

CERT NEWSLETTER

September 2016, "Training And News For Monterey CERT"



Practice Your Basic CERT Skills. On Sunday, September 18th from 1:00-4:30 P.M. we will be holding the final exercise for our next CERT class. If it has been a couple of years or more since you last took your CERT training, this is an excellent opportunity for you to participate and practice your basic CERT skills of triage, medical aid, rescue, neighborhood search, use of the CERT radios and more.

If you wish to participate, please arrive 15 minutes early with your CERT helmet, vest, backpack, gloves and eye protection. Let us know you are there to practice skills as a CERT graduate. **The class will stage at the EOC where CERT classes occur.**



Getting Your CERT I.D. Card! Thanks to the Monterey Rotary Club, we have a new I.D. card maker. If you have **completed** the CERT training and **do NOT** have an I.D. card, we will be making the cards and mailing them to you. We hope to have this finished by October 1, 2016. For those of you who do not receive a card, we may not have your photo and will be holding a session to take pictures and issue you an I.D. card at a future date to be announced. Thank-you for your patience!

New CERT Class: The next CERT class for new members will be our weekend series, occurring on **Saturday September 10th, Saturday September 17th and Sunday September 18th**. Time each day is 8:30 a.m. to 4:30 p.m. Attendance over all three days is necessary to graduate. Interested persons should e-mail: training@montereycert.org
CERT Training is offered free of charge.

Training Refresher: Conducting a Head-To-Toe-Assessment of an injured person. Important Review!!!

We conduct a Head-To-Toe-Assessment of each victim **AFTER** all victims have received an initial assessment, to find the “Killers” (Compromised Airway, Excessive bleeding, Shock) and have a triage tag attached to their wrist or ankle. The Head-To-Toe-Assessment is a thorough check of the victim’s entire body to locate injuries that require additional treatment beyond that given for the killers. Splints, bandaging, flushing eyes and treating burns are some examples of additional treatments. **If the victim has any head, neck or back injury, paralysis, leg fractures or extensive injuries, use a backboard to move them.** REMEMBER to have gloves and eye protection whenever touching victims. **Look for pain, tenderness and/or deformities anywhere in the body. “Verbalize” what you’re doing for victim understanding.**

- 1. Head:** Palpate (touch) the entire exterior area of the victims head. Watch for reactions from the victim. Check the ears for fluids that may be clear or colored. Note any bleeding or fluids coming from the mouth or nose, or bruising behind the ears. Presume a neck injury with any significant head injury. Note the presence of black eyes.
- 2. Neck:** Palpate the front and back of the neck. Note any swelling.
- 3. Shoulders:** Palpate the front and back of the shoulders. Ask the patient to move their shoulders if they are able to.
- 4. Chest:** Palpate the chest. Look to see if the chest rises and falls evenly when the victim breathes. Do they breathe without pain? Note any swelling between the ribs.
- 5. Back:** If the victim is laying on their back, run your hands under the back and palpate as much of the back as possible, note any blood on your gloves. Otherwise palpate the back.
- 6. Arms:** Palpate the arms. Look for PULSE, MOVEMENT (ability to squeeze your hand) and SENSATION. Can they wiggle their fingers, move their wrists.
- 7. Abdomen:** Palpate the abdomen. Ask the patient if they have any abdominal pain.
- 8. Pelvis:** Press inward on the hips. Watch the victim for any reactions.
- 9. Legs:** Palpate the legs. Look for Pulse, Movement and Sensation. Place your hand on the underside of each foot, direct the victim to push as they would on a gas pedal.

With all Head-To-Toe Assessments, **NOTE FINDINGS ON THE TRIAGE TAG**

- Look, listen, and feel for indications of injury or difficulty breathing, watch for reactions
- Check your own hands for patient bleeding
- If you suspect a spinal injury in unconscious survivors, treat accordingly. With any head injury, presume the victim has a neck/spine injury. Use a backboard to move them.
- Check PMS (Pulse, Movement, Sensation) in all extremities
- Look for medical identification and/or medical alerts on the neck or wrist

CERT policy is to treat injuries before moving the patient, UNLESS they must be immediately moved because of a dangerous environment. For a video on head to toe click:

<https://www.bing.com/videos/search?q=cert+video+on+head+to+toe+assessment&view=detail&mid=E6B83832FDA462405954E6B83832FDA462405954&FORM=VIRE>

A New Phone App enables people with hearing and speech difficulties to summon first responders with a tap to their smartphones—no talking required. Click this link for information:

<http://leader.pubs.asha.org/article.aspx?articleid=2527019>

Quarterly Drill Tentatively Planned for Saturday, October 8th from 8:30 A.M. to 12:00 noon. Please mark your calendars. We will be providing additional details, such as the location and subject matter, in future newsletters.

CERT Participates in “National Night Out”. The National Night Out program started in Philadelphia in 1984 and was/is an effort to get people in communities across America to connect more with their neighbors as well as local first responders. National Night Out is always the first Tuesday of August, and it has spread across the country as a way to heighten public awareness of what the average citizen can do to help promote safety in her/his own city and neighborhood. Pacific Grove participated in the National Night Out program for the first time on Tuesday, August 2, 2016. Among the public agencies represented were the Pacific Grove Police Department, which organized the event, the Monterey Fire Department, the Monterey County Sheriff's Office, the U.S. Coast Guard, the Coast Guard Auxiliary, the Carmel Police Department, Monterey CERT, PGPD Citizens Academy Alumni, California State Park Rangers, and a number of other agencies, including some dedicated to pet and animal safety.

Photos and article by CERT Team (PG) Captain Broeck Oder



Child is interviewed by a TV reporter. PG CERT members Jim & Joe Pagnell, Glen Leon-Guerro

CERT Radio Net Tuesday, September 13th at 2000 hrs.

(8 P.M.) This radio net will be conducted by none-other than our own **Tim Mcfaddan** who is returning to Monterey from New York for a short time. Tim programed many of your radios. We invite ALL CERT members to take part in the net, which gives you an opportunity to use the CERT radio system. If you do not have your own radio, contact your team leader to participate.



STROKE is an Emergency. Every minute counts. **ACT F.A.S.T!**

	F ACE	Does one side of the face droop? Ask the person to smile.
	A RMS	Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?
	S PEECH	Is speech slurred? Ask the person to repeat a simple sentence. Is the sentence repeated correctly?
	T IME	If the person shows any of these symptoms, Call 911 or get to the hospital immediately.

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If you have read this entire newsletter, please reply herein and let us know!

*....Emergency volunteers doing the most
good for the most people*