



November 2019

Neighbors Helping Neighbors...

# Ready Neighbor News

## Training for Non-Disaster Roles

In February the Oregon Department of Transportation treated a room filled with CERT volunteers to two of their traffic responder courses including Public Agency Work Zone Traffic Control and Incident Traffic Control for First Responders. The courses covered topics such as the basics of temporary traffic control for the protection of maintenance and utility work areas. The program covers Federal and State standards, including the fundamental principles of traffic control from both part VI of the MUTCD and the Oregon Temporary Traffic Control Handbook , and the basics for public agency employees who may need to provide traffic control at emergency or nonemergency incidents. Students were awarded a three-year flagger certification card after passing course exams for use in their everyday lives, if they choose, and to be better prepared to support the Ashland community in planned and unplanned events where traffic control is necessary or needed.

Several CERT volunteers showcased their skills this Halloween supporting the Ashland Police Department staffing traffic control points and providing a safe and secure parameter for parade goers. Families from near and far flood Ashland each Halloween for the famous Children’s Halloween Celebration parade sponsored by the Ashland Chamber of Commerce. The annual event brings in thousands of visitors in costume and spectators. It’s fun for the whole family.

### Inside this issue:

- Training ~ non-disasters 1
- Winter Driving Tips 2
- Tire Chain Season 3
- CPR Certification Class 3
- Training Calendar 4

### Next Meeting Dates:

**General Meeting:**  
November 13, Fire Station 1.  
Topic: Basic Graduation.  
Meeting starts at 6:00 with doors open at 5:30 PM.

**Leadership Meeting:**  
November 20, Fire Station 1.  
Topic: 2020 Planning.  
Meeting starts at 6:00 with doors open at 5:30 PM.



## Winter Driving Tips

According to the Federal Highway Administration, about a quarter of weather-related vehicle crashes occur on snowy, slushy or icy pavement and 15% happen during snowfall or sleet.

Now for the good news. With the right preparation, you can travel safely even when the weather turns on you. Hint: properly inflated tires in good condition are near the top of the list. This is a must so you have the traction you need.

### How to Drive on Snow and When It's Snowing

Clear off snow from windows, mirrors and roof before you leave. When you brake, snow on top can slide forward and cover your windshield.

Brush off snow from your lights, so you have the best light on the road and other drivers can see you.

Reduce your speed and leave more space between you and the vehicle ahead. A good following distance is about eight to 10 seconds from the other vehicle, depending on your tire tread, weight of your vehicle, road slope, amount of snow on the road, and visibility. You may want even more.

### Avoid Skids

Avoid sudden stops, abrupt downward gear shifts and quick direction changes. Brake gently to avoid skidding or sliding. If the wheels lock up, ease off the brakes.

Know what to do before you go into a skid. Skid car classes on how to drive on slick roads are a great idea for young drivers and anyone else traveling by road a lot in winter.

The rules for getting out of a skid depend on a lot of factors: whether you have anti-lock brakes (ABS), if you have front- or rear-wheel drive, if the road is icy, if you're going downhill, if you have extra weight in your vehicle.

The way to drive downhill on packed snow depends on whether you have ABS. If so, start at the top of the hill as slowly as possible. Leave your auto in normal drive gear and use light, steady pressure on the brake pedal to stay at a safe speed. This allows your antilock braking system to maintain traction by making sure all four tires slow at the same rate when you apply the brakes. If you don't have ABS, proceed slowly and lightly pump your brakes on the way down.

Don't be overconfident just because you have all-wheel drive (AWD). You'll get the best traction for driving in winter conditions with snow tires mounted on all four wheels.

### Use Extra Caution

Stay in your lane, especially when visibility's bad from driving snow. Think twice about passing. More hours of darkness and foul weather mean we just don't see as well on the road in winter.

Give trucks and snowplows plenty of room. Stay well into your lane and don't follow closely. Big vehicles blow a lot of snow around which lowers visibility.

NEVER pass big vehicles on the right. Debris, rocks and ice that can crack your windshield get sprayed in all directions from snowplows.

Don't drive through snowdrifts. They may cause your vehicle to spin out of control.

When it's snowing, don't use your brights; they will reduce, not improve, road visibility.

If you're noticing snow turn to sleet or ice, kick your defroster into high. If ice builds up on your windshield pull over when you're in a safe place and use an ice scraper. Don't try to squint through a small section of your windshield.

Use extreme caution when approaching off-ramps, bridges and shady spots where snow or ice on the road may be worse.

Never use cruise control in snow or when there's a chance of ice. It can cause your tires to spin faster when you hit a slick spot then fishtail your vehicle when the tires regain traction.

Be prepared for Oregon weather at home and inclement weather traveling afar.

Always carry your vehicle emergency kit when traveling.



## Tire Chain Season in Effect

Driving a vehicle in the winter can be a harrowing experience regardless of whether you have a front-wheel drive, rear-wheel drive, all-wheel drive, or four-wheel drive vehicle. Slippery or snowy conditions on the roads can cause you more stress than normal, and your vehicle's tires may not get sufficient traction on the road's surface.

The solution for extreme winter driving conditions is using tire chains. Tire chains are designed to bite through the snowy crust or into an icy road surface to get a solid grip on the road underneath.

**\*\*Warning:** Tire chains are meant only for the most extreme winter conditions and should not be used on dry surfaces or at speeds above 30 miles per hour. Damage to the tire chains, the road, or damage to your vehicle can result.

Tire chains are made of high-grade alloy steel or hardened steel in most cases though low-grade metals are used in less expensive varieties.

The various types of snow chains are:

- Link chains – normal tire chains or deep snow chains
- Diamond chains – diamond pattern chains for cars or trucks
- Traction cables/cable chains/snow cables – formed from cable wire instead of chain links
- Snow tires – tires with deep and wide slots and knobby treads to aid traction
- Studded tires – snow tires with metal studs used in icy conditions; only legal in certain conditions
- Spider shaped chain mounted onto the tires from the side
- Sock – fabric rather than chain or cable

Your local mechanic, tire professional, or sales associate can help you find the correct size for your tire.

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## American Heart Association CPR 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 \$40, 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, AED Course Completion Card that is valid for two years.

**When:** Wednesday, November 20

**Where:** Ashland Fire Station #2

**Time:** 5:30pm - 8:30pm

**Cost:** \$40

**Registration is first-come, first-served according to when class fees are paid.** Classes are typically limited to 9 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 CPR 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 2019 Calendar of Events

January 2019	February 2019	March 2019
<b>Flood Fight USACE - January 5</b> General Meeting - January 9 ** 5pm - 9pm ** <i>(ALICE)</i> Leadership Meeting - January 23	<b>ODOT Flagger &amp; EM Control - February 9</b> General Meeting - February 13 <i>(Medical First Aid Skills)</i> Leadership Meeting - February 27 <i>(CERT Member Participation)</i>	General Meeting - March 13 <i>(Leadership Roles)</i> <b>LabX Preparedness Game - March 15 &amp; 16</b> Leadership Meeting - March 27
April 2019	May 2019	June 2019
<b>Basic Training - April 4, 5, 6, 18, 19, 20</b> General Meeting - April 10 <i>(Search Markings &amp; Cribbing)</i> Leadership Meeting - April 24 <i>(Basic AAR)</i>	<b>Emergency Messaging Campaign - May 4</b> General Meeting - May 8 <i>(Basic Training Graduation)</i> Leadership Meeting - May 22 <i>(Base Tours)</i>	<b>Leadership Retreat - June 7-9</b> <b>RV Airport Exercise - June 11</b> General Meeting - June 12 <i>(Urban Foraging)</i> Leadership Meeting - June 26 <i>(Event Planning - 4th of July)</i>
July 2019	August 2019	September 2019
<b>Parade Support - July 4</b> General Meeting - July 10 <i>(Smoke)</i> <b>Surprise Evacuation Drill - 7/20</b> Leadership Meeting - July 24 <i>(4th of July AAR)</i>	General Meeting - August 14 <i>(CERT Skills)</i> <b>Defusing Adverse Situations - August 24</b> Leadership Meeting - August 28 <i>(Activating Bases &amp; ICS)</i>	General Meeting - September 11 <i>(Vulnerable Populations)</i> <b>Evacuation Scenario - September 21</b> Leadership Meeting - September 25 <i>(Planning for Basic Training)</i>
October 2019	November 2019	December 2019
<b>Basic Training - Oct. 3, 4, 5, 17, 18, 19</b> JCFD5 Open House - October 8 - (5pm-7pm) Leadership Meeting - October 23 <i>(Basic AAR)</i>	<b>Resiliency Skills - November 2</b> General Meeting - November 13 <i>(Basic Training Graduation)</i> Leadership Meeting - November 20 <i>(Annual Training Planning Session)</i>	<b>Winter EM Basics - December 10 at 6pm</b> <b>CERT Year in Review</b> <b>December 11 - 5:00 to 8:00 PM</b> No Meetings <b>Happy Holidays</b>

**Note:** General meetings are open to the public. Doors open at 5:30pm. Meetings are from 6-8:30pm at Fire Station1.

Ashland CERT  
 455 Siskiyou Boulevard  
 Ashland, OR 97520

TO: