



# CERT ALERT!



Welcome to the 24th edition of CERT ALERT! Here is where you'll find the latest news and information of interest to our West Pierce CERT members! Please let us know if there are topics of interest you would like to see for the next issue. Happy reading!

December 2016

## CERT TEAM 32





# CERT NEWS



## *CERT TEAM 31*

### ***Camp Murray CERT 31***

West Pierce Fire & Rescue, in collaboration with the Washington Military Department, held a CERT class for employees and Guardsman from Camp Murray. The course took place August 30<sup>th</sup>-September 1<sup>st</sup>. The first day was on Camp Murray where we covered units 1, 3, 4 and 6. The second day was held at WPFR Station 21 so we could utilize the drill grounds for the fire and SAR units. The last day, September 1st, was drill day! Thank you to the CERT members who came out to play victim!





# CERT ALERT!



## Recent CERT Events

### *Quarterly Training : CERT Review & Drill*

At the end of the CERT basic training we all go through the anticipated, sometimes dreaded, “drill day.” It’s an opportunity to apply all the knowledge and skills learned throughout the past three weeks to a “real life” scenario. It’s both a mental and physical day, but allows CERT members to put their new training into context. Once drill day is over however many CERT members don’t participate in that type of training again. For our summer quarterly training on July 27<sup>th</sup>, we decided to have a drill day, giving CERT members who may have taken the CERT basic training years ago, the opportunity to refresh their skills. The training was split into two parts. The first hour and half was dedicated to curriculum review. Our instructors, Mark and Brian, focused on the three killers, search and rescue, triage and on scene management. The last hour and a half was dedicated to drill. CERT members who hadn’t gone through CERT in over a year, worked together to complete the drill not only successfully but efficiently and well organized. Thank you to all the CERT members who came out on that beautiful summer evening.



### *Northwest Citizen Corps CERT Expo*

This year’s Northwest Citizen Corps cert expo was held at Renton Technical College. The day was two part, the first half of the day was classroom-based. There were several classes to choose from. Two of those classes were taught by our very own CERT instructor, Firefighter Brian Bouton. Bouton taught Survival Tips and Tricks as well as Debris Removal, both of which had rave reviews. After lunch, the



remaining Expo participants were divided into teams. There were two exercises to participate in, drill with scenario and an amazing race. The drill portion allowed participants to work as teams and perform basic response procedures involving fire suppression, rendering first aid and light search and rescue. New at this year’s expo was a version of the Amazing Race! Participants had an opportunity to work through and solve problems from four different stations; fire suppression, disaster medical, search, rescue and size up and drags lifts and carries. Participants operated in teams and move through each station under timed conditions to refine their skill sets.



# CERT NEWS



## *Fall Safety Day*

West Pierce's Fall Safety Day was another success for CERT recruiting. CERT volunteers talked to dozens of citizens about personal preparedness while their kids built first-aid kits at our adjacent table. Thank you to all the CERT members who came out that Saturday!



## *Amber is Back!*

Guess who's back, back again! Amber's back, tell a friend! We are thrilled and very thankful to have Amber Redmond back as our CERT Coordinator!

Since we were unable to obtain an AmeriCorps member, West Pierce approached Amber about coming back part-time to help out with our CERT program. She will be working about 45 hours a month through September 2017. Please feel free to contact her with anything regarding CERT.

## **Welcome back, Amber!**



## *Quick Tip!*

When disaster strikes, it's important to **have all of your emergency supplies in one, easily-accessible location**. A good place to store your supplies is in an outdoor shed, or a storage space on your back porch. If you happen to be like me, you may not have a big yard or the space for a shed. **An outdoor storage bench is perfect!**



It's a great use of space because it acts as both storage space *and* outdoor seating! It's waterproof, has a lock, and can be big enough to store not only my basic emergency supplies, but also my CERT backpack/helmet/gloves, some sturdy shoes, medical supplies, blankets, and tarp! Plus, you can throw a decorative cushion on it in the summertime to spruce it up!



# CERT ALERT!



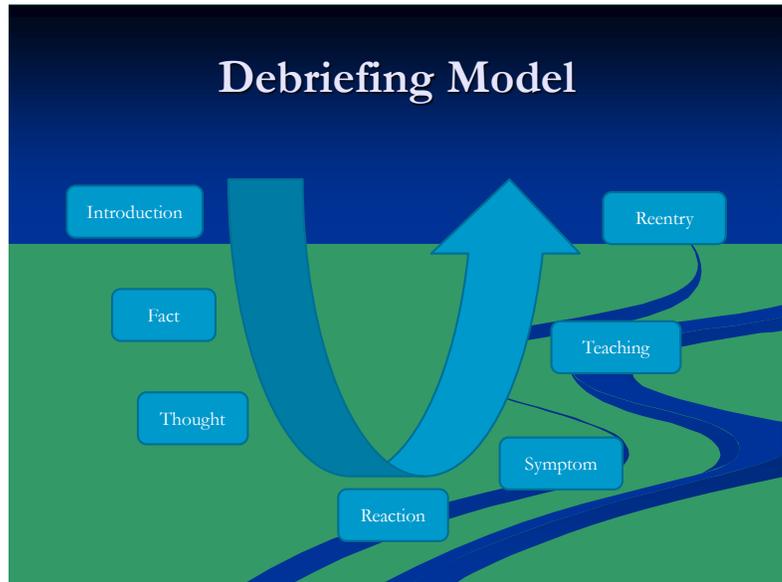
## Quarterly Training: Critical Incident Stress Management

For our last CERT quarterly training on October 26th, the Washington Community Chaplain Corps (WC3), came out and taught Critical Incident Stress Management (CISM). Chaplain Sharon Green explained that CISM is a comprehensive, integrative crisis intervention program that deals specifically with traumatic events. It is a structured process for helping those involved in a critical or traumatic incident share their experiences, express their emotions and learn about stress reactions and symptoms.

Chaplain Green emphasized that the symptoms experienced following a traumatic event; sleep disturbances, withdrawal and flashbacks to name a few, are all normal reactions to an abnormal experience. Green went on to discuss the different methods used for early post-traumatic stress intervention, defusing and debriefing. Defusing happens immediately following an incident and offers a short (20 minute) opportunity to vent and discuss normal stress symptoms that are experienced.

A Critical Incident Stress Debriefing (CISD) occurs 24 to 72 hours after the incident and

involves a structured, small group meeting with discussion about the critical incident. The debriefing is designed to minimize the impact of the critical incident and assist



those involved in recovery from the stress accompanying the event. Sharing your perspective and helping to recreate “the story” will not only help you but others. Each person involved in the critical incident saw, heard and acted upon their own part of the event. Building a 360-degree view often results in a better understanding of the event itself as well as the reasons for the reactions of others. Chaplain Green went on to explain the 7-phase CISD model (seen above).

Once we became familiar with the process, we broke into two groups to partake in a mock CISD. The scenario was a severe storm in our community where several people at a local school were injured and a few had died. Scenario cards were passed out to a few of us; the principle, school nurse, student involved, parent and first responder. As a group we went through the 7 phases lead by a chaplain. It was a great learning experience to go through the process and see what it looks like.

Thank you to all the CERT members who attended and participated in the mock debriefing. A big thank you to the WC3 for teaching us all the process and benefits of CISM.

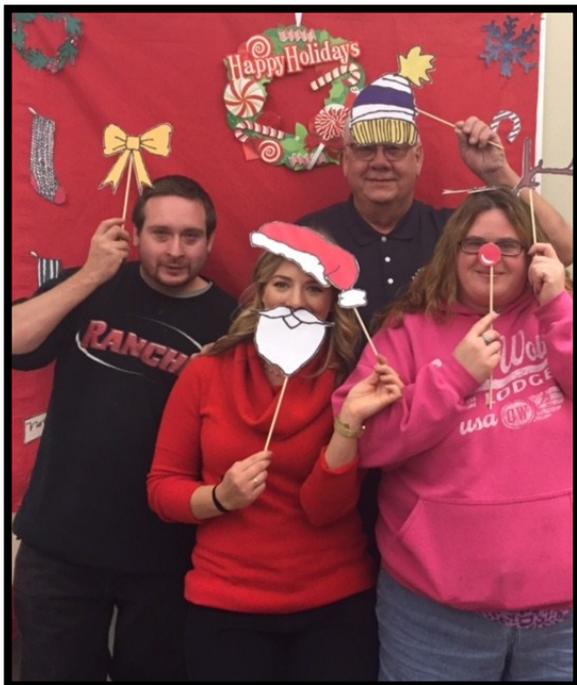


# CERT NEWS



## 5th Annual CERT Potluck!

December 7th marked our 5th Annual CERT Potluck. 35 CERT and family members gathered at Station 20 to eat, chit chat and be merry. It wouldn't be a proper potluck without games and prizes! Amber arranged three games; guess the number of candy canes in a jar, bingo and Scattergories! Each winner received a CERT backpack filled with emergency preparedness supplies. No one went home empty handed, each member went home with a goodie bag filled with preparedness items. New at this years potluck was a holiday photo wall! Amber created fun cut outs for members to take pictures with! A BIG thank you to all who came. The best way to end the year is with friends delicious food!



### Fun Fact!

The word *potluck* appears in the 16th century English work of Thomas Nashe, and was used to mean "food provided for an unexpected or uninvited guest, the luck of the pot. The sense "communal meal, where guests bring their own food," appears to have originated in the late 19th century or early 20th century, particularly in Western North America, either by influence from the Native American term *potlatch* or possibly by extension of the traditional sense of "luck of the pot".



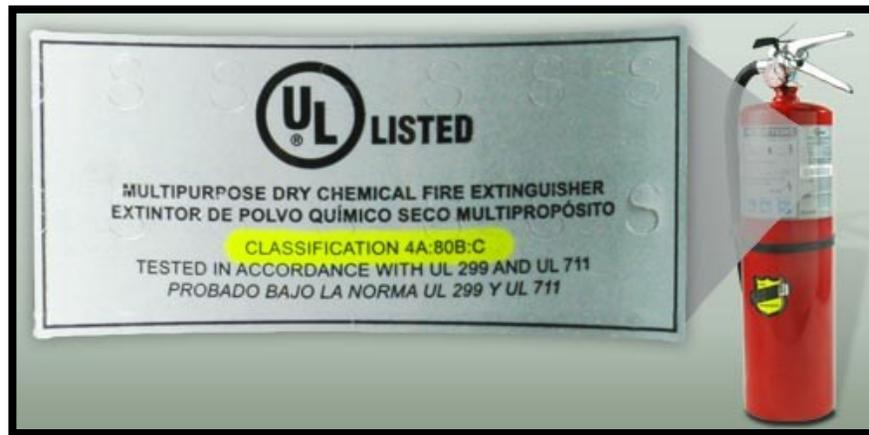


# CERT ALERT!



## Decoding UL Rating on Fire Extinguishers

You will find a UL Rating in the title of certified fire extinguishers. For example, an **ABC Fire Extinguisher** might have a UL Rating of 4-A:80-B:C. But what do these fire extinguisher ratings mean? The numbers in the UL Rating are a relative measurement of how effective a given extinguisher is at fighting certain classes of fires, based on proper fire extinguisher training.



**A:** The number in front of the “A” measures the extinguisher’s water equivalency. A single A is equivalent to 1.25 gallons of water, so a unit with a fire extinguisher rating of 4-A has an equivalent of 5 gallons of water to battle Class A fires.

**B:** The number in front of the “B” illustrates a relative measurement of how much square footage the extinguisher can cover.

**C & K:** These letters indicate that an extinguisher can be used effectively against these fire classes.

Now that you know exactly what the numbers mean, let’s observe how extinguishers compare qualitatively to one another. Let’s compare an extinguisher with a **4-A:80-B:C rating** to one with a **1-A:10-B:C rating**.

Based on what you’ve learned above, you know that:  
*4-A:80-B:C is 4x more potent against Class A fires than 1-A:10-B:C.*

*4-A:80-B:C is 8x more potent against Class B fires than 1-A:10-B:C.*

*Both extinguishers can combat class C fires.*





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## Mark Your Calendars!

### Upcoming WP CERT Events:

**CERT Quarterly Training: Mt. Rainier, Hazard in our Backyard, Presented by Peggy LovellFord (Pierce County DEM)**

Wednesday, January 25th

6:30pm-8:30pm

Station 20, 10928 Pacific Hwy SW, Lakewood

**Active Shooter & Work Place Safety, Presented by Pierce County Sheriff's Deputy Dan Hacker**

Wednesday, February 8th

6:30pm-8:00pm

Station 31, 3631 Drexler Drive West, University Place

**CERT Class 33**

February 27th -March 18th

\*See page 9 for details

Station 20, 10928 Pacific Hwy SW, Lakewood

Station 21, 5000 Steilacoom Blvd., Lakewood

**First Aid & CPR classes**

2nd Saturday of the month throughout 2017

\*See page 10 for details

Station 20, 10928 Pacific Hwy SW, Lakewood

**Rachel Adler**  
Emergency Preparedness Coordinator  
West Pierce Fire & Rescue  
Rachel.Adler@westpierce.org  
253.983.4564

Email  
CERT@westpierce.org

Website  
www.westpierce.org/cert

Facebook  
www.facebook.com/westpiercecert

**Amber Redmond**  
CERT Coordinator  
West Pierce Fire & Rescue  
Amber.Redmond@westpierce.org  
253.983.4580



# CERT ALERT!



## Mark Your Calendar!

Need a CERT course refresher? You are always welcome to audit a class for a review and be sure to tell your friends about our CERT program. Below is the schedule for our next session in April.

Just be sure to inform the CERT Coordinator of your attendance!

**Volunteers needed for  
Graduation Drill on  
March 23rd!**

Contact the CERT Coordinator  
for volunteer opportunities

**C.E.R.T**  
(Community Emergency Response Team)  
**Winter Training Session**  
February 27 - March 18, 2017

Monday evening, 6:00 – 9:00pm	Wednesday evening, 6:00 – 9:00pm	Saturday, 10:00am – 2:00pm
<b>February 27</b> Disaster Preparedness & CERT Organization <i>Location: WPFR Fire Station 20            10928 Pacific Hwy SW</i>	<b>March 1</b> Fire Safety <i>Location: WPFR Fire Station 21            5000 Steilacoom Blvd SW</i>	
<b>March 6</b> Disaster Medical 1 <i>Location: WPFR Fire Station 20            10928 Pacific Hwy SW</i>	<b>March 8</b> Disaster Medical 2 <i>Location: WPFR Fire Station 20            10928 Pacific Hwy SW</i>	
<b>March 13</b> Light Search & Rescue <i>Location: WPFR Fire Station 21            5000 Steilacoom Blvd SW</i>	<b>March 15</b> CERT Organization & CERT Psychology <i>Location: WPFR Fire Station 20            10928 Pacific Hwy SW</i>	<b>March 18</b> <b>EXERCISE</b> <i>Location: WPFR Fire Station 21            5000 Steilacoom Blvd SW</i>



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## First Aid & CPR classes for CERT Members!

Throughout 2017 CERT members will be able to take WEST Pierce Fire & Rescue's First Aid & CPR classes at no cost! The classes are taught the second Saturday of every month.

This course does NOT meet the requirements for the Healthcare Provider course. It is a basic First Aid & CPR course.

The course is subject to cancellation if the class minimum of 4 people is not met.

One person, adult, child and infant CPR with airway management, first aid for choking,

control of bleeding, splinting, bandaging, first aid for burns, sprains, strains, poison control, and other first aid procedures are covered. This course meets Labor & Industries and

Department of Social & Health Services Standards.

This is an 8-hour class held from 9:00 a.m. to 5:00 p.m. and cards are recognized for 2 years.

For more details about the classes please visit our website: [www.westpierce.org](http://www.westpierce.org).

### To Register:

Please email [Rachel.Adler@westpierce.org](mailto:Rachel.Adler@westpierce.org) with intended date. You must present your CERT ID Badge at the class.

## Puget Sound Energy Grant!

Our West Pierce CERT Program received **\$4,200.00** from the Puget Sound Energy Foundation to support our program through the purchase of CERT backpacks and other preparedness supplies. A big thank you to the Foundation for their time, consideration and gift. Our community and CERT program will benefit greatly from their generosity!





# CERT NEWS



Our West Pierce CERT Program has been up and running for seven years now. We have held 32 class and have trained over 500 citizens! With our ever evolving program and volunteers coming and going, it is time to restructure our CERT program. As you know, our CERT program is divided into 15 teams, nine of which are in Lakewood, three in University Place, and four out of the West Pierce area or unassigned.



For years our CERT Team Leaders have tried to set up meetings with their team members with sporadic success. After talking it over with our wonderful Team Leaders, the consensus is to shake things up! To start this process we will be send out a survey via email. The survey will ask various questions from basic member information to your level of CERT involvement. All your answers will help us to narrow down our CERT teams to a more realistic and manageable number. This way, those who want to be more involved with CERT will have those opportunities and those who are no longer interested in participating in WP CERT will have the opportunity to express that.

## Please Notice This



The survey will be sent out a minimum of three times to ensure the best results. **PLEASE, PLEASE, PLEASE** completely fill out the survey when you receive it. If we do not hear from you, the assumption will be you no longer wish to participate. (You won't be deleted, but will be moved to an "inactive" list). Thank you in advance for your participation. Happy New Year!

**All of your hard work and dedication over the past year is reflected below!!**



### Volunteer Tracking Report 2016

#### Cumulative Totals WEST PIERCE CERT

<b>Volunteers Recruited</b>	<b>82</b>
<b>Training Hours</b>	<b>2086.50</b>
<b>Public Event Hours</b>	<b>119.75</b>
<b>Victim Hours</b>	<b>204.50</b>
<b>Meeting Hours</b>	<b>24.50</b>
<b>Total Volunteer Hours:</b>	<b>2435.25</b>