

**LA HABRA HEIGHTS FIRE WATCH INC./FIRE SAFE COUNCIL**  
**La Habra Heights Multi-Purpose Room**  
**Regular Meeting 7:00-8:30 pm**  
**1245 Hacienda Rd. City Hall**  
**Tuesday June 21, 2011**  
[www.LHHFIREWATCH.com](http://www.LHHFIREWATCH.com) or [www.LHHFW.com](http://www.LHHFW.com)

**OPENING CEREMONIES**

1. CALL MEETING TO ORDER
2. ROLL CALL (Sign in Sheet)

**SCHEDULED MATTERS**

3. **Welcome**  
Visitors  
New Members  
Self-Introductions
4. **Fire Watch Shirts & Design**  
Create for purchase by members
5. **Fire Safety**  
LA County Red Flag Warning Program
6. **Fire Watch Radio Protocol For Special Events**  
Consider a one-day radio use permit & designated channel for  
Non-members to work under the supervision of a Fire Watch member
7. **Fire Watch Map**  
Note areas in LHH need more reporting coverage
8. **Emergency Preparedness**  
Members available for July 4<sup>th</sup> patrol coverage
9. **City Weed Abatement Program**  
Recommendations for City Council consideration
10. **Fire Safe Council Grant**  
2011 Grant application status
11. **Financial Report**  
Financial Report & Information

**Open Forum; Question & Answer**

**ADJOURNMENT Next Meeting July 19, 2011**

## **Heat Conditions, Symptoms & First Aid**

### **What you might see in a heat injury**

**1. Sunburn** is usually a first-degree burn that involves just the outer surface of the skin. Symptoms include redness & pain. Severe cases may cause swelling, blisters, fever of 102 degrees or above and headaches.

**First Aid:** Use ointments, as well as cool baths or compresses, for less severe cases. Don't break the blisters; if blisters do break, use a dry germ-free dressing. In severe cases consult a physician. Drink plenty of water.

**2. Heat cramps** often are related to dehydration. Symptoms include increased sweating with painful muscle spasms of the arms, legs and occasionally the abdomen.

**First Aid:** Remove the victim from the hot environment. Apply pressure on or gently massage the spastic muscles to relieve spasms.

**3. Heat exhaustion** is the inability to sweat enough to cool yourself. Symptoms include fatigue, weakness, dizziness, nausea or vomiting as well as cold, clammy, pale, red or flushed skin. A marked body temperature rise will not occur.

**First Aid:** Remove the victim from the heat. Lay the victim down and loosen the clothing. Apply cold compresses and cool the body by fanning the victim or placing the victim in a cool environment. Consult a physician if vomiting continues.

**4. Heatstroke** occurs when the body stops sweating but the body temperature continues to rise. Symptoms include visual disturbances, headache, nausea, vomiting, confusion and, as the condition progresses, delirium or unconsciousness. The skin will be hot, dry, red or flushed even under the armpits. This condition is a severe medical emergency that could be fatal.

**First Aid:** Consult a physician immediately or call 9-1-1. Remove clothing and place victim in a cool environment, sponge the body with cool water or place the victim in a cool bath. Continue the process until temperature decreases. **DO NOT PROVIDE FLUIDS** to an unconscious victim.

*Extracted and adapted from "Heat Illness Prevention," American College of Sports Medicine, Indianapolis, IN.*