

CERT ALERT



WELCOME

The past months have been busy! We participated in our two annual summer events, Duck Daze/Open House and SummerFEST, and graduated two more CERT classes in June, CERT 38 and CERT 39. CERT 38 was unique in the amount of medical background in the class. We had a few nurses and members of the Pierce County Medical Reserves Corps. CERT 39 was held specifically for City of University Place employees.

West Pierce Needs Your Input!

West Pierce Fire & Rescue has created a survey to get input from the community on various aspects of our organization. WPFR will use the information gathered from the survey in the District's upcoming Strategic Plan. Hearing from community members is essential in establishing a future for WPFR that will meet your expectations and needs. Here is the link:

<https://www.surveymonkey.com/r/westpierce>

Thank you & Happy Reading!

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CERT 38 – Key Topics Learned

- **Items to keep in your preparedness kits**
 - Packets to flavor water that has been treated with bleach to help it taste better
 - Cash
 - A paper map
 - Bartering items, i.e., candy, cigarettes, etc



- **Fire escape ladders**
 - For a two-story building buy a 10-15 foot ladder
 - For a three-story building buy a 20-25 foot ladder

- **Utility safety - electrical cords**
 - Crimped wires should be replaced. They are a delayed fire hazard as build up in temperature overtime can potentially cause a fire.
 - Extension cords are only made for temporary use. They should not be used as a permanent power supply for an item.
 - Avoiding the “octopus” of electrical cords. Keep what you plug into a single outlet to a minimum



- **Burn patients**
 - Anyone with a burn to the hands, groin or head should automatically be designated as **RED** during triage
 - Do not scrub burn wounds, the cover acts like a barrier to prevent more fluid loss



- You still should call 911 if you successfully treat an allergic reactions with an EpiPen, the drug is very fast acting and the patient could potentially have another allergic response.
- Put **GREEN** patients to work if they are able to assist in caring for other more seriously injured patients

- **Know your limitations. Do only what you feel comfortable doing and is within the scope of your CERT training.**



CERT 39 – UP City Employees

West Pierce hosted a two and half day CERT class for University Place employees June 25th-27th. CERT 39 had participants form public works, communications, engineers, operations and the list goes on. This accelerated format is not for the faint of heart! Typically, participants have 3 hours for each unit, 3 weeks for the course. They are able to review the units and come prepared with questions. The material has time to sink in. For CERT 39, we covered Unit 1, 6, 3 & 4 on the first day! The second day, we covered Unit 7 & 8 in the morning and headed out to the drill grounds to cover Unit 2 & 5 in the afternoon. CERT 39 City employees worked together to complete the final drill on the third day and were finished by noon. A big thank you to the CERT volunteers who played victim on a weekday!



CERT 38 – June 2018

Brianna Johnson



I am currently attending Pierce College Fort Steilacoom to complete my Associates Degree in Criminal Justice. I took this CERT class as it is requirement for my graduation. I realized once I graduated that the West Pierce CERT program had better prepared me to take care of myself, my family and my community in the event of a major disaster. My college instructor/advisor got to live through the experiences I had when I shared all the pictures taken over the course of the class. I also shared the pictures with classmates who now are interesting in taking a CERT class!

One lesson that will stick with me is how to ensure drinking water is safe and learning disaster medical skills to be able to help someone if they are hurt. I was also already able to put my fire safety training to use. I was able to extinguish a grass fire my neighbors caused on the fourth of July. The CERT program was without a doubt the best thing that I have done. I would like to add the West Pierce Fire and Rescue are the best group of individuals to work with! This has been the best experience in a long time! It has been an honor! Keep up the good work!



On a personal note, I like to participate in theatre and going to shows at my local community theatre, Paradise Theatre in Gig Harbor, hands down one of the best community theatre's in the PNW!

National Preparedness Month

September is National Preparedness Month! Each September we are reminded that we all must prepare our families, communities and ourselves. As we learn in CERT, we will be the first ones in our communities to take action following a disaster, before first responders arrive. Take the time, not just in September, but all year long to prepare!

2018 Weekly Themes

- Week 1: Make & Practice Your Plan
 - Week 2: Learn Life Saving Skills
 - Week 3: Check Your Insurance Coverage
 - Week 4: Save For an Emergency
- September 15th is a National Day of Action. Check your email throughout September for tips and tricks! www.ready.gov/september

NATIONAL PREPAREDNESS MONTH 2018

Disasters Happen

PREPARE NOW LEARN HOW

FEMA Ready.

