



The Safety Net

DIVISION OF DEVELOPMENTAL DISABILITIES



DEPARTMENT OF ECONOMIC SECURITY

A Quality Assurance Bulletin

Your Partner For A Stronger Arizona

SUMMER 2013 IN THIS ISSUE



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ARIZONA MONSOON "SEASON"

Know How to Keep Yourself & Others Safe!

—Compiled by Steven Stencil
QUALITY ASSURANCE UNIT

The Arizona "Monsoon Season" started on June 15th and continues until September 30th. When a monsoon dust storm and/or thunderstorm moves in on a hot summer day, temperatures may drop from 105° to 60°F in a matter of minutes! Caution is advised as these storms, normally in the late-afternoon, often move swiftly and can change direction and intensity rapidly.

The following monsoon safety tips can make a tremendous difference in knowing how to keep yourself and others safe:

PLAN AHEAD BEFORE THE STORM

Before going on an outing, listen to the weather reports on the radio and television.

A severe thunderstorm warning means that life-threatening storms with winds of at least 60 miles per hour or flash flooding are about to occur or have been reported.

Expect the unexpected! Have an emergency kit ready in your respective program settings and vehicles including first aid items, water, ready-to-eat food, battery-powered radio, and flashlights with extra batteries. Never use candles or oil lamps as they are fire hazards.

When outside, regularly scan the skies 360 degrees around you and overhead. As a monsoon storm approaches, there's no mistaking the tall, skyscraper-like clouds or the darkening sky.

Listen for thunder. Anytime you hear thunder, get indoors immediately. Always postpone outdoor activities until at least a half hour after you hear the last sounds of thunder or see the last flashes of lightning.

Do not wait for official warnings before you seek shelter. If you feel threatened, don't hesitate to take cover. Severe thunderstorms can arise undetected, especially when the storms are producing mostly high winds and little to no rain.

WHEN A STORM BEGINS

INDOORS:

- ➡ Turn off all unnecessary electrical equipment. Unplug computers, televisions, and sensitive appliances.
- ➡ Stay off the phone unless you need to call 9-1-1.
- ➡ Stay away from all appliances, electrical outlets, wiring, metal objects, plumbing fixtures, and water.
- ➡ Do not shower, bathe, or do the dishes.
- ➡ Stay away from windows and doors.

OUTDOORS:

- ➡ Minimize your lightning risk. Immediately get out of swimming pools or other bodies of water.
- ➡ Do not seek shelter under tall trees and avoid standing near tall poles.
- ➡ If you're driving when you see a dust/thunderstorm approaching, pull off the roadway into a safe parking area and wait for the storm to pass. Keep windows and doors closed. Turn off your lights. Don't touch any metal parts of the vehicle. When in doubt, wait it out!

FOR ADDITIONAL RESOURCE INFORMATION:

<http://www.azfamily.com/weather/severe-weather/Monsoon-Special-2013-Dust-storms-create-dangerous-threat-for-Arizona.html>

<http://phoenix.about.com/od/arizonamonsoon/tp/Arizona-Monsoon.-3Vh.htm%20>

<http://phoenix.about.com/od/weather/a/monsoontrivia.htm>

<http://www.youtube.com/watch?v=fyAAZsnoD00> (Northern Arizona/Flagstaff)



Equal Opportunity Employer/Program

Under Titles VI and VII of the Civil Rights Act of 1964 and the Americans with Disabilities Act of 1990 (ADA), Section 504 of the Rehabilitation Act of 1973, and the Age Discrimination Act of 1975, the Department prohibits discrimination in admissions, programs, services, activities, or employment based on race, color, religion, sex, national origin, age, and disability.

The Department must make a reasonable accommodation to allow a person with a disability to take part in a program service or activity. For example, this means if necessary, the Department must provide sign language interpreters for people who are deaf, a wheelchair accessible location, or enlarged print materials. It also means that the Department will take any other reasonable action that allows you to take part in and understand a program or activity, including making reasonable changes to an activity. If you believe that you will not be able to understand or take part in a program or activity because of your disability, please let us know of your disability needs in advance if at all possible.

To request this document in alternative format or for further information about this policy, contact the Division of Developmental Disabilities ADA Coordinator at (602) 542-0419 or 1-866-229-5553 (outside Maricopa County); TTY/TTD Services: 7-1-1. TTY/TTD Services: 7-1-1.

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MONSOON "SEASON"

Know How to Keep Yourself & Others Safe!

OUTDOORS: (cont'd)

- ➔ Do not cross flooded washes, roadways, or drive around barricades. It's dangerous and it's illegal.
- ➔ If electrical lines fall on your vehicle, stay inside until emergency crews give the OK to come out.
- ➔ If you must continue driving, drive slower. Leave plenty of room between you and the next vehicle.
- ➔ Obey all caution signs.
- ➔ Slow down when you drive through standing water. Even small amounts can cause your vehicle to hydroplane and lose control.
- ➔ Be very cautious at night. It's much harder to detect flooded areas and hazardous debris in the roadway in the dark.

