



October 2015

Neighbors Helping Neighbors...

Inside this issue:

| | |
|-------------------------------|---|
| Basic Training | 1 |
| Basic Training <i>cont...</i> | 2 |
| Request: Pets / Disaster | 2 |
| Training Opportunities | 3 |
| American Heart course | 3 |
| Training Calendar | 4 |

Next Meeting Dates:

General Meeting:
 October 14, Fire Station 1.
 Basic Graduation.
 Meeting starts at 6:30 with
 doors open at 6:00 PM.

Leadership Meeting:
 October 23, Fire Station 1.
 Basic Training AAR.
 Meeting starts at 6:30 with
 doors open at 6:00 PM.



Basic Training Schedule

Fall is upon us and it is time to offer the community another training opportunity to be better prepared to endure disasters. Training is being held October 1st-3rd and October 8th-10th. CERT is still requesting volunteers to assist with the disaster simulation on Saturday, October 10th. If you are able to assist please contact the CERT office for more information.

Several members have indicated an interest in attending sections of the training as a refresher experience. I am including the training schedule here for your convenience; however, please contact the CERT office prior to the date when you will be joining.

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| Basic Training Introduction – Oct. 1 5:30 – 6:00 PM Fire Station 1 | Sign in, course description and requirements, safety brief, equipment required. |
| Unit Lesson #1 – Oct. 1 Disaster Preparedness 6:00 – 8:30 PM Fire Station 1 | At the conclusion of this lesson, participants will be able to: describe the types of hazards that are most likely to affect their community; describe the functions of CERTs; and identify the steps to prepare themselves for a disaster. |
| Unit Lesson #6 – Oct. 2 CERT Organization 5:30 – 8:00 PM Fire Station 1 | At the conclusion of this lesson, participants will be able to: describe the CERT organization; identify how CERTs interrelate with ICS; explain documentation requirements. |
| October 3 Radio Training 8:00- 9:15 AM Public Works Lunch Rm | This training will provide an overview of two-way radios including a Kenwood model and FRS radios (primarily used by CERT members in Ashland). Students will handle each model and gain familiarity with the radios, their use, and proper communication with a radio. |
| Unit Lesson #5 – Oct. 3 Light Search & Rescue 9:30 AM- 10:30 AM Public Works Lunch Rm | At the conclusion of this lesson, participants will be able to: identify size-up requirements for potential search and rescue situations; describe the most common techniques for searching a structure. |
| Unit Lesson #5 (cont.) October 3 Debris Pile Exercise 10:30 AM – 12:00 PM B Street Yard | At the conclusion of this lesson, participants will be able to: use safe techniques for debris removal and victim extrication; describe ways to protect rescuers during search and rescue. |

Basic Training Schedule

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| Unit Lesson #4 – Oct. 3 Disaster Medical Part 2 1:00 PM- 4:00 PM Public Works Lunch Rm | At the conclusion of this lesson, participants will be able to: take appropriate sanitation measures to protect public health; perform head-to-toe patient assessments; establish a treatment area; apply splints to suspected fractures and sprains, and employ basic treatments for other wounds. |
| Unit Lesson #3 – Oct. 8 Disaster Medical Part 1 5:30 PM- 8:30 PM Fire Station 1 | At the conclusion of this lesson, participants will be able to: identify the “killers;” apply techniques for opening airways, controlling bleeding, and treating for shock; conduct triage under simulated disaster conditions. |
| Unit Lesson #7 - Oct. 9 Disaster Psychology 5:30 – 6:45 PM Fire Station 1 | At the conclusion of this lesson, participants will be able to: describe the post-disaster emotional environment; describe the steps that rescuers can take to relieve their own stressors and those of disaster survivors. |
| Unit Lesson #8 - Oct. 9 Terrorism 6:45 – 8:00 PM Fire Station 1 | At the conclusion of this lesson, participants will be able to: define terrorism; identify potential targets within the community; identify CERT operating procedures for a terrorist incident; describe the actions to take following a suspected terrorist incident. |
| Unit Lesson #2 - Oct. 10 Fire Safety 8:00 – 11:00 AM Public Works Yard | At the conclusion of this lesson, participants will be able to: explain the role of CERTs in fire safety; identify and reduce potential fire risks in the home and workplace; conduct a basic “size-up” for a fire emergency; utility control, buddy system, and backup teams; identify the locations of hazardous materials in the community and home, and reduce the risk from hazardous materials in the home. Participants will also be able to: operate a portable fire extinguisher correctly; understand minimum safety precautions, including safety equipment. |
| Unit Lesson #9 - Oct. 10 Course Review & Final Exam 11:00 AM -12:00 PM Public Works Lunch Rm | At the conclusion of this lesson, participants will be able to: reinforce what they learned in Units 1 through 8 so they are better prepared to execute the disaster simulation and consequently disaster missions. |
| Lesson #9 (cont.)- Oct. 10 Disaster Simulation 1:10 - 4:05 PM Public Works Yard | At the conclusion of this lesson, participants will be able to: apply the skills and knowledge learned in Units 1 through 8 to a simulated disaster situation. |
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Request for Feedback - Pets and Disaster Sheltering

Ashland Response Team (ART) member John Ames is requesting community feedback concerning pet evacuations. The advice will benefit the Jackson County Animal Control shelter manager primarily to plan ahead of a disaster occurring. Additionally, pet owners should consider the following:

- Make arrangements with friends in different areas to care for animals.
- Check with local kennels to make prior arrangements.
- Contact local hotels etc. to determine pet policy.
- Animal Control may be able to accommodate a few pets, but don't count on that.

