

CERT CONNECT



this issue

- ✓ FIRE SAFETY
- ✓ MEET THE CERT STAFF
- ✓ UTILITY SAFETY
- ✓ JOIN OUR TEAM
- ✓ FIRE SAFETY QUIZ



Fire Safety & Utility Controls

CERTs play a very important role in fire and utility safety by supporting the following actions:

- Extinguishing small fires before they become major fires.
- Preventing additional fires by removing fuel sources.
- Shutting off utilities when necessary to do so.
- Assisting with evacuations where necessary.

Types of Fire Extinguishers

Portable fire extinguishers are invaluable for putting out small fires. A well-prepared home should have multiple fire extinguishers.

There are four types of extinguishers:

1. Water
2. Dry chemical
3. Carbon dioxide
4. Specialized

KNOW YOUR FIRE EXTINGUISHER				
CHOOSING THE RIGHT EXTINGUISHER CAN PREVENT PROPERTY DAMAGE AND SAVE LIVES				
Extinguisher Type → Type of Fire ↓	 Water	 Foam	 CO ₂	 Dry Chemical
A  Paper, Wood & Plastic	✓	✓	X	✓
B  Flammable & Combustible Liquids	X	✓	✓	✓
C  Electrical Equipment	X	X	✓	✓

TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

BE RESPONSIBLE!



National Preparedness Month

Pet Preparedness

Pets are important members of the family, so they need to be included in your emergency plan. Make sure you have:

- Several days of food supply.
- Several days of water supply.
- A pet first aid kit.
- A picture of your pet if you get separated.

[Find more information here](#)



Find out in advance where you can take your pets if you need to evacuate.

#BeInformed

Ready

SIGN UP FOR CLASSES



- First Aid/CPR – First Saturdays
- Red Cross Ready – Second Wednesdays
- Stop the Bleed – Third Mondays
- CERT ACADEMY – Begins August 12

Sign-Up our website

www.menlofirecert.com

Electrical Hazards

Each of us has some type of fire or utility hazard in our home and workplace.

Most of these hazards fall into the following categories:

1. Electrical Hazards
2. Natural gas hazards; or
3. Flammable or combustible liquids.



CERT volunteers can reduce or eliminate them by remembering such things as:

- Do not overload electrical outlets.
- Do not plug power strips into other power strips.
- Do not run electrical cords under carpets.
- Check for and replace broken/ frayed.

CERT DISASTER READY QUIZ

May Winners!

Each month two individuals will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this [online form](#). You must answer all questions correctly to be eligible for the raffle.

CONGRATULATIONS to the winners of the May Quiz:

David Shannon and
Terria Brewer

Both will receive a disaster preparedness gift for getting all five answers to the May Quiz correct.

FIRE SAFETY

1. The National Fire Protection Association uses what type of placard for identifying hazards?	A. NFPA 702 B. NFPA 703 C. NFPA 706 D. NFPA 704
2. How many categories do most utility hazards fall into?	A. 1 B. 2 C. 3 D. 4
3. The following acronym is used to remind you of the proper way to store flammable liquids ____.	A. A.B.C.D B. P.A.S.S C. Y.O.L.O D. L.I.E. S.
4. How many types of fire extinguishers are there?	A. 1 B. 2 C. 3 D. 4
5. How many feet away should you be when extinguishing the fire?	A. 10-15 feet B. 20-25 feet C. 30-35 feet D. 40-45 feet
6. Electrical fires are what type of classifications?	A. Class C B. Class A C. Class B D. Class D



Meet your Menlo Park Fire District community preparedness instructional staff (in alphabetical order)...



Heather Keller is excited to join the Menlo Park Fire District as the new Community Volunteer Coordinator. This is a new position/role with Menlo Fire. This position will oversee the community volunteer groups that are associated with CERT, emergency preparedness training, volunteers, etc. You will see a lot of Heather at CERT training, community events, and more as we develop this new community engagement and resiliency team. Her first career path was as an elementary school teacher, followed by 11 years at Packard Children’s Hospital at Stanford as the Community Programs Coordinator. She most recently has worked as an office manager at a start-up and at a PR agency. Heather also is a CERT neighborhood leader for Redwood Shores. She is the mom of twin boys in college and will forever have the additional title of “Baseball Mom.”



George Miller has been an integral part of emergency medical training in the Bay Area for over 35 years. From Red Cross lifesaving, first aid and CPR classes, George began teaching in 1984. George became the lead paramedic instructor for the California EMS Academy and taught paramedicine at Westmed College. He was called back after retirement by the Menlo Park Fire District’s to fill the EMS coordinator position and supervised over 100 paramedics and EMTs. George has been invited by various organizations to provide corporate first aid/CPR/AED and CERT training around the San Francisco Bay Area. Whether it’s been EMS topics, swimming, jujitsu, or distance run coaching, for 49 years George has had a passion for teaching and sharing what he’s learned with others.



Michael Taylor has degrees in Public Administration, Organizational Development, and Risk Management. He retired in 2019 after 33 years in municipal government, including working for the City of Menlo Park for 19 years. For 12 years at the City of Saratoga, he was the recreation and facilities department head, the city’s risk manager, emergency services director and the program manager for the local CERT program. He has taught Red Cross first aid and CPR, water safety, wilderness first aid, disaster preparedness, and FEMA classes for over 24 years. Michael is an avid hiker, camper, fisherman, and outdoorsman, and he loves teaching. He and his wife, Kristy, enjoy Tahoe, Carmel, and Hawaii.



John Warren has over 30 years of public safety experience spanning military and civilian fire and rescue services, beginning as an emergency medical technician and law enforcement officer in the United State Coast Guard. John was a San Mateo Fire Department chief officer, a firefighter, driver operator, technical rescue systems fire officer, strike team leader, fire investigator, and public education specialist. He has maintained his EMT certification for over 40 years. John was a safety officer in the Urban Search and Rescue Task Force 3 and served during the Oklahoma City bombing and Hurricane Katrina. John is a kayak enthusiast, wildlife photographer, and teacher.

Remember that you must attend a CERT Academy or at least two refresher/advanced classes every two years to maintain your membership in the Menlo Fire CERT program. Everyone who takes a class (First Aid/CPR/AED, Red Cross Ready, Stop the Bleed, Neighbor Helping Neighbor, Until Help Arrives, or Community Emergency Response Team (CERT) from the Menlo Park Fire District automatically becomes a **contact**. You are added to our contact list so that we may notify you of any future trainings, but you may opt out of getting any email notifications at any time by simply clicking unsubscribe. We value your privacy.

A CERT **member** is an individual who has completed the entire CERT Academy of disaster preparedness, CERT organization, medical operations 1 and 2, fire safety and utility controls, CERT communications, disaster psychology, light search and rescue, terrorism, and hazardous materials safety, and successfully completed the final disaster simulation exercise, PLUS signed up to become a member on the CERT website. You will be asked to upload a copy of your CERT graduation certificate and any other relevant training documents (e.g., first aid certificate). Once vetted as an eligible CERT member, you will be required to attend at least two continuing education classes (CERT refreshers/advanced classes) within two years and a full CERT Academy skills assessment every four years. Membership is free but must be renewed every two years.

Only CERT **members** will be eligible to be called on to volunteer during an incident. We are eager to engage more members. There are currently 1,144 contacts in our database, yet only 838 are active. To create a resilient and prepared community, we need YOU to become a member by going to <https://www.menlofirecert.com/Join> and sign up today. If you do not want to become an active member but wish to remain a contact and continue to be notified of available trainings, that is fine! There is no obligation.

Our next CERT Academy begins August 12th, and the next Advanced Refresher (Forms and Effective Communications) is July 8th. Sign up soon as space is limited.

If you have any questions, please feel free to email CERT@MenloFireCERT.com.

