



LEMA LEDGER

Quarterly Newsletter of the Lancaster County Emergency Management Agency

FALL 2011 — "ALWAYS BE READY!"

DAYLIGHT SAVINGS

Turn your clock back 1 hour at 0200 on November 6, 2011

2012 EVENTS:

- March 27, 2012—Bi-annual Peach Bottom Atomic Power Station Exercise. Start time is approximately 4pm.
- March 28, 2012—Bi-annual Peach Bottom Atomic Power Station Exercise Off-Site Demonstrations. Start time is approximately 7pm.
- Local Emergency Planning Committee meetings are held at the Lancaster County Public Safety Training Center. All meetings start at 1 pm. Meeting schedule is as follows:
 - February 2, 2012
 - April 5, 2012
 - June 7, 2012
 - August 2, 2012
 - October 4, 2012
 - December 6, 2012

QUARTERLY TRAINING

February 9, 2012
May 10, 2012
August 9, 2012
November 15, 2012

Quarterly Training Sessions start promptly at 7pm and are held at the Lancaster County Public Safety Training Center unless otherwise noted.

THINK COLD

Prepare Now for Winter's Effects



Heavy snow is projected for the up-coming winter season. Photo Source: <http://www.google.com/imgres?q=blizzard&um=1&hl=en&sa=N&biw=836&bih=562&tbn=isch&tbnid=3ZyddjWR1aah3M:&imgrefurl>

It has been an extremely eventful several weeks for the county. First, on August 23, 2012, a Virginia epicenter Earthquake registering 5.6 on the Richter scale was felt throughout the east coast and mid-Atlantic region. Initially the 9-1-1 center and County Emergency Management Agency were inundated by calls from residents and businesses concerned about after-shocks. Minimal damages were reported.

On Saturday August 27, 2012, the County Emergency Operations Center was activated for Hurricane Irene which caused wide-spread wind-driven damages. Tens of thousands of residents were without power.

Some for nearly a week prompting the American Red Cross to establish a Shelter.

September 7, 2012, the effects of Tropical Storm Lee hit the county. It unleashed a deluge of rain, primarily on the western portion of the county. Some areas registered more than 15 inches of rain. Flash flooding occurred; caused 3 deaths in the county; displaced hundreds of people; and subsequent river crests significantly damaged and destroyed homes and businesses.

Recovery efforts are ongoing and the Federally staffed Disaster Recovery Center (DRC) continues to operate locally to aid county citizens cope with and recover from

the storms effects.

Fall has arrived and Winter is not far behind. While recovering from the flood and preparing for the holidays, do not lose sight of preparing for winter emergencies. This issue of LEMA Ledger focuses on winter preparedness to guide your personal preparedness efforts as well as for your family, employees and citizens. Additionally tips regarding Carbon Monoxide (CO) are enclosed. Incidents involving CO typically increase during the winter months.

Also enclosed is information on emergency kits. The tips presented in this issue are applicable for all-hazard situations.

For additional preparedness information, visit www.ReadyPA.org

'Tis the season for increased Carbon Monoxide exposure incidents. See pages 4-5 on Carbon Monoxide detectors, monitoring and its effects.

2011-2012 SNOW FORECAST



Projected United States snow fall for 2011-2012.

Graphic Source: <http://www.accuweather.com/blogs/meteoradness/story/53551/snow-forecast-for-the-winter-of>

The forecast of snowfall for the 2011-2012 winter season calls for above normal and heavy snowfall. The basis of the forecast is on the prediction that a weak La Nina will be forming this fall and continuing through

the winter. Last year, we had a strong La Nina with blocking over Greenland that led to a very snowy winter across the Midwest and Northeast. While the pattern will be similar to last year, there will be changes that will contribute to the heavy snow areas shown on the map.

The trough axis that is predicted to be in the Midwest, will cause storms to develop along the East coast and race northeast. The cold will be back in the Appalachians, and that will lead to heavy snow in those areas. The major cities will probably be fighting many mix precipitation storms. Heavy snow will follow along the I-95 corridor .

A storm track coming out of

the Rockies will lead to storms moving through the western Great Lakes and a band of above-normal snowfall across the Midwest and western Great Lakes.

Projected is above-normal snow area along the Front Range of the Rockies due mainly to arctic air masses coming down from Alberta.

While overall, the winter will not be extremely cold for the country, it will be cold enough for ice concerns for areas from Oklahoma to North Carolina and into the mid-Atlantic region..

In two words for the upcoming winter; **Be Prepared!**

HOW TO FIGHT THE FLU



Personal hygiene, such as consistent hand washing, is an effective flu prevention practice. Photo source www.washinghands.net/images/pictures/thumbnails/hand-washing-picture-1.jpg

Flu is a serious contagious disease that can lead to hospitalization and death. The CDC recommends the following actions to protect yourself and others from influenza (the flu):

Get a Flu Vaccine

A yearly flu vaccine is the first step in protecting against flu viruses. While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common. The 2011-2012 vaccine will protect against an influenza A H3N2 virus, influenza B virus and the H1N1 virus that emerged in 2009 to cause a pandemic. Everyone 6 months of age and older should

get a flu vaccine as soon as they become available. High risk persons is especially important to decrease their risk of severe flu illness. High risk people include young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older. Vaccination also is important for health care workers, and other people who live with or care for high risk people to keep from spreading flu to high risk people. Children younger than 6 months are at high risk of serious flu illness, but are too young to be vaccinated. People who care for them should be vaccinated instead.

Stop Germ Spread

Cover your nose and mouth

with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it. Wash your hands often with soap and water. If soap and water are not available, use an alcohol-based hand rub. Avoid touching your eyes, nose and mouth. Germs spread this way. Try to avoid close contact with sick people. If you are sick with flu-like illness, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.) While sick, limit contact with others as much as possible to keep from infecting them.

Take Your Medicine

If your doctor prescribes antiviral drugs. Take them as directed.

THREE STEP WINTER SURVIVAL

Step 1: Get a Kit

- Get an Emergency Supply Kit which includes items like non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries.
- Thoroughly check and update your family's Emergency Supply Kit before winter approaches and add the following supplies in preparation for winter weather:
- Rock salt** or more environmentally safe products to melt ice on walkways. Visit the Environmental Protection Agency for a complete list of recommended products.
- **Sand** to improve traction
- **Snow shovels** and other snow removal equipment.
- Also include **adequate clothing and blankets** to keep you warm.

Step 2: Make a Plan

Prepare Your Family

- Make a Family Emergency Plan. Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- It may be easier to make a long-distance phone call than to call across town, so an out-of-town contact may be in a better position to communicate among separated family members.
- You may also want to inquire about emergency plans at places where your family spends time: work, daycare and school. If no plans exist, consider volunteering to help create

Step 3: Be Informed

Prepare Your Home / Car

- Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case a pipe bursts).
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk as more people turn to alternate heating sources without taking the necessary safety precautions.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Hire a contractor to check the structural stability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.
- If you have a car, fill the gas tank in case you have to leave. In addition, check or have a mechanic check the following items on your car:
 - Antifreeze levels - ensure they are sufficient to avoid freezing.
 - Battery and ignition system - should be in top condition and battery terminals should be clean.
 - Brakes - check for wear and fluid levels.
 - Exhaust system - check for leaks and crimped pipes and repair or replace as necessary. **Carbon monoxide is deadly and usually gives no warning.**
 - Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas.
 - Heater and defroster - ensure they work properly.
 - Lights and flashing hazard lights - check for serviceability.

- Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.
- Thermostat - ensure it works properly.
- Tires - make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions. However, some jurisdictions require that to drive on their roads, vehicles must be equipped with chains or snow tires with studs.
- Windshield wiper equipment - repair any problems and maintain proper washer fluid level.

