



CIVIL AIR PATROL - NORTHEAST REGION  
 UNITED STATES AIR FORCE AUXILIARY  
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- NER Website  
<http://www.ner.cap.gov/>
- National Safety Pages  
<http://members.gocivilairpatrol.com/safety/>

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**August**

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**Dog Days of Summer**



The recent heat throughout the Country makes it impossible for us not to think about "the heat." and it is not over yet.

"Dog Days" (Latin: *diēs caniculārēs*) are the hottest, most sultry days of summer. In the northern hemisphere, they usually fall between early July and early September. In the southern hemisphere they are usually between January and early March. The actual dates vary greatly from region to region, depending on latitude and climate. Dog Days can also define a time period or event that is very hot or stagnant, or marked by dull lack of progress. The name comes from the ancient belief that Sirius, also called the Dog Star, was somehow responsible for the hot weather.

In Ancient Rome, the Dog Days extended from July 24 through August 24 (or, alternatively July 23-August 23). In many European cultures (German, French, Italian) this period is still said to be the time of the Dog Days.

The Old Farmer's Almanac lists the traditional timing of the Dog Days as the 40 days beginning July 3 and ending August 11, coinciding with the ancient heliacal (at sunrise) rising of the Dog Star, Sirius. These are the days of the year when rainfall is at its lowest levels.

A casual survey will usually find that many people believe the phrase is in reference to the conspicuous laziness of domesticated dogs (who are in danger of overheating with too much exercise) during the hottest days of the summer.

When speaking of "Dog Days" there seems to be a connotation of lying or "dogging" around, or being "dog tired" on these hot and humid days.

So with that all should remember Prolonged exposure to high temperatures can lead to heat exhaustion and eventually to heatstroke. Vulnerable people can begin to suffer



problems when the temperature rises into the thirties. By the time the thermometer tops 45C, everybody is potentially at risk.

There are a number of sensible things that everybody should do to avoid illness when temperatures soar. Increase your intake of non-alcoholic, non-carbonated, caffeine free beverages such as water and fruit juice, wear clothing that is light in color and loose fitting ,avoid the outdoors during extreme heat, stay out of the sun, eliminate strenuous activity. Some experts also believe it is a good idea to cut down on the amount of proteins that you eat during a heat wave, as they can increase metabolic activity and generate heat in the body.

# HEAT INDEX

The **heat index (HI)** or **humiture** is an index that combines **air** temperature and relative humidity in an attempt to determine the human-perceived equivalent temperature — how hot it feels. The result is also known as the "felt air temperature" or "apparent temperature". For example, when the temperature is 90 °F (32 °C) with very high humidity, the heat index can be about 105 °F (41 °C).

The human body normally cools itself by perspiration, or sweating, which evaporates and carries heat away from the body. However, when the relative humidity is high, the evaporation rate is reduced, so heat is removed from the body at a lower rate, causing it to retain more heat than it would in dry air. Measurements have been taken based on subjective descriptions of how hot subjects feel for a given temperature and humidity, allowing an index to be made which relates one temperature and humidity combination to another at a higher temperature in drier air

## Did You Know?

Men sweat more than women.

AND ARE MORE SUSCEPTIBLE TO HEAT-RELATED ILLNESS

In a normal year approximately **371** American men & women die from extreme heat.



A great reminder why you should always drink plenty of **water**, wear **sun screen**, eat **lightly**, and **rest** often indoors or in shady areas this **summer**. Learn more about preventing heat-related illness at

**UCR** Environmental Health & Safety  
www.ehs.ucr.edu

		Relative Humidity (%)													
		40	45	50	55	60	65	70	75	80	85	90	95	100	
Air Temperature	°F	40	45	50	55	60	65	70	75	80	85	90	95	100	
	110	136													
	108	130	137												
	106	124	130	137											
	104	119	124	131	137										
	102	114	119	124	130	137									
	100	109	114	118	124	129	136								
	98	105	109	113	117	123	128	134							
	96	101	104	108	112	116	121	126	132						
	94	97	100	103	106	110	114	119	124	129	135				
	92	94	96	99	101	105	108	112	116	121	126	131			
	90	91	93	95	97	100	103	106	109	113	117	122	127	132	
	88	88	89	91	93	95	98	100	103	106	110	113	117	121	
86	85	87	88	89	91	93	95	97	100	102	105	108	112		
84	83	84	85	86	88	89	90	92	94	96	98	100	103		
82	81	82	83	84	85	86	88	89	90	91	93	95			
80	80	80	81	81	82	82	83	84	84	85	86	86	87		

Heat Index (Apparent Temperature)

With Prolonged Exposure and/or Physical Activity

<b>Extreme Danger</b>
Heat stroke or sunstroke highly likely
<b>Danger</b>
Sunstroke, muscle cramps, and/or heat exhaustion likely
<b>Extreme Caution</b>
Sunstroke, muscle cramps, and/or heat exhaustion possible
<b>Caution</b>
Fatigue possible

## YOUR PETS CAN GET HEAT STROKE TOO

We constantly remind ourselves and every one of the danger associated with the Summer month and especially recently with the record setting temperatures around the country but what about our pets? Our pets give us affection, companionship and rely on us to keep them safe.

This is a reminder of summer dangers for pets, so that all of the fun isn't spoiled by an unsuspected emergency or illness.

### Heat Stroke

Most people are aware that leaving a pet in a locked car on a 100F degree day would be dangerous. However, it is the seemingly mild days of spring (and fall) that pose great danger, too. Driving around, parking, and leaving your pet in the car for "just a minute" can be deadly. Cars heat up fast -- even with the windows cracked.



Signs of heat stroke include (but are not limited to): body temperatures of 104-110F degrees, excessive panting, dark or bright red tongue and gums, staggering, stupor, seizures, bloody diarrhea or vomiting, coma, death. Brachycephalic breeds (the short-nosed breeds, such as Bulldogs and Pugs), large heavy-coated breeds, and those dogs with heart or respiratory problems are more at risk for heat stroke.

If you suspect heat stroke in your pet, seek veterinary attention immediately! Use cool water, not ice water, to cool your pet. (Very cold water will cause constriction of the blood vessels and impede cooling.) Do not aid cooling below 103 F degrees - some animals can actually get HYPOTHERMIC, too cold. Offer ice cubes for the animal to lick on until you can reach your veterinarian.

Just because your animal is cooled and "appears" OK, do NOT assume everything is fine. Internal organs such as liver, kidneys, brain, etc., are definitely affected by the body temperature elevation, and blood tests and veterinary examination are needed to assess this. There is also a complex blood problem, called DIC (Disseminated Intravascular Coagulation) that can be a secondary complication to heat stroke that can be fatal.

Jogging is also dangerous this time of year. So your dog jogs everyday with you and is in excellent shape - why alter the routine? As the weather warms, humans alter the type and amount of clothing worn, and we sweat more. Dogs are still jogging in their winter coat (or a slightly lighter version) and can only cool themselves by panting and a small amount of sweating through the foot pads. Not enough! Many dogs, especially the 'athletes' will keep running, no matter what, to stay up with their owner. Change the routine to early morning or late evening to prevent heatstroke.

### Housing

Consider your pet's housing. If they are kept outdoors, do they have shade and fresh water access at all times? I have treated one case of heat stroke in a dog that did indeed have shade and water while tethered under a deck, but had gotten the chain stuck around a stake in the middle of the yard -- no water or shade for hours. If you live in a warm climate, it is a good idea to hose down the dog before work, at lunch or whenever you can to provide extra cooling (if you dog is not overheated in the first place).



### Water Safety

Not all dogs are excellent swimmers by nature. Especially if Fido has underlying health problems, such as heart disease or obesity to contend with. Consider protecting your pet just as your human family -- with a life preserver. If your pet is knocked off of the boat (perhaps getting injured in the process), or is tired/cold from choppy water or sudden storm, a life jacket could be what saves your pet's life.



### Summer Travel

Finally, if you are traveling outside of your normal Veterinarian's locale, it is wise to check out the Veterinary clinics in the area that you are visiting, before the need arises. It is better to be prepared for an emergency and not have one happen than to panic in an emergency situation, wasting valuable time.

**Never leave pets in the car. As with children, it's unsafe and potentially deadly to leave an animal in the car—even for a few minutes—on a hot day. The inside temperature of the vehicle can quickly reach 120 degrees, regardless of whether the windows are cracked.**

BE KIND! LEAVE YOUR DOG BEHIND!

It's HOT !!!!

But do you know just how quickly your car's temperature heats up?

Vehicle Temperature		
Outside	Inside	Time to Reach
75	100	10 minutes
75	120	30 minutes
85	90	5 minutes
85	100	7-10 minutes
85	120	30 minutes
100	140	15 minutes

The German Shepherd Dog Community





## SUMMER FOOD SAFETY

### There is nothing more American than the picnic!

I first wrote this a few years ago and keep reviewing during this time of year with everyone as it is important to remember food safety especially when we endeavor outside. Picnics can take on many forms, such as the community picnic, friends and neighbors, tailgate parties, or ball games. There is also one sure thing at every picnic-lots of good food.

The important point is to have safe and healthy food, not food that can cause food borne illness. Always prepare and store food properly.

### As always, wash hands and work areas before preparing food.



Plan your menu with an eye to safe food handling. **Cook foods in plenty of time to thoroughly chill them in shallow containers in the refrigerator.**

Have enough coolers with ice or frozen gel packs in which to store the perishable foods like meat, poultry, fish, eggs and salads. You want to keep the food at 40 degrees F. **Pack foods right from the refrigerator into the coolers.**

Don't put the cooler in the car trunk; **Carry it inside an air-conditioned car.** At picnics, keep the cooler in the shade and keep the lid closed.

Replenish the ice if it melts. **Use a separate cooler for drinks** so the one containing the food won't constantly be opened and closed.

Find out if there's a **source of safe drinking water** at your destination. If not, bring water for preparation and cleaning; or pack clean, wet, disposable cloths or moist towelettes and paper towels for cleaning hands and surfaces. Cross-contamination during preparation, grilling, and serving food is a prime cause of food borne illness.

**Pack raw meats, poultry, or seafood on the bottom of the cooler.** This will reduce the risk of them dripping on other foods. Pack coolers until they are full. A full cooler will stay cold longer than one that is partially full.

If you plan on getting takeout foods such as fried chicken, **Eat them within an hour of pick up.**

**Do not partially grill extra meat or poultry to use later.** Once you begin, cook until completely done to assure bacteria are destroyed. Grill raw poultry until the juices run clear and there is no pink. Hamburger should not be pink in the center.

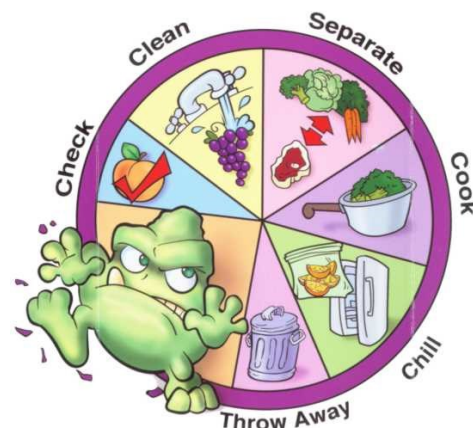
When taking food off the grill, **Don't put the cooked items on the same platter which held the raw meat** unless you have washed the platter in between uses.

**Two Hour Rule.** Don't leave perishable food unrefrigerated for more than two hours. Put perishable foods back in the cooler or refrigerator as soon as you finish eating. Don't leave them out while you go for a swim or a hike, and don't leave them out all afternoon to nibble on.

Chances are, picnic leftovers have been sitting out for more than an hour or two. **Discard these leftovers.** Cold food that were kept in a cooler that still has ice may be safe. If the ice has melted, the food should be discarded.

**Myth:** Mayonnaise is a major culprit in food-poisoning outbreaks.

**Truth:** Store-bought mayo can actually retard the growth of food-borne bacteria thanks to some of its ingredients, including salt and lemon juice. But many dishes that contain mayonnaise tend to be handled a lot — you add celery or parsley to egg salad and then spread it on bread, for instance — so there are more opportunities for the food to be contaminated.

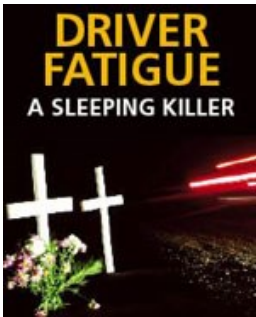


# Fatigue

**“My mind clicks on and off...I try letting one eyelid close at a time while I prop the other open with my will. But the effort’s too much. Sleep is winning. My whole body argues dully that nothing, nothing life can attain, is quite so desirable as sleep.”**



– Charles Lindbergh, describing the fatigue that struck him nine hours into his 33-hour solo Atlantic crossing.



At one time or another all have experienced an overwhelming desire to sleep. It’s the most pronounced symptom of fatigue, and it’s a decidedly uncomfortable feeling when you’re at the controls of an airplane. Much of what is in this article can also be related to Driving or other activities.

There’s a lot more to it than the risk of dozing off in the cockpit.

“Fatigue” is a catch-all term for an often insidious condition that can degrade pilot performance in a number of different areas, from vision and coordination to memory, concentration, mood, and judgment.

The most obvious cause of fatigue is a lack of sleep. Different people need different amounts of sleep, but for most adults the critical amount is between seven and eight hours a night.

Although a lack of sleep is normally the underlying cause of fatigue, a number of other factors can affect how tired we feel, and how well we’re able to perform.

## Contributing Factors

- Dehydration
  - Drink plenty of fluids throughout the day
  - Bring a bottle of water with you
- Hunger/Digestion
  - Eat several small meals during the day
  - Keep a few snacks in your flight bag
  - Avoid large meals before flights
- Cockpit Environment
  - Use a noise-cancelling headset
  - Bring a passenger: It’s easier to stay awake when you have someone to talk to
  - Even better, bring another pilot to lend a hand
- Illness
  - Be honest with yourself about how well you’ll be able to perform
  - Be prepared to cancel the flight

### Medication

- Check that the medication is FAA-approved, and follow any warning labels
- Be extra cautious if it’s your first time taking the medication

### Hypoxia

- Avoid flying above 5,000 msl at night with out oxygen, 10,000 msl during the day
- Learn to recognize the signs of hypoxia



## Warning signs of fatigue



## Summer Safety Tips

☒ One of the best ways to stay safe this summer is to wear a helmet and other safety gear when biking, skating and skateboarding, and when riding scooters, all-terrain vehicles, and horses. Studies on bicycle helmets have shown they can reduce the risk of head injury by as much as 85 percent.



☒ Use layers of protection to prevent a swimming pool tragedy. This includes placing barriers completely around your pool to prevent access, using door and pool alarms, closely supervising your child and being prepared in case of an emergency.

☒ Never bring charcoal grills indoors. Burning charcoal produces deadly carbon monoxide.

☒ When cooking outdoors with a gas grill, check the air tubes that lead into the burner for any blockage from insects, spiders, or food grease. Check grill hoses for cracking, brittleness, holes, and leaks. Make sure there are no sharp bends in the hose or tubing. If you ever detect a leak, immediately turn off the gas at the tank and don't attempt to light the grill until the leak is fixed. Newer grills and propane tanks have improved safety devices to prevent gas leaks.



☒ Make sure your home playground is safe. Falls cause 60 percent of playground injuries, so having a safe surface is critical. Concrete, asphalt or packed dirt surfaces are too hard. Use at least 9 inches of wood chips or mulch.

☒ Use softer-than standard baseballs, safety-release bases and batting helmets with face guards to reduce baseball-related injuries to children.

☒ If you are a soccer mom or dad, beware that movable soccer goals can fall over and kill children. Make sure the goal is anchored securely at all times and never allow anyone to climb on the net or goal framework or

hang from the cross bar. Remove nets when the goals are not in use.

### ▲WARNING

ALWAYS ANCHOR GOAL.  
Unsecured goal can fall over  
causing serious injury or death.

☒ To prevent serious injuries while using a trampoline, allow only one person on at a time, and do not allow somersaults. Use a shock-absorbing pad that completely covers the springs and place the trampoline away from structures and other play areas. Kids under 6-years-old should not use full-size trampolines.

☒ Don't allow a game of hide-n-seek to become deadly. CPSC has received reports of numerous suffocation deaths involving children who crawled inside old cedar chests, latch-type freezers and refrigerators, iceboxes in campers, clothes dryers and picnic coolers. Childproof old appliances, warn children not to play inside them.

☒ If summer plans include camping and you want heat inside your tent or camper, use one of the new portable heaters that are equipped with an oxygen depletion sensor (ODS). If oxygen levels start to fall inside your tent or camper, the ODS automatically shuts down the heater before it can produce deadly levels of carbon monoxide (CO). Do not attempt to use alternative sources of heat or power to warm a tent or camper. Traditional camping heaters, charcoal grills, camping lanterns, and gas generators also can cause CO poisoning.



☒ Install window guards to prevent children from falling out of open windows. Guards should be installed in children's bedrooms, parents' bedrooms, and other rooms where young children spend time. Or, install window stops that permit windows to open no more than 4 inches. Whenever possible, open windows from the top - not the bottom. Also, keep furniture away from windows to discourage children from

climbing near windows.

☒ Summer also means yard work. When mowing, keep small children out of the yard, and turn the mower off if children enter the area. If the lawn slopes, mow across the slope with the walk-behind rotary mower, never up and down. With a riding mower, drive up and down the slope, not across it. Never carry children on a riding mower.

Information from <http://www.cpsc.gov/>  
US Consumer Product safety Commission





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### Check the UV Index

The UV Index provides important information to help you plan your outdoor activities in ways that prevent sun overexposure.

## WARNING NO LIFEGUARD ON DUTY

- Children should not use swimming pool without adult supervision.
- Adults should not swim alone.



### SAFETY TIPS

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat.

Between having fun and checking out the life-guards, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death.

Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines.

- "Buddy up!" Always swim with a partner
- Get skilled - Learning some life-saving skills
- Know your limits—
- Swim in safe areas only
- Be careful about diving - Diving injuries can cause permanent spinal cord damage
- Watch the sun - Sun reflecting can intensify the burning rays
- Drink plenty of fluids - It's easy to get dehydrated in the sun
- Getting too cool - Monitor yourself when swimming in cold water
- Alcohol and water never mix

## SCAMS and FRAUD

### Malware Installed on Travelers' Laptops Through Software Updates on Hotel Internet Connections

There have been instances of travelers laptops being infected with malicious software while using hotel Internet connections. In these instances, the traveler was attempting to set up the hotel room Internet connection and was presented with a pop-up window notifying the user to update a widely used software product

The FBI recommends that all take extra caution before updating software products through their hotel Internet connection. Checking the author or digital certificate of any prompted update to see if it corresponds to the software vendor may reveal an attempted attack. The FBI also recommends that travelers perform software updates on laptops immediately before traveling, and that they download software updates directly from the software vendor's website if updates are necessary

