

City of Arts & Innovation

RIVERSIDE FIRE DEPARTMENT



OFFICE OF EMERGENCY MANAGEMENT

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CITY OF RIVERSIDE COMMUNITY PREPAREDNESS NEWSLETTER

1st Quarter 2014

Volume VI, Issue I

KEEP AN EMERGENCY SUPPLY KIT IN YOUR CAR

Keep your family safe by preparing for emergencies that can occur while traveling by car. Having a few key items in an emergency kit can help to minimize a stressful situation. It's a good idea to include a GPS, smart phone, or other device capable of connecting to the internet as part of your kit. That way you're only a few clicks away from finding help should you need it.

Although technology has made it much easier for us to respond to unplanned emergencies, we may not always have devices available to call for help or we may get stranded in an area where we don't get service. So preparing **before** you go is a must.

GET A KIT, (with emergency supplies for your car) **MAKE A PLAN** (keep your trusted contacts informed on your location and have a plan "B" if things change and you have to change plans) and **BE INFORMED** (check the forecast and road conditions of your entire route **BEFORE** you travel.)

The items you keep in your car kit will depend on location, season, climate, and your personal needs. Your trunk space may be limited, but there are some items that you should have in case of an emergency:



EMERGENCY SUPPLY CAR KIT

- Maps of the areas around the routes you plan to travel
- Flashlights and extra batteries.
- Portable Radio batteries or hand crank type, extra batteries.
- Charging cords - car and electrical for devices.
- Folding shovel
- Jumper cables
- Set of tire chains. Know how to install these.
- Car Fuses
- Tools: pliers, knife, flat and Phillips screwdrivers, and wrench.
- Necessary fluids for your car, motor oil, brake fluid, power-steering, and transmission fluid.
- Gallon of water and antifreeze



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KEEP AN EMERGENCY SUPPLY KIT IN YOUR CAR

Emergency CAR Kit

continued from pg. 1

- Funnel, and rags in case of spills.
- Fire extinguisher
- Road flares
- Electrical and duct tape,
- WD-40.
- Bright cloth or emergency road sign to display in your window in case of trouble.
- Wool blanket
- Small manual with instructions on basic roadside repairs.



Personal items:

- First Aid Kit, Water, Non-perishable food items, can opener, snacks.
- Rain gear, Extra clothes, warm gloves, boots, necessary medications, personal hygiene items, spare pair of glasses
- Folding chair(s)
- Pillows, Sleeping bags
- Books and games
- Toilet paper
- Emergency contact card with names and phone numbers, paper and pen

Pets: Pet Food / Water - Food/ Water dish

- Pet Bed/Blanket/ Carrier
- Extra leash, Muzzle
- Pet ID Tag



Maintain Personal Safety

Before you leave, research your destination city to find out about the area. Practice good safety habits to reduce your chances of becoming a crime victim by staying in well-lit areas where plenty of other people are present.

Vehicle Preparedness

- Keep tires at the vehicle manufacturer's recommended pressure and routinely check tire pressure during cold weather.
- Keep windshield solvent at full strength and make sure the reservoir is full, and keep new wiper blades on front and rear wipers, if so equipped.
- Wash your vehicle for better visibility to other drivers, and remove ice and snow from all lights, windows and the license plate before driving.
- Periodically check all lights and replace when necessary.
- Have your vehicle inspected by a mechanic before making long-distance trips.
- Check the forecast for your entire route before and during your trip. Weather conditions can change drastically, especially if thunderstorms are expected.

Safety Tips for Drivers

If a disaster occurred while you were driving, would you know what to do? Making the wrong decision could be fatal. The most important thing for you to remember when faced with an emergency is **DON'T PANIC**.

WINTER STORMS - Stay in your vehicle

Avoid driving in severe winter storms. If you are caught in a storm and get stuck, stay in the vehicle and await rescue. Do not attempt to walk from the vehicle unless you can see a definite safe haven that is close.

- Turn the vehicle's engine on for brief periods to provide heat and recharge the battery.
- Periodically make sure the exhaust pipe is clear of snow and always leave a downwind window open slightly when running the engine to avoid a buildup of deadly carbon monoxide.

