

# EMA News & Views



County of Lycoming Emergency Management Agency

Volume 23, Issue 4

Winter 2023

## COUNTY OF LYCOMING EMA QUARTERLY TRAINING

(Emergency Management Coordinators serving the municipalities of Lycoming County)

The next County of Lycoming EMA Quarterly Training will be held on:

**THURSDAY - December 14, 2023—7pm**  
**QUARTERLY EMA TRAINING**

*at*

**Lycoming County Department of Public Safety**  
**542 County Farm Road Montoursville, Pa 17754**



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## NOTES FROM EMA

Its nearing the end of another wonderful year here at the Department of Safety. We want to thank everyone for their help and support of events and trainings throughout the year.

Winter is upon us in Pennsylvania and this means weather precautions must take place. So grab your blankets, hats, gloves, and coats to be ready to make those snowmen.. Or maybe not. The NOAA winter weather predicts a warmer-than-normal winter to occur in the Northeast, Pacific Northwest and upper Great Lakes states. Although along with this we will be seeing snowfall that is above normal across most snow prone areas throughout the region. It'll be a great time for snow filled games and a nice mug of hot chocolate to warm up.

Happy Holidays and see you all next year!!



### THIRA & SPR TRAINING



Threat and Hazard Identification and Risk Assessment

&

Stakeholder Preparedness Guide



Come learn about the Comprehensive Preparedness Guide  
(CPG-201)

The strategic foundation for putting the National Preparedness System  
into action!

**December 14<sup>th</sup>**

**7:00 PM**

542 County Farm Rd. Suite 101

Held in the Emergency Operations Center of the  
Department of Public Safety

# INCLUSIVITY TRAINING



## Updating Emergency Operations Plans: The Importance of Inclusivity

Several Local Emergency Management Coordinator's, County Staff and Students from PCT's Emergency Management program were all in attendance of the training held in September at DPS in the EOC.



Karen from Roads to Freedom/ Center for Independent came to speak on what they do and how they can help our local EMC's when reviewing your EOPs.

Jay from North Central Sight Services, spoke on his personal experience's and how he is was able to communicate with local emergency services regarding his special needs.



# BE PREPARED FOR A WINTER STORM



**FEMA**

FEMA V-1014/June 2018

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

## IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

# HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



**Know your area's risk for winter storms.** Extreme winter weather can leave communities without utilities or other services for long periods of time.

**Prepare your home to keep out the cold with insulation, caulking, and weather stripping.** Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

**Pay attention to weather reports and warnings of freezing weather and winter storms.** Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

**Gather supplies in case you need to stay home for several days without power.** Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

**Create an emergency supply kit for your car.** Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

**Learn the signs of and basic treatments for frostbite and hypothermia.** For more information, visit: [www.cdc.gov/disasters/winter/staysafe/index.html](http://www.cdc.gov/disasters/winter/staysafe/index.html).



**Stay off roads if at all possible.** If trapped in your car, stay inside.

**Limit your time outside.** If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

**Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows.** Never heat your home with a gas stove top or oven.

**Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.**

**Watch for signs of frostbite and hypothermia and begin treatment right away.**

**Check on neighbors.** Older adults and young children are more at risk in extreme cold.



**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

## Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.





## Annual MS-1 Exercise (Medical Services Exercise)



The MS-1 Exercise was evaluated by officials from both the Federal Emergency Management Agency (FEMA) and the Pennsylvania Emergency Agency (PEMA), with assistance from Talen Energy Staff. This exercise is required to allow the medical center to maintain its designation as a resource hospital to receive radiologically contaminated/injured personnel from a Nuclear Power Facility based incident.



**TALEN** ENERGY



## **ACS - Auxiliary Communications Service**

On August 12-13 2023, ACS members supported the Eastern States 100 Ultra Marathon. Eastern States is a 103 mile single-loop trail race. The race circumnavigates a portion of the Pine Creek watershed. The race starts and finishes at Little Pine State Park, with over 20,000 feet of climb and 20,000 feet of descent. Runners have 36 hours to complete the course. The overall finish rate at ES100 since it's start in 2014 is 50.3%, and has been in the 30% in hot years. This is an extreme test of physical endurance.

Sixteen Aid Stations are spaced along the course, providing food, drink and the runners health is monitored. Most of course does not have cell phone coverage, even satellite phones do not work everywhere along the course. Communications rely on Amateur Radio. Amateurs at Aid Stations provide location information on runners, request additional supplies, relay medical and transportation requests.

This year, over 500 hours of time was donated by Multiple Amateur Radio operators from around the county, region, state and country.

On October 1 2023, ACS members supported the Black Forest 100 Ultra Marathon. This race starts and finishes at at Hyner Run State Park, is a 100K/64 mile lollipop style trail with 13,400 ft of elevation gain. The race starts at 12:01 AM and runners have 19 hours to complete the course.

There are five Aid Stations plus the start/finish to man. This race has similar communication challenges as the Eastern States 100. Approximately 100 hours of time was donated by Multiple Amateur Radio operators from around the county, region, state and country.

On October 13th-15th 2023, two members, Dale Brendle N3ZIO and John Mummert WJ3OM, attended AUXCOMM training, 20 classroom hours in Wilkes-Barre at the PSP Northeast Training Center. They are required to complete a task-book to receive certification.

# What is Carbon Monoxide?



**Carbon monoxide, or "CO," is an odorless, colorless gas that can kill you.**

## Where is CO found?

CO is found in fumes produced any time you burn fuel in cars or trucks, small engines, stoves, lanterns, grills, fireplaces, gas ranges, or furnaces. CO can build up indoors and poison people and animals who breathe it.

## What are the symptoms of CO poisoning?

The most common symptoms of CO poisoning are headache, dizziness, weakness, upset stomach, vomiting, chest pain, and confusion. CO symptoms are often described as "flu-like." If you breathe in a lot of CO it can make you pass out or kill you. People who are sleeping or drunk can die from CO poisoning before they have symptoms.

## Who is at risk from CO poisoning?

Everyone is at risk for CO poisoning. Infants, the elderly, people with chronic heart disease, anemia, or breathing problems are more likely to get sick from CO. Each year, more than 400 Americans die from unintentional CO poisoning not linked to fires, more than 100,000 visit the emergency room, and more than 14,000 are hospitalized.

## How can I prevent CO poisoning in my home?

- Install a battery-operated or battery back-up CO detector in your home and check or replace the battery when you change the time on your clocks each spring and fall.
- 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 indoors.
- If you smell an odor from your gas refrigerator have an expert service it. An odor from your gas refrigerator can mean it could be leaking CO.
- When you buy gas equipment, buy only equipment carrying the seal of a national testing agency, such as Underwriters' Laboratories.



Carbon monoxide detector

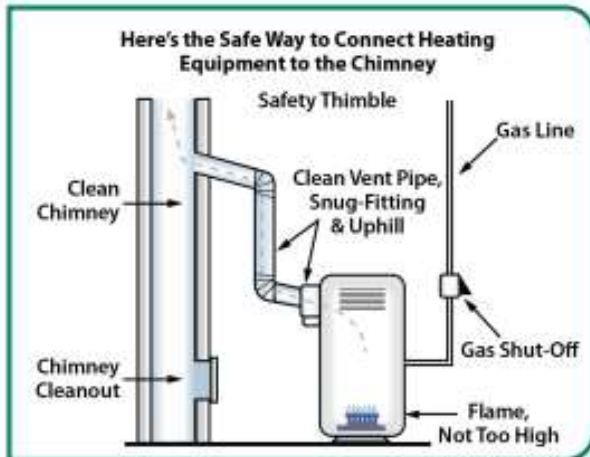


Have your heating system serviced annually



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

- Make sure your gas appliances are vented properly. Horizontal vent pipes for appliances, such as a water heater, should go up slightly as they go toward outdoors, as shown below. This prevents CO from leaking if the joints or pipes aren't fitted tightly.



- Have your chimney checked or cleaned every year. Chimneys can be blocked by debris. This can cause CO to build up inside your home or cabin.
- Never patch a vent pipe with tape, gum, or something else. This kind of patch can make CO build up in your home, cabin, or camper.

### How can I stay safe when the power is out?

- Never use a gas range or oven for heating. Using a gas range or oven for heating can cause a build up of CO inside your home, cabin, or camper.
- Never burn charcoal indoors. Burning charcoal — red, gray, black, or white — gives off CO.
- Never use a portable gas camp stove indoors. Using a gas camp stove indoors can cause CO to build up inside your home, cabin, or camper.
- Never use a generator inside your home, basement, or garage or less than 20 feet from any window, door, or vent.



### How can I avoid CO poisoning from my car or truck?

- Have a mechanic check the exhaust system of your car or truck every year. A small leak in the exhaust system can lead to a build up of CO inside the car.
- Never run your car or truck inside a garage that is attached to a house even with the garage door open. Always open the door to a detached garage to let in fresh air when you run a car or truck inside.
- If you drive a car or SUV with a tailgate, when you open the tailgate open the vents or windows to make sure air is moving through. If only the tailgate is open CO from the exhaust will be pulled into the car or SUV.



**Upper Fairfield Twp EMA**

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Upper Fairfield Twp EMA would like to thank PG&E for their generous donation of \$1,000 to purchase 2 tactical trauma backpacks and 8 Stop the Bleed Kits which will be split evenly between the EMA staff and the Loyalsock Valley Elementary School to better prepare in the event of an active shooter event. PG&E has made a strong commitment to the Montoursville community and to supporting the local emergency responders. We sincerely thank you!



# Christmas Tree Safety



As you deck the halls this holiday season, be fire smart. A small fire that spreads to a Christmas tree can grow large very quickly.



## PICKING THE TREE

- » Choose a tree with fresh, green needles that do not fall off when touched.



## PLACING THE TREE

- » Before placing the tree in the stand, cut 2" from the base of the trunk.
- » Make sure the tree is at least three feet away from any heat source, like fireplaces, radiators, candles, heat vents or lights.
- » Make sure the tree is not blocking an exit.
- » Add water to the tree stand. Be sure to add water daily.



## LIGHTING THE TREE

- » Use lights that have the label of an independent testing laboratory. Some lights are only for indoor or outdoor use.
- » Replace any string of lights with worn or broken cords or loose bulb connections. Connect no more than three strands of mini string sets and a maximum of 50 bulbs for screw-in bulbs. Read manufacturer's instructions for number of LED strands to connect.
- » Never use lit candles to decorate the tree.
- » Always turn off Christmas tree lights before leaving home or going to bed.

## After Christmas

Get rid of the tree after Christmas or when it is dry. Dried-out trees are a fire danger and should not be left in the home or garage, or placed outside against the home. Check with your local community to find a recycling program. Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.



## FACTS

- ! **One** of every three home Christmas tree fires are caused by electrical problems.
- ! Although Christmas tree fires are not common, when they do occur, they are more likely to be serious.
- ! A heat source too close to the tree causes roughly **one in every six** of the fires.



Your Source for SAFETY Information

NFPA Public Education Division • 1 Batterymarch Park, Quincy, MA 02169

[www.nfpa.org/education](http://www.nfpa.org/education)



## CHRISTMAS TREE SAFETY TIPS



### LIVE TREES

1. Only purchase trees that are fresh and green with needles that are hard to pull from branches
2. Water daily
3. Keep tree away from heat sources and exits
4. Use certified lights that are in good condition
5. Turn off lights when leaving home or going to bed
6. Get rid of tree after Christmas or when it turns dry

### ARTIFICIAL TREES

1. Keep tree away from heat sources and exits
2. Never use electric lights on metallic trees
3. Use certified lights that are in good condition
4. Turn off lights when leaving home or going to bed



**Happy Holidays from all  
of us at Lycoming County**

## **PEMA CERTIFICATION RECEIVED**

**Stacey Folk received her PEMA County Staff Associate certification, she is continuing her training for her Staff Professional as well as County EMC.**

**William Miller received his PEMA County Staff Associate certification. William has earned all three PEMA Certifications under the 2017 directive and is now working on recertification under the 2022 directive.**

**Stacey and William are the first 2 to receive PEMA certifications under the new 2022 directive.**



**Charles O'Brien Jr. received his PEMA Basic certification as local EMC for Lewis Township. Charles was presented his certification at the September IST.**

**Congratulations  
Frank Welsh, on 30  
years of service as  
local EMC for  
Fairfield Township!**



## TRAINING OPPORTUNITIES

Classes listed below with an (\*) are required for one or more of the certification levels for municipal Emergency Management Coordinators. Attendees must register on-line or through the County EMA office.

**1/8/2024 6:30 PM**  
**BUILDING CONSTRUCTION:**  
**WOOD & ORDINARY**  
**@ Clinton Township VFC**

**1/9/2024 6:30 PM**  
**BUCKS BASIC FIRE ACADEMY**  
**@ Picture Rocks VFC**

**1/20/2024 8:00 AM**  
**HAZARDOUS MATERIALS OPERATIONS**  
**LEVEL ANNUAL REFRESHER TRAINING**  
**@ Duboistown Fire Department**

**1/23/2024 6:30 PM**  
**HAZARDOUS MATERIALS AWARENESS**  
**LEVEL ANNUAL REFRESHER TRAINING**  
**@ Independent Fire Co/South Williamsport**

**1/27/2024 8:00 AM**  
**LEGAL CONCEPTS FOR FIRE POLICE**  
**@ Northumberland Fire Police**

**2/6/2024 6:30 PM**  
**COURTROOM PREPARATION FOR FIRST**  
**RESPONDERS**  
**@ Independent Fire Co/South Williamsport**

**2/10/2024 9:00 AM**  
**HAZARDOUS MATERIALS AWARENESS**  
**LEVEL ANNUAL REFRESHER TRAINING**  
**@ Trout Run Fire Department**

**2/10/2024 11:00 AM**  
**HAZARDOUS MATERIALS OPERATIONS**  
**LEVEL ANNUAL REFRESHER TRAINING**  
**@ Trout Run Fire Department**

### ADDITIONAL TRAINING

[www.lyco.org](http://www.lyco.org)

[FEMA IS Training](#)

[NERRTC Online Training](#)

[CDP Online Courses](#)

[Train PA](#)

[PEMA Training Calendar](#)

[PEMA Student Training Manuals](#)

EMA training questions can be directed to William Miller.

William Miller  
Lycoming County Department of  
Public Safety  
Phone: 570-433-4461  
Email: [wmiller@lyco.org](mailto:wmiller@lyco.org)

## **2023 QUARTERLY TRAINING**

**December 14      7:00 pm      Thursday      County EMA Office**

## **2024 QUARTERLY TRAINING**

**March 28      6:30 pm      Thursday      EMA Banquet**

**June 27      7:00 pm      Thursday      County EMA Office**

**September 26      7:00 pm      Thursday      County EMA Office**

**December 12      7:00 pm      Thursday      County EMA Office**

### **WE WANT TO HEAR FROM YOU**

Please tell us what you would like to see in the next EMA News & Views. We want to print your stories and issues important to you.

### **COUNTY EMA STAFF**

Your County EMA staff is proud to serve you and will always welcome your comments and suggestions to promote a better EMA community.  
Please contact us any time.

**TELEPHONE:**      570-433-4461  
570-329-4061

**EMAIL:**      ema@lyco.org (general department email)

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