



April 2011

Neighbors Helping Neighbors...

Ready Neighbor News

Drop, Cover, and Hold On Still Best Advice

Since the recent earthquake and devastating tsunami in Japan, people have a heightened interest in how to best respond during an earthquake.

Despite widely circulated emails promoting a strategy called the "Triangle of Life," FEMA, the Red Cross, and many other disaster experts indicate the technique of "drop, cover, and hold on" remains the best strategy.

The key advocate of the Triangle of Life, Doug Copp, recommends people seek shelter near solid items providing a protective void that could prevent injury in the event of "pancake collapse." Copp advises against sheltering under tables.



According to the United States Geological Survey, the Triangle of Life is invalid since it is very difficult to determine where such voids will develop, if at all, during an earthquake. The majority of earthquake injuries are the result of falling objects, falls caused by people trying to get out of their homes, or serious cuts and broken bones when people run, often barefooted, over broken glass. Therefore, dropping in place under cover is preferable to moving around seeking out a "triangle void" that may not develop within the structure while falling objects cause you harm.

During an earthquake, you should drop immediately, take cover under a sturdy piece of furniture, and hold on to the furniture so that you remain under cover and not exposed to falling objects. If there is nothing to get under, you should shelter against an interior wall away from windows and bookcases. If you are outside away from falling objects, you should drop and stay in place. If you are driving your car, you should pull to the side of the road away from falling debris and stop until the shaking is over. You should also identify safe places within your home, workplace, or school before an earthquake so when shaking begins you can respond quickly. For more information about earthquake preparedness go to www.dropcoverholdon.org.

For more information about the "triangle of life" controversy, see the American Red Cross response at <http://tinyurl.com/486x99> or go to Discovery's How Stuff Works page at <http://tinyurl.com/4bvr42d>.

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Next Meeting Dates:

General Meeting:
April 13, Fire Station 1

Leadership Meeting:
April 20, Fire Station 1

Basic Graduation:
April 27, Fire Station 1

All meetings start at 6:30 with doors open at 6:00 PM.

Join Us
for the Largest Earthquake Drill in U.S. History.
October 20, 2011

www.shakeout.org

What to do When Disputes Arise

We have learned through centuries that conflict can be too dangerous if it is not governed by regulations. Thus, when the burly wrestlers attack each other on the mat, they know they will be protected from certain wrestling moves by the rules which govern the sport.

CERT advanced leadership training scenarios revealed several instances where our own values could be challenged while working as a volunteer emergency responder.

During the Oak Knoll fire mobilization, for example, CERT members were asked to staff a traffic control point to keep people out of the area in which firefighters were working. CERT members found themselves addressing an individual who presented assertive behavior.

In such situations, what should CERT members do when disputes arise?

First be confident that you are doing the right thing by helping your neighbors and know that Oregon Revised Statute 30.800 supports your intentions by eliminating personal liability for volunteers who, in good faith, render emergency medical assistance.

Second, CERT members can follow a few simple steps that may aid in a positive solution of disputes.

- ♦ Establish rapport by being calm, maintaining eye contact and listening. Create empathy by showing genuine concern, being respectful and nonjudgmental.
- ♦ Use active listening skills to better understand the situation and needs. Active listening skills include allowing for silence and offering nonverbal cues such as eye contact, head nodding, caring facial expressions, and occasional "uh-huhs."
- ♦ Paraphrase what the aggressor has said to convey understanding, check for accuracy and clarify misunderstandings. Use phrases such as "I heard you say that..."

- ♦ Express your intentions and reaffirm your position.

Remember good listening, body language, and paraphrasing can promote positive and calming results.



Finally, when staffing a traffic / crowd control point and confronted by people who want to enter a restricted area, CERT members should do the following:

1. Explain the risks associated with entering an emergency scene, not only to citizens, but to responders especially if they are in a vehicle.
2. Explain the person can be fined or imprisoned for entering an emergency scene when not authorized.
3. Finally, if the person persists, ask for their name and contact information so that if they do not return you may be able to summon help for them and allow them to pass. Report this information to CERT base who in turn will report it to Incident Command.
4. Under no circumstances should a CERT member attempt to physically prevent someone from entering a restricted area. Keep in mind, even for law enforcement professionals, restraining an angry person can prove difficult and often may result in injury to both people.

Reference: "How to assert yourself, listen to others, and resolve conflicts" By Robert Bolton.

Fire Station 2 Bond Information & Station Tours Available

As many of you are aware, voters will decide whether to replace Ashland Fire Station No. 2 on Ashland Street or keep the existing structure. For a tour of station 2, call 541-482-2770.

There are resources available at www.ashland.or.us/bond where you can obtain additional information and calculate the increase in your property taxes as a result of the bond measure.

It is anticipated that replacing the station would cost a homeowner with an average house in Ashland assessed at \$228,710, approximately \$28 in additional property taxes each year.

Facts about Fire Station 2

- ◆ Station 2's location provides for a five minute response time for the south and south-east portion of Ashland (District 2)
- ◆ Current structure is 2388 sq. ft. constructed in 1965 of hollow non-reinforced concrete block with non-insulated construction and is not reinforced for seismic events
- ◆ Diesel exhaust migrates into sleeping and eating areas of the station from the fire apparatus bay
- ◆ One restroom for both male and female firefighters as well as the public and no gender-specific sleeping areas
- ◆ Structure holds two fire apparatus, four remain outside
- ◆ No area for department equipment decontamination of blood and bodily fluids
- ◆ Areas of ceiling have asbestos-based covering

- ◆ In-slab water pipes have failed and been abandoned and rain water migrates into air handling ducts in concrete slab

First Generation Design Plan

- ◆ Original replacement design developed in 2006 was 14,150 sq. ft. with 7 apparatus bays. The design encroached into a portion of Sherwood Park.
- ◆ The estimated cost of this original design was \$5.4 million.

Current Design Plan

- ◆ The current replacement design is 10,478 sq. ft., with 3 bays and doesn't encroach into Sherwood Park.
- ◆ The original estimated cost of this design was \$3.5 million.
- ◆ The Public Safety Bond Committee evaluated this design and made recommendations that brought the cost estimate under \$3 million. This represents a reduction in cost of 45% from the first generation design.

MAINTAIN YOUR SKILLS!

Attend the General Meeting April 13

Refresher Training Lesson 2—Fire Safety

At the end of the lesson you will be able to properly turn off utilities, conduct a size up, suppress small fires and prevent additional fires.

Watch for additional lessons to be ready! As an on-going training program, Ashland CERT will offer periodical refresher lessons at general meetings so that you can be ready to respond effectively during emergencies.

CERT 2011-2012 Calendar of Events

April 2011	May 2011	June 2011
<p>General Meeting April 13 <i>(Refresher Lesson - Fire Safety)</i></p> <p>CERT Spring Basic Training April 15-23</p> <p>SOU Fire Evacuation Drill April 20</p> <p>Awards and Graduation event April 27 <i>(basic graduation in lieu of leader meeting)</i></p>	<p>General Meeting May 11 <i>(Fire Fighter / Victim Rehab and Fire Evacuation Training)</i></p> <p>Leadership Meeting May 25 <i>(Advanced Training Lesson - Managing Fire Fighting Support Missions)</i></p>	<p>General Meeting June 8 <i>(Post Disaster Recovery Training)</i></p> <p>Leadership Meeting Jun 22 <i>(Advanced Training Lesson - Action Plans & Final Planning for 4th of July)</i></p>
July 2011	August 2011	September 2011
<p>Support of 4th of July in the Park</p> <p>General Meeting July 13 <i>(phone tree training)</i></p> <p>Leadership Meeting July 27 <i>(4th of July AAR - SAR training planning)</i></p>	<p>General Meeting August 10 <i>(Refresher Lesson - Search & Rescue)</i></p> <p>CERT Semi-Annual Phone Tree Test</p> <p>Leadership Meeting August 24 <i>(Advanced Training Lesson - Managing Search & Rescue Missions)</i></p>	<p>National Preparedness Month</p> <p>General Meeting September 14 <i>(Guest Speaker)</i></p> <p>CERT Refresher Training September 17</p> <p>Leadership Meeting September 21</p>
October 2011	November 2011	December 2011
<p>SOU Basic Training Tue -Thu Oct 4-27</p> <p>General Meeting October 12 <i>(Disaster Preparedness Planning)</i></p> <p>Leadership Meeting October 26</p>	<p>General Meeting Nov 9 <i>(Refresher Lesson - Damage Assessments)</i></p> <p>Leadership Planning Meeting November 23</p>	<p>CERT Year in Review / Awards Event December 7, 6:30 to 8:00 PM</p> <p>No General Meeting</p> <p>Holiday Season Training Stand Down</p> <p>No Leadership Meeting</p>
January 2012	February 2012	March 2012
<p>General Meeting January 11 <i>(phone tree training)</i></p> <p>Leadership Meeting January 25 <i>(annual planning meeting)</i></p>	<p>SOU Basic Training Tue-Thu, Feb 1- 24</p> <p>General Meeting February 8</p> <p>CERT Semi-Annual Phone Tree Test</p> <p>Leadership Meeting February 29</p>	<p>General Meeting March 14</p> <p>Leadership Meeting March 28</p> <p>Advanced / Leadership Training Mar 31</p>

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TO: