



# Warren CERT eNews



**Not if..... When Always Vigilant - Always Prepared**

Volume 3 Issue 7

July 2017

This newsletter is brought to you by the Executive Board and is meant to give you the latest news and information from around the organization.

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## WHAT TO DO UNTIL HELP HAS ARRIVED

If someone is injured, the first few minutes are critical in helping the chances of surviving serious or life-threatening injuries. Would you know how to help them until professional help arrives? A new, easy five-step program will help you learn how.

The [You Are The Help Until Help Arrives](#) program can educate you on how to take action in emergencies. A multi-agency effort led by the U.S. Department of Health and Human Services Office of the Assistant Secretary for Preparedness and Response (ASPR) and the Medical Reserve Corps (MRC), the Uniformed Services University's (USU) National Center for Disaster Medicine and Public Health (NCDMPH), and the Federal Emergency Management Agency's (FEMA) Individual and Community Preparedness Division (ICPD) developed the base of the program.



The Until Help Arrives Interactive Video challenges viewers to help virtual accident victims.

FEMA and collaborating federal agencies decided to build the Until Help Arrives program after research revealed there are simple, easy steps anyone can do to increase the chances of survival for an injured person. Until Help Arrives is the first comprehensive, free-of-charge training program that broadly covers what you should do until help arrives.

According to a study by the National Academies of Sciences, Engineering, and Medicine, trauma, such as injuries from a car accident, gun violence, or a fall, is the leading cause of death for Americans under the age of 46. The study goes on to say that when people see someone get hurt, their first reaction can be surprise or shock and that response often keeps them from taking action to help.

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## PRESIDENT'S VOLUNTEER SERVICE AWARD (PVSA)

As another level of recognition and acknowledgement for all the time volunteered by our members CERT has added the ability for members to qualify for the President's Volunteer Service Award or PVSA.

Please go to <https://www.presidentialserviceawards.gov/register-vo> and create your own account. Each person must create your own account! To associate your account to the Warren CERT team you must reference our Record of Service Key WBU-4628



Any community volunteer work is allowed to be added for review. Any other groups or teams you volunteer can be submitted for consideration. For example RACES/ARES, Ducks Ltd., any city commission, etc. Any non-compensated training you do or volunteer work you perform may be submitted.

[Every member should log all your community service. Awards for 2016 will be closed shortly!](#)

## WHAT TO DO UNTIL HELP HAS ARRIVED

CONTINUED

“The idea is to empower people through training and familiarity to increase the number of people who will be that first person to move and make a difference,” said Andrew Burrows, Citizen Responder Lead with FEMA ICPD.

A panel of medical doctors from the multi-agency group established the five actions for the Until Help Arrives program, which require no special equipment. These five actions are calling 9-1-1, protecting the injured from further harm, stopping any bleeding, positioning the injured so they can breathe, and providing comfort.

There are online resources at [www.ready.gov/UntilHelpArrives](http://www.ready.gov/UntilHelpArrives) that can help educate on the five steps. An interactive video set at an amusement park informs how to assist those injured in an accident at different areas of the park, including a runaway go-kart and a malfunctioning Ferris wheel.

“The idea for the interactive video was to introduce the five steps in an entertaining and fun way,” Burrows said. “Our approach was for people to learn the basics in a unique format. This will increase the chances for people to feel comfortable enough to engage in more web-based training which can also be found on the campaign website.”

The Until Help Arrives Interactive Video challenges viewers to help virtual accident victims.

While the interactive video only takes a few minutes to complete, the web-based training includes a 25-minute video tutorial for those who want to learn more about how to help a person with life-threatening injuries.

“One of our goals is to generate a change in the perception of how people interact with someone who is injured,” Burrows said. “There is often the idea that if somebody is injured, private individuals should not get directly involved. However, people can gain the confidence to help with this program.”

If you would like to provide Until Help Arrives information and training for a group, there are a number of available resources including instructor-led training materials with a slide deck, supplemental videos, and an instructor guide with tips to teach the course.

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## THE MONTH IN REVIEW - CALL OUTS, DEPLOYMENTS, AND EVENTS

It was another good month with a Mix of new and old events. All the events went of perfectly including the WWT Graduation in Sterling Hts.. Being a new event we didn't have a game plan to go by so we designed a plan. Glad to say our plan worked out perfectly and we had the church emptied out in what we are told was a record time.

Sat Jun 3 General Membership Meeting

Mon Jun 5 WWT Graduation (Sterling Hts)

June 20 Leason's Fund Raiser

Thu Jun 22 Downed Wire 7243 Toepher

June 23, 24, 25 LP CERT Basic Class

Sat Jun 24 Center Line Fire Works

Fri Jun 30 Hazel Park Fireworks

**Approx 580 Hours - Call-Out & Meeting/Training Hours**

65 Hours Executive Board / Administrative

## UPCOMING EVENTS

Full details available at meetings, emails, and official CERT calendar

Sat / Sun July 8 & 9 TA&M/TEEX PER-334 Search and Rescue in Community Disasters

Fri, Sat, Sun July 7, 8, & 9 MEA Festival City Square

Tue July 18 16:00 to 20:00 Leason's Fundraiser

Sat July 22 0900 to 1300 Document Shredding Day at Warren City Hall

Sat Aug 5th 09:00 - 13:00 General Membership Meeting

Tue Aug 8th Full Scale Exercise - 07:00 - ??? In planning

Tue Aug 15 16:00 20:00 Leason's Fundraiser

Sat / Sun Sep 9 & 10 TA&M/TEEX PER-334 Search and Rescue in Community Disasters

Thu Aug 24th - Sun Aug 27th - Warren Birthday Bash (Details to be added)

Sat Aug 26th Birthday Bash Fireworks - Yep, they are back on!

Tue Sep.19 16:00 to 20:00 Leason's Fundraiser

Sat Sep 23rd 08:30 - 14:30 Animal Welfare Fall Clinic

Sat Sep 30th 10:30 - 12:30 - Fitzgerald HS Homecoming Parade

Sat Oct 7th 09:00 - 13:00 General Membership Meeting

Tue Oct. 17 16:00 to 20:00 Leason's Fundraiser

Sat Oct 21st Harvest Treat (Details to be added)

Sat Dec 2nd 09:00 - 13:00 CERT Family Appreciation Breakfast

Sat Dec 2nd 17:00 - 20:00 Tree Lightning Ceremony

**Make sure you follow Warren CERT on Facebook & Twitter**

<https://www.facebook.com/wrncert/>

[@WarrenCERT](https://twitter.com/WarrenCERT)

## WHAT TO DO UNTIL HELP HAS ARRIVED

continued

No qualifications are required. The materials are ideal for a variety of programs and individuals, such as scout troops, volunteer firefighters, Community Emergency Response Teams (CERT), and others who want to educate their organization or community.

“There are no requirements or certifications needed to lead Until Help Arrives training,” Burrows said. “It is ready-made instruction that is sponsored by FEMA and other agencies so that anyone can start using it immediately.”

To access the course and its three components, which are the interactive video, the web-based training, and the instructor-led training, visit [www.ready.gov/UntilHelpArrives](http://www.ready.gov/UntilHelpArrives).

## LEARNING HANDS ONLY CPR MAY SAVE A LIFE

Take some time to learn Hands-Only Cardiopulmonary Resuscitation (CPR).

June 1-7 was [National CPR and AED \(Automated External Defibrillator\) Awareness Week](#). According to the [American Heart Association](#) (AHA), Hands-Only CPR can be as effective as conventional CPR (i.e. with both compressions and breaths) for cardiac arrest at home, at work, or in public. It can double or even triple a person’s chance of survival.

Hands-Only CPR has just two easy steps. If you see a teen or adult suddenly collapse, the AHA recommends you:

- 1) Call 911.
- 2) Push hard and fast in the center of the chest to the beat of a familiar song that has 100 to 120 beats per minute (please reference [AHA's hands-only CPR fact sheet](#) for examples).



