

APPENDIX A

SAFETY RULES

Following are safety rules for different weather conditions. During times of threatening or actual severe weather, WFO Seattle asks the media to occasionally broadcast these safety rules to viewers and/or listeners.

FLOOD / FLASH FLOOD RULES

When a flash flood warning is issued for your area, or the moment you first realize that a flash flood is imminent, act quickly to save yourself. You may only have seconds.

- (1) Get out of areas subject to flooding. This includes dips, low spots in canyons, washes, etc.
- (2) Avoid already flooded and high velocity flow areas. Do not attempt to cross a flowing stream on foot where the water is above your knees.
- (3) If driving, know the depth of water in a dip before crossing. The road bed may not be intact under the water.
- (4) If the vehicle stalls, abandon it immediately; seek higher ground – rapid rising water may engulf the vehicle and its occupants sweeping them away.
- (5) Be especially cautious at night when it is hard to recognize flood danger.
- (6) Do not camp or park your vehicle along streams and washes, particularly during threatening conditions.

WINTER STORM SAFETY RULES

Keep ahead of winter storms by preparing ahead:

- (1) Check battery powered equipment before the storm arrives. A portable radio or television set may be your only news source if the power goes out.
- (2) Check your food stock and extra supplies. Your supply should include food that requires no cooking or refrigeration in case of power failure.
- (3) Stay indoors during storms unless you are in peak physical condition. If you must go out, avoid overexertion.
- (4) Do not kill yourself shoveling snow. It is extremely hard work for anyone in less than prime physical condition, and can bring on a heart attack, which is a major cause of death during and after winter storms.

WINTER TRAVEL SAFETY RULES

- (1) If the storm exceeds or even tests your limitation, seek available refuge immediately.
- (2) Plan your travel and select primary and alternate routes.
- (3) Check the latest weather information on your radio.
- (4) Try not to travel alone; two or three persons are preferable.
- (5) Always fill your gasoline tank before entering open country, even for short distances.
- (6) Suggested winter storm car kit includes: blankets or sleeping bags, matches and candles, empty 3-pound coffee can with plastic lid (for melting snow to provide drinking water), facial tissue, paper towels, clothing, high-calorie, nonperishable food, compass, shovel, flashlight or signal light, windshield scraper, booster cables, tire chain tow chains, fire extinguisher, catalytic heater and an axe.

IF A BLIZZARD TRAPS YOU IN YOUR AUTOMOBILE

- (1) Avoid overexertion and exposure. Attempting to push your car, shovel heavy drifts, and perform other difficult chores during a blizzard may induce a heart attack even for someone in apparently good physical condition.
- (2) Stay in your vehicle. Do not attempt to walk out of a blizzard. Disorientation comes quickly in blowing and drifting snow. You are more likely found when sheltered in your car.
- (3) Keep fresh air in your car. Freezing wet snow and wind driven snow can completely seal the passenger compartment.
- (4) Beware the gentle killers: Carbon monoxide and oxygen starvation. Run the motor and heater sparingly, and only with the downwind window open for ventilation.
- (5) Exercise by clapping hands and moving arms and legs vigorously from time to time, and do not stay in one position for long.
- (6) Turn on dome light at night. It can make your vehicle visible to rescue workers.

TSUNAMI SAFETY RULES

- (1) A strong earthquake felt in a low-lying coastal area is a natural warning of possible immediate danger. Keep calm and quickly move to higher ground, away from the coast.
- (2) All large earthquakes do not cause tsunamis, but many do. If the quake is near or directly under the ocean, the probability of a tsunami increases. When you hear that an earthquake has occurred in the ocean or near the coastline regions, prepare for a tsunami emergency.
- (3) A small tsunami at one beach can be a giant a few miles away. Do not let the modest size of one make you lose respect for all.
- (4) A tsunami is not one wave, but a series of waves. Stay out of danger until competent authority issues an "all clear".
- (5) Never go down to the beach to watch for a tsunami. When you can see the waves you are too close to escape.

FOG DRIVING SAFETY TIPS

- (1) Drive with lights on low beam. High beams will only be reflected back off the fog and actually impair visibility even more.
- (2) Slow down... Slow down... Slow down.
- (3) Listen for traffic you cannot see.
- (4) Use wipers and defrosters as necessary for maximum visibility.
- (5) Be patient. Do not pass lines of traffic.
- (6) Do not stop on a freeway or heavily traveled road. If your car stalls or becomes disabled, move away from the vehicle to avoid personal injury.
- (7) Consider postponing your trip until the fog clears. Usually by late morning and during the afternoon visibilities are much better.

LIGHTNING SAFETY RULES

When a thunderstorm threatens:

- (1) Get inside a home, a large building, or an all metal (not convertible) automobile.
- (2) Do not use the telephone except for emergencies.
- (3) Do not stand underneath a natural lightning rod such as a tall isolated tree or a telephone pole.
- (4) Avoid projecting above the surrounding landscape, for example by standing on a hilltop.

- (5) In a forest, seek shelter in a low area under a thick growth of small trees. In open areas, go to a low place such as a ravine or valley.
- (6) Get away from open water, tractors and other metal farm equipment, or small metal vehicles such as motorcycles, bicycles, or golf carts.
- (7) Stay away from wire fences, clotheslines, metal pipes and rails; put down golf clubs.
- (8) Finally, if you are caught out in a level field or in the open, away from shelter, and you feel your hair stand on end, lightning may be about to strike you. Drop to your knees and bend forward, putting your hands on your knees. Do not lie flat on the ground.

TORNADO SAFETY RULES

When a tornado threatens, immediate action can save your life.

- (1) Stay away from windows, doors and outside walls, and protect your head.
- (2) In homes and small buildings, go to an interior part of the lowest level – closets, bathrooms, or interior halls. Get under something sturdy.
- (3) In schools, nursing homes, hospitals, factories, and shopping centers, go to pre-designated shelter areas. Interior hallways on the lowest floor are usually the best.
- (4) In high-rise buildings, go to interior small rooms or hallways.
- (5) Leave mobile homes or vehicles, and go to a substantial shelter. If there is no shelter nearby, lie flat in the nearest ditch, ravine, or culvert with your hands shielding your head. Be alert to rapidly rising waters in the ditch.

HEAT WAVE SAFETY RULES

- (1) Slow down. Strenuous activities should be reduced, eliminated, or re-scheduled to the coolest time of the day. Individuals at risk should stay in the coolest available place, not necessarily indoors.
- (2) Dress for summer. Lightweight, light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperatures.
- (3) Put less fuel on your inner fire. Foods (like proteins) that increase metabolic heat production also increase water loss.
- (4) Drink plenty of water or other non-alcoholic fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty (unless your physician has directed otherwise).
- (5) Do not drink alcoholic beverages. This is the same advice given for extremely cold weather. Alcoholic beverages will constrict the blood vessels, which prevent adequate blood circulation to remove excess heat.
- (6) Do not take salt tablets unless specified by a physician.
- (7) Spend more time in air-conditioned places. Air conditioning in homes and other buildings markedly reduces danger from the heat. If you cannot afford an air conditioner, spending some time each day (during hot weather) in an air-conditioned environment affords some protection.
- (8) Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

DUST STORM DRIVING SAFETY RULES

- (1) If dense dust is observed blowing across or approaching a roadway, pull your vehicle off the pavement as far as possible, stop, turn off lights, set the emergency brake, and take your foot off the brake pedal to insure that tail lights are not illuminated.
- (2) Do not enter the dust storm area if you can avoid it.
- (3) If you cannot pull off the roadway, proceed at a speed suitable for visibility; turn on lights and sound horn occasionally. Use the painted centerline to guide you. Look for a safe place to pull off the roadway.

(4) Never stop on the traveled portion of the roadway.