John writes, that in a recent report, if a person goes to a Red Cross shelter, there may be a mobile pet kennel that can handle something like 40 each of cats and dogs. It may of course be full, or somewhere else, so don't count on it. The American Red Cross may not allow people with pets in a shelter with pets. Again the trailer may not be available. If the Red Cross does have the trailer at your shelter, owners are still responsible for all care and feeding of their animals.

John Ames is requesting feedback for consideration in revamping Ashland's Emergency Operations Plan where pets, pet owners, and evacuations are concerned. If you would like to provide John with your thoughts please email him at: ames@ashlandhome.net

Upcoming Opportunities

What:

Psychological First Aid is an evidence-informed set of skills for assisting people in the immediate aftermath of disaster, to reduce initial distress and to foster short- and long-term healthy coping.

It is for use by first responders, incident command systems, Community Emergency Response Teams, Medical Reserve Corps, and others.

This full day training will build on CERT's Disaster Psychology module. Participants will learn to recognize acute emotional needs in survivors and will develop beginning proficiency with a range of practical interventions to use "in the field".

Facilitator/teacher: Ellen Wilfong-Grush, Ph.D. Licensed Clinical Psychologist

When:

Saturday, October 24

8:30am – 4pm

Where:

Station 1 ~ Training room

**Space limited to 24 participants. RSVP only if committing to training schedule.

What:

Base Bike Ride

When: Sunday, October 18, 2015 - beginning at 2:00 pm

We will begin at Briscoe Base behind the old Briscoe School and now Briscoe Art Wing. We will then continue to Lincoln, Terra, Oak Knoll, and finally Grove Base. The entire trip takes 1-2 hours total and is easy to moderate in some spots. All are welcome including poolers.

American Heart Association HeartSaver First Aid / CPR / AED

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 Heart-Saver First Aid, CPR, AED Course Completion Card that is valid for two years.



CLASS FULL

When: October 10, 2015

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 Siski-

CERT 2015 Calendar of Events

| January 2015 | February 2015 | March 2015 |
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| General Meeting Jan 14 Movie Night: Cascadia Fault CERT Luncheon - Jan 20 Leadership Meeting Jan 20 - CERT Handbook JoCounty CERT Training - JAN. 30 - FEB. 1 | General Meeting Feb 11 Avista: Carbon Monoxide Awareness Emergency Food Prep Challenge CERT Luncheon - Feb 17 Leadership Meeting Feb 25 - Everbridge Training | General Meeting March 11 - ECSO Tour CERT Luncheon - March 17 NO Leadership Meeting Base Inventory - March 7 |
| April 2015 | May 2015 | June 2015 |
| General Meeting April 8 - Building Triage CERT Luncheon April 21 Leadership Meeting April 22 (Basic Planning) | Basic Training General Meeting - Mercy Flights Leadership Meeting - Basic AAR Base Bike Ride - May 31 | Firefighter Rehab Mission - June 6 General Meeting - Basic Graduation CERT Luncheon - June 16 Leadership Meeting - Parade Planning |
| July 2015 | August 2015 | September 2015 |
| Parade Support - July 4 General Meeting July 8 - Radio Communications Evacuation Training - July 11 CERT Luncheon - July 21 Leadership Meeting - July 22 - Parade AAR | General Meeting Aug 12 - Sharon Lee guest speaker - TICK TALKS CERT Luncheon - August 18 Leadership Meeting August 27 - Advanced Communications CERT BBQ - August 22 | General Meeting Sept 9 - Opening Bases AIR - Ashland Is Ready - Sept. 12 CERT Luncheon - Sept 15 Rogue Valley Preparedness Fair - Sept. 19 Leadership Meeting Sept 23 - Basic Planning |
| October 2015 | November 2015 | December 2015 |
| Basic Training - October 1-3 and 8-10 General Meeting Oct 14 - Basic Graduation CERT Luncheon - Oct 20 Leadership Meeting Oct 28 Base Bike Ride - October 18 | Certified Driver Training - Nov 14 NO General Meeting CERT Luncheon - Nov 17 Leadership Meeting Nov 18 - Annual Planning | CERT Annual Review - Dec 9 CERT Luncheon - Dec 15 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: