



September 2018

*Neighbors Helping Neighbors...*

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### Next Meeting Dates:

**General Meeting:**  
 September 12, Fire Station 1.  
 Topic: Cribbing Techniques.  
 Meeting starts at 6:00 with doors open at 5:30 PM.

**Leadership Meeting:**  
 September 26, Fire Station 1.  
 Topic: Basic Planning.  
 Meeting starts at 6:00 with doors open at 5:30 PM.



## Smoke from Wildfire and your Health

Area wildfires are once again creating a new way of life in the west producing smoke that now resides for weeks without relief. Prolonged smoke exposure can be harmful to your health regardless of your age. Those with regularly compromised lungs, or pre-existing conditions such as asthma, are even more susceptible to sensitivity and side effects. Smoke can eventually damage your body's ability to remove large particles and excess phlegm from your lungs and airway. Symptoms of smoke exposure can include irritation of eyes, nose, and throat or breathing discomfort. Further symptoms can include tightness of chest, wheezing, shortness of breath, and coughing.

Symptoms occur as a result of small particles entering your lungs, and in some instances, your bloodstream. The best way to limit exposure is to stay indoors and limit the time spent outside. You can visually assess air quality by determining how far you can see target objects, such as familiar landmarks, mountains, or buildings. If the assessment indicates your visual distance is under five miles the air quality is unhealthy for children and sensitive groups. If your visual distance is under three miles the air quality is unhealthy for everyone. And if your assessment indicates your visual distance is under one mile then the air quality is highly hazardous for everyone. All outdoor activities should be avoided when smoke levels are that extreme. In some instances leaving the area completely may be the best efforts of protection.



Area exposure levels can quickly shift throughout the day and night frequently and rapidly due to weather patterns. We have seen an increase in temperatures, lower snowpack, and overall low humidity during summer months with windy conditions frequently. It is best to keep doors and windows closed completely, and turn the AC on if needed. Purchasing an indoor air cleaning device with a HEPA or MERV rated filter helps reduce and remove indoor air pollutants. These are often costly, but worthy, expenses.





## CPR COURSE CALENDAR

AS OF 8/7/2018

*Classes are non-refundable.*

January 2018	February 2018	March 2018
<p><b>HeartSaver Adult First Aid / CPR / AED (\$55)</b> Saturday January 20 9 AM to 5 PM - Ashland Fire Station 2</p>	<p><b>HeartSaver Adult, Child, Infant CPR / AED (\$35)</b> Saturday February 10 9 AM to 12 PM - Ashland Fire Station 2</p> <p><b>CLASS FULL</b></p>	<p><b>BLS Healthcare Provider (\$55)</b> Saturday March 10 9 AM to 2 PM - Ashland Fire Station 2</p>
April 2018	May 2018	June 2018
<p><b>HeartSaver Adult, Child, Infant First Aid / CPR / AED (\$55)</b> Saturday April 14 9 AM to 5 PM - Ashland Fire Station 2</p> <p><b>CLASS FULL</b></p>	<p><b>HeartSaver Adult CPR / AED (\$35)</b> Saturday May 12 9 AM to 12 PM - Ashland Fire Station 2</p>	<p><b>BLS Healthcare Provider (\$55)</b> Saturday June 9 9 AM to 2 PM - Ashland Fire Station 2</p>
July 2018	August 2018	September 2018
<p><b>HeartSaver Adult First Aid / CPR / AED (\$55)</b> Saturday July 14 9 AM to 5 PM - Ashland Fire Station 2</p> <p><b>CLASS FULL</b></p>	<p><b>HeartSaver Adult, Child, Infant CPR / AED (\$35)</b> Saturday August 11 9 AM to 12 PM - Ashland Fire Station 2</p> <p><b>CLASS FULL</b></p>	<p><b>BLS Healthcare Provider (\$55)</b> Saturday September 8 9 AM to 2 PM - Ashland Fire Station 2</p> <p><b>Family &amp; Friends CPR (\$5)</b> Saturday September 15 9am – 12pm – Station 2</p>
October 2018	November 2018	December 2018
<p><b>HeartSaver Adult, Child, Infant First Aid / CPR / AED (\$55)</b> Saturday October 13 9 AM to 5 PM - Ashland Fire Station 2</p>	<p><b>HeartSaver Adult CPR / AED (\$35)</b> Saturday November 3 9 AM to 12 PM - Ashland Fire Station 2</p>	<p><b>HAPPY HOLIDAYS!</b> No Classes this Month</p>

**TO REGISTER: Registration is based upon first-come, first-served basis contingent on when class fees are paid.**

Participants may register by mailing a check or by paying in person between 8 AM and 4 PM Monday through Friday at Ashland Fire & Rescue Station 1 located at 455 Siskiyou Blvd., Ashland, OR 97520. We accept cash, credit card, and checks payable to *City of Ashland*. Classes are typically limited to 9 participants. ***Courses may be cancelled due to lack of participants. Fees are refundable only if the course is cancelled due to low enrollment. Fees are non-refundable otherwise.***

**All classes are held at Station 2 located at: 1860 Ashland Street unless otherwise noted.**

**FOR INFORMATION:**

Contact: the Community Preparedness Coordinator at 541-552-2226 | email: [cpr@ashland.or.us](mailto:cpr@ashland.or.us)  
Visit us on the web at [www.ashland.or.us/cpr](http://www.ashland.or.us/cpr)

# CERT 2018 Calendar of Events

January 2018	February 2018	March 2018
General Meeting - January 10 <i>(Bleeding Control)</i> <b>Personal Protection Training- January 13</b> Leadership Meeting - January 24	General Meeting - February 14 <i>(CERT Go-Bags / Backpacks)</i> Leadership Meeting - February 28 <i>(CERT Member Handbook)</i>	General Meeting - March 14 <i>(Radio Communications)</i> <del>Alternative Routes &amp; Access - March 17</del> Leadership Meeting - March 28 <b>Volunteer Day - March 31</b>
April 2018	May 2018	June 2018
<b>Basic Training - April 5, 6, 7, 19, 20, 21</b> General Meeting - April 11 <i>(CERT Skills)</i> Leadership Meeting - April 25 <i>(Basic AAR)</i>	General Meeting - May 9 - <i>(Basic Graduation)</i> <b>Mother's Day Pancake Breakfast - May 12</b> Leadership Meeting - May 23 <i>(Campout Planning)</i>	<b>Emigrant Lake Campout - June 2-3</b> General Meeting June 13 <i>(Evacuation Training)</i> Leadership Meeting - June 27 <i>(Planning for 4th of July &amp; Campout AAR)</i>
July 2018	August 2018	September 2018
<b>APD presents ALICE - July 1</b> <b>Parade Support - July 4</b> General Meeting - July 11 <i>(Ropes &amp; Knots)</i> <b>Basic Refresher - July 21</b> Leadership Meeting - July 25 <i>(4th of July AAR)</i>	General Meeting - August 8 <i>(FF Rehab)</i> <b>CPR Night - August 15 (6pm) Station 2</b> Leadership Meeting - August 22 <i>(Basic Planning)</i>	General Meeting - September 12 <i>(Cribbing Techniques)</i> <b>Opening Bases - September 22</b> <b>Family &amp; Friends CPR - September 15</b> Leadership Meeting - September 26
October 2018	November 2018	December 2018
<b>Basic Training - Oct. 4, 5, 6, 18, 19, 20</b> <b>JCFD5 Open House - October 10 - (5pm-7pm)</b> Leadership Meeting October 24 <i>(Basic AAR)</i>	<b>Wide Area Search - November 2-4</b> General Meeting - November 14 <i>(Basic Graduation)</i> Leadership Meeting - November 28 <i>(Annual Training Planning Session)</i>	CERT Year in Review <b>December 12 - 6:00 to 8:00 PM</b> No Meetings <b>Holiday Season ~ Training Stand Down</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: