

# EMERGENCY PREPAREDNESS

## HOW TO BE READY IN CASE OF AN EMERGENCY

VOL. 9



### WHAT IS CERT?

COMMUNITY EMERGENCY RESPONSE TEAM

CERT training focuses on increasing the level of SAFETY for those individuals who will be stepping forward to assist after a disaster. CERT promotes a partnership between emergency services and the community members they serve.

In the wake of a disaster, emergency personnel and their resources may be overwhelmed by the response needs in the community. CERT training gives individuals a glimpse into the 'System' designed to save lives in the most efficient and effective manner possible.

The training is available for all citizens who are interested in disaster and emergency preparedness.

### CERT COURSE

**When: Saturday, February 5<sup>th</sup>**

**From 8 a.m. to 4 p.m.**

**Where: Clackamas Fire District I Training Center**

Located at 16170 SE 130<sup>th</sup> Ave. Clackamas, OR

To register: Contact Linda Hedges

email: [linda@hammy.org](mailto:linda@hammy.org)

tel: 503-343-0022

Cost for class is \$25 (payable to CCFD#1) and covers your manual and training. Manual must be studied prior to class – give yourself several days time to study.

You need to bring your own lunch, dress in layers, and get plenty of sleep the night before! You will be provided with your manual or DVD once you've registered.



### CLASS SESSION TOPICS

The basic CERT course covers Disaster Preparedness, Disaster First Aid, Fire Prevention and Suppression, Light Search and Rescue and Disaster Psychology. The training will also include hands on skill training for participants.

Students will receive additional opportunities to become a part of the Milwaukie CERT team and receive additional skill training while being prepared to assist your community when needed.

It's not *if* a disaster will occur but *when!*  
Plan to train and be prepared!

### POWER OUTAGES CAN BE MORE THAN INCONVENIENT

At times during the winter, you will experience a power outage. If the power goes out during cold weather, the temperature inside your home can drop rapidly. Take these simple precautions to stay warm and safe during a winter power outage:

Prepare for the outage:

- If you have a fireplace or woodstove, stock up on firewood.
- Have extra food at home.
- Get plenty of flashlights.
- Have an emergency radio to hear about what is going on.
- Keep any medical supplies you will need.
- Fill up containers of water to have something to drink just in case you run out of water.

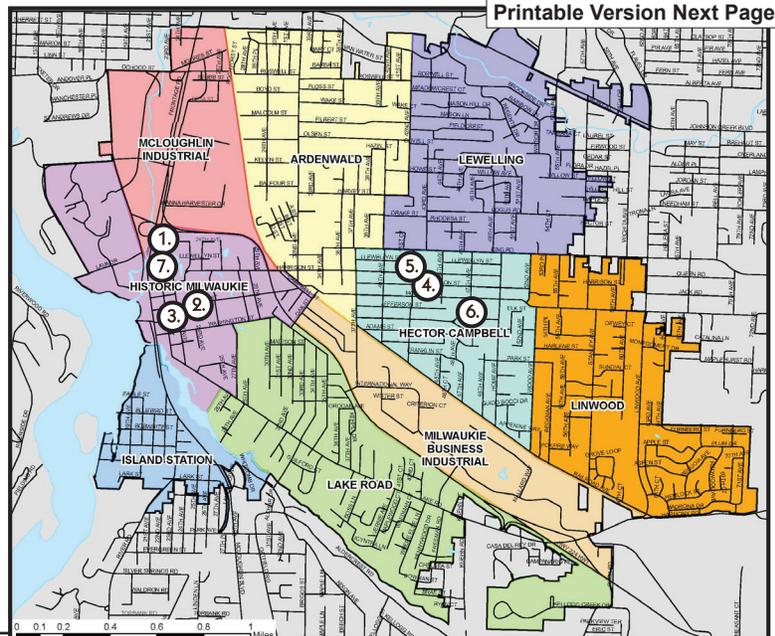
During an outage:

- Keep warm by wearing loose layers of clothing to trap body heat and save body heat by wearing a hat, even while sleeping.
- Pick one room and close it off to keep the heat in.
- Unplug all sensitive electronic equipment, including TV's, stereo, VCR, microwave oven, computer, cordless telephone, answering machine and garage door opener to prevent damage from a power surge when power is restored.
- Never use charcoal or gas barbecues, camping heating equipment, or home generators indoors. They give off carbon monoxide which can be deadly.
- Also, remember to check on elderly neighbors or neighbors that may need assistance to make sure they're equipped with enough supplies to keep warm.

## COMMUNITY DISASTER SHELTER LOCATIONS

Seven community disaster shelter locations have been secured throughout the City. These facilities may be open to provide a gathering place or temporary shelter and safety, depending on the emergency event. These spaces are recommended for residents unable to shelter at home, at a neighbor's or close-by relatives, or are unable to listen to emergency broadcasts for the locations of designated Red Cross shelter sites. Neighbors should be prepared to take sleeping, food and water supplies with them to the shelter. Pets may not be allowed.

1. **Odd Fellows Samaritan Lodge No. 2** - 10282 SE Main St.
2. **American Legion Post #180** - 2146 SE Monroe St.
3. **St. John the Evangelist Episcopal Church** - 2036 SE Jefferson St.
4. **Gracepointe Church** - 10750 SE 42<sup>nd</sup> Ave.
5. **The Milwaukie Community Center** - 10666 SE 42<sup>nd</sup> Ave.
6. **Eagles Wings Ministries** - 10902 SE Garrett Dr.
7. **Spring Creek Coffee House** - 10600 SE McLoughlin Blvd.



## WINTER STORMS - DECEPTIVE KILLERS

Winter storms are considered deceptive killers because most deaths are indirectly related to the storm.

- **Automobile or other transportation accidents:** This is the leading cause of death during winter storms.
- **Exhaustion and heart attacks:** Caused by overexertion, these are the two most likely causes of winter storm-related deaths.
- **Hypothermia and asphyxiation:** Elderly people account for the largest percentage of hypothermia victims. Many older Americans literally freeze to death in their own homes after being exposed to dangerously cold indoor temperatures, or they are asphyxiated because of improper use of fuels such as charcoal briquettes, which produce carbon monoxide.
- **House fires:** These occur more frequently in the winter because of the lack of proper safety precautions when using alternate heating sources (unattended fires, disposal of ashes too soon, improperly placed space heaters, etc.). Fire during winter storms presents a great danger because water supplies may freeze, and it may be difficult for firefighting equipment to get to the fire.

## BE PREPARED TO WEATHER THE STORM

While many of you may be prepared for emergencies, take some time to thoroughly check and update your family's disaster supply kit. In addition to a good supply of food (for humans and pets), water, good flashlights and plenty of batteries, having the following items easily accessible can help you weather the storm:

- A shovel to keep your home accessible when there is snow, ice or piles from plowing on sidewalks, walkways and driveways
- Traction aids for your car and feet - sand, gravel, or kitty litter as well as good snow/warm shoes or traction devices to clip on your shoes
- Chains, snow tires that has plenty of gas; or use TriMet
- An alternative heat source or dry wood for the fireplace (with a clean fireplace and chimney)
- Prescription medications and necessary over-the-counter items

Visit [www.Ready.gov](http://www.Ready.gov) for more winter preparedness tips.

## 5 TIPS FOR SAFE WINTER TRAVEL

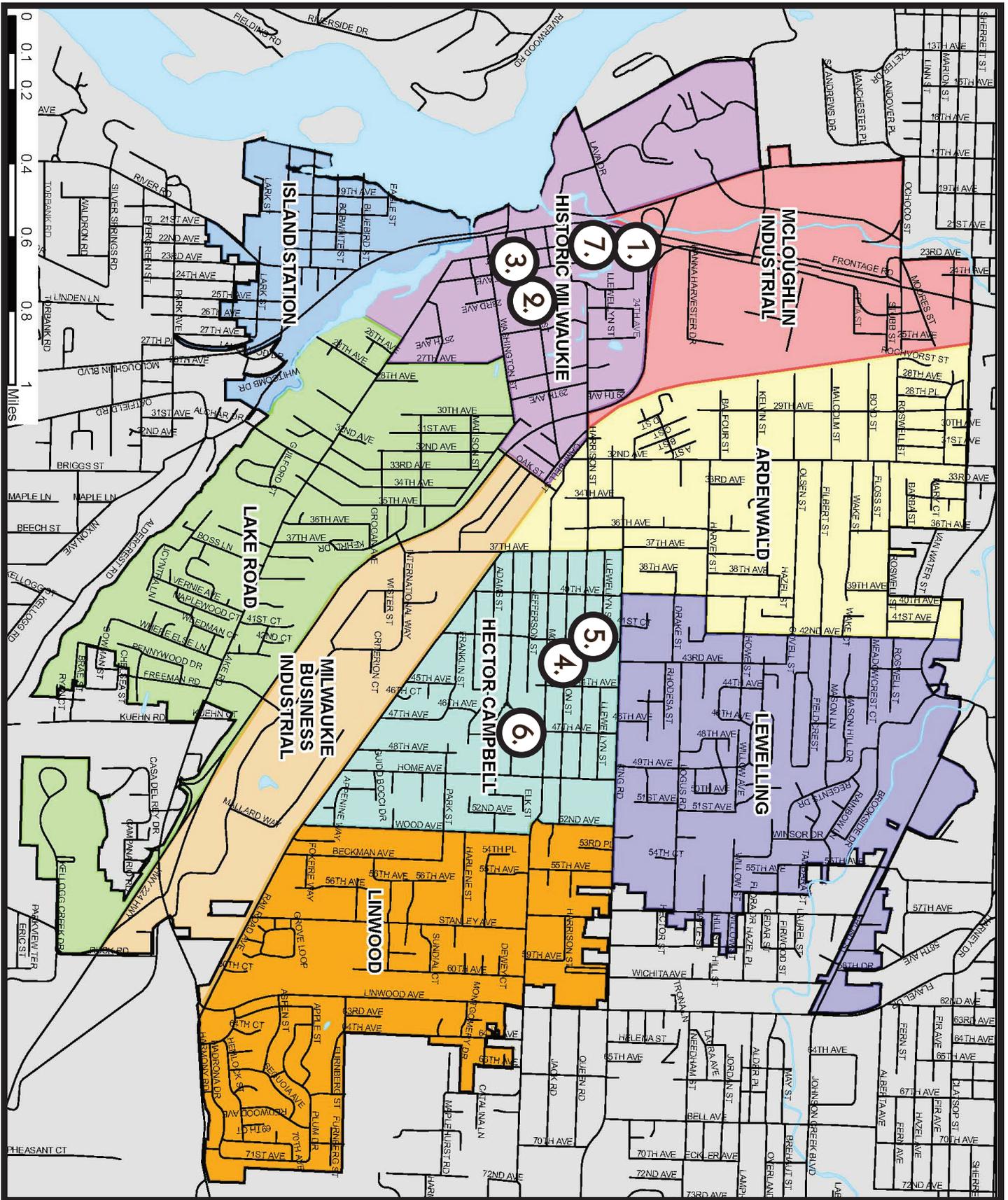
Travel might be on your agenda over the next few months, whether its skiing at the mountain or heading to grandma's house for the holidays.

Arrive safely at your destination by following these recommendations:

- Before you go, visit [www.TripCheck.com](http://www.TripCheck.com) or call 5-1-1 for the latest in road conditions, weather forecast, chain requirements, and incident information.
- Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.
- Check in when you've reached your destination.
- Don't use cruise control in wet, icy or snowy weather.
- Keep your car's gas tank full for emergency use and to help prevent the fuel line from freezing.
- Put together a separate disaster supplies kit for the trunk of each car used by members of your household.

If you should become stranded during a winter storm, these items will make you more comfortable until the storm passes.

- In addition to basic vehicle safety items – properly inflated spare tire, wheel wrench, jack, jumper cables, tool kit, flashlight and extra batteries, reflective triangle, signal flares, duct tape - you should always keep a first aid kit and emergency supplies.
- During winter, make sure your vehicle has items such as a windshield scraper and snow brush, salt, sand, shovel, tire chains, and warm clothing.



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