Familiarize yourself with the terms that are used to identify winter weather

- **Freezing Rain** creates a coating of ice on roads and walkways.
- **Sleet** is rain that turns to ice pellets before reaching the ground. Sleet also causes roads to freeze and become slippery.
- **Winter Weather Advisory** means cold, ice and snow are expected.
- **Winter Storm Watch** means severe weather such as heavy snow or ice is possible in the next day or two.
- **Winter Storm Warning** means severe winter conditions have begun or will begin very soon.
- **Blizzard Warning** means heavy snow and strong winds will produce a blinding snow, near zero visibility, deep drifts and life-threatening wind chill.
- **Frost/Freeze Warning** means below freezing temperatures are expected.

Reprinted from, and for more information visit <http://www.ready.gov/america/beinformed/winter.html>



CARBON MONOXIDE DETECTORS



A properly installed and maintained Carbon Monoxide Detector is an effective means to realize the presence of Carbon Monoxide. Photo source: http://img.consumersearch.com/files/cs/imagecache/product_spp_main/images/products/First_Alert_CO615

We all know that Carbon Monoxide (CO) is odorless and colorless. The only way to know its presence, other than by exposure symptoms, is through detection.

Many department and hardware stores sell varying brands of CO detectors for homeowner use. For maximum effectiveness detectors should be properly installed, maintained and tested. While we cannot

recommend one brand over another, internet searches from consumer product reviews may be beneficial.

Many people feel that as long as fresh batteries are installed the device is effective. However, CO detectors have shelf life's and when investigating a CO detector activation without illness, one question to the occupant should be how old the device is. The average smoke detector shelf life is 5-7 years. This

varies by manufacturer. Several recommend replacing the unit after its warranty has expired.

For CO investigation incidents, proper monitoring techniques, including appropriate readings interpretation should employed.

Remembers CO's physical characteristics, and how and where it may accumulate in a structure.

Air Monitoring Alphabet

When utilizing an air monitoring device, whether portable or fixed, sometimes interpreting the readings can be confusing. There are many acronyms and without a scorecard of sorts, one may not really understand what the monitor is reading or may miscommunicate their findings.

Often personnel advise of negative readings. If that is the case, the monitor or sensors are likely in need of repair. The intent of the "negative report" often times means normal readings. However, the most effective way to communicate air monitoring efforts is to report what the air monitor display is showing.

The air we breathe is comprised of 20.9% oxygen (O₂). When O₂ levels

fall below 19.5%, the air is considered to be O₂ deficient. With that mindset, sometimes when personnel interpret O₂ levels that are between 19.5% and 20.9% they report normal conditions.

Things, in fact, may not be normal. The high toxicity of some materials may reduce the O₂ level by only a tenth of a percent. While the oxygen level may seem normal, there still could be a toxic atmosphere. If an O₂ reading is below 20.9%, it is necessary to ascertain if other suspect agents are displacing the balance.

Like the CO detector article above, proper maintenance is a key. Calibration of monitoring devices and replacement of sensors is essential for a well-

maintained device. Future issues will include additional monitoring tips. Below are common published toxicity definitions:

PEL—Permissible Exposure Limit— This is an OSHA value representing workplace exposure limits for 8-10 hour durations 40 hours a week.

STEL—Short Term Exposure Limit— The maximum 15 minute exposure level followed by one-hour breaks between exposures. Only allowed 4 times a day.

IDLH—Immediately Dangerous to Life and Health— Concentration that poses an immediate threat to life or could cause irreversible or delayed adverse health effects.

Note: Published values are considerate of healthy adults. The young, elderly and those with compromised health issues have decreased CO tolerances. This article should not replace additional study of toxicity and air monitoring practices.



Effective air monitoring includes a well maintained detection device as well as training on the capabilities, limitations and interpretation of the device. Remember, your life may depend on it.

Photo by Eric G. Bachman

CARBON MONOXIDE (CO)

What is carbon monoxide?

Carbon monoxide, or CO, is an odorless, colorless gas that can cause sudden illness and death.

Where is CO found?

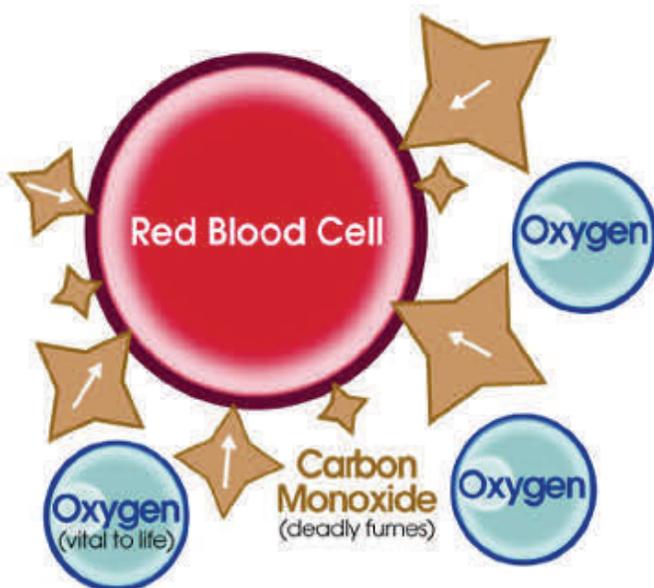
CO is found in combustion fumes, such as those produced by cars and trucks, small gasoline engines, stoves, lanterns, burning charcoal and wood, and gas ranges and heating systems. CO from these sources can build up in enclosed or semi-enclosed spaces. People and animals in these spaces can be poisoned by breathing it.

What are the symptoms of CO poisoning?

The most common symptoms of CO poisoning are headache, dizziness, weakness, nausea, vomiting, chest pain, and confusion. High levels of CO inhalation can cause loss of consciousness and death. Unless suspected, CO poisoning can be difficult to diagnose because the symptoms mimic other illnesses. People who are sleeping or intoxicated can die from CO poisoning before ever experiencing symptoms.

How does CO poisoning work?

Red blood cells pick up CO quicker than they pick up oxygen. If there is a lot of CO in the air, the body may replace oxygen in blood with CO. This blocks oxygen from getting into the body, which can damage tissues and result in death.



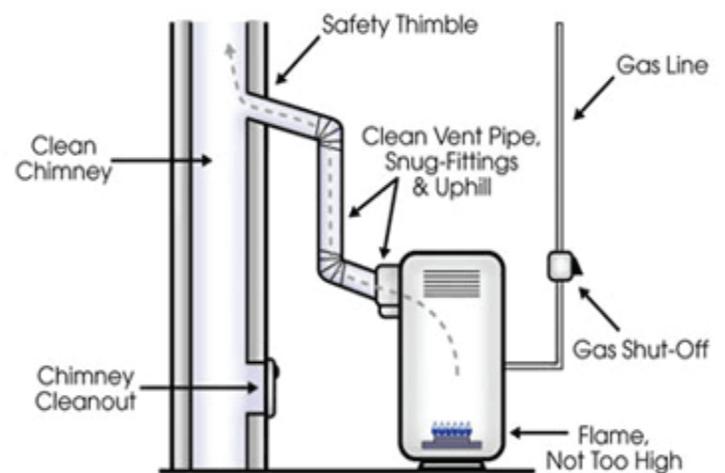
Who is at risk from CO poisoning?

All people and animals are at risk for CO poisoning. Certain groups — unborn babies, infants, and people with chronic heart disease, anemia, or respiratory problems — are more susceptible to its effects. Each year, more than 400 Americans die from unintentional CO poisoning, more than 20,000 visit the emergency room and more than 4,000 are hospitalized due to CO poisoning. Fatality is highest among Americans 65 and older.

How to prevent CO poisoning from home appliances?

- Have your heating system, water heater and any other gas, oil, or coal burning appliances serviced by a qualified technician every year.
- Do not use portable flameless chemical heaters (catalytic) indoors. Although these heaters don't have a flame, they burn gas and can cause CO to build up inside your home, cabin, or camper.
- If you smell an odor from your gas refrigerator's cooling unit have an expert service it. An odor from the cooling unit of your gas refrigerator can mean you have a defect in the cooling unit. It could also be giving off CO.
- When purchasing gas equipment, buy only equipment carrying the seal of a national testing agency, such as the American Gas Association or Underwriters' Laboratories.
- Install a battery-operated CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.

Here's the Safe Way to Connect Heating Equipment to the Chimney



For more information on Carbon Monoxide preparedness, visit <http://www.cdc.gov/co/faqs.htm>

CHEMICAL REPORTING REMINDER



Chemical reports should include total on-site inventories regardless if in bulk or in small containers. Photo by Eric G. Bachman

In accordance with federal mandates, facilities that use, store or manufacture hazardous substances must annually submit a Tier II Chemical Inventory Report. It is due by March 1 and must be filed with the state, the county and local fire department. It only includes reportable quantities and reflects maximum and daily inventory averages. State

reporting is completed online and hard-copy reports shall be mailed to the county and local fire department.

Facility managers should start to prepare for the next reporting cycle. For sites that also meet the off-site planning requirements, this would be a good time to review and submit plan changes along with the Tier II report. For fire departments who re-

ceive Tier II reports or copies of off-site plans, LEMA offers a free 2.5 hour training program, entitled First Due Chemical Intelligence, that can be facilitated locally and customized to the host stations hazards.

Local facility representatives are invited to the sessions to foster pre-incident coordination. For more information contact Eric Bachman at ebachman@lancema.us.

2011 FLOOD REPORT

On Thursday September 29, 2011, LEMA held an After-Action Review meeting to discuss operational and coordination issues related to the Tropical Storm Lee flooding of September 7-8, 2011.

The meeting was held at the Lancaster County Public Safety Training Center (PSTC). The meeting commenced with introductions and ground rules. Attendees included county and state officials as well as first responders, local coordinators and municipal officials.

Some of the major discussion points centered around communications and inter-agency coordination. Another key point was and is a need

to reinforce the roles and responsibilities of local appointed and elected officials.

Other discussions revolved around road closures, sheltering of citizens and resource allocation.

An After-Action form was distributed electronically beforehand as well as a hard-copy provided at the meeting to capture comments and issues from emergency response organizations, local coordinators and municipal officials. Information from the forms as well as other discussion points at the meeting will be included in an After-Action Report (AAR). The final AAR will be distributed to select parties with the in-

tent to foster corrective-action for future events.

Post flood operations included the opening of a Disaster Recovery Center (DRC) that operated at 2270 Erin Court in East Hempfield Township. As of the distribution of this newsletter, the DRC was still in operation and had processed several hundred claims. On October 17, 2011, meetings were held at the PSTC with local municipal officials regarding reimbursement procedures for the Federal Disaster declaration for Tropical Storm Lee. Costs associated with Hurricane Irene are not eligible.



A Disaster Recovery Center, staffed by numerous state and federal agencies, operates at the Erin Court site. Photo by Eric G. Bachman

SPECIAL RESOURCE INSERT OVERVIEW

LANCASTER COUNTY Critical Incident Stress Management (CISM)

What is it?

The Lancaster County CISM team is a group of mental health professionals and peer group representatives with the purpose of helping emergency responders of participating organizations, understand, accept and manage their feelings and reactions to disturbing, traumatic or extraordinary situations.

How Do They Operate?

The CISM team has its own organizational structure, Standard Operating Procedures and other protocols. It is overseen by the Lancaster County Emergency Management Agency (LEMA). It maintains a comprehensive resource bank of personnel and programs to assist the mental health needs of emergency service personnel involved in a traumatic or extraordinary incident. Team members are carefully screened for professional credentials and undergo extensive training in many CISM areas. Team members not only include mental health professionals, but multi-discipline peer group representatives who understand the effects traumatic and extraordinary incidents have. The team has three response levels:

Peer Debriefing – One on one with a specially trained peer in the responder's discipline.

Defusings – Immediate group / individual sessions after being released from the scene, but prior to returning home.

Debriefings – Group session approximately 24-72 hours after the incident.

Capabilities

CISM is capable of facilitating a group session as well as individual assistance. A CISM team member or members can be deployed at any time. Any signs or symptoms of critical incident stress should be addressed as soon as possible, and CISM team members are ready 24/7 for deployment. CISM debriefings can be facilitated immediately after an incident or scheduled for a time convenient for responder attendance. All information is confidential and CISM team members can provide resources for responders who may need further professional assistance.

How to activate it!

If members of your organization show the signs and symptoms of critical incident stress, contact Lancaster County-Wide Communications (LCWC) or Lancaster County Emergency Management. Please provide the nature of the incident and the disciplines involved. LCWC/LEMA will contact the on-call CISM Team Leader who will assess the situation and determine which CISM team members are needed. The Team Leader will alert and assemble the necessary CISM team members and report to your location of choice.

Pre-Incident Coordination

All emergency service organizations should be familiar with CISM well before an incident occurs. Its leadership welcomes the opportunity to provide information to local agencies on CISM operations as well signs and symptoms of critical incident stress. For more information contact Brenda Pittman, CISM Coordinator at 664-1209 or email at bpittman@lancema.us .

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The Lancaster County Emergency Management Agency maintains emergency plans for facilities that use or produce hazardous materials, dam failures, nuclear facilities, and for other types of disasters both man-made or natural.

The office also coordinates and directs actions that take place during large scale emergency situations. This coordination is performed at the Emergency Operations Center located within our facility. These activities are done in close cooperation with the County Commissioners, County Administrator, local Emergency Management Agencies (municipalities within the county), and emergency service organizations throughout the county.

Lancaster County Board of Commissioners

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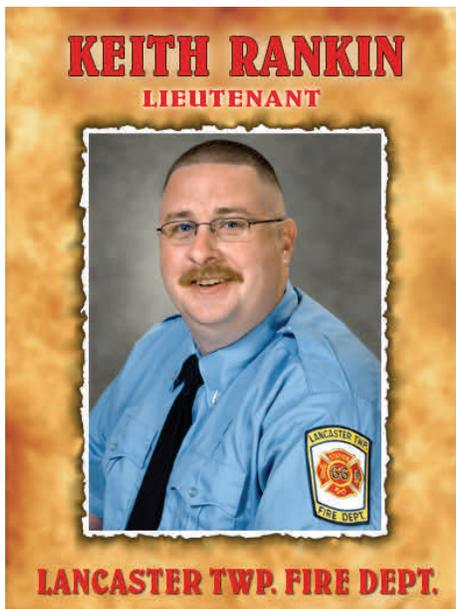
LIEUTENANT KEITH RANKIN LANCASTER TOWNSHIP FIRE DEPARTMENT

On September 25, 2011, Lieutenant Keith Rankin, 38, of the Lancaster Township Fire Department (LTFD) died after a live-fire training evolution. Life-saving efforts were initiated immediately, but were unsuccessful.

The LTFD and other area fire departments were conducting training evolutions in the class A burn building at the Lancaster County Firemen's Association Fire School located on Pequea Lane in West Lampeter Township. Lt. Rankin was talking to colleagues when he collapsed. Despite the relentless efforts of emergency personnel, Lt. Rankin passed away. On Thursday September 29, 2011, Lt. Rankin was honored with a Firefighter's Funeral.

Our thoughts and prayers are with Lt. Rankin's family and the LTFD. As one who has been witness to a Line of Duty Death, this editor understands the traumatic

and devastating loss this is personally and professionally. Keith will be greatly missed.



Lt. Keith Rankin, Photo source: www.ltfld.org

Lt. Rankin's death comes at a time when the fire service annually pays tribute to its fallen firefighters. October 14-16, 2011 marked the 30th National Fallen Firefighters Memorial Weekend at the National Fire Academy located in Emmitsburg Maryland. A plaque with the names of 72 firefighters who died in the line of duty in 2010 were added to the memorial. The names of 17 firefighters who died in previous years were also added. The memorial was established in 1981 and contains the names of more than 3,400 firefighters.

As of the printing of this newsletter, 74 United States firefighters, including Lt. Rankin, lost their lives in the Line of Duty in 2011. For information on the National Fallen Firefighters Foundation, please visit www.firehero.org. The United States Fire Administration report on 2010 firefighter deaths can be found at http://www.usfa.fema.gov/downloads/pdf/publications/ff_fat10.pdf