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PROMOTING PREPAREDNESS AT COMMUNITY EVENTS - THANKS CERT !!

On OCT 19 the 2013 Riverside Neighborhood Conference was held at the RCC Campus in Riverside . The Riverside Fire Department Office of Emergency



Management was invited to provide 2 workshops. Emergency Services Manager Tony Coletta presented information on Emergency Preparedness and CERT Program Manager Gina Perez presented information on how neighbors trained in CERT could help each other following a disaster. CERT Volunteers also staffed a



booth on disaster preparedness and response information and showed how to shut off utilities safely in an emergency if needed.



On Oct. 9, CERT Volunteers, staffed a table at the 50 and Better Health & Safety Fair at the Goeske Senior Center. CERT Volunteers gave out File of Life Packets, Emergency Preparedness materials and distributed free smoke detectors to Seniors!

CERT MEMBERS **Margo Miley, Janet Townsend, Joe Hamlin & Claudia Kwiecien** distributed free smoke detectors to Seniors

The Fifty & Better Health Fair is a dynamic day of health and wellness designed specifically for community members aged 50+.



CERT **Joe Hamlin**, Mayor **Rusty Bailey**, CERT **Claudia Kwiecien**, CERT **Linda Burn**, Riverside Fire Community Preparedness Coordinator **Gina Perez**

Easy access to FREE high-quality health information, education and resources is essential for maintaining quality of life. This event was developed to ensure that ALL seniors have the opportunity to live the longest, healthiest life possible.

Over the past six years, thousands of seniors have attended from across the Inland Empire and JGF served over 2,500 participants.

Thank You CERT!

Riverside Fire Station #1 Dedication & Open House Saturday, October 26, 2013

CERT VOLUNTEERS; Cheryl Art Linda Burn Larry Burn Kay Diehl Fran Ferard
Debbie Gonzalez Anna Hauldren Sharon Hedges Margo Miley
Marlene Odebralski Kaye Powley Rick Schirmer Kelly Taylor

CERT Volunteers helped with setup, securing areas, tours and other tasks.



Anna, Margo, Debbie, Kay, Kelly, Kaye



Margo, Cheryl, Kay, Fran, Marlene



Rick Schirmer



Sharon, Gina, Kaye, Anna





Hands-Only™ CPR

A lifesaving action. When an adult has a sudden cardiac arrest, his or her survival depends greatly on immediately getting CPR from someone nearby. Unfortunately, less than 1/3 of those people who experience a cardiac arrest at home, work or in a public location get that help. Most bystanders are worried that they might do something wrong or make things worse. That's why the AHA has simplified things.

Don't be afraid. Your actions can only help.

It's not normal to see an adult suddenly collapse, but if you do, call 911 and push hard and fast in the center of the chest. Don't be afraid. Your actions can only help. Take a minute and look around this site and invite your friends! Increasing the number of people who know about Hands-Only™ CPR will increase the chance that someone can help when an adult suddenly collapses, and more lives can be saved.

What is Hands-Only™ CPR

Hands-Only™ CPR is CPR without mouth-to-mouth breaths. It is recommended for use by people who see an adult suddenly collapse in the "out-of-hospital" setting (like at home, at work, in a park). It consists of two steps:

There are only two steps to remember:

- 1) Call 911 (or send someone to do that).
- 2) Begin providing high-quality chest compressions by pushing hard and fast in the center of the chest with minimal interruptions.

Who should receive Hands-Only™ CPR?

Hands-Only™ CPR is recommended for use on teens or adults (anyone over the age of 8) whom you witness suddenly collapse.

Is Hands-Only™ CPR as effective as conventional CPR?

Any attempt at CPR is better than no attempt. Hands-Only™ CPR performed by a bystander has been shown to be as effective as conventional CPR with mouth-to-mouth breaths in the first few minutes of an out-of-hospital sudden cardiac arrest. Conventional CPR may be better than Hands-Only™ CPR for certain victims, such as in-

fants and children and adults who are found in cardiac arrest (whom you did not see collapse) or victims of drowning or collapse due to breathing problems.

If I was trained in conventional CPR that includes breathing (30 compressions to 2 breaths) and I see an adult suddenly collapse, what am I supposed to do? Call 911 and start CPR.

If you ARE CONFIDENT in your ability to provide CPR that includes breaths with high-quality chest compressions with minimal interruptions,

then provide either the conventional CPR that you learned (CPR with a 30:2 compression to breath ratio) OR Hands-Only™ CPR. Continue CPR until an AED arrives and is ready for use or EMS providers take over care of the victim.

If you ARE NOT CONFIDENT in your ability to provide CPR that includes breaths with high-quality chest compressions with minimal interruptions, then provide Hands-Only™ CPR. Continue Hands-Only™ CPR until an AED arrives and is ready for use or EMS providers take over care of the victim.

For more information on Hands-Only™ CPR go to: <http://handsonlycpr.org/>



On Nov 16, CERT Members received American Heart Association Adult, Child & Infant CPR & AED CERTIFICATION, Instructed by Fire Capt. John Peurifoy
 Congratulations to Jose, Janine, Richard, Tiffany, Kaye and Austin

Hands-Only™ CPR scientific statement

The American Heart Association works with some of the world's leading resuscitation scientists and medical professionals. Their continuous review of published research studies on CPR resulted in the following AHA Science Advisory, published in an April 2008 edition of the medical journal *Circulation: Hands-Only™ (Compression-Only) Cardiopulmonary Resuscitation: A Call to Action for Bystander Response to Adults Who Experience Out-of-Hospital Sudden Cardiac Arrest*

CONGRATULATIONS CERT CLASS # 51 - NOVEMBER 2013



ALPHABETICAL ORDER: Corinne Bendy, Paul Braiman, Leah Chermak, Janet Christie, Barbara Christie, Austin Coletta, Jennifer Cruz, Harvey Diehl, Debra Donohoe, Edwin Garcia, Angela King, Terry Kokot, Vee Mann, Jessica McDonald, Ignacio Ortiz, Edwin Parra, Caleb Phillips, Irene Rael, Marie Rivera, Vincent Rosse, Marilou Santiago, Coleen Stanton, James Vance, Debbi Vance, Melanie Washington, David Whittlesey, Camille Wise, Chiyoko Yamasato PAST CERT "VICTIMS": Kelly Taylor, Sjana Dreyer-Bauer



CERT Incident Commander Vince Rosse gives Team Leaders Directions

Safety Tips for Drivers Continued from page 2

- Generate body heat by not remaining in one position for long, clap your hands, stomp your feet, or just move around a bit. Avoid exposure or overexertion from trying to dig or push your car out.
- Listen to the radio or television for the latest National Weather Service Bulletins on severe weather for the area in which you will be driving.

HIGH WINDS

Avoid Driving - Strong winds can easily push a car out of its lane of travel or off the road. The larger the vehicle, the more susceptible it will be to the force of the wind.

- If you are driving when high winds occur, pull safely off of the road and seek shelter in a building. Being in a parked car is safer than being outside; however, being in a building is safer than being in the car.
- During and after periods of high winds, be cautious of debris in the roadway and downed or low hanging utility wires.

SUMMER HEAT

Stay out of parked vehicles - During hot weather, heat can build up rapidly in a closed or nearly closed car children, the elderly, and pets can die from heat stroke in a matter of minutes when left in a closed car.

- **Never leave anyone or any pets in a parked car during periods of high temperatures.**

FLOOD

Get out of your vehicle- Never attempt to drive through water on a road. Two feet of water can float most cars, and not much more will float a large pickup. The water can be deeper and moving faster than it appears, and water levels may rise quickly. Floodwater can erode roadways and hide sections of road and bridges that have been swept away.

- Wade through floodwater only if it is no higher than your knees and is not flowing rapidly.
- If your car stalls in floodwater, get out quickly and move to higher ground. The water level may

still be rising and the car could be swept away at any moment.



EARTHQUAKE

Stay in your vehicle -Pull to the side of the road, bring the vehicle to a halt as soon as safely possible, and shut off the ignition. If possible, stop clear of buildings, utility wires, and overpasses/bridges.

- When the shaking has stopped, proceed cautiously, avoiding bridges, overpasses, or any other elevated structure that might have been damaged during the quake.
- Be aware of utility wires laying on the road or hanging low over it and be prepared to respond to aftershocks.

ARRIVED AT DESTINATION

Stay informed -During emergencies such as severe weather, hazardous material spills or earthquakes keep a radio or television on and wait for further information and instructions

- Familiarize yourself with emergency plans in your hotel or place you are staying as soon as you arrive.
- If evacuation is recommended, the area to be evacuated will be announced along with the routes to be used, the location of evacuation shelters, and other related information.

If disaster strikes your vacation spot, you can register on the American Red Cross' "Safe and Well" website at www.safeandwell.org so family and friends will know that you are safe.

For more information on emergency preparedness visit: www.readyriverside.com
www.redcross.org/

Riverside Festival of Lights "Switch on Ceremony" Friday, Nov. 29, 2013

CERT Volunteers together volunteered over 150 hours to the Riverside Festival of Lights "Switch on Ceremony" Tasks included Traffic/Crowd Safety and Safeguarding Barricaded areas. With thousands of people and in rainy weather our CERT Volunteers maintained a professional positive attitude! We received lots of positive comments from the organizers and the community about how courteous and helpful our CERT Members were to everyone. Thanks for maintaining your professionalism when dealing with challenging situations and helping to direct those from outside the area to where they needed to go. You were great Team Leaders who represented our Riverside Fire CERT Program very well.



Thanks again for volunteering,
Gina Perez - CERT Program Manager
Riverside Fire Department - Office of Emergency Management



City of Arts & Innovation



Diane Contreras Kaye Powley



Vince Rosse Larry Conn



Maria Egbert Joe Hamlin



David Bell Carla Zehrt



Greg & Carol Crouch



Ron - (Chamber) Rudy Moreno



Janet Townsend Angelina Robles



Sharon Sylva Margo Miley



Karen Corcoles Sharon Hedges



Gina Perez Anna Hauldren



Caleb Phillips



Eva Kasick



Nancy Walker



Tyler & Travis Bradshaw



Austin Coletta



Richard Bonilla



Peter Rosen



Evan & Kent Poulsen



Teresa Lawton



Lezlie Wood

CERT Adv. Training– Disaster Search Dogs & Rescues



Bruce demos a training technique used for Cadaver Dogs



Live Find K-9 Blue enjoys training with CERT



Peter & K-9 Dublin Cadaver Search Dog

On Oct. 19 the CERT Adv. Training topic was **Disaster Search Dogs & Rescues**. Instructor Peter Sellas (K9 Handler DHS FEMA CA -TF6) outlined some "do's and don'ts" and provided information volunteers should know if ever activated to assist at a search where working dogs are present. Peter and K-9 Handler Bruce Holms demonstrated a few dog training techniques and searches, utilizing both Cadaver and Live Find Search Dogs. Thanks to everyone who attended.

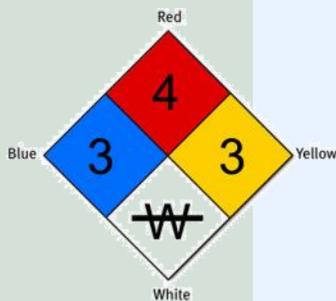


CERT Adv. Training– Haz-Mat Safety



Household cleaners can be hazards

- Always read labels
- Use L.I.E.S. storage procedures
- (Limit, Isolate, Eliminate, Separate)



On Nov. 20, Emergency Services Manager Tony Coletta instructed our CERT Adv. Training - **Haz Mat Safety Operations**. We reviewed safety operations and how every day products that we use at home or work, if combined, could be very dangerous. Tony explained that products have Material Safety Data Sheets that are available to consumers that explain how to manage storage of their products and if contamination occurs - how to treat injuries. In CERT Basic -Unit 2 Fire Safety we learned that the NFPA Diamond Placard is a "**STOP SIGN**" to CERT Members.

Riverside Fire CERT Year End Celebration December 11, 2013



Hello CERT Members,

On behalf of the Riverside Fire Department – OEM I want to thank everyone who attended our 2013 CERT Year End Meeting/ Celebration on Dec. 11th at the Orangethirst Club. The MC for the evening was Lead CERT Instructor/ Fire Captain John Peurifoy. CERT Members who attended each received a notebook portfolio personalized with our Riverside Fire and CERT Logos; a nice addition to your CERT Kit.

During our meeting, I highlighted many of our Riverside 2013 CERT activities in a PowerPoint presentation with photos showing all your hard work. We also recognized the top 3 CERT Volunteers who donated the most hours in 2013; In 3rd Place was Joe Hamlin, 2nd Place Greg Crouch and in **1st Place for most hours was Margo Miley**. Each were presented with a Certificate of Recognition and a gift for their dedication.



Thanks to all the CERT Volunteers who helped with setup and cleanup. Thank you also to **Riverside City Firefighters' Association** and the Orangethirst Club Manager **CERT Member Phyllis DeLapp** for donating the use of their Clubhouse again this year for our meeting.



Fire Chief Steve Earley, Div Chief LaWayne Hearn, Fire Captain John Peurifoy, Emergency Services Manager Anthony Coletta

Our 2013 End of the Year Stats showed that our Riverside Fire CERT Volunteers

donated 4,718 total hours to Activations, Trainings and Special Assignments. THANK YOU ALL! Volunteering helps promote the importance of “Whole Community Preparedness” and training helps you practice knowing what to do before, during and after a disaster.



In closing, we know that your time is valuable and we appreciate all that you do! We are looking forward to another great year of Emergency Preparedness & Response activities for our CERT Program.

Sincerely,

Gina Perez
Community Preparedness Coordinator/ CERT Program Manager
Riverside Fire Department - Office of Emergency Management
gperez@riversideca.gov



Margo Miley - Most Hours



Greg Crouch



Joe Hamlin

CITY OF RIVERSIDE COMMUNITY PREPAREDNESS NEWSLETTER

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www.facebook.com/CityOfRiversideCert
Local website:
www.readyriverside.com
National website:
www.citizen corps.gov

Anthony Coletta,
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and CERT Coordinator
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SAVE THE DATE: CERT ACTIVITIES AND CLASSES

MARCH 2014

CERT 20-Hour Basic Course Training

Prepare for disasters sign up for the **Community Emergency Response Team (CERT) Basic Course**. Register online at: www.riversideca.gov/readyriverside/cert/
Location: Riverside Fire EOC Training Center

Dates:

- ♦ March, 7 Friday
6:00 pm to 9:00 pm
- ♦ March 8, Saturday
8:00 am to 5:00 pm
- ♦ March 9, Sunday
8:00 am to 5:00 pm

Must attend all dates to receive FEMA certificate Course registration fee :\$15.00.

CERT Adv. Training CERT Members Only

Register early as classes with less than 15 CERT Members registered will have to be cancelled.

~~(CPR) & Automated External Defibrillator (AED) Training~~
(CLASS IS FULL)

- ♦ Fees \$10. AHA CARD

DATE Feb 1 Sat 9:00 am to 1:00 pm
Riverside Fire EOC Training Center

♦ **CERT Adv. Training Sandbagging Techniques**

February 19, Wednesday
6:00 pm to 8:00 pm

Riverside Fire EOC Training Center

♦ **CERT Members Final Exercise Refresh skills or help out as an injured "victim"**

March 9, Sunday
2:00 pm to 4:00 pm

Riverside Fire EOC Training Center

♦ **CERT Adv. Training- Wilderness Search Basics**

March 29, Saturday
9:00 am to 12:00 noon

Riverside Fire EOC Training Center

Register online for CERT Adv. Training Classes at: www.riversideca.gov/readyriverside/CERT/

January 2014

Sun	Mon	Tue	We	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

IMPORTANT

Have you moved or changed your email address or phone number?

Give us a call (951.320.8112) or send Gina Perez an email (gperez@riversideca.gov) and update your contact information.

