

CITY OF HUNTINGTON BEACH CERT NEWSLETTER

April 2010

SINCE 1991



HB CERT HIGHLIGHTS

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CLASS 1



President's Message

By Judy Ann Morris
jamorris189@yahoo.com

RACES and CERT a Volunteer Partnership

I want to personally thank RACES Chief Radio Officer Steve Graboff M.D. and his team for offering advanced classes to our CERT HAM Communicators. All of the CERT HAM members who have attended the classes truly appreciate this learning opportunity.

RACES (Radio Amateur Civil Emergencies Services) is not a Radio Club, but like CERT, is a Huntington Beach Fire Department partner in preparedness volunteer organization. Their goals are similar to CERT's in that we both are trained to respond to the city in any event or disaster that the city requires Disaster Service Workers.

RACES priorities during a disaster are as follows:

- Impact Assessment of Windshield Surveys
 - Establish RACES Net Control in the EOC
 - Backup communications for Fire, Police, Public Works, and Marine Safety
 - Provide School Communication
 - Provide City Facility Communications
 - Establish Shelter Communications
 - Receive CERT Neighborhood Reports
 - Provide ATV (Amateur Television) and SSTV (Slow Scan Television) during emergencies
 - Photo Documentation
 - Monitor EOC-to-EOC radio when EOC is activated
 - Provide Monthly check and Maintenance of EOC Satellite Phone
- Provide Mutual Aid assistance to other cities or the County, and Special Assignments as needed

From the description of RACES priorities, you can see how important it is that CERT and RACES work together to provide the best volunteer response to the city. Our CERT liaison is Richard Batistelli. He has volunteered to attend the monthly RACES meetings and represent CERT. If you are a HAM with a current license, your own radio, a CERT member, and would like to attend the advance

RACES classes, please contact CERT Second VP Richard Batistelli at rbatistell@aol.com.

A CERT-I-FIED THANK YOU to Scott Gruber. Scott is the RACES liaison to CERT and attends CERT's monthly management meeting.

Special thanks to John Fort, CERT Communications Team Leader, who again will be teaching the HAM license class this year. Please watch the CERT newsletter for further information.

There are rules for attending our CERT Classes:

Dress appropriately: long pants, tee shirts (no tank tops), closed toe and closed heel shoes (no flip flops, sandals, etc.)

Registration opens at 7:45am (you must sign in at every class.)

NEW THIS YEAR: You must sign out at the end of the day. This is the only way your class time will be counted for graduation.

Disaster Preparedness Speakers Available:

It is time to schedule a Disaster Preparedness Talk for your Neighborhood, Business, School, Civic Organization or Church. This is a perfect way to introduce our 2010 Save-A-Life Saturday Classes to the residents of Huntington Beach. It is easy and it is FREE!

Five Simple Steps:

1. Find a place to host an hour-long presentation given by a trained HBFD CERT Volunteer Speaker.

2. Choose a convenient date and time for your group.

3. Call the CERT Message Line (714-536-5974) or email Judy Ann Morris at jamorris189@yahoo.com (please put CERT in the subject line) with your contact information, the date, and time you have determined. Please give us at least three weeks notice and we will do our best to accommodate your group.

4. CERT will provide a flyer to distribute to your neighborhood or group.

5. Provide simple refreshments to be enjoyed at the end of the meeting. Our CERT Speaker will provide all printed material and even bring a door prize for your guests.

2010 Elected CERT Officers:

President - Judy Ann Morris
jamorris189@yahoo.com

1st Vice President – Peter Petrelis
pgpworks1@verizon.net

2nd Vice President – Richard Batistelli
rbatistell@aol.com

Secretary – Juanita Walker
Treasurer – Esther Whitton
DSW Manager – Kim Louie

CERT Badges

Peter Petrelis is now making CERT badges. If you have an expired CERT badge, or you are a 2009 CERT graduate who has completed paperwork and background check, but did not receive a badge, please contact Peter Petrelis by e-mail for an appointment time.

April is Earthquake Awareness Month in California

This is a reminder to be prepared by doing the following things:

- Have a family disaster plan
- Get earthquake insurance
- Know the plan for your children's school
- Have sufficient food, water, medical, and disaster supplies to sustain your family for at least 72 hours
- Have a Grab n' Go Bag
- Eliminate hazards in your home
- Know how and when to shut off damaged or leaking utilities
- Be sure to have smoke detectors and fire extinguishers in your home
- Always have your car fueled to at least half a tank
- For information go to www.ReadyOC.org
GET READY!!!

Attend *Save a Life Saturday* classes sponsored by the HB Fire Department

Attend a CPR class presented by HB Fire Med

Attend a First Aid class offered by the American Red Cross

Useful Links

<http://www.ready.gov/>
FEMA prepare, plan, stay informed

<http://www.readyoc.org/>
Orange County emergency resources

<http://www.dropcoverholdon.org/>
Drop-Cover-Hold Information

<http://www.earthquakecountry.info/roots/step5.html>
Putting down roots in Earthquake Country

<http://www.ochealthinfo.com/epi/bio/bio-info.htm>
OC BIO Terrorism

<https://www.citizencorps.gov/cert/>
FEMA CERT Plan

<http://www.oes.ca.gov/>
California OES Home Page

<http://www.oc-redcross.org/>
American Red Cross

<http://www.hbraces.org/>
Trained Volunteer Communications Specialists

<http://www.nhc.noaa.gov/index.shtml>
National Weather Service

<http://tsunami.noaa.gov/>
Tsunami Information

www.usgs.gov/
US Genealogical Survey

<http://www.colorado.edu/hazards/>
University of Colorado Natural Hazards Center

<http://quake.wr.usgs.gov/recenteqs/>
Recent Earthquakes in California

“TRIANGLE OF LIFE” Sends Wrong Message Worse than Urban Legend: Dangerous Advice!

With the recent devastating earthquakes in Haiti and Chile, there has been an internet revival of Doug Copp's "Triangle of Life" earthquake survival theory. To recap his views: in a major earthquake, buildings collapse and pancake, the weight falling upon the objects or furniture inside, crushing these objects and anyone underneath them. A space or void is left next to the crushed object. Copp advocates seeking out this space (the 'triangle of life') to survive an earthquake. He bases his theory on observations of damage to buildings after an earthquake in Turkey.

Copp's education, disaster experience and survival recommendations have been refuted by many authorities and agencies, including the American Red Cross, FEMA, the California Office of Emergency Services, and the Structural Engineers Assoc. of California.

Building construction standards, techniques, engineering principles and construction materials vary greatly between Turkey and the U.S. In the U.S. engineering researchers have demonstrated that very few buildings collapse or pancake during an earthquake. The greatest danger is injury from falling hazards such as bookshelves, filing cabinets, chimneys, portions of ceilings, exterior facades and window glass – not overall building collapse.

Triangle of Life (continued)

Thus the American Red Cross continues to recommend “**Drop, Cover and Hold On!**” as the simplest, most reliable and easiest method to teach people, including children. In the U.S. it works, it saves lives!

Here are some links to follow for more information, especially about the “Triangle of Life.”
www.fema.gov/hazards/earthquakes/nehrrp/hold.shtm
www.urbanlegends.about.com/library/bl_triangle_of_life.htm
www.oc-redcross.org/article.aspx?a=7792

Tsunami and Earthquakes -- Are You Prepared?

Recent earthquakes in Haiti, a real big one in Chile, and another in Turkey occurred within the first three months of this year. These natural disaster events should increase our awareness of the importance of taking positive emergency preparedness action. Are you prepared? As a member of CERT, you have had training and should know the hazards. However, skills get rusty after a few years unless refreshed. This is a good time to consider attending the new CERT Save-A-Life-Saturday (SALS) classes to refresh your knowledge and emergency survival skills. Be sure to go to the CERT website at:

www.surfcity-hb.org/CERT to sign up for classes. If you are unable to attend these classes, please review the significant information found on the Huntington Beach City website at: www.surfcity-hb.org. Click on the Government tab, then Departments, click Fire, click on Emergency Preparedness, click on Preparedness Information. There are four very relevant topics that you should read and be familiar with:

- HB Alerting, Warning & Notification
- Earthquake Preparedness
- Disaster Preparedness Brochure
- Tsunami Preparedness

The very strong earthquake in Chile did swamp an island near the epicenter and produced tsunami waves observed over the Pacific Ocean. Locally, in Dana Point Harbor and in Long Beach Harbor, the effect of the tsunami was to dramatically lower the level of the water at the boat docks. It was also a good test of the tsunami modeling prediction capability of the National Oceanic and Atmospheric Administration Agency (NOAA). See www.tsunami.noaa.gov for a good comparison and useful information.

American Red Cross Activities

For those of you who do not plan on attending our Save-a-Life Saturday class on April 17, 2010, the American Red Cross will be presenting a Super CPR Day at Angel Stadium. The Red Cross will train over 1,500 people in CPR (Adult/Child) and/or First Aid for only \$10 (\$15 at the door) per person per course. They will also provide all participants with an overview of Automated External Defibrillators and the importance of AED training. Participants that successfully complete the CPR program are qualified to enroll in a low cost Infant CPR class on either April 29 or May 2, 2010. For more information on the training schedule and to register, go to www.oc-redcross.org to download the CPR flyer. If you don't have a computer, you can call the Orange County Chapter at (714) 481-5300.

Basic Disaster Courses are available through the Red Cross. The ARC shelter classes are required of CERT volunteers who wish to work in a shelter during a disaster or want to respond with the CERT Mutual Aid Program. To download the classes scheduled through June, go to: www.oc-redcross.org. On the left side of the page, click on “take a class.” Scroll down to Red Cross Disaster Training Classes and click on “[here](#)” to download the class schedule.”

The Red Cross site also has valuable information on earthquake preparedness, safety tips and an earthquake safety checklist as well as preparing your home and family for other disasters such as fire. Home fires are the most common disaster that the Red Cross responds to and the most preventable.

On October 27, 2010 the Red Cross will be presenting the 26th Annual Disaster Preparedness Academy. The DPA offers classes tailored to meet the interests of large/small businesses, schools, government agencies, community organizations, health services and concerned individuals. The DPA is still in the planning stages, so continue to check www.oc-redcross.org for the latest updates. Last year the cost was more than \$100 per person to attend. If you have any questions about becoming a sponsor or an exhibitor, you can contact : dgraves@oc-redcross.org. or call (714) 481-5348.



More Photos from The February 20, 2010
Disaster Preparedness Expo



Become a Fire Department Volunteer

Get Your Home and Family Prepared



In most disasters, the victim or bystander is the first to respond. Do you know what to do?

Potential impact of a 7.8 earthquake on the San Andreas Fault

What Will I Learn?

What is CERT?

CERT (Community Emergency Response Teams) is a FEMA endorsed training program that prepares you to help yourself, your family, your neighbors and your community in the event of a disaster. During an incident, emergency response personnel could become overwhelmed and resources will be limited. By becoming CERT trained, you will gain the skills to help emergency responders save lives and property. Once you have completed the training, you have the opportunity to become a Fire Department CERT volunteer.



In the **Save-A-Life Saturday** series, you will learn:

- How to prepare your home and family for a disaster
- How to perform basic first aid and CPR
- How to safely search a building for trapped victims and rescue them
- How to put out small fires using a fire extinguisher
- How to survive outdoors if you cannot return to your home because it is unsafe
- How to use all these skills to create a Neighborhood CERT Team



What do CERT Volunteers do?

CERT volunteers are trained to prepare for and respond to a disaster until first responders arrive. You will be taught to manage a disaster in your home, work, neighborhood or school. After taking care of your home, family and neighborhood, you will help the city with duties such as, providing damage assessment information, sandbagging, sheltering, helping in the Emergency Operation Center (EOC), and providing support to the Fire Department and Police Department.



CLASS 1

Emergency Management
&
Homeland Security Office
2000 Main Street
Huntington Beach, CA 92648
714-374-1565



Huntington Beach Fire Department

A Class 1 Fire Department

Classes are free,
but you must register

To Register

Call the CERT Message Line
714-536-5974

or

Register online at
www.SurfCity-hb.org/CERT



Save-A-Life Saturday Schedule

The series consists of four classes that build on each other and ends with a disaster drill where you can practice what you have learned. Attend one class or all, but it is suggested you attend them in order for the greatest benefit.

Class 1: Disaster & Terrorism Preparedness

March 20, 2010 7:45AM to 2:00PM Civic Center

Learn what threats Huntington Beach residents face, how the City will respond in a disaster, and how you can get your home, family, neighborhood, school and/or business prepared to respond to emergencies. **Lunch Provided**

Class 2: Disaster First Aid (Medical Ops I & II)

April 17, 2010 7:45AM to 2:30PM Civic Center

Learn creative first aid solutions to common injuries resulting from an earthquake, or other disasters, and the ABC's of disaster first aid. Additional topics include splints, slings, treating burns, impaled objects and shock. Learn how to triage disaster victims. **Lunch Provided**

Class 3: Disaster Living

May 15, 2010 7:45AM to 2:30PM Civic Center

Learn how and where to set up an outdoor shelter in a disaster. Whether in your yard or at a park, you will have to care for yourself and neighbors until the Red Cross establishes indoor shelters. Learn skills such as tenting, outdoor cooking and sanitation. **Lunch Provided**

Class 4: Light Search & Rescue/Fire Suppression

June 19, 2010 7:45AM to 2:30PM Fire Training Center

Learn how to do a safety size-up, lift 1000+ pounds using simple leverage techniques, properly search for trapped victims, shore up an unsafe structure, and safely move the injured. Learn to use a fire extinguisher and put out a live fire, fire safety and prevention, how to shut off utilities and secure items that may cause injuries in an earthquake. Finish the class with a disaster drill that will test your newly acquired skills. **Lunch Provided**

Note: All students are required to become CPR certified. FireMed customers can take classes for free and non-FireMed customers can take classes for a fee. For a schedule call 800-400-4277.

Civic Center Address: 2000 Main Street Huntington Beach, 92648

Fire Training Center Address: 18301 Gothard Street



Neighbor Helping Neighbor

IMPORTANT ANNOUNCEMENT!

2010 Save-a-Life Saturday CERT Class Schedule is available on our Website, www.surfcity-hb.org/CERT,

Upcoming Events

- April 1, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members
- April 17, 2010 - 7:45am to 2:30pm: Second Save-a-Life Saturday Class at HB Civic Center
- May 6, 2010 - 6:00pm: Management Meeting in the EOC open to all HB CERT Members

- **Fire Med customers can take CPR classes for free and non-FireMed customers can take classes for a fee. Dates are listed below.**
 To enroll in CPR classes, call 800-400-4277 or 714-556-4277. Class location is in HB area and exact location given at time of enrollment.
 - Saturday, April 10 - 9:30 a.m. to 12:30 p.m.
 - Wednesday, April 14 - 6 to 9 p.m.
 - Saturday, May 8 - 9:30 a.m. to 12:30 p.m.
 - Wednesday, May 26 - 6 to 9 p.m.
 - Wednesday, June 9 - 6 to 9 p.m.
 - Wednesday, July 7 - 6 to 9 p.m.

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For those who do not receive the newsletter by email, you can go to the CERT website: www.surfcity-hb.org/CERT. In order to receive the email alert, click on newsletters, and then click on sign up for email alert. It's as simple as that!

For those of you who do not have computer access at home, we have made arrangements for you:

- Rodgers Senior Center at 1706 Orange Avenue, HB will print out a black and white copy for you.
- There will be a few copies outside the door to the EOC to which you are welcome.
- The Central Library has computer access for the public.



Neighbors-Helping-Neighbors

MISSION STATEMENT:The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.