



CITY OF HUNTINGTON BEACH CERT NEWSLETTER

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April 2022

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CLASS 1

March 18 to 20, 2022 CERT Class

by Carol Burtis

We had 29 students attend our three-day spring class! It was so nice to be back teaching in person again! We welcomed two guest speakers on Saturday, March 19. First, Retired Fire Captain, Bob Culhane, taught Fire Suppression. Bob is always great about coming to our class to teach this subject and he does a wonderful job!

That afternoon Battalion Chief Jeff Lopez taught Disaster Psychology. The Chief has a lot of experience in this field as he is on our firefighter support team to assist when there is a traumatic fire or accident and our crews need someone to talk to. What firefighters and paramedics see on a daily basis can be upsetting, so over the years they have found that talking to someone about what they have experienced is very important; not only for firefighters but for all of us as well!

On Sunday afternoon, we tried out a new style of "Start Where You Stand". Phil Burtis, Mimi Irvin and I had visited Monrovia CERT the weekend before our class and got some great ideas from them! So we broke the teams into three groups and they did an outside Search & Rescue that included leveraging a simulated car off of a simulated trapped person! They also did a left wall search through the City Hall Loading Dock

and found multiple casualties to triage and two that needed to be carried out using a stretcher and a chair carry. The third station was the set up process of a medical treatment area and the simulated injured were brought throughout the 40 minutes for further patient assessment and treatment. Overall, this new test of the students skills went very well and, with some minor changes, will be the new way of completing our CERT class!

We had 29 very enthusiastic students graduate with Mayor Barbara Delgleize, Battalion Chief Witt and Emergency Services Coordinator Brevyn Mettler in attendance to hand the students their certificates and congratulate them!

Without the help of our 23 CERT volunteer instructors, assistants, logistics, communications and registration helpers, we would not have been able to host this class, let alone make it such an amazing one! Thank you to: Richard Batistelli, Pam Bertz, Melisse Bridges, Phil Burtis, Stephanie Deagle, Bob Dow, Ashlee Dunn, Cynthia Goebel, Stuart Goldberg, Julyne Herrera, Chad Hicks-Beach, Mimi Irvin, Ed Klotz, Susan McClaran, Ana Menendez, Gabriela Menendez, Deborah Morris-Quintero, Virginia Petrelis, Mark Phillips, Rajarajeswari Shunmugavel, Patrick Upstill, Linda Vircks and Brandon Wegner.



Kingman, the Peer Support Dog *by Carol Burtis*

The Huntington Beach Fire Outreach Foundation hosted a booth at the Kiwanis Easter Egg Hunt on Saturday, April 16. The Mission of the Fire Outreach Foundation is to promote Fire and Water Safety as well as Emergency Preparedness through Community Risk Reduction Programs.



As a part of this, they will have stuffed "Kingman" dogs available for a donation at various events. The money raised will go for the care and feeding of the real Kingman, who is the new Peer Support Dog. His job is to help provide emotional support to members of the Fire Department, Police Department and the community.

To assist with the fund raising, CERT volunteers gathered on April 7 to tie cute scarves and information tags on the stuffed animals.



Spring CERT Class *by Phil Burtis*

The spring CERT class featured a revised Sunday schedule with an updated hands-on "drill your skills" portion. The class was divided into three groups and each group rotated through three skill challenges. One challenge involved an outdoor damage assessment with a leverage and cribbing exercise to extract a trapped survivor culminating in a tourniquet application.

Another challenge involved an indoor left-hand wall search coupled with patient triage and extraction exercise utilizing both stretcher and chair carries. The final challenge involved setting up a medical treatment area and then treating a series of survivors ranging from walking wounded to immediate with serious issues using head-to-toe assessments and demonstrating bandaging and splinting techniques.

The feedback on this new approach has been positive and with a few minor adjustments (as always needed) we hope this becomes the template for future classes.

Does this sound interesting? Would you like to see it in action? Well, we could use you to help us at the fall class! Remember, one of the best ways to learn and refresh skills is to teach it to someone else. So please consider helping us when Carol looks for assistants next fall.

Helping at Spring CERT Class *by Julyne Herrera*

Fire Extinguisher / Gas Meter - assisted in refilling extinguishers

For our fire extinguisher training, each student practices using a water fire extinguisher to put out a staged fire. My job was to refill with water and recharge the extinguishers with air. Each group consisted of only 6-8 students, so the class moved along without delay. I found this class to be a helpful hands-on experience.