When working with individuals served by the Division, it is important to remain calm as monsoon storms occur and to use common sense in making certain you and those for whom you are responsible remain safe. On an annual basis, provider agencies are required to review with staff the policies & procedures to be followed during emergency situations. Checklists can ensure residential settings and vehicles are properly stocked with emergency equipment and supplies.

Whether you are a long-time resident or new to Arizona and experiencing the intensity of monsoon storms for the first time, emergency preparedness is a high priority and should never be taken for granted. We all have the responsibility to know how to keep ourselves and others safe!

HEALTH / SAFETY INFORMATION FACT SHEETS AVAILABLE

—Steven Stencil
QUALITY ASSURANCE SPECIALIST

The Quality Assurance Unit currently has the following **HEALTH / SAFETY INFORMATION FACT SHEETS** available for use as staff training tools. The fact sheets provide guidelines and general health and safety information intended for staff use in residential and day program settings.



Fact Sheets are available from DDD District Quality Assurance Units statewide and are posted on the DDD website:

HEALTH INFORMATION FACT SHEETS:

- | | |
|-------------------------|------------------------------------|
| # 1: Dehydration | # 8: Heat-Related Illness |
| # 2: Seizure Disorder | # 9: UTI (Urinary Tract Infection) |
| # 3: Aspiration | #10: Pneumonia |
| # 4: Constipation | #11: Scabies |
| # 5: Asphyxiation | #12: Pressure Ulcers/Bedsore |
| # 6: MRSA | #13: Bedbugs |
| # 7: Dental Emergencies | #14: Tardive Dyskinesia |

SAFETY INFORMATION FACT SHEETS:

- | | |
|------------------------|---------------------------|
| # 1: Wheelchair Safety | # 3: Hand Washing |
| # 2: Medication Safety | # 4: Transfer/Lift Safety |

The two-sided color publications are provided as general information only and not as a substitution for medical treatment from a physician or other health care provider.

DIVISION'S WEBSITE: Click on "News & Events"

https://www.azdes.gov/developmental_disabilities/

COMPLICATIONS FROM DEHYDRATION!

Closely Monitor Individuals in Your Care

—Annette Lammon-Belcher, R.N.
HEALTH CARE SERVICES MANAGER

Climate change and extreme heat cause more deaths each year than hurricanes, lightning, tornados, earthquakes, and floods combined. The U.S. annually averages approximately 658 heat-related deaths. Heat-related deaths are preventable. Heat response plans should be in place before an extreme heat event (EHE) takes place. Interventions should focus on identifying and limiting heat exposure among vulnerable populations.



Advance planning is recommended for EHEs to minimize mortality during these events. Identifying vulnerable populations (e.g., the elderly, very young persons, individuals with chronic illnesses, or those with altered cognitive status) and targeting interventions to those most at-risk are keys to prevention. Interventions during an EHE include staying cool, hydrated, and informed about extreme heat alerts in the area and symptoms of heat-related illness.

Closely monitor individuals depending on you for their care:

-  Are they drinking enough water?
-  Do they have access to air conditioning?
-  Do they know how to keep cool?
-  Are they wearing loose, lightweight, light-colored clothing?
-  Are they able to take cool showers or baths to cool down?

Additional Considerations:

-  Drink more water than usual. Don't wait until you're thirsty to drink.
-  Check on a friend or neighbor. Have someone do the same for you.
-  Regularly check the local news for health and safety updates.
-  Don't use the stove or oven to cook. It will make you and your house hotter.

Severe dehydration can cause heat injury, swelling of the brain, seizures, low blood volume shock, kidney failure, coma, and death. Seek medical care immediately if you or someone you know experiences symptoms of heat-related illness.

FOR ADDITIONAL RESOURCE INFORMATION: <http://www.cdc.gov/>

FINGERPRINT CLEARANCE CARDS DPS Website Offers Current Card Status Verification

The Arizona Department of Public Safety (DPS) has a link within its website <http://www.azdps.gov/> that allows **anyone** to check on the current status of an individual's Level One Fingerprint Clearance Application or Card. Employers can use this site to verify the validity status of a new applicant who already has his or her fingerprint clearance card:

http://webapps.azdps.gov/public_inq_acct/acct/ShowClearanceCardStatus.action

DIVISION OF DEVELOPMENTAL DISABILITIES

FRAUD HOTLINE

TO REPORT SUSPECTED FRAUD CALL TOLL FREE
DES/DDD FRAUD HOTLINE: 1-877-822-5799



The Safety Net is presented by Division of Developmental Disabilities' Central Office Quality Assurance Unit. Articles are researched and compiled by Quality Assurance staff and Division Managers. Any questions or feedback? Please contact Steven Stencil at SStencil@azdes.gov or 602-771-8113.

REMINDER: In the event of ANY consumer emergencies, CALL 9-1-1 IMMEDIATELY!