Web!

Visit us at:

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