

CERT NEWS LETTER

July 2014



Photos courtesy of CERT member Honore Hillman

CERT AT THE Monterey 4th of July celebration. CERT is our program! The citizen members are what make Monterey CERT such a success! Several members participated in the City of Monterey 4th of July celebration. Members displayed the CERT Banner in the Parade and staffed the information booth in front of City Hall until 5 P.M. Our thanks to all members who participated and helped inform the public about CERT.

NEVER FORGET OUR #1 PRIORITY: “EVERYONE GOES HOME SAFE!” The rest is just part of the job. When

operating as a CERT team, assign a Team Leader/Safety Officer, but **EVERYONE** is a part of safe operations and is a Safety Officer. If you see something you think is a risk, put your hands up and stop the operation until the risk can be assessed further. **Never assume others see what you have noticed.** REMEMBER: **Multiple sets of eyes keep everyone safe.**

NEW CERT CLASS: A new CERT class has been scheduled for September. This session will occur over two weekends on a Saturday, Saturday-Sunday schedule on **September 13th, 20th & 21st**. Class times each day will be 8:30 a.m. to 4:30 p.m. Persons wishing to register can enroll by sending an e-mail to: montereycert@hotmail.com or call **646-3416**

CERT RADIO NET: **CERT Radio Net exercises occur the second Monday of each month at 8 P.M.** If you wish to participate, but don't have your own CERT radio, contact your team leader about borrowing one.

TRAINING Refresher: Initial assessment of the injured

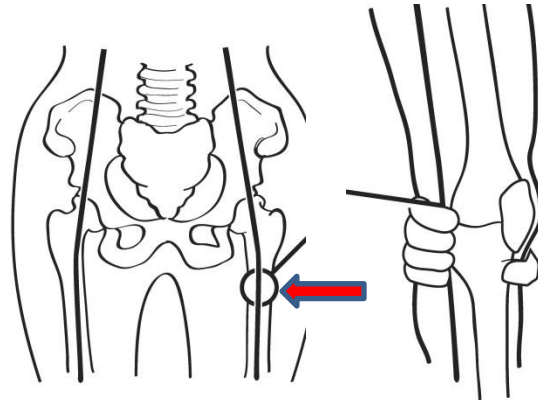
When first encountering an injured person, CERT trains us to assess them for the “**KILLERS**”. The **KILLERS** are **airway obstruction, bleeding and shock**. First assess if the person is alert by identifying yourself, from a distance of 5 feet. Address the victim in a firm, loud voice, i.e. *“Hello, I am an emergency worker, can you speak, may I help you?”* If they respond and talk to you, their airway is clear. If they do not respond and appear unconscious, or are gasping for breath, CERT teaches to open their airway with the “**Head-Tilt, Chin Lift**” method show here:



CERT Head-Tilt, Chin Lift

Look for the chest rising, listen at the nose and mouth and feel with the side of your face for breathing for **10 seconds**. If no signs of breathing, re-position the head and do a **SECOND** assessment. If breathing returns, maintain the victim's airway in the open position OR instruct a bystander on how to keep the airway open. If breathing still remains absent after **two 10 second assessments**, Triage the victim deceased and go to the next patient.

NEXT, assess for serious bleeding. If you locate serious bleeding, CERT teaches 3 primary methods to treat bleeding: **Direct Pressure, Elevation and Pressure Points**. First apply direct pressure on the wound with the cleanest cloth material you can find. Also elevate an injured limb if possible. If bleeding continues, apply firm pressure to the artery supplying the limb at the appropriate pressure point in the upper arm, upper thigh or behind the knee. Continue all methods until the bleeding appears controlled.



Next, assess for **Shock**. Shock is a condition that occurs when a trauma victim has a compromised circulatory and respiratory system. Their heart, lungs and blood vessels are not working normally. **The outward signs of Shock are confusion, rapid and shallow breathing, pale skin, capillary refill of the finger nails taking longer than 2 seconds to return to normal color when pressed and inability to follow simple commands like, “Squeeze my fingers”.** If you cannot assess capillary refill because of nail polish, feel for the pulse at the wrist. A weak or difficult to find pulse is another sign of shock. CERT teaches that the treatment for shock is to treat their injuries, such as bleeding, cover the victim to keep them warm and elevate their legs to create better blood flow to the head and vital organs.



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Remember: When initially assessing patients, stop only to treat the KILLERS. Once all patients are assessed, CERT teaches to then re-assess the patients more completely and treat all injuries such as fractures, secondary bleeding, etc. Use by-standers to render aid when feasible.

MONTEREY CERT IS A NATIONALLY RECOGNIZED

PROGRAM: Because of the excellent service YOU, the citizen volunteer and co-owners of Monterey CERT provide our community, this program has been featured 3 times in Nationally published emergency services magazines as a model for others to follow. **This is a great source of pride for all of us!** Use the following links to access the articles:

Emergency Management Magazine: "How to Establish a CERT in your Jurisdiction"

<http://www.emergencymgmt.com/training/How-to-Establish-CERT-Jurisdiction.html>

Fire Engineering Magazine: "CERT For Fire Department Outreach"

<http://digital.pennwell.com/pennwellsupplements/mir201311#pg30>

Emergency Management Magazine: "Communication Tools Make Monterey's CERT Self Sufficient"

<http://www.emergencymgmt.com/disaster/Communication-Tools-Monterey-CERT.html>

NEW GOAL FOR CERT: Your CERT Team Leaders have established a goal of obtaining a new trailer to greatly enhance our mobility and service in an emergency. The trailer will give us much greater mobility by allowing us to quickly move equipment similar to a CERT container to an emergency anywhere within our response area.

PG CERT HOLDS SEARCH EXERCISE: On Saturday, July 19, Monterey CERT's Pacific Grove unit staged a "missing person search" exercise. Because an actual missing person search would likely extend across more than one CERT zone, New Monterey members of CERT were invited to work with "Team PG." Ten PG members and seven from New Monterey meant a healthy turnout of seventeen CERTs for this exercise. Two teams were formed. Each search team had eight members, so leaders Joe Pagnella of PG and Gene Rizzo of New Monterey subdivided their groups to maintain appropriate Incident Command System "span of control." Each sub-group had a radio to communicate with the appropriate team leader, who in turn communicated with the Incident Commander, again to maintain appropriate ICS span of control. The search teams "hit the streets" on foot in assigned zones by 10:30 a.m. In sum, while this exercise posed challenges in the design phase, CERT participants found it a highly successful and worthwhile field experience. It provided actual "on the ground" practice in the nuances of an "urban missing person search," and it could be effectively replicated in other Monterey CERT areas. *(Thanks to PG Team Leader Broeck Oder for this article).*

CONTACT YOUR TEAM LEADER: If you have not already done so, contact your team leader and meet them at your neighborhood CERT container. Make sure you know how to find the container and are familiar with the inventory.

REMEMBER: After an emergency such as an earthquake, storm or other potential disaster when all forms of communication are absent, when the power is out and telephones and cell phones don't work, secure your family, immediate neighbors and then, if you are able, report to your neighborhood CERT container. Using our radio system, CERT is the primary eyes and ears to the City on what's happening in the neighborhoods. We will form teams and proceed into the neighborhoods to *"DO THE MOST GOOD FOR THE MOST PEOPLE*" CERT provides an excellent video at this link: <http://www.youtube.com/watch?v=KwV3e1Xfif0>

CERT TEAM LEADER LIST: **CONA**=Casanova Oak Knoll, **Crml**=Carmel, **DMB**=Del Monte Beach, **FH**=Foothill, **MV**=Monte Vista, **NM**=New Monterey, **OG**=Oak Grove, **OT**=Old Town, **PG**=Pacific Grove, **S3**=Station 3, **SL**=Skyline

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***"Doing the most good for the most people**"*