

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

March 2012

SINCE 1991



President's Message

By Peter Petrelis

pgpworks@verizon.net

There were no major activities for CERT members in February. However, management was busy preparing for the March 17 Disaster Preparedness EXPO and the first Save-a-Life Saturday (SALS) class to be held April 21. As of the end of February, we have 51 students signed up for the 2012 SALS classes. The Disaster Preparedness EXPO flyer and 2012 SALS class flyer are included in this newsletter.

The third annual Disaster Preparedness EXPO will be held at the Central Library on March 17, 2012. Please invite your friends and neighbors to attend this event as it is very important that we increase awareness in disaster preparedness. Last year we had over a thousand attendees.

If you'd like to help, please contact me as we still need a few more volunteers. Do not wear your CERT uniform unless you are signed up to help.

The 2012 SALS consists of four classes beginning on Saturday, April 21. If you missed some of the classes last year, you can make them up this year. When you complete all four classes, you will receive a completion certificate signed by the mayor and you'll be better prepared to help your family and neighborhood in the event of a disaster. With completion of more training, you can become a City of Huntington Beach Fire Department Volunteer and participate in city-wide CERT activities outside your neighborhood. Once you are a Fire Department Volunteer, you can become a County Mutual Aid Program (CMAP) Volunteer by taking Red Cross Shelter training.

Current 2012 Requirements for CERT Member Certifications:

A: Certificate of CERT class completion — Basic three SALS classes (Disaster Living Class not required but highly recommended.)

B: Fire Department Volunteer — A above, plus HB Police Department Live Scan (\$35 cost to you), complete ICS 100 and ICS 200 on-line or attend the Responder Class to be taught later in the year. The First Aid Class is, once again, a requirement since Brevyn Mettler, Emergency Services Coordinator, is now certified to teach

this class. It will be scheduled sometime late summer in the EOC.

C: B above plus American Red Cross Shelter Manager Class.

Reminder: If you have not turned in your volunteer hours for the time period September 1, 2010 through December 31, 2011, please email them to Virginia Petrelis, CERT Secretary at vapworks@yahoo.com. In these days of dwindling city budgets, it is especially important that our city realize the value of the resources invested in CERT volunteers and the need to continue supporting our program.

Upcoming Events

- **March 17, 2012** - Disaster Preparedness EXPO (see attached flyer)
- **April 5, 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members.
- **April 21 2012** - First Save-A-Life Saturday CERT Class (must pre-register, see attached flyer)
- **May 3, 2012** - 6:00pm: Management Meeting in the EOC open to all HB CERT Members.

2011 Disaster Preparedness EXPO



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**



HB CERT HIGHLIGHTS

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CLASS 1

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:

- Saturday, March 17, 10:00am to 1:00pm
- Wednesday, March 28, 6 to 9 pm
- Wednesday, April 11, 6 to 9 pm
- Saturday, April 21, 10:00am to 1:00pm
- Saturday, May 5, 10:00am to 1:00pm

To enroll in CPR classes, call 800-400-4277 or 714-556-4277. 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 Presentation 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 log on the CERT website at www.huntingtonbeachca.gov/cert (click on left column "schedule disaster presentation"). 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. Host to 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.

The following article appeared in the April 2005 CERT newsletter. Billie recently celebrated her 90th birthday, and is one of the original CERT members from the 1994 class. **Happy Birthday Billie!**

Prepared for the Storm

*By Billie Kennedy, CERT Graduate
Pacific Mobile Home Park*

Most of us don't go around thinking all the time about Disaster Preparedness. Even those of us who have graduated from the CERT classes continue to go back for review and new information. When something happens, however, disaster preparedness is all we can think about at the moment.

This happened to me during the unusually strong storms we had this winter. While I was watching a program on TV one morning, they interrupted with "Breaking News." That breaking news was a tornado warning for several Orange County

areas and named Huntington Beach as having an immediate threat. What really got my attention though was the announcer stating that you should immediately go to an inner room in your home. I live in a mobile home...I don't have an inner room in my house! Before I got over that shock, he continued, "And if you live in a mobile home, leave immediately." Where could I go? Orange County is flat so it would be difficult for me to run to higher ground. Maybe I could run to the Waterfront Hilton, which is just a little over a block away. But then I would be in danger of running into the tornado; nor did I feel it would be smart to get in my car and try to drive to one of the high rises on Beach Boulevard.

Finally I calmed down enough to decide what my options really were: the safest place in my house was the bathtub, which is not beneath any window. It is solid and heavy, but not likely to blow away. Perhaps the house would be blown away around it, but I checked the clothing I was wearing and felt I would be presentable if I were left exposed to the world around me. An interesting book to keep me company seemed like a good idea (to distract me from my fears) and perhaps a little snack.

A light bulb went off in my head (like those cartoons you see in the comics) and I remembered something I had bought some time ago for "Disaster Preparedness." It was a combination small black and white TV, a radio, a lantern, large flashlight and siren. The best part of it was that in case the power went off, it could be switched to battery power.

By the time I had arranged all of the items in my small bathroom and settled in, the warning was removed and the scare was over for the time being. However, it made me feel safe to know that I was prepared thanks to CERT. It's ALWAYS good to be prepared.

Sparky at the 2011 Disaster Preparedness EXPO



How to Avoid Getting Sick On an Airplane

By Anna Pinter

As spring approaches, our thoughts turn to travel. Thousands of vacationers will be traveling by airplane, lining up for a security check, enduring sneezing seatmates, using lavatories shared by hundreds and touching surfaces the last traveler touched. Don't obsess about germs. Germs are everywhere and the best line of defense is to reduce the risk of personal health problems by practicing defensive hygiene.

Be aware: check-in kiosks and baggage areas are unsuspected areas of germ contaminations.

Be prepared: security checkpoints harbor a host of hazards:

- If you are required to take off your shoes at an airport security checkpoint, wear socks to avoid contact with fungal infections.
- People are crowded together putting their belongings into plastic security bins which do not get cleaned after going through the scanner. Shoes are removed and placed with other belongings increasing the risk of germ contamination.

How to minimize the hazard of contact with germs:

- When possible, disinfect by using alcohol wipes on surfaces you cannot avoid touching.
- Use alcohol disinfecting wipes on your hands frequently.
- Do not rub your eyes or touch your nose or mouth.
- Wash your hands with hot water and soap.

When entering an airplane try to not sit in the middle seat between two unknown individuals.

- If possible, sanitize your seat, armrest, and tray tables by using alcohol disinfectant wipes before sitting down. Tray tables are a hotbed for germs.
- If anyone near you shows signs of a cold or flu, ask to change your seat if possible. One sneeze can produce 30,000 droplets and propel them as far as six feet.
- Keep your hands out of the back seat pockets as used tissues and dirty napkins are usually placed there. Even if the debris is removed, germs can linger on the surface for hours or days. Do not read material that is placed in the back seat pocket. If you do, sanitize your hands.
- When using the lavatory, wash your hands afterwards and use a paper towel to turn off faucets, to close the lid before flushing and to open the lavatory door as you leave. Door handles contain germs, especially if the last person did not wash their hands. The on-board facility is by far the most germ-laden area on the plane.
- When back in your seat, sanitize your hands.
- Avoid airplane pillows and blankets. You should bring your own pillow or jacket for warmth.
- Open your air vent and aim the air in front of your face. Filtered airplane air directs airborne contagions away from you.
- Most planes today use high-efficiency particulate air (HEPA) filters that remove 99.97% of air particles

that carry viruses and bacteria. The danger is not usually from air circulated in the cabin, but when air circulation is shut down. Sometimes there are long waits on the ground or short periods when passengers are boarding or exiting. Infections can travel quickly in stagnant air.

Prepare to be healthy before travel:

- Be well-rested and make sure to get plenty of sleep before flying.
- Hydrate by drinking water and keeping nasal passages moist with a saline spray to reduce your chance of infection.

What are the chances of picking up an infectious disease? We come in contact with germs daily and our immune system does what it does best, protects us from infectious assaults. Being aware and using common sense can reduce the chance of becoming ill during travel.

100% Chance of an Earthquake (USGS)

There's a 100 percent chance of an earthquake today. Though millions of persons may never experience an earthquake, they are very common occurrences on this planet. So today -- somewhere -- an earthquake will occur. It may be so light that only sensitive instruments will perceive its motion; it may shake houses, rattle windows, and displace small objects; or it may be sufficiently strong to cause property damage, death, and injury. It is estimated that about 700 shocks each year have this capability when centered in a populated area. But fortunately, most of these potentially destructive earthquakes center in unpopulated areas far from civilization. Since a major portion of the world's earthquakes each year center around the rim of the Pacific Ocean (Ring of Fire), referred to by seismologists as the circum-Pacific belt, this is the most probable location for today's earthquake. But it could hit any location, because no region is entirely free of earthquakes.

Stating that an earthquake is going to occur today is not really "predicting earthquakes". To date, they cannot be predicted. But anyone, on any day, could make this statement and it would be true. This is because several million earthquakes occur annually; thereby, thousands occur each day, although most are too small to be located. The problem, however, is in pinpointing the area where a strong shock will center and when it will occur. Earthquake prediction is a future possibility, though. Just as the Weather Bureau now predicts hurricanes, tornadoes, and other severe storms, the NEIC (National Earthquake Information Center) may one day issue forecasts on earthquakes.

Earthquake research was stepped up after the Alaska shock in 1964. Today, research is being conducted by the USGS (US Geological Survey) and other federal and state agencies, as well as universities and private institutions. Earthquake prediction may someday become a reality, but only after much more is learned about the earthquake mechanism.

<http://earthquake.usgs.gov/earthquakes/recenteqs/Quakes>

Cooking Fire Safety Tips from FEMA

Many families gather in the kitchen to spend time together, but it can be one of the most hazardous rooms in the house if you don't practice safe cooking behaviors. Cooking equipment, most often a range or stovetop, is the leading cause of reported home fires and home fire injuries in the United States. Cooking equipment is also the leading cause of unreported fires and associated injuries.

Safe Cooking Behaviors

It's a recipe for serious injury or even death to wear loose clothing (especially hanging sleeves), walk away from a cooking pot on the stove, or leave flammable materials, such as potholders or paper towels, around the stove. Whether you are cooking the family holiday dinner or a snack for the children, practicing safe cooking behaviors will help keep you and your family safe.

Choose the Right Equipment and Use It Properly

Always use cooking equipment tested and approved by a recognized testing facility.

Follow manufacturers' instructions and code requirements when installing and operating cooking equipment. Plug microwave ovens and other cooking appliances directly into an outlet. Never use an extension cord for a cooking appliance, as it can overload the circuit and cause a fire.

Watch What You Heat

The leading cause of fires in the kitchen is unattended cooking. Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.

If you are simmering, baking, roasting, or boiling food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you're cooking.

Stay alert! To prevent cooking fires, you have to be alert. You won't be if you are sleepy, have been drinking alcohol, or have taken medicine that makes you drowsy.

Cook only with equipment designed and intended for cooking, and heat your home only with equipment designed and intended for heating. There is additional danger of fire, injury, or death if equipment is used for a purpose for which it was not intended.

Prevent Scalds and Burns

To prevent spills due to overturn of appliances containing hot food or liquids, use the back burner when possible and/or turn pot handles away from the stove's edge. All appliance cords need to be kept coiled and away from counter edges.

Use oven mitts or potholders when moving hot food from ovens, microwave ovens, or stovetops. Never use wet oven mitts or potholders as they can cause scald burns.

Replace old or worn oven mitts.

Protect Children from Scalds and Burns

Young children are at high risk of being burned by hot food and liquids. Keep children away from cooking

areas by enforcing a "kid-free zone" of 3 feet (1 meter) around the stove.

Keep young children at least 3 feet (1 meter) away from any place where hot food or drink is being prepared or carried. Keep hot foods and liquids away from table and counter edges. When young children are present, use the stove's back burners whenever possible. Never hold a child while cooking, drinking, or carrying hot foods or liquids. Teach children that hot things burn. Then children are old enough, teach them to cook safely. Supervise them closely.

Treat a burn right away, putting it in cool water. Cool the burn for 3 to 5 minutes. If the burn is bigger than your fist or if you have any questions about how to treat it, seek medical attention right away.

Install and Use Microwave Ovens Safely

Place or install the microwave oven at a safe height, within easy reach of all users. The face of the person using the microwave oven should always be higher than the front of the microwave oven door. This is to prevent hot food or liquid from spilling onto a user's face or body from above and to prevent the microwave oven itself from falling onto a user. Never use aluminum foil or metal objects in a microwave oven. They can cause a fire and damage the oven. Only heat food in containers or dishes that are safe for microwave use. Open heated food containers, away from your face, slowly to avoid steam burns. Hot steam escaping from the container or food can cause burns. Foods heat unevenly in microwave ovens. Stir and test before eating.

How and When to Fight Cooking Fires

When in doubt, just get out. When you leave, close the door behind you to help contain the fire. Call 911 or the local emergency number after you leave. If you do try to fight the fire, be sure others are already getting out and you have a clear path to the exit.

Always keep an oven mitt and a lid nearby when you are cooking. If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan (make sure you are wearing an oven mitt). Turn off the burner. Do not move the pan. To keep the fire from restarting, leave the lid on until the pan is completely cool. In case of an oven fire, turn off the heat and keep the door closed to prevent flames from burning you or your clothing. After a fire, both ovens and microwaves should be checked and/or serviced before being used again.

Nuisance Smoke Alarms

Move smoke alarms farther away from kitchens following manufacturers' instructions and/or install a smoke alarm with a pause button. If a smoke alarm sounds during normal cooking, press the pause button if the smoke alarm has one. Open the door or window or fan the area with a towel to get the air moving. Do not disable the smoke alarm or take out the batteries.

Treat every smoke alarm activation as a likely fire and react quickly and safely to the alarm.

Become a Fire Department Volunteer

Get Your Home and Family Prepared

In most disasters, the victim or bystander is the first to respond. Do you know what to do?

What is CERT?

CERT (Community Emergency Response Teams) is a FEMA endorsed training program that prepares you to help yourself, your family, your neighbors and your community in the event of a disaster. During an incident, emergency response personnel could become overwhelmed and resources will be limited. By becoming CERT trained, you will gain the skills to help emergency responders save lives and property. Once you have completed the training, you have the opportunity to become a Fire Department CERT volunteer.



What Will I Learn?

In the *Save-A-Life Saturday* series, you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid and CPR
- How to safely search a building for trapped victims and rescue them
- How to put out small fires using a fire extinguisher
- How to survive outdoors if you cannot return to your home because it is unsafe



Emergency Management
&
Homeland Security Office
2000 Main Street
Huntington Beach, CA 92648
714-374-1565



What do CERT Volunteers do?

CERT volunteers are trained to prepare for and respond to a disaster until first responders arrive. You will be taught to manage a disaster in your home, work, neighborhood or school. After taking care of your home, family and neighborhood, you will help the city with duties such as, providing damage assessment information, sandbagging, sheltering, helping in the Emergency Operation Center (EOC), and providing support to the Fire Department and Police Department.



Huntington Beach Fire Department

**CLASSES ARE FREE
BUT YOU MUST
REGISTER ONLINE AT**

www.Huntingtonbeachca.gov/cert

**FOR MORE INFORMATION
CALL**

714-374-1565



Save-A-Life Saturday Schedule

The series consists of four classes that build on each other and ends with a disaster drill where you can practice what you have learned. You must attend all classes to graduate.

Class 1: Disaster & Terrorism Preparedness

April 21, 2012 7:45AM to 3:30PM Civic Center

Learn what threats Huntington Beach residents face, how the City will respond in a disaster, and how you can get your home, family, neighborhood, school and/or business prepared to respond to emergencies. *Lunch Provided*

Class 2: Disaster First Aid (Medical Ops I & II)

May 19, 2012 7:45AM to 3:30PM Civic Center

Learn creative first aid solutions to common injuries resulting from an earthquake, or other disasters, and the ABC's of disaster first aid. Additional topics include splints, slings, treating burns, impaled objects and shock. Learn how to triage disaster victims. *Bring Bag Lunch*

Class 3: Disaster Living

June 16, 2012 7:45AM to 3:30PM Civic Center

Learn how and where to set up an outdoor shelter in a disaster. Whether in your yard or at a park, you will have to care for yourself and neighbors until the Red Cross establishes indoor shelters. Learn skills such as tenting, outdoor cooking and sanitation. *Lunch Provided*

Class 4: Light Search & Rescue/Fire Suppression

July 21, 2012 7:45AM to 4PM Fire Training Center

Learn how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, properly search for trapped victims, shore up an unsafe structure, and safely move the injured. Learn to use a fire extinguisher and put out a live fire, fire safety and prevention, how to shut off utilities and secure items that may cause injuries in an earthquake. Finish the class with a disaster drill that will test your newly acquired skills. *Bring Bag Lunch*

Civic Center Address: 2000 Main Street Huntington Beach, 92648

Fire Training Center Address: 18301 Gothard Street



Neighbor Helping Neighbor

City of Huntington Beach

Disaster Preparedness Expo 2012

March 17, 2012

| Central Library

| 10AM to 2PM



Learn from experts at the third annual Huntington Beach Disaster Preparedness Expo

- Free admission
- Fun and Exciting Demonstrations
- Disaster Volunteer Organizations
- Disaster Preparedness Vendors
- Fire Extinguisher Training
- City Response Equipment Exhibits
- Fun for the Kids

Central Library
7111 Talbert Ave
Huntington Beach, CA 92648



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.

REQUEST FOR YOUR CERT Volunteer Hours

By Virginia Petrelis

A new year has begun! It's so important to our program to track and report our volunteer hours. I personally have a calendar on which I keep all CERT activities and how many minutes or hours I spend at each activity. At the end of the month, it's easy to record the total. If everyone would send me their hours monthly, it would be much easier than trying to think back over several months to figure out what we did.

If you haven't already done so, it's not too late to report your hours from September 2010 through December 2011. You deserve recognition for all the time you've given to CERT and the city needs to be aware of how valuable a resource they have in CERT volunteers. **Please send your hours to me at vapworks@yahoo.com**

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



IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974, (THIS IS A MESSAGE LINE ONLY!)