The graphic is a rectangular poster with a black border. At the top, it says "NATIONAL PREPAREDNESS MONTH 2018" in black. Below that is a row of five green icons: a hand holding a shield, a flame, a lightning bolt, a snowflake, and a tree. The text "Disasters Happen" is written in large, bold, black letters. Below this, there are two overlapping rectangular boxes: a green one on the left with "PREPARE NOW" in white, and a black one on the right with "LEARN HOW" in white. At the bottom, there are two logos: the FEMA logo on the left and the "Ready." logo on the right.



**Greg Hill – CERT 36,
March 2018**

**Brianna Johnson – CERT 38,
June 2018**



Fire Safety is the second unit taught in our CERT class. In this unit, CERT members learn how to identify and reduce potential fire and utility risks, identify hazardous materials, conduct a basic scene size up, and how to safely extinguish small fires. The role of CERT members in fire extinguishing is to extinguish small fires only, prevent additional fires by removing fuel sources and to shut off utilities and evacuate people safely if necessary.

Two of our recent CERT graduates had the chance to put the skills they learned in CERT to use this past Fourth of July. Greg Hill, CERT 36, and Brianna Johnson, CERT 38, both had the appropriate extinguishers on hand and were able to safely extinguish small fires caused by neighbors setting off fireworks. The quick and confident actions of Greg and Brianna prevented a small fire from potentially becoming a bigger issue to which West Pierce Fire & Rescue would need to respond.

Remember, when you are faced with the need to extinguish a small fire ask yourself:

1. Do I have a buddy?
2. Do we have the right equipment?
3. Can we safely escape if we are unable to extinguish the fire?
4. Can we fight the fire safely?

When extinguishing a fire, use the **P.A.S.S** method, **P**ull, **A**im, **S**queeze, **S**weep, and give the extinguisher a test shot before approaching the fire.

Great work Greg and Brianna!



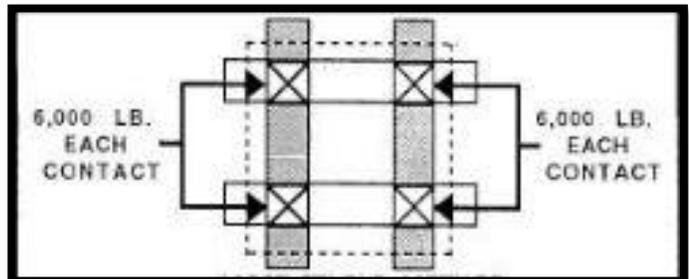
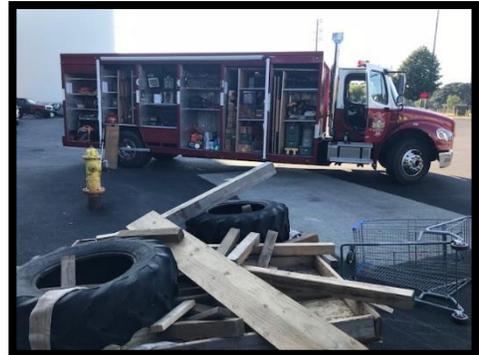
JULY QUARTERLY TRAINING

Cribbing and Leveraging

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July 25th was hot, 90 degrees in fact. That did not stop 26 CERT members from participating in the cribbing and leveraging quarterly training. To start our instructors, Mark and Brian, gave a tour of the technical rescue vehicle, Rescue 20, which provides the resources for structural collapse, trench rescue, confined space rescue and rope rescue. We then transitioned into cribbing.

- Wood used for cribbing should be solid, straight, and free of flaws, such as large knots or splints. Wooden cribbing should be left unfinished and unpainted (painted surfaces are slippery when wet and cribbing pieces rely on gravity and friction between bearing points for stability).
- When building a crib box, be sure the grain of the wood runs parallel to box to ensure optimal strength.
- Stack crib height should not exceed two times its footprint or shortest width.
- The 2x2-construction method uses two pieces of cribbing per layer, each at a right angel.
- A 2x2-construction method with 4" x 4" timber, the weight bearing capacity of the stack crib is 24,000 pounds, 6,000 pounds per contact (12 tons total), if all four contact points are covered.



After reviewing cribbing basic, CERT members began cribbing operations. Team organization for leveraging/ cribbing operations should have at least five people:

- Group Leader- in front of collapse, positioned so they can see the entire operation while remaining out of the rescuers' way. They are also giving the commands and acting as safety if there is not another CERT member available.
- Lever Person- positioning and operating the fulcrum on command
- Crib Person- at least two, to place cribbing under object on command
- Medical Care/Victim Removal Person- close to the victim's head to provide support and quick removal.

As we learned in class, this is a detailed operation that must be done in an organized fashion. To quote Brian, "slow is smooth and smooth is fast."



EVENTS with CERT Participation

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Duck Daze/Open House June 2, 2018

West Pierce CERT was out in full force, educating the public on disaster preparedness and assisting our Prevention division in feeding the masses. Twenty-three community members expressed interest in attending the September CERT course, kids got to build their own first aid kits, and hundreds of citizens enjoyed a free lunch.



Mass Casualty Incident Exercise June 2018

Several West Pierce CERT, Tacoma CERT, and other community members participated as role players in a Mass Casualty Incident (MCI) Exercise for West Pierce Fire & Rescue first responders. Information gathered from these drills will be used to develop standard operating procedures for response to these types of events. The goal for first responders is to be able to arrive on scene, triage people, and transport those who are critically injured to definitive care in under one hour. Information collected will also be shared with adjacent counties to be able to assist South Sound citizens in the event of an MCI. Thanks to all those who participated as role players and to the first responders who did an outstanding job!



SummerFEST July 14, 2018

This year's SummerFest was a blast! So many food trucks, live music, an epic car show and shopping galore. CERT volunteers spoke with hundreds of citizens about the CERT program and emergency preparedness. This year we gave out cold packs and reusable ice bags at our table, along with other preparedness goodies. Thank you to the volunteers who braved the heat and engaged with community members all day!



Thank you

My term of service for 2017-2018 as your AmeriCorps/CERT Coordinator has come to a end. My whole life I have strived to prove myself by “showing the numbers”. It serves me well in my side gigs of medical writing and pursuit of my Masters in Clinical Research Management. Those worlds are all about the numbers. So, here are my numbers for my time of service:

West Pierce CERT Facebook Page Stats	Public Outreach
<ul style="list-style-type: none"> • Average of 33 pages visits per week • Average of 57 people engaged each week • 76 new West Pierce CERT Facebook page likes • Three new ratings, all five stars 	<ul style="list-style-type: none"> • Participated in 15 events • Interacted with over 5000 people • Added 243 people to the CERT Training waitlist

For AmeriCorps tracking	Lakewood Residents	Veterans	Attendess who showed increased knowledge in disaster preparedness on Pre and Post-Course Surveys
Non-duplicate Volunteers	41	28	134 of 156 (86%)
Duplicate Volunteers	25	14	49 of 55 (89%)
Total	66	42	183 of 211 (87%)

What these numbers don't show is how my time of service has impacted me. I have seen community members engaged in keeping themselves, their family and their community safe. People who dedicate the most precious of things that anyone can give, their time. Thank you to each and every one of you for showing what can happened when community comes together. Many lessons learned in CERT can also translate to life lessons. I will take and share the following lessons with me:

1. Slow is smooth and smooth is fast.
2. Sometimes people have a bad day. Don't make it your bad day.
3. Gauge before engaging in a situation. Some situations are just not worth getting involved in for your personal safety.
4. Be sure to use “door control” on all those doors that open in your life as you never know what may come out.
5. Use voice triage and allow “GREEN” people to assist you. Work smarter not harder.
6. Do not argue with those who do not want your assistance. Help those who do.
7. People will react in a vareity of ways in a stressful situtation, all of which are normal. Don't take it personal. Be like a duck, water off the back, and give them grace in their time of need.
8. You can learn a lot by teaching others, especially about yourself.



Thank you West Pierce CERT. I could not have done it without you!

There is no goodbye, only see you later...

September

- **National Preparedness Month!**- <https://www.ready.gov/september>
- **First Aid & CPR class**- September 8, 2018 from 9am -5pm. Must have a valid CERT ID to void the cost (\$60) Please call 253.564.1623 for registration information. Remember to say you are a WP CERT member!
- **CERT 40**- September 10 – 29, 2018

Monday and Wednesday evenings at Stations 20 and 21.

Volunteer Victims needed for CERT Drill Day!

Saturday, September 29, 2018, 9:00 am to 1:30 pm. This is a great way to learn from a different perspective! Current CERT members may audit

any of the upcoming CERT classes. **You must inform Valerie or Rachel** if you desire to audit a class or be a volunteer victim. This is for everyone's safety and to assist in tracking of volunteer hours.



October



Millions of people worldwide will practice how to Drop, Cover, and Hold On at **10:18 on October 18, 2018**. Check out <https://www.shakeout.org/washington/index.html> for more information on how you can participate. Stay tuned for details regarding a CERT communication drill!

- **Fall Safety Day**- October 20, 2018 from 10am to 1am at Station 21
CERT volunteers will be needed to staff booth. An email request will be sent out closer to the date.
- **Quarterly Training – Rope & Knots Part 2**
Wednesday, October 24, 2018, 6:30 pm - 8:30 pm at Station 20, 10928 Pacific Hwy SW, Lakewood.

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