Visit [Heart.org/handsonlycpr](http://Heart.org/handsonlycpr) to watch the Hands-Only CPR video and share it during National CPR and AED Awareness Week with the hashtag #CPRsaveslives.

Please note the AHA still recommends CPR with compressions and breaths for infants, children, and victims of drowning, drug overdose, or people who collapse due to breathing problems.

## FIRE STARTERS

Not a campfire pro? No worries! These easy DIY fire starters get a blaze going in no time. Here's how to make them!

### Lint Carton Fire Pods

Supplies:

- \* Candles, or any wax
- \* Paper egg carton
- \* Laundry lint
- \* Scissors or box cutter



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## EXECUTIVE BOARD

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Coordinator	Steve Zabik	586-350-5555	szabik@warrencert.org	

## FIRE STARTERS

### Instructions:

- # Melt any leftover candles or wax available.
- # In a egg carton (it has to be paper), place a cotton ball amount of lint into each pod.
- # Pour in melted wax until lint is fully submerged.
- # Let it dry and then cut each pod.
- # Light the edge on fire and place it in the fire pit.

### Match Candles

#### Supplies:

- \* Matches
- \* Toilet paper
- \* Melted wax

### Instructions:

- # Take one piece of toilet paper and cut it in half.
- # Roll the paper onto the match.
- # Dip the match into the melted wax and let it dry.
- # Before striking the match, make sure to scrape off the wax from the match head.



### Fire Balls

#### Supplies:

- \* Cotton balls
- \* Isopropyl alcohol
- \* Petroleum jelly

#### Instructions:

- # Soak the cotton ball in alcohol. Squeeze the excess out.
- # Coat each cotton ball with petroleum jelly.
- # Keep it in a safe container.
- # Prior to lighting, make sure not to directly hold the cotton ball.
- # Place the cotton ball in the fire pit and carefully drop the match to ignite the fire balls.

[See the video here](#)

## HOW TO STAY SAFE IN HOT WEATHER

In recent years, excessive heat has caused more deaths than all other weather events, including floods. A heat wave is a prolonged period of excessive heat, generally 10 degrees or more above average, often combined with excessive humidity.

You will likely hear weather forecasters use these terms when a heat wave is predicted in your community:

**Excessive Heat Watch** - Conditions are favorable for an excessive heat event to meet or exceed local Excessive Heat Warning criteria in the next 24 to 72 hours.

**Heat Advisory** - Heat Index values are forecasting to meet locally defined advisory criteria for 1 to 2 days (daytime highs= 100-105° Fahrenheit).

**Excessive Heat Warning** - Heat Index values are forecasting to meet or exceed locally defined warning criteria for at least 2 days (daytime highs= 105-110° Fahrenheit).

### What To Do During Hot Weather

>Listen to a NOAA Weather Radio for critical updates from the National Weather Service (NWS).

>Never leave children or pets alone in enclosed vehicles.

>Stay hydrated by drinking plenty of fluids even if you do not feel thirsty. Avoid drinks with caffeine or alcohol.

>Eat small meals and eat more often.

>Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.

>Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.

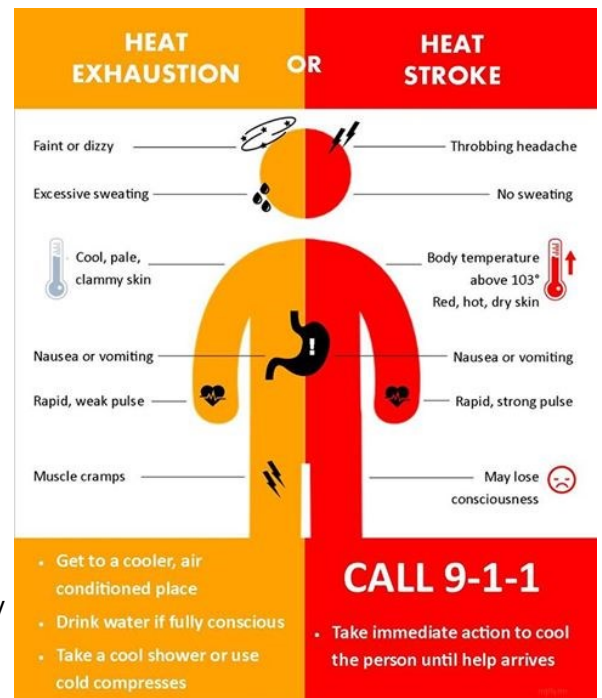
>Postpone outdoor games and activities.

>Use a buddy system when working in excessive heat.

>Take frequent breaks if you must work outdoors.

>Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone or who are more likely to be affected by the heat.

>Check on your animals frequently to ensure that they are not suffering from the heat.



If the air is **HOT**, the asphalt is **HOTTER!**

Press the back of your hand firmly against the asphalt for 7 seconds to verify that it will be comfortable for your dog.

When the air is this, the temperature has been measured at this! \*

AIR Temperature	ASPHALT Temperature
77°	125°
86°	135°
87°	143°

AN EGG CAN FRY IN 5 MINUTES AT 131° F AT 125° skin destruction can occur in 60 seconds!

\* These temperature correlations represent worst case scenario variables. Data Source: Berens J. Thermal contact burns from streets and highways Journal of the American Medical Association; 214 (11): 2025-2027

**HEAT EXHAUSTION** - Excessive heat can lead to sunburn, heat cramps, heat exhaustion and heat stroke. If someone is experiencing heat cramps in the legs or abdomen, get them to a cooler place, have them rest, lightly stretch the affected muscle, and replenish their fluids with a half a glass (about 4 ounces) of cool water every 15 minutes.

**HEAT STROKE LIFE - THREATENING.** Signs include hot, red skin which may be dry or moist; changes in consciousness; vomiting and high body temperature. Call 9-1-1 or the local emergency number immediately if someone shows signs of heat stroke. Move the person to a cooler place. Quickly cool the person's body by immersing them up to their neck in cold water if possible. Otherwise, douse or spray the person with cold water, or cover the person with cold, wet towels or bags of ice.

<http://www.crh.noaa.gov/images/pah/pdf/heatsafety.pdf>

[Red Cross Heat Wave Safety](#)

## CERT POLICIES YOU NEED TO KNOW

Warren CERT ID and Lanyard can ONLY be worn when activated as Warren CERT and must NOT be visible when stored in your vehicle. Do not keep lanyards in your cup holders, hanging from your rear view mirror, or other obvious place. You need to assure it does not get stolen or is used to misrepresent the team.

When deployed on Warren CERT events, logos and ID's from any other agency's cannot be worn. This includes, but is not limited to Badges (Security, Hospital, Work, etc.), Shirts or uniforms with logos of other agencies (Police, Sheriff, Fire, Ambulance, Security, even other CERT teams). Displaying multiple identifying marks causes confusion and can place you in unwanted and dangerous circumstances.

Under no circumstances should you self-deploy!! IF YOU SELF-DEPLOY AND ARE INJURED YOU ARE ON YOUR OWN! IF YOU SELF-DEPLOY AND ARE INJURED YOU ARE NOT COVERED BY THE CITY! If you decide to offer assistance without being called out by during a city sanctioned event you are doing so as a civilian and assume all responsibility.

You are authorized to use your red warning light while on official CERT call-outs or events and when you are using it according to CERT guidelines. You must be stationary while it is in use. You are only authorized to use it while in the city of Warren. Your light should not be visible outside of the city

Warren CERT has a Chain of Command and every member is subject to follow it. If you ever have any questions or problems bring it to your executive board. No member will email or call a city official concerning a CERT topic without having gone thru the executive board or Emergency Manager.

Under no circumstances should any member attempt to approach or attempt to move any downed wire!

All safety policies and procedures must be followed at all times.

All members, at all times, must exhibit professionalism.

No smoking, indecent or lewd behavior or discussion will be tolerated.

**ANY VIOLATION OF THE ABOVE GUIDELINES COULD RESULT IN DISCIPLINARY ACTION, EXPULSION FROM THE CERT TEAM OR CRIMINAL CHARGES.**

## IMPORTANT INFO

**The Birthday Bash fireworks are back on. Looking for all available members to assist in closing down Van Dyke Ave. on Saturday August 26th.**

**Remember call 586-960-5315 and leave your name, time arrived, time departed, and what scene or event your calling about!**

**Please like our Facebook page [Facebook.com/wrncert](https://www.facebook.com/wrncert)**

**Don't forget to tell your friends and neighbors, about CERT.  
Were always looking for good people.**

***Make sure you continue to receive this eLetter and are signed up to the electronic version of the official CERT calendar.***

***Check your [texcom.com](http://texcom.com) info to assure its current!***

# do 1 thing

Being prepared for disasters and emergencies can seem like a big job. Many people don't know where to start, so they never start at all. With Do 1 Thing you can take small steps that make a big difference in an emergency.

Do 1 Thing is a 12-month program that makes it easy for you to prepare yourself, your family, and your community for emergencies or disasters.

Warren CERT is proud to be a partner with do 1 thing. Every month we will be showcasing some of the information from do 1 thing for Individuals and Business's.

## Individual:

### Family Communication Plan

**Goal for July:** Have the ability to communicate with family members during a disaster.

Today we have more ways to speak with one another than ever before. We are used to staying in touch with cell phones, internet, and email, but disasters can change things. These devices may not be available. Cell phone towers quickly become overloaded with people trying to reach friends and family. If the power is out at your home, cordless phones, internet, and email will not work either.

### Tasks:

**Family Communication Plan:** Have a phone with a cord and a car charger for your cell phone standing by in case of a power failure.

**Family Communication Plan:** Develop a plan for how your family will stay in touch during a disaster.

**Family Communication Plan:** Program In Case of Emergency (ICE) numbers into all family cell phones

Read More: <http://do1thing.com/topics/communication>

## Business:

### Communication

**Goal for Step 7:** Develop strategies to communicate employees, suppliers, and customers during an emergency

Your business relies on good communication during normal operations. Communication is even more critical during a disaster or emergency. You must be able to get information about the event and to share information with staff, customers, and suppliers. Look at the ways that you communicate on a day to day basis and find ways to ensure that you can continue to communicate effectively when your business is affected by disaster

### Tasks:

**Communication:** Determine what events might cause communication systems to fail, and take steps to minimize risk.

**Communication:** Ensure redundant systems are in place for key communication systems.

**Communication:** Create a communication plan that will allow you to reach your employees, suppliers, and key customers in the event of a disaster.

Read More: <http://do1thing.com/topics/biz-communication>

Thank You to do1thing  
<http://do1thing.com/>  
A Warren CERT Partner

# PRODUCTS PAGE

Being a geek and gadget person I'm (as well as many other CERT members) always looking for cool & useful stuff. I recently came across these which actually fit a need.

I was Internet searching for "wire Management" to see if there were any new and cool gadgets or items to help organize the different wire spaghetti I have in a few places in my house. I came across a web page with a new flavor of wire ties.

## Millepede Mille-Tie



Having used hundreds and hundreds of wire ties in my personal & work life I'm very familiar with the good and bad.

This product appealed to me as it eliminated some drawbacks of conventional wire ties.

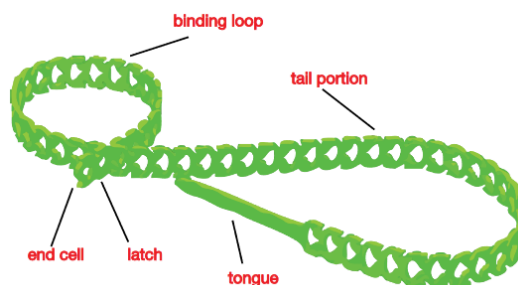
There are 2 versions of these that fit different needs.



### Millepede Mille-Tie

### Millepede Quickstrip

### What's the difference



Warren CERT does not endorse any of the products listed here.