



December 2012

Neighbors Helping Neighbors...

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Next Meeting Dates:

HAPPY HOLIDAYS

No December Meetings



Tis the Season

During the holidays many of our thoughts are focused on holiday decorations, gifts, and cooking and not as focused on dangers related to this festive time of year, but preparedness and thoughtfulness can make your holiday truly festive by considering the following tips.

1) Choosing a tree: When choosing your holiday tree consider fresh or artificial. If choosing an artificial tree be sure to purchase one that is flame retardant. If choosing a fresh cut tree, be sure to keep it fresh; its idea not to put your tree up too early as it dries out and become a fire hazard. Keep your tree fresh by maintaining water each day and trimming an inch to two inches before setting the tree in the base. Never set your tree up near a heat source.

2) Holiday decorations: Keep small ornaments out of reach of children and pets. Remember to place glass ornaments up high and out of traffic areas. When leaving and sleeping unplug the tree lights. Consider using a timer to control when your lights go on and off, setting it to turn the lights off at bedtime.

3) Avoid falling hazards: keep cords away from high traffic areas in your home. Never run an extension cord under a rug or carpet. Do not overload electrical sockets either as they become a serious fire hazard.

4) Hanging your outdoor approved holiday lights: Be certain to lay the strand out and check for any frays or faulty bulbs. Be sure to secure ladders properly if using and never nail or staple the light strands. While you're putting up holiday lights it is good time to check your gutters and clear them of any debris and leaves that have accumulated.

5) Stockings hung with care: Be sure you keep all flammable materials away from open flames. Hanging stockings on the mantle is lovely, but can also pose a threat if too close. It's also important to make sure your chimney is cleaned every year as well. With the New Year in sight this is the perfect time to schedule your annual chimney cleaning.

6) Tips for safe ladder use: Misuse of ladders caused more than 164,000 emergency room-treated injuries in 2010, according to the U.S. Consumer Product Safety Commission. Choose the correct type of ladder for the job; a typical Type 3 residential ladder holds a maximum weight of 200 pounds. The ladder should always be three feet taller than your working height. Never place the ladder on uneven ground or near power lines. Use the 4-to-1 rule: Make sure the ladder is 1 foot away from the wall for every 4 feet that the ladder rises. And remember it's always better with a buddy.

Tis the Season *continued...*

7) Keep your fire extinguisher charged: Remember a monthly shaking keeps your fire extinguisher primed and ready to go along with the annual professional recharge. During the holidays it's especially important to keep your fire extinguisher close at hand; store it in an easily accessible location to the tree and the kitchen.

8) Replace your smoke alarm batteries! Annual battery replacement is the only surefire certainty for absolute smoke detection. The batteries should be replaced at minimum annually and what better time to replace the batteries than with the coming of the New Year. Don't forget to test monthly.

9) Family Evacuation Plan: If you haven't practiced and exercised your family evacuation plan now is the time. Your family evacuation plan will not save your family if they forget it. Practice it, or at the very least talk about it.

10) Don't get caught unprepared! Check your emergency supplies to ensure that nothing has expired. This is also a great time to be sure that you have enough spare medication and other basic needs to last at least 72 hours.

11) With changing weather conditions and heightened travel for the holidays, winter can be an especially dangerous time for driving. One of the easiest and best ways to prevent injury in the event of a motor vehicle collision is by wearing a seat belt. Make sure all passengers are buckled up properly before driving off. Additionally, keep a winter storm survival kit, including blankets, food, flares, chains, gloves and first aid supplies, in your car so you're prepared for the unexpected.

12) Be alert! Always be aware of your surroundings; check for emergency exits when entering buildings and walk in well lit areas when outdoors after dark.

Ashland CERT wishes you a safe, fun, and festive holiday season.



FireMed Information

Ashland Fire & Rescue in cooperation with Mercy Flights Air Ambulance is still accepting FireMed membership. FireMed is the emergency ambulance membership program of our fire department. Being a member protects you and your family from the high cost of emergency medical transport.



Features of Basic Membership Benefits Include:

- Emergency pre-hospital, medical treatment and transportation.
- Emergency paramedic rescue.
- Emergency ambulance transportation to all local hospitals.
- Automatic insurance billing service.

The annual fee of \$ 55.00 covers anyone in your household. With a FireMed Basic membership, all of your deductibles, co-pays, and any other out of pocket transportation costs are covered...even if you have no insurance. You don't have to worry! Your medical insurance may not cover all your expenses and without FireMed you might find yourself paying up to \$1500 for emergency ground service.

For more information visit: www.firemed.org

Training Opportunities

Spontaneous Volunteer Management: Spaces still available for the one-day training on how to effectively manage spontaneous volunteers in incidents **Saturday, December 1 from 8:00 – 3:00 PM** at AF&R Station 1.

ICS-300: Intermediate Incident Command Structures for Expanding Incidents- CANCELED

Ashland CERT Drivers Training: **Sunday, December 16** with Battalion Chief Scott Hollingsworth. Spaces are still available. This training is only open to Ashland CERT members. Trained drivers will want to be considered available for Ashland CERT as drivers of the CERT Vehicle when needed.