Search & Rescue (Interior) afternoon exercise - assisted participants

Initially CERT personnel were trying to determine what their roles were since this was the first time presenting this class. Instructors were under the impression that a team leader and scribe would have been determined PRIOR to the arrival of the class (that was not the case). Lots of information had to be conveyed (role of leader, scribe, left hand search techniques, assessment and location of victims, returning back to search group and when to convey victim assessment to scribe) and the distribution of safety gear.

By the completion of the third class, much of the logistical issues had been resolved. There was a lot of discussion amongst CERT leaders regarding the evacuation of victims that were ambulatory vs. those who required immediate assistance. When should this be done within a group setting?

Please keep in mind that this was my first time participating in these exercises and my observations are probably nothing new. As a volunteer, I found my participation to be quite positive and fulfilling. Thank you for the opportunity to be of service.

March and April 2022 Volunteer Opportunities

by Raji Shunmugavel

For our Spring CERT Class I volunteered as a teacher's assistant on Saturday and a Radio communicator on Sunday.

As a teacher's assistant, we helped the teachers with instructing the students as well as listening to the power point presentation in the Council Chambers and then attending the classes in Room B7 and B8. The teachers were Stephanie Deagle, Chad Hicks-Beach, Mimi Irvin, Susan McClaran, Gabriela Menendez, Carol Burtis and Phil Burtis. The speakers were Retired Fire Captain Bob Culhane and Battalion Chief Jeff Lopez. I always enjoy attending the classes to refresh my past training. I found the active shooter training the most interesting.

On Sunday I was a Radio communicator, leading my group of students from station to station. The day was filled with fun, lots of activities, photos after lunch, and ended with graduation. Thanks to Carol and Phil Burtis for making this event a huge success!

On Saturday, April 2, I helped at the Senior Center at Central Park volunteering at the Resource Fair. Our CERT booth was set up and Carol and Phil Burtis were there along with the Community Risk Reduction and Fire Med from the HB Fire Department.

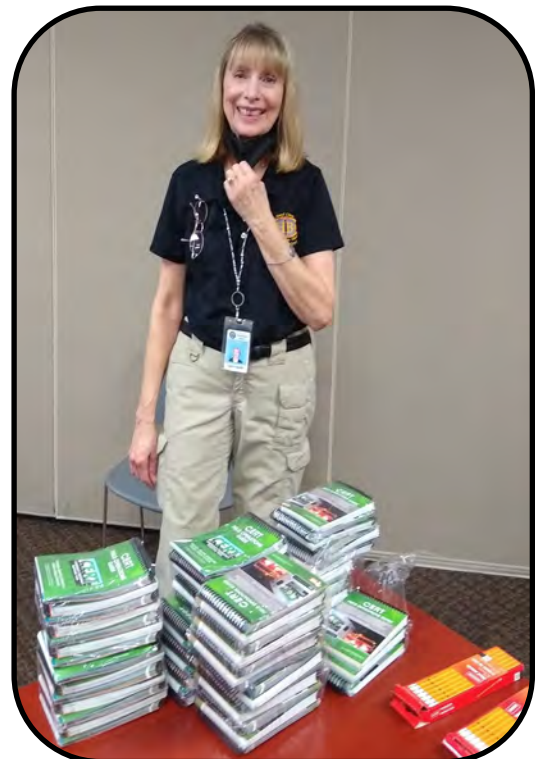
For almost two years, Covid-19 did not stop these two valuable members of our community, Carol and Phil, from keeping up with their duties.



April 14, 2022 CERT Meeting

By Raji Shunmugavel

On April 14th, Carol and Phil Burtis greeted all the members arriving for our first in-person meeting since the pandemic. Our leader, Carol, recapped recent activities and noted that the planning committee had decided we should focus on training as a refresher for all, particularly those of us who took formal training several years ago.



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Carol began with the Field Operating Guide (FOG). This is a palm size book which can be carried in our CERT vest pocket and used as needed. It is intended for CERT volunteers who have completed the Federal Emergency Management Agency (FEMA) standard CERT training course. Designed to provide quick access to critical information, this guide will assist in helping our community respond to an emergency situation. It provides responders with easy-to-follow and accessible instructions on such topics as fire suppression, light search and rescue, creating sandbags and building barriers, disaster medical care and operations to help local disaster recovery efforts.

Carol prepared a 12 page "quiz" whose answers were found in the FOG book. We were charged with finding the answers and recording them on the answer sheet. We began answering the questions around 7pm and by 7:40pm Carol was reading the answers. If we were not finished we could take it home to finish (and include that time in our volunteer hours).

My favorite part of the quiz was when we were asked to write our first name with the Phonetic alphabet. It was fun and quite interesting.

Thank you to Carol and Phil Burtis for making this meeting fun, educational and encouraging for CERT members.

From Susan McClaran's First Aid Corner: Welcome Springtime!

Allergies and Anaphylaxis (Excerpts from Mayo Clinic & WebMD)

Allergies occur when your immune system reacts to a foreign substance — such as pollen, bee venom or pet dander — or a food that doesn't cause a reaction in most people.

Your immune system produces substances known as antibodies. When you have allergies, your immune system makes antibodies that identify a particular allergen as harmful, even though it isn't. When you come into contact with the allergen, your immune system's reaction can inflame your skin, sinuses, airways or digestive system.

The severity of allergies varies from person to person and can range from minor irritation to anaphylaxis — a potentially life-threatening emergency. While most allergies can't be cured, treatments can help relieve your allergy symptoms.

An allergy starts when your immune system mistakes a normally harmless substance for a dangerous invader. The immune system then produces antibodies that remain on the alert for that particular allergen. When you're exposed to the allergen again, these antibodies can release a number of immune system chemicals, such as histamine, that cause allergy symptoms.

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Continued From Susan McClaran's First Aid Corner, page 4)

Common allergy triggers include:

- **Airborne allergens**, such as pollen, animal dander, dust mites and mold
- **Certain foods**, particularly peanuts, tree nuts, wheat, soy, fish, shellfish, eggs and milk
- **Insect stings**, such as from a bee or wasp
- **Medications**, particularly penicillin or penicillin-based antibiotics
- **Latex or other substances you touch**, which can cause allergic skin reactions

In general, there is no cure for allergies, but there are several types of medications available -- both over-the-counter and prescription -- to help ease and treat annoying symptoms like congestion and runny nose. These allergy drugs include antihistamines, decongestants, combination drugs, corticosteroids, and others.

****CERT REMINDER: Acting in CERT capacity, we do not treat with medications; however, you may assist someone with their own medication, as needed.**

Anaphylaxis is a severe, potentially life-threatening allergic reaction. It can occur within seconds or minutes of exposure to something you're allergic to, such as peanuts or bee stings.

Anaphylaxis causes the immune system to release a flood of chemicals that can cause you to go into shock — blood pressure drops suddenly and the airways narrow, blocking breathing. Signs and symptoms include a rapid, weak pulse; a skin rash; and nausea and vomiting. Common triggers include certain foods, some medications, insect venom and latex.

Anaphylaxis requires an injection of epinephrine and a follow-up trip to an emergency room. If you don't have epinephrine, you need to go to an emergency room immediately. If anaphylaxis isn't treated right away, it can be fatal.

Symptoms

The first signs of an anaphylactic reaction may look like typical allergy symptoms: a runny nose or a skin rash. But within about 30 minutes, more serious signs appear.

There is usually more than one of these:

- Coughing; wheezing; and pain, itching, or tightness in your chest
- Fainting, dizziness, confusion, or weakness
- Hives; a rash; and itchy, swollen, or red skin
- Runny or stuffy nose and sneezing
- Shortness of breath or trouble breathing and rapid heartbeat
- Swollen or itchy lips or tongue
- Swollen or itchy throat, hoarse voice, trouble swallowing, tightness in your throat
- Vomiting, diarrhea, or cramps
- Weak pulse, paleness
- Some people also remember feeling a "sense of doom" right before the attack.
- Symptoms can move to shock and loss of consciousness.

What to do in an emergency

If you're with someone who's having an allergic reaction and shows signs of shock, act fast. Look for pale, cool and clammy skin; a weak, rapid pulse; trouble breathing; confusion; and loss of consciousness.

Do the following immediately:

- **Call 911 or emergency medical help.**
- Use an epinephrine autoinjector, if available, by pressing it into the person's thigh.
- Make sure the person is lying down and elevate the legs.
- Check the person's pulse and breathing and, if necessary, administer CPR or other first-aid measures.

Using an autoinjector

Many people at risk of anaphylaxis carry an autoinjector. This device is a combined syringe and concealed needle that injects a single dose of medication when pressed against the thigh. Replace epinephrine before its expiration date, or it might not work properly.

Using an autoinjector immediately can keep anaphylaxis from worsening and could save your life. Be sure you know how to use the autoinjector. Also, make sure the people closest to you know how to use it.

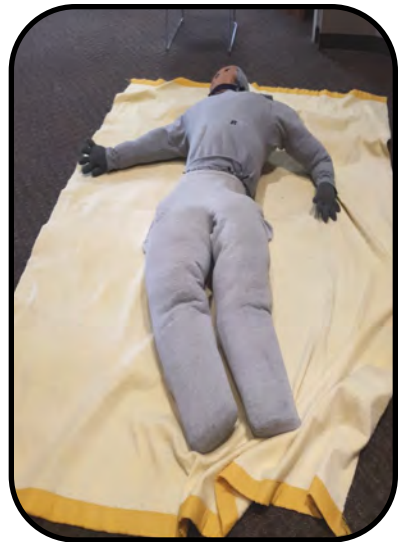


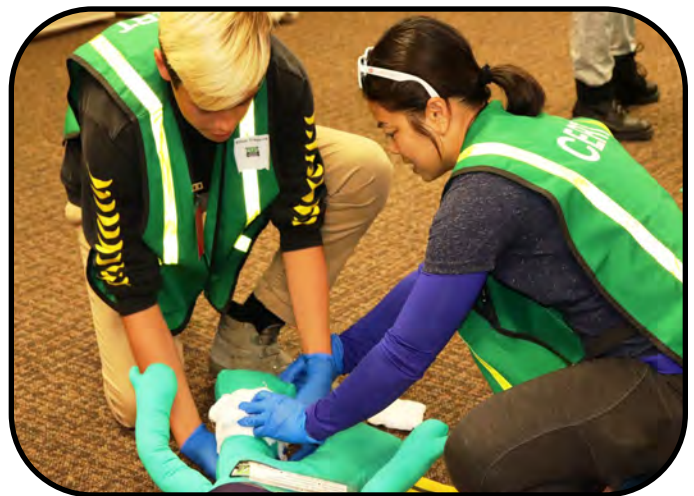
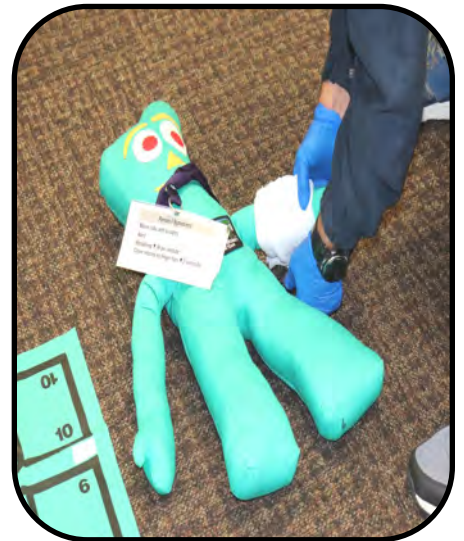












CITY OF HUNTINGTON BEACH CERT

Neighbors-Helping-Neighbors

MISSION STATEMENT: The mission of the Community Emergency Response Team (CERT) Program is to provide information and training on disaster preparedness; provide leadership and coordination during an emergency, and assistance to help victims recover from an emergency.

Upcoming CERT Events & Activities

CPR Classes

To be Determined

CERT COVID –19 NEWSLETTER REMOTE STAFF: Virginia Petrelis (Editor), Peter Petrelis (Publisher), Cynthia Goebel

NORMAL CURCUMSTANCES ADDED STAFF: Richard Batistelli, Anna Pinter, Carol Nehls, Rajarajeswari (Raji) Shunmugavel, Cathy Stanfill

IMPORTANT ANNOUNCEMENT!

CERT Website: www.huntingtonbeachca.gov/cert **CERT Contact:** CERT@surfcity-hb.org
CERT Message line 714-536-5974 (THIS IS A MESSAGE LINE ONLY!)