



June 2017

*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**

June 14 - Topic:  
Basic Training Graduation

**Leadership Meeting:**

June 28 - Fourth of July



## Tourniquets today and you

Remember when eggs were unhealthy? Research now shows eggs are a healthy source of protein, vitamins, minerals, saturated fat, and are low in calories; the kicker is the cholesterol content, but even that is healthy for the majority.

Remember when it was unhealthy to consume fats? The truth is healthy fats are good for your heart. Fat is needed, and essential, for blood clotting and muscle movement. The true difference is the type of fat not fat in general.

Remember when tourniquets were taboo? Increased evidence and use in the combat field suggests you should use when needed and each individual should own and carry their own for personal use.

The Committee on Tactical Combat Casualty Care (CoTCCC) recommends three different commercially available tourniquets including the Combat Application Tourniquet, the SOF Tactical Tourniquet, and the Emergency and Military Tourniquet by Delfi; these tourniquets were tested by the U.S. Army Institute of Surgical Research to ensure that they would reliably be able to obstruct arterial blood flow.

In a recent survey conducted by the US Metropolitan Municipalities EMS Medical Directors Consortium most agencies are carrying the Combat Application Tourniquet (CAT) from North American Rescue and several mention the SOF Tactical Tourniquet from Tactical Medical Solutions. Both have a list price of about \$30 per unit.

What are the parameters they are looking for? Essentially the tourniquet should be a specific thickness of 1-1.5 inches as to not cut into skin.

Emergency medicine now recommends every disaster responder carry a personal tourniquet for use; meaning if you are injured you have one for personal use. It is further suggested to carry one for use on others if needed. Be sure to note how to use one if you are unfamiliar.

Tourniquets should be placed two-three inches above the wound preferably directly on skin, but over the clothing is acceptable. If bleeding persists, consider placing another tourniquet side-by-side and directly above the first and/or tightening the first. The patient should not be comfortable with the pressure from the tourniquet.

## Tourniquets today and you...*continued...*

Improvised tourniquets should be at least two inches wide, can be made from pliable material including cloth tied with a half knot and then tightened by twisting a stick or other stick-like object through the cloth to compress and then mark the date and time of application somewhere literally on the person (examples include arm or forehead).

Hemostatic gauze or dressings are also widely recommended even in the civilian world. QuikClot is one popular product. Tourniquets should only be used when pressure dressing has failed or loss of limb exists when quick patient transport is available.

Want to learn more? The US Department of Homeland Security developed a nationwide campaign, Stop the Bleed, to empower individuals with tools and knowledge to act quickly and save lives. Visit: [dhs.gov/stopthebleed](http://dhs.gov/stopthebleed) – Become a “by-doer” - 1 Notice the event, 2 Realize it’s an emergency, 3 Assume responsibility, take charge, 4 Know what to do, 5 Act, take action.



## Member Birthdays this Month

Paul Collins  
 Karen Delsman  
 Susan DeRosia  
 Patrick Fisher  
 Peter Gibb  
 Bob Goldberg  
 Ed Goldman  
 Dan Greenblatt  
 Martin Haas  
 Hallie Iversen  
 Deb Levorse  
 Brandy MacDonald  
 Mike Morris  
 John Ourant  
 Scott Ploss  
 Don Politis  
 Mark Stein  
 Daniel Tharp  
 Karen Wennlund

## Member Anniversaries

Taylor Amarotico  
 Loden Donahoo  
 Karan Johnson  
 Erik Oline  
 Rod Palmieri  
 Robert Serrett  
 John Soares  
 Ron Timen  
 Charles Roome



## Twitter ~ accounts to follow for Preparedness Updates

Audience: All ages

Topics: General preparedness

Description: These Twitter accounts will help you stay up to date on the latest emergency preparedness news and information.

**@FEMA (FEMA):** The official FEMA Twitter account that shares news before, during, and after emergencies

**@NWS (National Weather Service):** This is the official Twitter account for the National Weather Service, which shares the latest weather news and updates

**@Readygov (FEMA):** This account shares important emergency preparedness information

**@Prepareathon (FEMA):** Follow for updates and information on how to increase emergency preparedness and resilience

**@remstacenter (Department of Education, Readiness and Emergency Management for Schools):** The REMS TA Center Twitter page provides news and updates on free trainings and resources for schools

**@SavetheChildren (Save the Children):** This account shares news and information on protecting children from harm



## AHA Basic Life Support Certification 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 24, 2017**

**Where: Ashland Fire Station 2**

**Time: 9am-2pm**

**Cost: \$55**

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

**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 | [cpr@ashland.or.us](mailto:cpr@ashland.or.us)



The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the Association.

# CERT 2017 Calendar of Events

January 2017	February 2017	March 2017
General Meeting - January 11 <i>(211 Info)</i> Leadership Meeting - January 25 <i>(Leadership Retreat Planning)</i>	General Meeting - February 8 <i>(Movie Night)</i> <b>Advanced Medical Refresher - Feb 25</b> Leadership Meeting - February 22 <i>(Leadership Retreat Planning)</i>	General Meeting - March 8 <i>(Surroundings Awareness)</i> NO Leadership Meeting <b>Vulnerable Populations Psychology - 3/25</b> <b>CPR Night - March 27 (6pm)</b>
April 2017	May 2017	June 2017
General Meeting - April 12 <i>(Building Assessment &amp; Triage)</i> <b>Advanced Leadership Retreat - April 21-23</b> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i>	<b>Basic Training</b> <b>May 11, 12, 13, 18, 19, 20</b> Leadership Meeting - May 24 (Basic AAR)	<b>Base Bike Ride - June 4 @ 10am</b> General Meeting June 14 <b>Certified Driver (EVO) &amp;</b> <b>Firefighter Rehab - June 11</b> Leadership Meeting June 28
July 2017	August 2017	September 2017
<b>Parade Support - July 4</b> General Meeting - July 12 <i>(Skills Training)</i> <b>SAR Navigation Skills - July 22</b> Leadership Meeting - July 26 <i>(4th of July AAR)</i>	<b>CPR Night - August 7</b> General Meeting - August 9 Leadership Meeting - August 23 <b>Wilderness First Aid (\$) - August 26-27</b>	<b>Spontaneous Volunteer Management - 9/9</b> General Meeting - September 13 <b>Family &amp; Friends CPR - September 24</b> Leadership Meeting - September 27
October 2017	November 2017	December 2017
<b>Basic Training</b> <b>Session 1 - October 2, 3, 8, 16, 17, 22</b> <b>Session 2 - October 5, 6, 7, 19, 20, 21</b> General Meeting - October 11 Leadership Meeting October 25	<b>Post Disaster Recovery - November 4</b> <b>Base Bike Ride - November 5</b> General Meeting - November 8 Leadership Meeting - November 15	<b>CERT Year in Review</b> <b>December 13 - 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: