



June 2016

*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**  
June 8 - JCFD5 to host this session on firefighter rehab and filling SCBA bottles.

**Leadership Meeting:**  
June 22. Parade planning. Doors at 6PM with meeting at 6:30. Station 1.



## Hazard Hunting ~ Earthquake Preparedness

Several people died and thousands were injured in the 1994 Northridge earthquake because of unsecured items such as toppling bookcases. According to a study from the University of California in Los Angeles (UCLA), 55% of the injuries during this earthquake were caused by falling furniture or objects. Only one percent of injuries were caused by building damage. Other injuries were due to people falling or behaving dangerously. Much of the damage and injury could have been prevented in advance through simple actions to secure these items and their contents.

The Northridge earthquake lasted approximately 20 seconds while a Cascadia Subduction Zone Fault rupture is estimated to last up to five minutes causing far more damage and injuries to those unprepared. Preparedness is a useful tool that provides you peace of mind which is priceless. Much of the preparedness and mitigation efforts you can complete on your own at home are low cost or free while a small percentage depending on your specific situation may force you to make an expensive upgrade or retrofit.

Start your hazard hunt around the inside of your home by determining where heavy furniture is located; if it fell would it pose a likely hazard? Such as; would it block an exit, would it fall upon you in your bed at night, or would it cause other injuries in other areas of your home where you frequent? If you answered yes to any of these questions your hunt has reached a critical point for you "to do" something. Moving large items away from doors and escape routes, placing items that can fall on your head away from where you spend much of your time, and moving larger objects on shelves to the floor or a lower shelf to prevent injury all are free efforts you can do to make your home safer.

There are also many low cost efforts you can accomplish around your home to make it safer from hazards and assist you in the recovery efforts should Cascadia erupt in your lifetime including securing your water heater to the wall studs with metal straps, securing large shelves and other heavy furniture to the wall studs similarly, you can also secure television screens and computer screens with special straps available at most hardware stores. Prevent small objects from falling by using museum putty or wax to affix it semi-permanently to shelving and tables, install child proof latches on drawers and cabinets, and use closed-hooks to hang mirrors and other wall art including picture frames.



## Hazard Hunting ...continued...

You could invest and spend a bit more money installing flexible connections where your gas lines meet your appliances (ovens, dryers, water heaters) to prevent breakage, secure overhead light fixtures to prevent a head injury, and secure free standing wood stoves if you own one and the fireplace inserts. There are many more preparedness efforts you could complete including having a certified specialist check your foundation to be sure your home is properly connected, installing emergency ladders if you have a two story home in case of fire, and much more.



## Building Codes 101

As early as 1750 B.C., the Babylonian Empire's code of Hammurabi read, "If a builder has built a house for a man and his work is not strong, and if the house he has built falls in and kills the householder, that builder shall be slain." During the twentieth century, building codes evolved to become the primary means of ensuring minimum standards.

At the time of the 1906 San Francisco earthquake, many California municipalities had building codes, but none considered seismic effects. Not surprisingly, the 1906 earthquake sparked discussion of improving earthquake engineering design and incorporating those improvements in regulatory codes. Professional organizations, particularly the Seismological Society of America, which formed in 1906, and later, the Structural Engineers Association of California, were persistent advocates of code provisions for earthquake-resistant construction.

States adopt building codes based on models including the International Building Code model which is designed to promote regulations that safeguard public health and safety. Building codes are founded on principles intended to establish provisions consistent with the scope of public welfare. All new construction and significant remodels must meet the minimum code

requirements, in addition, to other required codes and regulations. This is also true for seismic standards in building and in today's society the importance of enforcing those codes is also relevant.

Some states are far advanced in their structural and mechanical integrity of building as they have had codes in place for decades while other states are not as advanced. California is a great example of a state that is seismically prepared and has had enforcement since the early-mid 1900s. Oregon, however, did not adopt a statewide building code that included seismic design until 1974, but the net effect of the codes has substantially created safer building construction throughout the state.

A magnitude 6.3 earthquake struck Christchurch, New Zealand, smashing much of its downtown. Of unreinforced-masonry buildings that hadn't been retrofitted, 97 percent collapsed or sustained serious damage. Falling bricks killed 42 people. Many of Ashland's downtown buildings were built prior to 1974 and only a small handful are confirmed to be properly retrofitted suggesting we might experience the same loss locally when Cascadia erupts. Seattle, Washington is current looking at creating legislation for a mandatory retrofit ordinance.

Learn more at: <http://www.cbs.state.or.us/bcd/>

## TV is literally killing people

Enormous flat-screens are in millions of homes, but come with a risk that many parents may not realize: children can be seriously hurt in a television tip-over.

The number of children injured by a television falling on them grew 125 percent between 1990 and 2011, according to a study of emergency room records that calls for greater prevention efforts. Overall, more than 17,000 children under age 18 were treated each year for various TV-related injuries in ERs across the United States – that's one child every half hour – during that time period, the study released in the journal *Pediatrics* found.

Between 2000 and 2011, 215 children died from injuries caused by a falling TV.

"This is a serious problem," said the study's senior author, Dr. Gary Smith, a pediatrician at Nationwide Children's Hospital in Columbus, Ohio, told NBC News. "A child is dying once every three weeks from a television tip-over. The numbers are going up. This is a call to action. These are 100 percent preventable injuries."

The increase is from a combination of more TVs in homes and a growing number of injuries from televisions falling from furniture that was not designed to hold them, Smith said. Forty-six percent of the tip-overs involved a TV falling off a dresser or armoire, while 31 percent were due to a TV falling from an entertainment center or television stand, according to the study.

Children under the age of 5 were the most at risk -- accounting for 64 percent of the injuries -- because younger children cannot get out of the way as quickly as older children, Smith said. Almost 61 percent of the injured children were boys. Other than falling televisions, children were also hurt by striking or hitting the TV.

The head and neck were the most commonly injured body parts, Smith said, noting that injuries ranged from bruising to death. Other injuries included lacerations, fractures and sprains. If you have children in your home secure your TV.

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## American Heart Association BLS Healthcare Provider Course

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 11, 2016**

**Where: Ashland Fire Station 2**

**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 between 8 AM & 4 PM Monday through Friday at Fire Station 1, 455 Siskiyou Blvd., Ashland, OR 97520. Make checks payable to City of Ashland. Credit cards accepted as well.

\*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: Ashland CERT Program 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 <i>(CERT Skills Training)</i> NO Leadership Meeting <b>Base Activity - March 12</b> <b>CPR Night - March 16 (6pm)</b>
April 2016	May 2016	June 2016
General Meeting - April 13 <i>(Building Assessment &amp; Triage)</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>(SCBA filling at JCFD5)</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
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 Station 1.

Ashland CERT  
 455 Siskiyou Boulevard  
 Ashland, OR 97520

TO: