

HERE ARE SOME SAFETY TIPS BASED ON MY PERSONAL EXPERIENCE AS A FIRST RESPONDER THAT MIGHT HELP EVERYONE ENJOY THEIR TRIP TO WASTELAND. THESE ARE SOME PREVENTATIVE MEASURES YOU CAN USE BEFORE YOU ARRIVE AND SOME SAFETY MEASURES YOU CAN USE DURING YOUR STAY AT WASTELAND.



## CAMPFIRES

*Be safe with your campfire to help prevent accidents.*

### PRECAUTIONS

Clear a ~~5 ft.~~ 10 ft. perimeter around your campfire.

Avoid building a campfire in windy conditions

Mark your campfire area to avoid accidents.

Have a sand or water bucket standing by.

Do not allow smoke to go into sleeping areas.

Bring firestarters rather than use accelerants.

No glass bottles or closed cans in the fire. They can explode.

Remove nails and any metal from wood.

Never leave the campfire unattended.

Do not bury hot coals.



## VEHICLE FIRES

*Emit hazardous gases that can explode and throw shrapnel.*

### PRECAUTIONS

Check fuel lines, oil leaks, electrical system, radiator and thermostats.

Check propane lines with soapy water.

Keep flammable items away from oven or flame.

All RVs should have a smoke and carbon monoxide detector.

Store extra fuel outside away from sleeping areas.

Avoid candles in confined spaces.

Keep in mind that generators or anything that runs for a long time will conduct heat that could cause a fire.

### TO EXTINGUISH

Use a fire extinguisher in the early stages of the fire.

Stay 30 feet away to avoid explosions or rolling of the car.

Vehicle fires require tremendous amounts of water.

Do not ignore the smell of fire or smoke. Investigate.



## SAFETY AROUND CAMP

*Wasteland is very dark at night. Accidents can easily happen.*

### PRECAUTIONS

Mark all holes and cords to avoid trip hazards.

Place a protective cover over sharp objects.

Use reflective string lines.

Do not set up tents near driving zones.

Have a barrier near your tent if possible.

Park vehicles with parking brake on. Take your keys.

Use a headlamp and flashlight at all times.

Secure anything that might fly in high wind such as canopies and tarps.

Carry a whistle or air horn to signal for help.

Wear closed toe shoes.

Use the buddy system at night when walking around camp.





# MEDICAL MATTERS

## CARBON MONOXIDE CAN KILL YOU.

It produces flu-like symptoms, water eyes, fatigue, dizziness and possibly death. You can't see it or smell it. It is an invisible killer. Opening a window or tent flap does not always remove carbon monoxide. Never use a portable gas camping heater inside a tent, RV, camper, vehicle, shelter or any other enclosed area.

## HEAT ILLNESS IS A SERIOUS MEDICAL CONDITION.

With early recognition and treatment a minor heat illness can result in a life threatening event. Illnesses include, from the least serious to the most serious.

### HEAT RASH

Skin irritation caused by excessive sweating.

### HEAT CRAMPS

Low salt levels cause muscle cramps

### FAINTING

Dizziness that occurs with prolonged standing or sudden rising from a sitting position or lying down.

### HEAT EXHAUSTION

The body's response to an excessive loss of water through sweating.

## HEAT STROKE

The most serious heat related illness. The body is unable to regulate its temperature, sweating stops, Body temperature can rise up to 106 degrees or higher within 15 minutes.

## RHABDOMYOLYSIS (RHABDO)

Heat related illness in which the muscle cells break-down and release proteins into the bloodstream which may cause kidney failure and death. Contributing factors include drug and alcohol use an personal history.

## SYMPTOMS INCLUDE

Heat rash, muscle cramps or spasms, light headedness, dizziness, fainting, weakness, panting or rapid breathing, exhaustion, hot dry skin, or profuse sweating.

## TREATMENT

- Monitor urine for color change.
- Drink more liquids if it is not clear.
- Avoid yellow urine.
- Move to a cooler location.
- Loosen or remove clothing.
- Drink water or electrolyte containing beverages.
- Cool body temperature with water.

## EYE PROTECTION

Eye protection cannot be emphasized more during any high risk activities or contact sports. Try to get something that protects your eyes from dust as well as being impact resistant.

## DUST

Dust is plentiful in the desert. Protect yourself by wearing a dust mask or scarf, especially if you have asthma or any other lung related illnesses.



# GENERAL PRECAUTIONS

While riding on a vehicle make sure you always have three points of contact or are properly secured with a harness.

Wash your hands frequently.

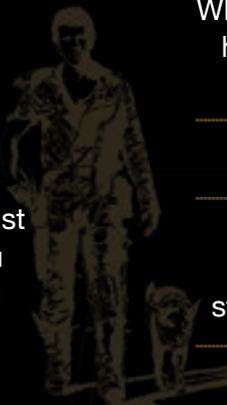
Don't put dirty hands, neck scarves or headbands in coolers or any place food is stored. This causes bacterial contamination.

Washing hands prevents illnesses and spread of infection to others.\*

\*If not available, substitute soap & water with hand sanitizer that contains a minimum of 60% alcohol or more.

BEST REGARDS,

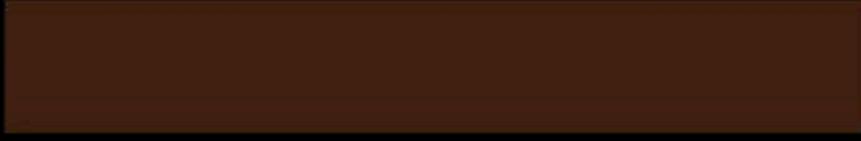
# OZZY





# DEHYDRATION

URINE COLOR CHART



HYDRATED

DEHYDRATED

EXTREMELY  
DEHYDRATED