

# CERT NEWSLETTER

February 2016



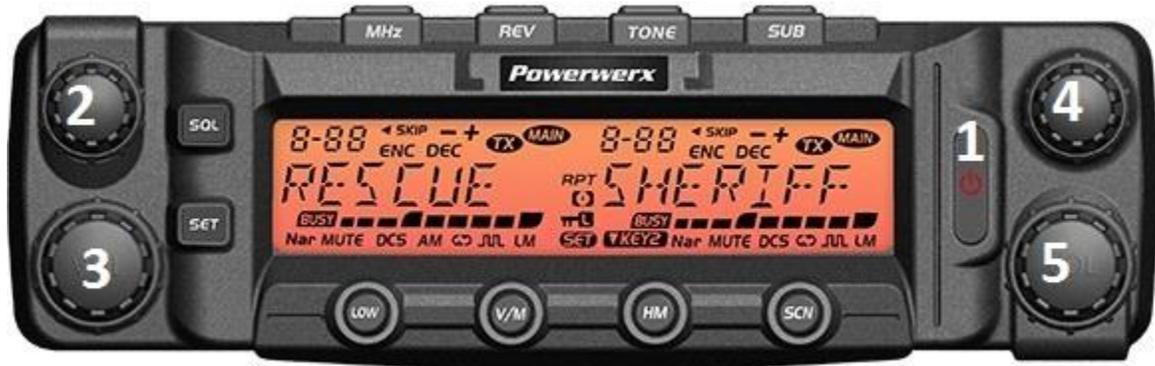
*Photo courtesy of CERT member Thor Rasmussen*

**68 members attend January training on “Winter Response for CERTs”!** In an outstanding show of enthusiasm and support for our program, **68** CERT members participated in the January 16<sup>th</sup> training exercise. Members received hands-on instruction and refresher training on constructing a sandbag barrier, safely securing a scene with wires down and first-aid for victims of cold exposure or hypothermia. We also conducted classroom instruction on safely operating in a storm environment. The CERT management team wishes to express our deepest thanks to all who participated.

**Accuweather.com is an excellent, free weather reporting website.** This free website provides customized information for any location. Updated Doppler Radar images, hour-by-hour weather forecasts and other important information is available 24 hours a day. You can set-up daily e-mail notifications for current weather reports.

**New CERT Class:** Starts **March 10<sup>th</sup>**. This is the weeknight series, taught over 7 consecutive Thursday nights. Interested persons can e-mail: [montereycert@hotmail.com](mailto:montereycert@hotmail.com)

## CERT Training: Understanding the CERT Base Radio:



### Understanding the knobs and buttons:

- 1 Power on/off
- 2 Channel selector left bank
- 3 Volume left bank
- 4 Channel selector right bank
- 5 Volume right bank

For routine use, it is recommended that CERT personnel only use those knobs or buttons numbered 1-5. **Additional buttons are for radio programming and operating them can adversely change the function of your radio.** You can monitor (listen to) two channels simultaneously, but only talk on one or the other by switching back and forth between the left and right channel banks. Pressing the channel selector knobs will switch the transmit function between the left and right channel banks. This can also be done on the microphone using the A/B button.

### Radio activation procedure: Deploy your radio antenna!

- 1 Activate power switch
- 2 Set left bank to CERT Command 3
- 3 Turn volume for left bank to full (adjust down as necessary)
- 4 Set right bank to CERT Tactical Channel 1 or 2 as assigned below
- 5 Turn volume for right bank to full (adjust down as necessary)

### Tactical channel assignments:

**CERT Tactical 1:** PG, New Monterey, Skyline, Monte Vista, Old Town, Carmel

**CERT Tactical 2:** Oak Grove, CONA, Station 3, Del Monte Beach, Foothill

**Skyline will relay for Carmel. New Monterey will relay for Pacific Grove.**

## Base Radio Microphones:



## Simple Microphone Operation:

- 1 To speak, press the button on the left side of the microphone
- 2 A/B button switches your transmit capability between the left and right bank
- 3 DN and UP buttons on the top of the microphone move your channel selection up or down

**BE CAREFUL WHEN HANDLING THE MICROPHONE!** It is easy to touch the top UP or DN buttons and change your channel.

## CERT Training: Treating Victims of Cold Exposure

**(Hypothermia):** Even though the Monterey Peninsula does not often experience freezing weather conditions, cold exposure can still be a factor here. Particularly when someone's clothes become wet, a person may quickly suffer hypothermia which can lead to shock. It is important to recognize the symptoms and apply appropriate treatments.



**Hypothermia**

It is a condition which occurs when the body starts losing heat more quickly than it can produce it resulting in the body temperature going down rapidly.

**Symptoms of Hypothermia**

- Shivering
- Dizziness
- Feeling hungry
- Nausea
- Rapid breathing
- Problems speaking
- Confusion
- Coordination difficulties
- Fatigue
- Rapid heart rate
- Shivering, as the condition worsens
- Drowsiness
- Weak pulse
- Shallow breathing.

ePainAssist.com

## Hypothermia Treatments

Source: American Red Cross Participant Manual, pg. 88

- Make victim comfortable
- Gently move victim to a warm location
- Remove wet clothing and dry the victim
- Put on dry clothing
- Warm the body *gradually* by wrapping the victim in blankets and plastic sheeting to hold in body heat
- If the victim is alert, give them warm liquids without alcohol or caffeine, about 4 oz. every 15 minutes
- Do not warm the victim too quickly by immersing them in warm water
- Monitor the victim for signs of breathing difficulty or shock
- Transport to a medical facility if symptoms persist

## **CERT Training Continued: Treating Victims of Cold Exposure (Hypothermia)**



The above photo shows an excellent way to treat hypothermia in the field. Note that the victim has been wrapped in dry, warm coverings with a barrier (blue tarp) between them and the ground. Army litters, available in many of the CERT containers, provide an excellent tool for placing someone in a prone position while keeping them slightly off the ground.

### **Helpful Winter Websites:** *(Courtesy CERT member Harvey Pressman)*

- The state operates a website for you to enter your address and better understand potential hazards in your area: <http://myhazards.caloes.ca.gov/>
- The County has a centralized location of additional resources on storm prep here: <http://www.co.monterey.ca.us/oes/storm.asp>
- The Family Disaster Planning document is an easy-to-follow one-pager that can guide your efforts: <http://www.co.monterey.ca.us/oes/Preparedness%20-%20Families.asp>

*“Doing the most good for the most people .....*”