

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

August 2011

SINCE 1991



HB CERT HIGHLIGHTS

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President's Message

By Peter Petrelis
pgpworks@verizon.net

Thank you and congratulations to all the students who attended the 2011 Basic CERT Training classes. You are better prepared to help yourself, your family, and your neighborhood in the event of an emergency. I hope that many of you have chosen to continue your CERT training and complete the requirements to become CERT Fire Department Volunteers. My message in the July 2011 CERT newsletter described the three levels of CERT training. If you were unable to register for the Responder Class, e-mail me at pgpworks@verizon.net and I will put you on a list for the next scheduled class. Students from the 2010 class are also eligible to continue training to become CERT Fire Department Volunteers. As Fire Department Volunteers you can join teams, teach or help with CERT classes, and respond to drills and emergency callouts.

July was a very busy month, starting with CERT participation in the Huntington Beach 4th of July Parade. It was a beautiful day for marching! The July 16 Disaster Living Class and certificate ceremony were well attended by students and their guests. The alternative cooking lunch prepared by the CERT Cooking Team was delicious.

Since swimming is the most popular summer activity, take steps to stay safe around water. The best thing you can do to help your family stay safe this summer is to enroll in age-appropriate swim lessons. [Contact your local Red Cross Chapter](#) to find courses in your area. Make water safety your priority. Refer to the Water Safety article on page 2.

Please note that there will be no CERT Management Meeting in August and the September CERT Management Meeting will be held on September 8, at 6:00pm in the EOC.

CPR Classes

Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below:

- Wednesday, Aug 10, 6 to 9 p.m.
- Saturday, Aug 20, 9:30am to 12:30pm
- Wednesday, Aug 31, 6 to 9 p.m.
- Saturday, Sept 17, 9:30am to 12:30pm
- Wednesday, Oct 12, 6 to 9 p.m.

To enroll in CPR classes, call 800-400-4277. Class location is in the HB area and exact location given at time of enrollment.

Disaster Preparedness Speakers Available

It is time to schedule a Disaster Preparedness Talk for your neighborhood, business, school, civic organization or church. This is a perfect way to introduce our "Save-A-Life" Saturday Classes to the residents of Huntington Beach. It is easy and it is FREE!

Five Simple Steps:

1. Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.
2. Choose a convenient date and time for your group.
3. Call the CERT Message Line (714-536-5974) or email Judy Ann Morris at jamorris189@yahoo.com (please put CERT in the subject line) with your contact information, the date, and time you have determined. Please give us at least three weeks notice and we will do our best to accommodate your group.
4. CERT will provide a flyer to distribute to your neighborhood or group.
5. Provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

Upcoming Events

- August 4, 2011: Management Meeting is cancelled
- August 13, 2011: Responder Class Saturday 9-5 in Anaheim
- **September 8, 2011 - 6:00pm:** Management Meeting in the EOC open to all HB CERT Members. **NOTE: the date is not Sept 1.**

CERT Database

Fire Department Volunteers (CERT members) have the opportunity to be added to the new CERT database by contacting me to update their information. **E-mail Peter Petrelis at pgpworks@verizon.net**



CLASS 1

Use Special Precautions When Using Pools, Jacuzzis, Spas and Whirlpools

By Anna Pinter

In 18 states, drowning ranks as the leading cause of accidental death among young children. Nationally it ranks second in other states. Drowning is the leading cause of accidental death among children ages one to four. Drowning tragedies happen more frequently during the summer months. Parents and caregivers need to raise their awareness about water safety for children to prevent drowning and entrapment in pools and spas.

To help keep your kids safe in or around the water, www.kidsafe.org recommends these **Lock, Look, and Learn** reminders for parents.

LOCK

- If you have a pool or spa, or if your child visits a home that has a pool or spa, it should be surrounded on all four sides by a fence at least four feet high with self-closing and self-latching gates. Studies estimate that this type of isolation fencing could prevent 50 to 90 percent of child drownings in residential pools.
- Make sure all pools and spas have compliant anti-entrapment drain covers and back up devices to ensure safer places for children to swim.
- When not in use, all pools, including portable inflatable pools and spas, should be covered and secured. Ladders to above ground pools and spas should be locked or removed.

LOOK

- **Always actively supervise children in and around water.** Designate someone to be the "Water Watcher" – a responsible adult who is in charge of watching children while they are in or near water. The "Water Watcher" should not be distracted by phone calls, text messages, reading or talking to others. Caregivers can work as a team, taking turns with another adult to stay alert to watch the children.
- Watch children even if they know how to swim – knowing how to swim does not prevent drowning.
- If a child is missing, check the water first.

LEARN

- Know how to swim and enroll your kids in swimming lessons.
- Learn CPR and know how to use rescue equipment – these are important skills to know if there is an emergency.
- Learn how to choose the right life jacket depending on the water activity, your child's size, and weight. Don't rely on inflatable swimming toys such as "water wings" and noodles; these toys should never be used in

place of U.S. Coast Guard approved life jackets. Children who can't swim well or can't swim at all should be within your arm's reach.

- Teach children water safety rules such as never swim alone, always wear a life jacket while boating, and never swim or play near pool or spa drains.

Hair entanglement occurs when a person's hair becomes entangled in a drain cover as the water and hair are drawn through the drain. Never allow a child to play in a way that could permit the child's hair to come near the drain cover. Consumers should be sure they have new drain covers which meet a new standard that helps reduce the risk of hair entrapment.

High temperatures can cause drowsiness which may lead to unconsciousness, resulting in drowning. In addition, raised body temperature can lead to heat stroke and death. In most spas the temperature of the water will not reach higher than 104 degrees Fahrenheit. All spa water temperatures need to be checked. Pregnant women and young children should not use a spa before consulting with a physician.

Drowning is usually a quick and silent death.

SUN PROTECTION

- Apply a minimum SPF 15 sunscreen 30 minutes before going out into the sun. Reapply every 45 minutes.
- A hat and UV-protection sunglasses are essential.
- Drink plenty of water or sports drinks. Sodas do not quench thirst but contribute to dehydration.
- The sun's rays are strongest between 10am and 2pm

Other websites:

www.watersafekids.com
www.americanredcross.org

Tracking CERT Volunteer Hours

By Virginia Petrelis

At the July 7, 2011 Executive Board meeting, it was decided to change the CERT year from the current September 1 -- August 31 to January 1 -- December 31. In 2012 the volunteer hours will include those from September 1 to December 31, 2011. It is important to keep a record of all CERT volunteer hours. Please record all hours (including driving time) no matter how few. Every hour counts! Please send your hours to me at vapworks@yahoo.com

In these days of dwindling City budgets, it's especially important that our City realize the value of the resources invested in CERT volunteers and the need to continue supporting our program.

Recognizing a Gas Leak

By Virginia Petrelis

We've learned in CERT that in an emergency, if you smell a gas leak, turn-off the gas meter. But what are the other signs of a gas leak? Here is what The Gas Company says in their June 2011 issue of *Gas Matters*:

Customers play a critical role in recognizing signs of a gas leak. Leaking gas from an appliance, damaged pipeline or gas meter could cause a fire, explosion, property damage or serious bodily injury. Use your senses, along with any of the following signs, to alert you to the presence of a gas leak:

SIGHT

- Dirt or water being thrown in the air
- Dead or dying vegetation (in an otherwise moist area) over or near pipeline areas
- A fire or explosion near a pipeline
- Exposed pipeline after an earthquake, fire, flood or other disaster

SOUND

- An unusual sound, such as hissing, whistling or roaring sound near a pipeline

SMELL

- The distinctive odor* of natural gas

*Some persons may not be able to smell the odor because they have a diminished sense of smell, olfactory fatigue (normal, temporary inability to distinguish an odor after prolonged exposure to it) or because the odor is being masked or hidden by other odors that are present, such as cooking, damp, musty or chemical odors. In addition, certain conditions in pipe and soil can cause odor fade—the loss of odorant so that it is not detectable by smell.

If you detect signs of a natural gas leak, follow these important steps:

- Remain calm
- Don't light a match, candle or cigarette
- Don't turn electrical appliances or lights on or off or use any device that could cause a spark
- Immediately evacuate the area and, from a safe location, call The Gas Company at 1-800-427-2200, 24 hours a day, seven days a week; or call 911.

For more information, visit. www.socalgas.com/safety

Scenes from the June 18, Drill Your Skills Class



SCENES FROM THE JUNE 18, 2011 DRILL YOUR SKILLS SALSA CLASS (continued)



**MORE SCENES FROM THE JUNE 18, 2011
DRILL YOUR SKILLS SALS CLASS (continued)**



**WOW!
4TH OF
JULY
PARADE
PHOTOS**



**Playing as a
Dead Victim**



WOW! 4TH OF JULY PARADE PHOTOS
(CONTINUED)



Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.



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Attention! If you want something placed in the Upcoming Events, e-mail Judy Ann at jamorris189@yahoo.com

For those who do not receive the newsletter by email, you can go to the CERT website: www.huntingtonbeachca.gov/cert. In order to receive the email alert, click on newsletters, and then click on sign up for email alert. It's as simple as that!

For those of you who do not have computer access at home, we have made arrangements for you:

- Rodgers Senior Center at 1706 Orange Avenue, HB will print out a black and white copy for you.
- There will be a few copies outside the door to the EOC to which you are welcome.
- The Central Library has computer access for the public.

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert

CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)