



April 2016

*Neighbors Helping  
Neighbors...*

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### Next Meeting Dates:

#### General Meeting:

April 13, Fire Station 1.  
CERT Skills Training and  
Review. Doors open at 6pm.  
Meeting begins at 6:30pm.

#### Leadership Meeting:

April 27, Station 1. Basic  
Training Planning Session.



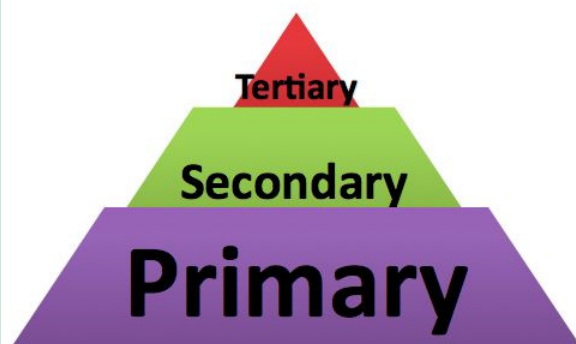
# Ready Neighbor News

## Levels of Prevention

Researchers are always looking for new and better ways to prevent disease and injury, both to avoid human suffering and to control the tremendous economic costs of poor health. But when researchers and health experts talk about "prevention," what do they mean?

**Going upstream.** Imagine that you're standing beside a river and you see someone drowning as she floats by. You jump in and pull her ashore. A moment later, another person floats past you, and you're not able to save even one more victim. So you decide to go upstream to see what the problem is. You find that people are falling into the river because they are stepping through a hole in a bridge. Once this is fixed, people stop falling into the water.

When it comes to health and safety, prevention means "going upstream" and fixing a problem instead of saving victims one by one. In general, prevention includes a wide range of activities known as "interventions" aimed at reducing risks or threats to health. These are usually grouped into three categories: primary, secondary and tertiary.



**Primary prevention.** Here the goal is to protect healthy people from developing a disease or experiencing an injury in the first place. For example, education about fire safety, removing fire hazards from the home or workplace, immunizations against infectious diseases, and the importance of regular exercise.

**Secondary prevention.** These interventions happen after an illness or serious risk factors have already been diagnosed. The goal is to halt or slow the progress. Mitigating or minimizing the event is part of secondary prevention (e.g., providing suitable modified work for injured workers; telling people to take daily, low-dose aspirin to prevent a first or second heart attack or stroke; and firefighting to minimize the destructive force of fire).

**Tertiary prevention.** This focuses on helping people manage complicated, long-term health problems, such as diabetes, heart disease, cancer and chronic pain. The goals include preventing further physical deterioration and maximizing quality of life (e.g., cardiac or stroke rehabilitation programs, chronic pain management programs, and patient support programs).

Consider taking a class in either the Fire Prevention: Public Education or Fire Prevention: Management curriculum to discover more about prevention and interventions. Learn more at <http://apps.usfa.fema.gov/nfacourses/>.

## Spring Basic Training

Basic training is right around the corner and we have a large waitlist of folks wishing to attend. That being said, I am hopeful to have a long list of members committed to supporting the new cohort. CERT needs you!

Planning sessions will begin Monday, April 11 at Station 1 at 6:30pm-8pm. Post meetings will occur: Monday, April 18 and April 25 and Wednesday, April 27 ~ Station 1 ~ 6:30-8pm.

Members are encouraged to attend planning sessions in many facets including: to understand the planning process, to assist at lower levels of the simulation process (building the maze, volunteer victims, etc) and / or as management level team member (operations, planning, station leads and assistants, and more). Training and support are available to all those who wish to venture. Job shadow opportunities also available.

Disasters do not strike our area frequently, thankfully, making the need to prepare even more critical for resilience. Your assistance with basic training creates a better place to live and work in Ashland. Thank you, in advance, for your continued community outreach.

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## Training Opportunity

On Friday, April 15 the City of Ashland will be hosting an ODOT T2 flagging, Work Zone Traffic Control class, which will be held at the Ashland Council Chambers (1175 East Main St.). The class will be held 8am to 12pm.

Because so many special events take place in Ashland, the City is sponsoring the four-hour class free of charge for those who will potentially assist with these events. CERT members are encouraged to attend, but must RSVP by April 11 to [tami.campos@ashland.or.us](mailto:tami.campos@ashland.or.us) (and please CC CERT).

Event Security Planning for Public Safety Professionals is a 16-hour course designed to educate small and rural community public safety personnel, as well as local officials, regarding security concerns and considerations involved with planning any event. This course enables participants to recognize and plan adequate strategies and security measures to prevent or mitigate security incidents which may occur during scheduled events. Tuesday & Wednesday, May 10-11, 2016 ~ Seven Feather Casino Resort ~ Canyonville, Oregon  
To register or for more information contact: Tracy De Pew 541-667-5575 | [tdepew@cowcreek.com](mailto:tdepew@cowcreek.com)  
You can also visit: [www.ruraltraining.org](http://www.ruraltraining.org)  
This course is offered FREE of charge.

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## The Emergency Prepared Business Program in Session

The Emergency Prepared Business program develops a culture of preparedness among local businesses. Workshops focus on critical components of business resiliency and disaster preparedness. Workshops are offered free of charge and open to both business owners and employees.

Develop a business safety statement and understand what is needed when your business is faced with a potentially disastrous situation including an Emergency Operations Plan and a Continuity of Operations Plan. Assess hazards, risks, and human, property, and business impact while assessing internal and external resource potential. Develop a business safety statement and understand what is needed if your business is faced with a potentially disastrous situation.

Topics include: Emergencies, Facilities, Communications, Responsibilities, Action Plan, Safety Statement, Vital Records, Continuity Plan, Security, and Drills / Exercises.

Sessions are held the second Tuesday monthly (March – October) beginning at 10:00 am at AF&R Station 1 (455 Siskiyou Blvd). Sessions last 1-2 hours. RSVP | 541-552-2226 | [cert@ashland.or.us](mailto:cert@ashland.or.us)

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## CERT Luncheons and Brunch Opportunities

Join your comrades monthly for a meal and conversation. The monthly Emergency Business Preparedness luncheon morphed into creating opportunities for members to share stories, talk shop, and simply enjoy a meal together. In an effort to make it possible for those who have a regular Monday-Friday work schedule the Leadership Team decided to hold bi-monthly brunch meetings in addition to the bi-monthly luncheons; making this an all inclusive activity.

Leave no CERT member behind.



The remaining schedule is as follows: Locations TBA

Thursday, May 5 @ 11:30am  
 Sunday, June 5 @ 11:00am  
 Thursday, July 7 @ 11:30am  
 Sunday, August 7 @ 11:00am  
 Thursday, September 1 @ 11:30am  
 Sunday, October 2 @ 11:00am  
 Thursday, November 3 @ 11:30am  
 Sunday, December 4 @ 11:00am

Email reminders and locations update will be sent monthly. If you have an idea for a location contact the CERT office.



## AHA HeartSaver First Aid / CPR / AED Course

HeartSaver First Aid, CPR, AED, is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

The cost for this course is \$55, which includes a student study book and card\*. The class takes approximately 8 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

\*Upon successful completion, students will receive an American Heart Association HeartSaver First Aid, CPR, AED Course Completion Card that is valid for two years.

**When:** Saturday, April 30, 2016

**Where:** Ashland Fire Station 2

**Time:** 9am-5pm

**Cost:** \$55

**Registration is first-come, first-served according to when class fees are paid.** Classes are typically limited to 8 people. Participants may register by mailing a check or by paying in person 8 AM - 4 PM Monday - Friday at Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

For information or to register contact the Ashland CERT Program Coordinator  
 541-552-2226 | cert@ashland.or.us



# CERT 2016 Calendar of Events

January 2016	February 2016	March 2016
General Meeting - January 13 ( <i>Calculating Risk</i> ) <b>Search &amp; Rescue Tactics - Jan 23</b> Leadership Meeting - January 27 ( <i>CERT member handbook</i> )	General Meeting - February 10 (Eric Dittmer - Seismic Activity) <b>Terrorism Response Awareness - Feb 20</b> Leadership Meeting - February 24 (Everbridge Training)	General Meeting - March 9 (Eric Dittmer - Seismic Activity <i>cont...</i> ) NO Leadership Meeting <del>Base Activity - March 12</del> <b>CPR Night - March 16 (6pm)</b>
April 2016	May 2016	June 2016
General Meeting - April 13 ( <i>CERT Skills Training</i> ) Leadership Meeting - April 27 ( <i>Planning for Basic Training</i> ) <b>Basic Training - April 21-23 and May 5-7</b>	General Meeting - May 11 - Basic Graduation <b>Base Bike Ride - May 15</b> Leadership Meeting - May 25 (Basic Training AAR) <b>Annual Phone Tree Test - TBA</b>	General Meeting June 8 ( <i>CERT Skills Training</i> ) <b>Evacuation Training - June 11</b> Leadership Meeting June 22 ( <i>Final Planning for 4th of July</i> )
July 2016	August 2016	September 2016
<b>Parade Support - July 4</b> General Meeting - July 13 ( <i>Mission Training</i> ) <b>Firefighter Rehab Training - July 16</b> Leadership Meeting - July 27 ( <i>4th of July AAR</i> )	<b>DATE CHANGE - JULY 17 - CERT BBQ</b> General Meeting - August 10 ( <i>TBA</i> ) Leadership Meeting - August 24 ( <i>Fire Department Communications</i> )	<b>Ashland Is Ready (AIR) - September 10</b> General Meeting - September 14 <b>Family &amp; Friends CPR - September 24</b> Leadership Meeting - September 28 ( <i>Basic Planning</i> )
October 2016	November 2016	December 2016
<b>Basic Training - October 6-8 and 13-15</b> General Meeting - October 12 Leadership Meeting October 26 <b>Base Bike Ride - October 23</b>	General Meeting - Nov. 9 - ( <i>Basic Graduation</i> ) <b>Certified Driver Training - November 19</b> Leadership Meeting - November 16 ( <i>Annual Training Planning Session</i> )	<b>CERT Year in Review</b> <b>December 14 - 6:30 to 8:00 PM</b> No Meetings <b>Holiday Season ~ Training Stand Down</b>

**Note:** General meetings are open to the public. Doors open at 6pm. Meetings are from 6:30pm-8pm at Fire Station1.

Ashland CERT  
455 Siskiyou Boulevard  
Ashland, OR 97520

TO: