



June 2014

*Neighbors Helping  
Neighbors...*

# Ready Neighbor News

## June is National Safety Month

June is National Safety Month recognized by the National Safety Council as a time to highlight and educate some of the critical issues and challenges faced across the country. This year's theme includes "Safety: It takes all of us" as an idea that risk reduction is a continuum and a pillar towards the journey to safety excellence. Safety is all encompassing and should play a role in our daily lives as reminder that there are dangers in all aspects. Much like CERT members plan for hazards we are encouraged tremendously to consider personal safety repeatedly, National Safety Month highlights those facts a bit further. Find creative outlets for encouraging, not only self promotion, but home, workplace, and promoting others to consider risk reduction as well. Remember the CERT size up continuum in your day-to-day lives and promote others similarly:

### Inside this issue:

June - Safety Month	1
Safety ~ Continued...	2
Map Your Neighborhood	3
June Opportunities	3
Great Oregon ShakeOut	3
BLS Certification	3
Training Calendar	4

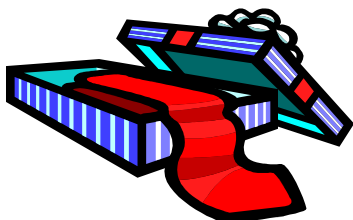
### Next Meeting Dates:

#### General Meeting:

June 11, Fire Station 1.  
Safe Drinking Water.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.

#### Leadership Meeting:

June 25, Fire Station 1.  
Meeting starts at 6:30 with  
doors open at 6:00 PM.



## CERT Sizeup

1. Gather Facts
2. Assess Damage
3. Consider Probabilities
4. Assess Your Situation
5. Establish Priorities
6. Make Decisions
7. Develop Plan of Action
8. Take Action
9. Evaluate Progress

**REMEMBER:**  
CERT SIZEUP IS A  
CONTINUAL  
PROCESS

The Council estimates approximately 245 people die of unintentional injuries every day. CERT members can help curb these rates by promoting both personal and community awareness through promotion of best practices taught during basic training (hopefully concepts) that will last a lifetime. Emphasize the importance of size-up by detailing how to incorporate the size-up model in everyday events.

What is the current situation  
What has happened, is happening, and could happen / how bad could it get  
What is likely to happen  
Are you trained and possessing the right equipment needed  
Define your priorities

## Safety this Summer *continued...*

- Base future decisions on the model to this point before moving forward
- Develop a plan to accomplish your priorities; this can be a very simple plan
- Execute your plan
- Accomplish objectives in your plan

Anchor the continuum when needed and consider it throughout the summer months. This June the National Safety Council has further highlighted a few key issues in detail to promote including; preventing prescription drug abuse, stopping slips, trips, and falls, being aware of your surroundings, and putting an end to distracted driving.

Preventing prescription drug abuse is a huge undertaking in Oregon because we have one of the highest rates in both sales and mortality rates in Oregon associated with opioid use. The Centers for Disease Control and Prevention considers opioid abuse an epidemic. Be sure to read all drug labels and follow directions of your provider and pharmacist.

In 2009, slips, trips, and falls were the second largest leading cause of death according to the National Safety Council. Older adults are more prone to falls and the aftermath can result in a diminished ability to lead a healthy, active life. Take time to remove potential hazards in your home or the home of someone you love including; cluttered hallways or other common areas, stairs and doorways, remove small throw rugs, repair floor damage and clean any spills immediately.

Being aware of your surroundings can take on many shapes, but the principle idea here is awareness in your daily life and of your surroundings no matter where you are and what you are doing. Avoid creating your own hazards by clearing debris and fire prone vegetation from around your home, clearing indoor obstacles to avoid trips and falls, being alert when out past dark, and just generally creating a routine of mitigating possible hazards.

Put an end to distracted driving by turning your cell phone to the silent or the do not disturb feature while operating a motor vehicle, let the radio play on unless you can easily change the station without huge interruption from having your eyes on the road, and the same goes for other distractions that might compel you to look away from the road including crying baby, spilled drink, eating food, passenger conversation, etc. If you need to attend to one of the above mentioned items please pull safely off the road and do so after placing the vehicle in park.

Summertime Safety should be considered as June marks the beginning of summer.

**BBQ grills:** Keep grills at a safe distance from buildings, and never leave them unattended.

**Play Structures and Trampolines:** Carefully inspect backyard play sets to ensure equipment is safely anchored into the ground, all pieces are in good working order, S-hooks are entirely closed and bolts are not protruding.

**Pools and Hot tubs:** Never leave a child unattended in or near a pool, hot tub or spa. The supervising adult should be able to scan the pool every 10 seconds and reach the water within 20 seconds.

**Ultraviolet Sun Radiation:** Harmful radiation can negatively impact your health and wellness. Your skin is the most vulnerable, but your eyes are susceptible to negative impact exposure as well. Protect your eyes by wearing UV-filtering sunglasses and protect your skin by wearing UVB/UVA sunscreen and remember to reapply often and generously for the best protection.

## Map Your Neighborhood

Map Your Neighborhood (MYN) was developed by Washington State Emergency Managers, and has been adapted for use across the country. MYN is an identified means of creating a positive response amongst those who will be your first responders immediately following a major catastrophe as you will see your neighbors first. At a Map Your Neighborhood meeting, participants will:

- Learn the "9 Steps to Take Immediately Following a Disaster" to secure your home and to protect your family and neighborhood.
- Identify the Skills and Equipment each neighbor has that would be useful in an effective disaster response. Knowing which neighbors have supplies and skills helps your disaster response be timely, and allows everyone to contribute in a meaningful way.
- Create a neighborhood map identifying the locations of natural gas valves and propane tanks.
- Create a contact list that helps identify those with specific needs such as elderly, disabled, or children who may be home alone.

- Work together as a team to evaluate your neighborhood immediately following a disaster (the golden hour) and take action.

## June Opportunities

In recognition of Father's Day and in honor of promoting family relations, rather than holding training, Ashland CERT is changing the Firefighter Rehab training date.

Mark your calendars! **Firefighter Rehab Mission Training** will be held beginning at 9:00 AM **Saturday, June 7** and culminate at 4:00 PM. This training is essential for those who want to volunteer on the mission team to provide rehab to firefighters when fighting fires. This training will provide you with all the knowledge and background on the importance of firefighter rehab. Training will be held at Station 1 and in the field from 0900-1600 hours. *Registration required.*

## The Great Oregon ShakeOut 2014

Registration is now open for the 2014 Great Oregon ShakeOut. More than 160,000 Oregonians took part in the 2012 ShakeOut and over 270,000 in 2013 including Ashland CERT. Registration is easy; log into [www.shakeout.org/oregon/](http://www.shakeout.org/oregon/) By signing up you agree to practice drop, cover, and hold-on this October to recognize earthquake preparedness.

## Basic Life Support certification for Healthcare Providers offered

Basic Life Support (BLS) is intended for Healthcare providers and other students seeking training and certification in CPR. This course teaches critical concepts of high quality CPR, use of an automated external defibrillator, and relief choking for victims of all ages.

The cost for this course is \$55, which includes a student study book and card\*. The class takes approximately 4.5-5 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space.

**When:** June 28th, 2014

**Where:** Ashland Fire Station 1

**Time:** 9am-2pm

**Cost:** \$55

### TO REGISTER:

**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 through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland.

\*Upon successful completion, students will receive an American Heart Association BLS for Healthcare Providers Course Completion Card that is valid for two years.

**For information or to register contact the CERT Program Coordinator at 541-552-2226 | [cert@ashland.or.us](mailto:cert@ashland.or.us)**



# CERT 2014 Calendar of Events

January 2014	February 2014	March 2014
General Meeting January 8 (Cold-weather Shelter Operations) Leadership Meeting January 22 (Member Mission Compilation) <b>EOC TRAINING - FEBRUARY 1</b>	General Meeting February 12 (Avista~ Gas Water Heaters) <b>Emergency Food Prep &amp; Tasting Saturday, February 8</b> Leadership Meeting February 26	General Meeting March 12 (Preparing for Wildfire) NO Leadership Meeting
April 2014	May 2014	June 2014
General Meeting April 9 (Radio Communications) Leadership Meeting April 23 (Basic Planning) <b>Basic Training April 10-12 &amp; 24-26</b>	<b>Base Inventory - May 10</b> <b>Basic Graduation - General Meeting</b> Leadership Meeting May 28 <b>Base Bike Ride May 17 (9AM-1PM)</b> <b>CPR Night - May 22</b>	<b>Annual Phone Tree Test - June 7</b> <b>Firefighter Rehab Mission Training June 7</b> General Meeting June 11 (Safe Drinking Water) Leadership Meeting June 25 (Planning for 4th of July)
July 2014	August 2014	September 2014
General Meeting July 9 (Mass Casualty Incidents) <b>Evacuation Training—July 12 (8AM-1PM)</b> Leadership Meeting July 23 <b>Disaster Relay Games— July 19</b>	General Meeting August 13 (POD Training) Leadership Meeting August 27 (Phone Banks) <b>CPR Night—August 7</b>	General Meeting September 12 (CERT Skills Training) Leadership Meeting September 26 (Advanced Training Lesson)
October 2014	November 2014	December 2014
<b>Basic Training October 9-11 &amp; 16-18</b> General Meeting October 8 Leadership Meeting October 24 <b>Base Bike Ride—October 25</b>	General Meeting November 12 (Basic Graduation) <b>Refresher Training—November 15</b> Leadership Meeting November 19	<b>CERT Year in Review /Awards December 10, 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: