ASSP Hudson River Valley Chapter Meeting Minutes

Joint Technical Meeting with Hudson Valley Field Federal Safety and Health Council

December 15, 2020

1. The Meeting was called to order at 9:00 AM by LaWanda Mobley – President, and Linda DiGasper – Secretary, of the Federal Safety and Health Council.
2. The technical meeting topic of “Avoiding the Pitfalls of Disaster Work” and presenter, Mr. Tom Lowe RN, MPH, COHN-S was introduced.
3. Tom began his presentation with a statement that was and is very important to remember for all disaster recovery workers. That line is … “It’s Their Disaster – Don’t Make It Yours”! Listed here below are some of the points of this presentation.

* Prepare for the expected. Then prepare for the unexpected! ( as much as you can ).
* Violence can be a problem in bad conditions, long hours, harsh conditions, and stress.
* Know the weather conditions of the area you will be in, snow, rain, etc.
* Get a ‘Sit Rep’ (situation report), from FEMA web site, usually the Briefing Form, and the Incident Objectives form are used the most for this.
* Simply put, you should plan your work, and work your plan to accomplish the tasks assigned.
* Learn to DESTRESS. You can use these methods to help. External help, psychological resources, or use of coping strategies.
* The sights, sounds, smells and impressions you experience at the disaster site will form lasting memories. How you handle those memories is critical to you, as they will sometimes appear later. They may not be all good ones.

1. Tom held a Question and Answer period after the formal presentation ended. Some good questions were discussed such as the use of Personal Protective Equipment, i.e. respirators.
2. If you would like to see the entire presentation that was given at this meeting, it is posted on our chapter web page here; [**https://hudsonrivervalley.assp.org/files/**](https://hudsonrivervalley.assp.org/files/)
3. The meeting was adjourned at 11:30 AM, Tuesday December 15, 2020.