



November 2016

Neighbors Helping Neighbors...

Inside this issue:

Holiday Safety Prevent	1
Holiday Safety ...cont...	2
Events & Opportunities	3
AHA CPR AED Course	3
Training Calendar	4

Next Meeting Dates:

General Meeting:
Basic Graduation |
Wednesday, November 9

Leadership Meeting:
2017 Planning Session |
Wednesday, November 16



Holiday Safety & Prevention Points

When most people think about the holidays, family festivities and good cheer likely come to mind. What few of us consider is that the holidays also present an increased risk of home fires. The holidays can be bustling and chaotic as we attempt to spend time with loved ones in condensed formats. Ashland CERT would like to provide you with a few reminders as we come closer to the holiday season.

Home fires during the holiday season often involve cooking, Christmas trees, candles and holiday decorations. By taking some preventive steps and following simple rules of thumb, most home fires can be prevented during the holidays and beyond.

Cooking

Unattended cooking is the leading cause of U.S. home fires and home fire injuries, with most cooking fires involving the stovetop.

Stay in the kitchen while you're frying, grilling, boiling, or broiling food. Keep anything that can catch fire away from the stovetop, and turn it off when you leave the kitchen, even if it's for a short period of time.

If you're simmering, baking or roasting food, check it regularly and use a timer to remind you that you're cooking.

Create a "kid-free zone" of at least three feet around the stove and areas where hot food and drinks are prepared or carried.

If you have a cooking fire, just get out! When you leave, close the door behind you to help contain the fire. Call 911 immediately after you leave.

If you do try to fight the fire, be sure others are getting out and that you have access to an exit.

Keep a lid nearby when you're cooking to smother small grease fires. Slide the lid over the pan and turn off the stovetop. Leave the pan covered until it is completely cooled. For an oven fire, turn off the heat and keep the door closed.



Holiday Fire Safety & Prevention ...continued...

Candles

Candles are widely used in homes throughout the holidays; December is the peak month for home candle fires.

More than half of all candle fires start because the candles had been too close to things that could catch fire.

When burning candles, keep them at least 12" away from anything that can burn, and remember to blow them out when you leave the room or go to bed.

Use candle holders that are sturdy, won't tip over and are placed on uncluttered surfaces. Avoid using candles in the bedroom, where more than one third of home candle fires begin, or other areas where people may fall asleep.

Never leave a child or pet alone in a room with a burning candle.

Consider using flameless candles, which look and smell like real candles.

Christmas Trees

U.S. fire departments annually respond to an average of 210 home structure fires caused by Christmas trees per year. Three of every ten are caused by electrical problems, and one in four result from a heat source that's too close to the tree.

If you have an artificial tree, be sure it's labeled, certified or identified by the manufacturer as fire-retardant. If you choose a fresh tree, make sure the green needles don't fall off when touched; before placing it in the stand, cut 2" from the base of the trunk. Add water to the tree stand, and be sure to water it daily.

Make sure your tree is not blocking an exit, and is at least three feet away from any heat source, like fireplaces, space heaters, radiators, candles and heat vents or lights.

Use lights that have the label of a recognized testing laboratory, and make sure you know whether they are designed for indoor or outdoor use. Replace any string of lights with worn or broken cords, or loose bulb connections. Read manufacturer's instructions for number of light strands to connect.

Never use lit candles to decorate the tree.

Always turn off Christmas tree lights before leaving the home or going to bed.

After Christmas, get rid of the tree. Dried-out trees are a fire hazard and should not be left in the home or garage, or placed outside the home.

Bring outdoor electrical lights inside after the holidays to prevent hazards and make them last longer.

Visit www.nfpa.org/holiday for more information and safety tips.



Special Events & Training Opportunities

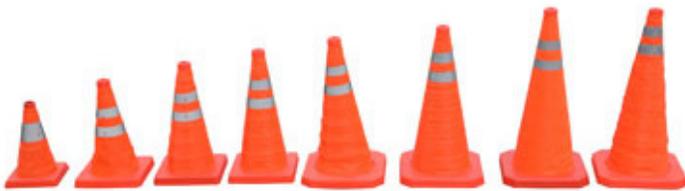
Monday, November 7 | 6pm-9pm | Historic Ashland Armory – The American Society of Civil Engineers hosts a community awareness event to highlight seismic risks and vulnerabilities in Oregon. The award winning documentary UNPREPARED will be featured. This event is free and open to all ages.

Wednesday, November 2 and Wednesday, November 9 | 12pm-1pm | Ashland Branch Library – Geologic expert Eric Dittmer will present “Earthquakes in the Valley” a talk of how geologic processes can impact infrastructure in the Pacific Northwest. Eric is a former instructor of geology at Southern Oregon University. This talk is part of the Southern Oregon History Series, *Windows in Time*.

Planning ahead:

Traffic Incident Management Responder Training | CHOOSE: Friday, December 2 or Saturday, December 3 | 9am-1pm | or Monday, December 5 | 1pm-5pm – Oregon Department of Transportation will facilitate this multi-agency / disciplinary professional development course (three identical course to choose from for scheduling). This is a great opportunity to learn where CERT may assist and how other agencies including Fire, EMS, Police, ODOT, and beyond function together during traffic related incidents. Free.

CERT November Driver Course | POSTPONED



AHA Adult CPR & AED training certification course

HeartSaver CPR is a classroom, video-based, instructor led course that teaches adult CPR and AED use, as well as how to relieve choking for an adult. This course teaches skills with American Heart Association’s research-proven Practice-While-Watching technique, which allows instructors to observe the students, provide feedback and guide the students’ learning of knowledge and skills.

This course is for anyone with limited or no medical training seeking a course completion card in CPR and AED use to meet job, regulatory, and/or other requirements.

The cost for this course is \$35, which includes a student study book and card*. The class takes approximately 3 hours to complete. All fees must be prepaid prior to the class date to confirm reservation. Please register early to reserve your space as class sizes are limited.

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

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. Now accepting credit cards.

When: Saturday, November 5, 2016

Where: Ashland Fire Station #2

Time: 9am-12pm

Cost: \$35

For information or to register contact the Ashland CERT Program Coordinator

541-552-2226 | 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 2016 Calendar of Events

January 2016	February 2016	March 2016
General Meeting - January 13 <i>(Calculating Risk)</i> Search & Rescue Tactics - Jan 23 Leadership Meeting - January 27 <i>(CERT member handbook)</i>	General Meeting - February 10 (Eric Dittmer - Seismic Activity) Terrorism Response Awareness - Feb 20 Leadership Meeting - February 24 (Everbridge Training)	General Meeting - March 9 <i>(CERT Skills Training)</i> NO Leadership Meeting Base Activity - March 12 CPR Night - March 16 (6pm)
April 2016	May 2016	June 2016
General Meeting - April 13 <i>(Building Assessment & Triage)</i> Leadership Meeting - April 27 <i>(Planning for Basic Training)</i> Basic Training - April 21-23 and May 5-7	General Meeting - May 11 - Basic Graduation Base Bike Ride - May 15 Leadership Meeting - May 25 (Basic Training AAR) Annual Phone Tree Test - TBA	General Meeting June 8 <i>(SCBA filling at JCFD5)</i> Evacuation Training - June 11 Leadership Meeting June 22 <i>(Final Planning for 4th of July)</i>
July 2016	August 2016	September 2016
Parade Support - July 4 General Meeting - July 13 <i>(Mission Training)</i> Firefighter Rehab Training - July 16 Leadership Meeting - July 27 <i>(4th of July AAR)</i>	DATE CHANGE - JULY 17 - CERT BBQ General Meeting - August 10 <i>(TBA)</i> Leadership Meeting - August 24 <i>(Basic Training Planning)</i>	Ashland Is Ready (AIR) - September 10 General Meeting - September 14 Family & Friends CPR - September 24 Leadership Meeting - September 28
October 2016	November 2016	December 2016
Basic Training - October 6-8 and 13-15 General Meeting - October 12 Leadership Meeting October 26 Base Bike Ride - October 23	General Meeting - Nov. 9 - <i>(Basic Graduation)</i> Certified Driver Training POSTPONED Leadership Meeting - November 16 <i>(Annual Training Planning Session)</i>	CERT Year in Review December 14 - 6:30 to 8:00 PM No Meetings Holiday Season ~ Training Stand Down

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: