

Ready Neighbor News



December 2014

Neighbors Helping Neighbors...

Inside this issue:

Fireplace & Chimney	1
Hypothermia	2
Aging & Winter	2
Carbon Monoxide	3
Opportunities	3
Training Calendar	4

Next Meeting Dates:

Volunteer Appreciation Night ~ Year in Review:
Wednesday, December 10 at Granite Taphouse on the Plaza from 6:30-8:00 PM.

No General Meeting or Leadership Meeting.
Enjoy the Holidays!



The Home Fireplace and Chimney Safety

When the temperatures fall, many people use fireplaces, wood stoves and other fuel-fired appliances to heat their homes. Heating is the second leading cause of residential fires in the U.S. Fires confined to chimneys, flues or fuel burners account for 87 percent of these tragedies and are often due to creosote buildup in chimneys and stovepipes. The U.S. Fire Administration encourages these steps and more to keep your home fires burning safely:

Have your chimney or wood stove inspected and cleaned yearly by a certified chimney specialist;

Keep a glass or metal screen in front of the fireplace opening to prevent embers or sparks from jumping out;

Do not use flammable liquids to start or accelerate any fire; and

Keep anything that can burn at least 3 feet away from heating sources.

Home fires occur more often in the winter months than any other time of the year. Learn how to properly build and maintain a fire to heat your home with this video series hosted by the National Fire Academy Deputy Superintendent. The series includes an overview on inspecting your fireplace, appropriate materials to burn, and how to control the fire to prevent unwanted accidents. Material can be found at <http://www.usfa.fema.gov/prevention/outreach/heating.html>

Equipment	2005	2006	2007	2008	2009	2010	2011	2009-2011 Average
Total Residential	375,100	390,900	389,200	378,800	357,000	364,300	365,500	362,300
Total Heating Equipment	56,100	55,500	57,700	56,300	50,600	48,600	45,400	48,200
Local Fixed Heater	5,000	4,400	4,500	4,900	3,900	4,000	3,900	3,900
Portable Heater	1,500	1,400	1,900	1,900	1,500	1,600	1,400	1,500
Fireplace, Chimney, Chimney Connector	24,500	26,400	27,000	27,200	26,000	24,000	22,500	24,300
Central Heating	1,200	1,000	1,100	1,200	900	1,000	900	900
Water Heater	2,600	2,500	2,700	2,300	1,700	1,800	1,900	1,800
Air Conditioning	1,100	1,200	1,300	1,000	900	1,100	1,100	1,000
Other	20,300	18,700	19,100	17,800	16,200	15,600	14,500	15,400

Use caution this holiday season and throughout the winter months to protect yourself and your family.

Preventing Hypothermia

Some parts of the country are receiving an early dose of heavy snow storms and plunging temperatures. These cold temperatures can make your body lose heat faster than it's produced. This condition results in abnormally low body temperature, also known as hypothermia.

Hypothermia affects the brain, leaving the person unable to think clearly or move well. This makes hypothermia particularly dangerous because individuals experiencing it may not know that it's happening. Individuals most often affected by hypothermia include:

- Older adults with inadequate heating, food or clothing;
- Babies sleeping in cold rooms; and
- People who remain outdoors for long periods like the homeless, hikers or hunters.

In extreme cold, make outside trips as brief as possible to protect your health and safety. However, if you must be outside take a few special precautions:

- Work slowly if you have to do heavy outdoor chores;
- Notify friends and family where you will be before you go hiking, camping or skiing; and
- Dress warmly and in layers. A waterproof jacket will help you stay warm and dry if it starts to snow.

Do not ignore shivering. It is an important first sign that the body is losing heat. Learn the other signs of hypothermia and how to care for someone who may be suffering from it before your next outdoor winter excursion.

Aging and Winter Months

The winter months can bring exciting events such as holiday decorating, travel, and snow. But it can also bring slips, falls, and other health emergencies. For older adults, being prepared for these winter events is important and can save lives. With parts of the country experiencing an arctic blast of winter weather, now is the time to check in with older adult family members, friends and neighbors. Here are a few considerations when helping older adults prepare for winter weather:

- The immune system weakens with age. Once flu season ramps up and the cold air blows in, it's much more important for older adults to visit their doctor if they become sick;
- Have back-ups for medical equipment. Make sure they have extra hearing aid batteries, glasses, and other medical supplies, such as oxygen;
- Be sure they have enough medicine to last for a week. Keep medications, copies of prescriptions, and treatment information in an emergency supply kit;
- Falls are the leading cause of injury among older adults in the U.S. Non-slip shoes are a great way to help them navigate slippery conditions; and
- Shoveling can put too much strain on the heart and be dangerous if individuals have problems with balance or osteoporosis. Older adults, especially those with heart disease or high blood pressure, should leave snow shoveling to others.

It's always a good idea to have a communications plan. If you do not live near your older adult family members, make arrangements for neighbors to check in with them. Also, ask the neighbors if it's ok for older family members to contact them in an emergency. With your help, older adults can enjoy the winter months safely.

Carbon Monoxide Safety

Carbon monoxide, also known as CO, is called the “Invisible Killer” because it’s a colorless, odorless, poisonous gas. More than 150 people in the United States die every year from accidental nonfire-related CO poisoning associated with consumer products, including generators. Other products include faulty, improperly-used or incorrectly-vented fuel-burning appliances such as furnaces, stoves, water heaters and fireplaces. Source: Consumer Product Safety Commission

Know the symptoms of CO poisoning

Source: Consumer Product Safety Commission

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know that they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include baseline and high level CO poisoning which result in progressively more severe symptoms:

Headache, Fatigue, Shortness of Breath, Nausea, Dizziness, Mental Confusion, Vomiting, Loss of Muscular Coordination, Loss of Consciousness, and Ultimately Death (in severe cases).

Preventing CO poisoning can be achieved by installing a Carbon Monoxide Detector outside each sleeping area and on every level of the home and in other locations where required by applicable laws, codes or standards. For the best protection, interconnect all CO alarms throughout the home. When one sounds, they all sound. Call your local fire department’s non-emergency number to find out what number to call if the CO alarm sounds. Test CO alarms at least once a month; replace them according to the manufacturer’s instructions. If the audible trouble signal sounds, check for low batteries. If the battery is low, replace it. If it still sounds, call the fire department. If the CO alarm sounds, immediately move to a fresh air location outdoors or by an open window or door. Make sure everyone inside the home is accounted for. Call for help from a fresh air location and stay there until emergency personnel.

Source: Consumer Product Safety Commission

Ashland CERT Opportunities

Ashland CERT Driver Training – Saturday, December 6 beginning at 9:00am at Station 1 for the in-class portion followed by the field training including course presentation with safety features, a written exam, walk around and familiarity with the vehicle and fueling procedures, crash course, and driving exam. Those wishing to train must possess a valid driver license and vehicle insurance and obtain both their personal and professional three year driving record from the DMV prior to the class date.



CERT Appreciation Awards Celebration Night- Wednesday, December 10 from 6:30-8:00pm at the Granite Taphouse on the Plaza. Must RSVP by Wednesday, December 3 – those not pre-registering may be turned away. Please arrive on time. Dinner will be provided. Wear your CERT ID badge.

Anyone wishing to say a few words or give appreciation may do so; please let me know prior to the event for scheduling purposes. Non-Ashland members will unfortunately be charged a dinner purchase if attending; that being said, family members are welcome, but the cost to attend is: \$.....payable upon arrival.

CERT 2014 Calendar of Events

January 2014	February 2014	March 2014
General Meeting January 8 <i>(Cold-weather Shelter Operations)</i> Leadership Meeting January 22 <i>(Member Mission Compilation)</i> EOC TRAINING - FEBRUARY 1	General Meeting February 12 <i>(Avista~ Gas Water Heaters)</i> Emergency Food Prep & Tasting Saturday, February 8 Leadership Meeting February 26	General Meeting March 12 <i>(Preparing for Wildfire)</i> Spontaneous Volunteer Management - March 8 NO Leadership Meeting
April 2014	May 2014	June 2014
General Meeting April 9 <i>(Radio Communications)</i> Leadership Meeting April 23 <i>(Basic Planning)</i> Basic Training April 10-12 & 24-26	Base Inventory - May 10 Basic Graduation - General Meeting Leadership Meeting May 23 Base Bike Ride May 17 (9AM-1PM) CPR Night - May 22	Annual Phone Tree Test General Meeting June 11 <i>(Safe Drinking Water)</i> Leadership Meeting June 25 <i>(Planning for 4th of July)</i> Firefighter Rehab Mission Training
July 2014	August 2014	September 2014
General Meeting July 9 <i>(Mass Casualty Incidents)</i> Evacuation Training—July 2 (8AM-1PM) Leadership Meeting July 23 <i>Disaster Relay Games— July 19</i>	General Meeting August 13 <i>(POD Training)</i> Leadership Meeting August 27 <i>(Phone Banks)</i> CPR Night—August 7	General Meeting September 12 <i>(CERT Skills Training)</i> Leadership Meeting September 26 <i>(Training Planning)</i>
October 2014	November 2014	December 2014
Basic Training October 9-11 & 16-18 General Meeting October 8 Leadership Meeting October 24 Base Bike Ride—October 25	Disaster Psychology Advanced—Nov. 8 General Meeting— <i>Basic Graduation</i> <i>Refresher Training—November 15</i> Leadership Meeting November 19	CERT Year in Review /Awards December 10, 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.

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TO: