



Monterey CERT

NEWSLETTER

July 2022, *“Training And News For The Monterey, CA COMMUNITY EMERGENCY RESPONSE TEAM”.*

A Monterey citizen volunteer emergency response team funded by the City of Monterey

CERT Responds to Support Fire Crews in Carmel Valley.



On June 2nd, the Monterey County Regional Fire District responded to a structure fire on Laurel Drive in Carmel Valley. Mutual-aid was quickly requested from Monterey Fire (2 Engines), CALFIRE, Cypress Fire District, Carmel ambulance and American Medical Response Ambulance. **CERT responded with the trailer to provide a firefighter hydration station, shade tent, chairs, cooling fans and support. CERT also provided traffic control. All the firefighters expressed heartfelt appreciation for our support!** (Photo courtesy MCRFPD)



CERT member Greg Netzorg at the CERT support area during the structure fire on Laurel Drive in Carmel Valley. Greg is one of our FEMA certified CERT instructors and a Zone Captain for the Old Town Monterey Neighborhood. **Twenty-two Monterey CERT graduates, many of whom regularly respond to alerts in Monterey, live in the Carmel Valley area. Mutual support is what makes CERT such an effective program!** (Above photo by Demetrius Kastros)

CERT Provides Three Day Response After Lover's Point Shark Attack! At the request of the Monterey Fire Department and Pacific Grove Police, Monterey CERT was activated to patrol Lover's Point area beaches after a shark attacked a swimmer. Our mission was to assure citizens remained off the area beaches and out of the water. Working in shifts, 24 CERT volunteers participated over a three-day period, providing patrol June 22-24th from 7 A.M. to 7 P.M. each day.

The attack off Lover's Point was confirmed to be a Great White Shark. The victim survived serious injuries and was taken to the Trauma Center at Natividad Hospital in Salinas.

Shark attacks are rare in our Monterey Bay, but do occur. Ben Kelly, a former Vanguard University, Orange County student, died after a shark attack in May of 2020 while surfing at Manresa State Beach in Santa Cruz, the California Department of Parks and Recreation said. **He was helped back to the beach where he succumbed to his injuries and was pronounced dead at the scene.**



CERT volunteers, living from all our Peninsula communities respond to requests for assistance in a wide variety of incidents. Our outstanding volunteers deserve the respect, support and admiration of all Peninsula residents!

Monterey CERT Calendar of Events:

Next CERT training for new members: Saturdays, October 15, 22 and 29th. Time each day is 8:30 A.M. to 5 P.M. Location will be downtown

Monterey. Open to residents of the Monterey Peninsula. **No cost to participate.** To enroll, send an email of interest to: training@montereycert.org

CERT refresher/update training for all members: Saturday, October 1st. Time will be 0900-1200 hrs. Location to be announced.

CERT Radio Drill: Monday, July 18th at 7 P.M. on CERT channel 4.

Toro Park Area CERT: We need at least 30 people to confirm they will participate in the course before we will request **funding from a Carmel 501.c.** If you know people who **live in the Highway 68 corridor area**, please ask them to contact CERT at: training@montereycert.org

Disaster Preparedness for your Pet – Pet Preparedness

This article courtesy of CERT member and Carmel Team Captain Wanda Vollmer.

Natural disasters are now part of our lives and we are vulnerable. This makes our pets vulnerable as well. Whether it's earthquakes, wildfires or tornadoes, we need to prepare our family. It is important to prepare for a disaster and it's equally important to include your pets in your emergency planning.

Here are a few steps to get you started:

1. Make sure your pet has identification whether it is a microchip or a collar with ID tag.
2. Pack a disaster kit that includes, food, water, bowls, first aid kit, **crate/pet carrier**, extra leash/collar, vet records and a current photo of you and your pet. A familiar toy is nice to add as a comfort item. **Remember: A pet carrier is essential as most shelters DO NOT allow pets that are not in an enclosed carrier.**
3. Choose a trusted, designated caregiver for your pet. Make sure they have a set of keys to your home in the event you are not home during a disaster.

4. Identify shelters and pet friendly hotels ahead of time should you need to evacuate.

5. Depending on the type pet you have, make proper accommodations based on their needs. For example, if you have horses, get them familiar with loading them in trailers. If you have dogs, birds, cats, or reptiles, practice getting them in and out of their crates calmly. When an emergency does happen, they will become familiar with this space if you have to leave quickly. **Make sure you know where to take your large animals as common shelters cannot accept them.**

6. Share these plans with your family and friends.

Start planning for your pets today! Pets aren't just "like" family, they are family. Remember to never leave your pets behind. They will thank you for it!

TRAINING: Triage and initial assessment of the injured.

When first encountering an injured person, CERT trains us to assess them for the "KILLERS". The KILLERS are **airway obstruction, bleeding and shock**. First assess if the person is alert by identifying yourself, from a distance of 5 feet. Address the victim in a firm, loud voice, i.e. *"Hello, I am an emergency worker, can you speak, may I help you?"* If they respond and talk to you, their airway is clear. If they do not respond and appear unconscious, or are gasping for breath, CERT teaches to open their airway with the "**Head-Tilt, Chin Lift**" method show here:

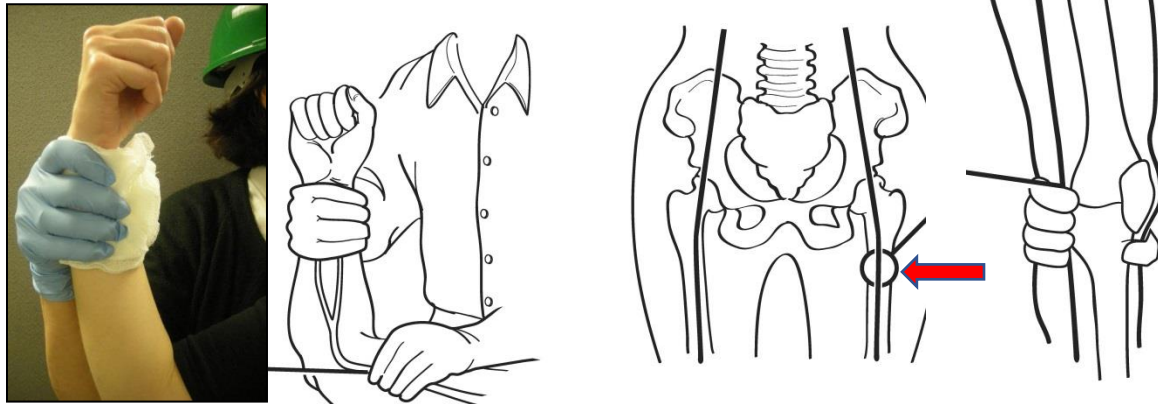


CERT Head-Tilt, Chin Lift

Look for the chest rising, listen at the nose and mouth and feel with the side of your face for breathing for **10 seconds**. If no signs of breathing, re-position the head and do a **SECOND** assessment. If breathing returns, maintain the victim's airway in the open position OR instruct a bystander on how to keep the airway open. If breathing still remains absent after **two 10 second assessments**, Triage the victim deceased and go to the next patient.

NEXT, assess for serious bleeding. If you locate serious bleeding, CERT teaches several methods to treat bleeding: **Direct Pressure, Elevation, Pressure Points and a Tourniquet.**

First apply direct pressure on the wound with the cleanest cloth material you can find. Also elevate an injured limb if possible. If bleeding continues, apply firm pressure to the artery supplying the limb at the appropriate pressure point in the upper arm, upper thigh or behind the knee. Continue all methods until the bleeding appears controlled. **USE A TOURNIQUET WHEN OTHER METHODS DON'T IMMEDIATELY WORK!**



A CAT tourniquet is a revolutionary tool, used by Monterey CERT, originally created for modern military soldiers intended to stop arm or leg blood flow due to injury on the battlefield. CAT (Combat Applications Tourniquet, C-A-T) Tourniquet effectiveness as a life-saving instrument plays a significant role in injury medical care. It is used widely by soldiers, EMS Personnel and firefighters to control serious bleeding until the victim can receive medical attention. **Once applied, the tourniquet should be left in place until removed by medical personnel.**

1. Apply CAT tourniquet proximal to the bleeding site. Route the band around the limb and pass the red tip through the inside slit of the buckle.
2. Pass the red tip through the outside slit of the buckle. The buckle will lock the band in place.
3. Pull the band **very tight** and securely fasten the band back on itself.
4. Twist the rod **until bright red bleeding has stopped and the distal pulse is eliminated.**
5. Place the rod inside the clip; locking it in place. **Check for bleeding and distal pulse.** If bleeding is not controlled, consider additional tightening or applying a second tourniquet proximal to the first and reassess.
6. Secure the rod inside the clip with the strap. **Prepare the patient for transport and reassess.** Record the time of tourniquet application.



Consult this link for a video on the application of a CAT tourniquet:

[What is C-A-T Tourniquet and how to use it properly? \(special-ops.org\)](http://special-ops.org)

Next, assess for **Shock**. Shock is a condition that occurs when a trauma victim has a compromised circulatory and respiratory system. Their heart, lungs and blood vessels are not working normally. **The outward signs of Shock are confusion, rapid and shallow breathing, pale skin, capillary refill of the finger nails taking longer than 2 seconds to return to normal color when pressed and inability to follow simple commands like, “Squeeze my fingers”.** If you cannot assess capillary refill because of nail polish, feel for the pulse at the wrist. **A weak or difficult to find pulse is another sign of shock.** CERT teaches that the treatment for shock is to treat their injuries, such as bleeding, cover the victim to keep them warm and elevate their legs to create better blood flow to the head and vital organs.

Remember: When initially assessing patients, **stop only to treat the KILLERS, BUT ACTUALLY TREAT THE KILLERS!!! OPEN AIRWAYS, STOP DANGEROUS BLEEDING AND TREAT FOR SHOCK!**

Once all patients are assessed, CERT teaches to then re-assess the patients with a **head-to-toe assessment** and then treat all injuries such as fractures, secondary bleeding, etc. Use by-standers to help render aid or assist with moving patients when feasible.