Bear Creek CERT offers advanced training.

Topic- Medical: Head-to-toe patient assessment, C spine precautions and backboarding with instructors: Bob and Jill McKean

When: Saturday, January 19, 2013 from 9:00am – 12:00pm

Where: Fire District #5 Main Station, 5811 South Pacific Hwy, Phoenix, OR



Volunteer Opportunities

Citizen Alert Sign-ups

Friday, December 14 from 8:00 – 10:00 AM at the Beanery in Ashland.

Friday, December 14 from 4:00 – 6:00 PM at Zoey's Café in Ashland.

Volunteers are needed to assist in sign-ups.

Happy Holidays! Thanks to volunteers like you, 2012 was a very successful year for Ashland CERT. We were able to exceed training expectations and expand our capabilities because of the generosity and commitment of CERT volunteers. Thank you so much! Wishing you a new year filled with peace, joy, and meaning.

Pet Holiday Safety

Pets' lives become action packed during the holidays. Remember your animal is sensitive to all of the chaos and tempted by all of the goodies too. Ashland CERT wants the holidays to be a happy time for you and your pet, not a time for an emergency visit to your veterinarian. The food and decorations that make the holidays so much fun for us can be dangerous for your pet. Keep these helpful thoughts in mind.

Keep holiday food out of reach from your pooch. Keep a close extra eye out for the foods that can cause serious damage including chocolate, coffee, and tea containing dangerous components called xanthines, which cause nervous system or urinary system damage and heart muscle stimulation. Bones from fish, meat, or poultry can also cause problems if swallowed as they can splinter

causing lacerations (tearing) throughout the intestinal tract. Tobacco products can be fatal to pets, if ingested as well. Signs of poisoning develop within 15 to 45 minutes and include excitation, salivation, vomiting, and diarrhea. Rich, fatty foods, like gravy or grease, can cause problems ranging from stomach upsets to pancreatitis, which is an inflammation of the pancreas resulting in pain, vomiting, and dehydration. Other known toxins include onions, grapes, raisins, macadamia nuts, and artificial sweeteners such as xylitol.

Holiday foliage is a beautiful addition for brightening up your home and adding to the holiday ambiance, but many of the plants that we bring in our homes during the holidays can be poisonous to pets. Poinsettias have an irritating sap that can cause blistering in the mouth and stomach

upset, mistletoe upsets stomachs and can cause heart collapse, while hibiscus may cause diarrhea, and holly (leaves and berries) causes stomach upset and can be potentially fatal to both dogs and cats.

Christmas trees and their decorations can be very tempting to your cat or dog. Remember tree needles can be toxic and cause mouth and stomach irritation. Decorations can become a nuisance as they are a playful attractant but if ingested can cause serious complications. Watch your animal around the tree as best you're able and discourage the pet from playful gestures aimed at the tree or the décor.

Your pet is your best friend and safety and mitigation is your pet's best friend during the holidays.



CERT 2012 Calendar of Events

| January 2012 | February 2012 | March 2012 |
|---|---|---|
| General Meeting January 11 <i>(Phone Tree Training)</i> Leadership Meeting January 25 <i>(Phone Tree 9-1-1 System Management)</i> | SOU Basic Training Tue-Thu, Feb 1– 24 Canceled General Meeting February 8 CERT Annual Phone Tree Test Leadership Meeting February 22 | General Meeting March 14 <i>(CERT Skills Training)</i> Leadership Meeting March 28 <i>(Planning for Basic Training)</i> |
| April 2012 | May 2012 | June 2012 |
| General Meeting April 11 <i>(Guest Speaker)</i> Leadership Meeting April 25 <i>(Final Prep for Basic Training)</i> CERT Spring Basic Training April 27-May 5 | Basic Graduation - General Meeting May 9 Leadership Meeting May 23 (Basic Training AAR) 4th of July Event Planning | General Meeting June 13 <i>(CERT Evacuation Training)</i> Leadership Meeting June 27 <i>(Advanced Training Lesson)</i> & Final Planning for 4th of July) |
| July 2012 | August 2012 | September 2012 |
| General Meeting July 11 <i>(CERT Fire Mission Training)</i> Leadership Meeting July 25 <i>(4th of July AAR – Fire Mission Planning)</i> | General Meeting August 8 <i>(Guest Speaker)</i> Leadership Meeting August 22 <i>(Fire Department Communications)</i> | General Meeting September 12 <i>(CERT Skills Training)</i> Leadership Meeting September 26 <i>(Advanced Training Lesson)</i> |
| October 2012 | November 2012 | December 2012 |
| SOU Basic Training Tuesday and Thursday October 1-25 General Meeting October 10 <i>(CERT ICS Demonstration)</i> Leadership Meeting October 24 | General Meeting November 14 <i>(CERT Skills Training)</i> Leadership Meeting November 28 | CERT Year in Review /Awards December 12, 6:00 to 9:00 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 Station1.

Ashland CERT
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TO: