

AUGUST

2018



July Highlights

The month of July proved to be busy for our unit. We welcomed new volunteers during monthly orientation, successfully completed the biannual communication response drill, participated in fire safety training, and were requested to help serve our community by providing first aid for a local church. **Thank you to all of our dedicated volunteers for your commitment in making our MRC unit the success that it is!**

Upcoming Events

August 11 – MRC New Member Orientation

August 14 – Summer Meeting

September 1 – MRC New Member Orientation

TBA – Preparedness Month Activities

Fire Safety Recap

During July's fire safety and fire extinguisher training, our unit reviewed the different types of fires, and the classes of fire extinguishers that are built to put them out. The fire department provided us with the following acronyms to remember each classification. Remember: it is important to always keep at least one fire extinguisher in your home that can be accessible in an emergency!



Class A – ASH
Ordinary combustibles (wood/paper).



Class C – CURRENT
Electrical fires. (outlets/natural weather).



Class B – BOIL
Flammable liquids (oil/grease).



Class D – DRIVE
Flammable metals (aluminum).

Back to School!

With the August heat drawing in, schools will soon be back in session. Many of us are parents, faculty/staff, and students, and will be transitioning schedules to meet with the hustle and bustle of the academic year. With new stress rolling in, it is even more important to make sure we each are obtaining quality sleep. The CDC recommends the following strategies for maintaining good sleep hygiene. For additional information go to www.cdc.gov/sleep/about_sleep.

How to Maintain Quality Sleep

- Have a regular sleep schedule with the same bed time and alarm time each day.
- Sleep in a room that is silent, peaceful, and dark.
- Limit time with bright screens right before bed (phone, TV, Computer).
- Do not consume caffeine, large meals, or alcohol right before going to bed.
- Be active throughout your day and try to get some extra exercise.

