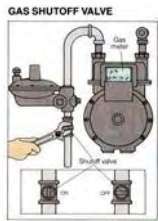


Earthquakes; once the shaking stops

continued from pg. 1

z Check gas, electrical, and water lines , and check appliances for damage. If you smell gas or see a broken line, shut off the main valve from the outside. Do not switch on the electricity again until the power company has first checked your home. Remember, if gas is turned off, a professional must restore service. Do not



search for gas leaks with a lighted match. *Do not use matches or appliances if gas leaks are suspected, because sparks can ignite gas from broken lines.*

z Check the building for cracks and damage, particularly around chimneys and masonry walls. Leave immediately if it looks like the building might collapse. Use fireplaces only if the chimney has no damage and no cracks.



z Clean up spills, medicines, bleaches, and gasoline and other flammable liquids.



Check to see that water and sewage lines are intact before using the toilet. Plug bathtub and sink drains to prevent sewage backup.

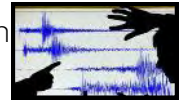
z Check water and food supplies. If the water is cut off, use emergency water supplies in water heaters and melted ice cubes. Throw out all food that may be spoiled or contaminated. Check closets and cupboards. Open doors cautiously objects may tumble off shelves. Use charcoal or gas grills for emergency cooking, only out of doors.



z Do not use your car, unless there is an emergency. Do not go sightseeing through areas of

damage. You will only hamper the relief effort. Keep streets clear for the passage of emergency vehicles.

z Be prepared for aftershocks. These can be strong enough to cause additional damage and weaken buildings. Stay away from damaged areas unless your assistance has been specifically requested by emergency responders.



z Plan to Reunite

Post a message in clear view that states where you can be found. After a disaster, letting your family and friends know that you are safe and well can bring your loved ones great peace of mind.



z Search for Loved Ones

The American Red Cross has a website designed to help make communication following a disaster easier. Concerned family and friends can search a list of those who have registered themselves as victims. The results of a successful search will include a brief message. For more info visit: <https://safeandwell.communityos.org/cms/index.php>



Gina Perez,
Community Preparedness Coordinator
Riverside Fire Department
Office of Emergency Management
(951) 3208112

How To Splint a Fracture, Sprain or Strain

The objective when treating a suspected fracture, sprain, or strain is to immobilize the injury and the joints immediately above and below the injury site. The most common way to do this is with a splint.

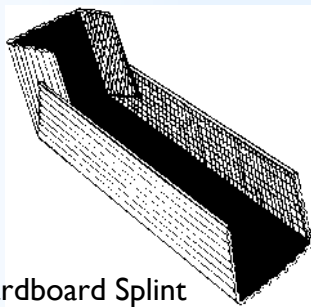
Look around. What materials would you use for a splint?

The material typically used for makeshift splints is cardboard, but a variety of materials can be used, including:

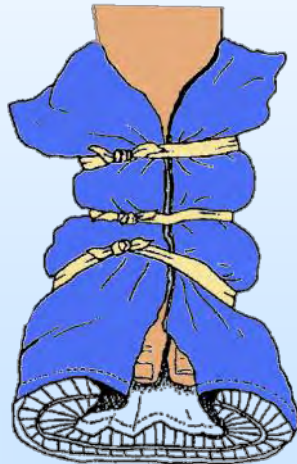
- Soft materials such as towels, blankets, or pillows, tied with bandaging materials or soft cloths; and/or
- Rigid materials such as a board, metal strip, or folded magazine or newspaper

Anatomical splints may also be created by securing a fractured bone to an adjacent bone. Anatomical splints are usually reserved for fingers and toes but, in an emergency, legs may also be splinted together.

To form a cardboard splint, turn up the edges of the cardboard to form a mold in which the injured limb can rest.



Pillow Splint



A pillow splint is formed when the pillow is wrapped around the limb and tied.

Splint with a blanket in which by tying blankets at intervals from mid-thigh to feet.

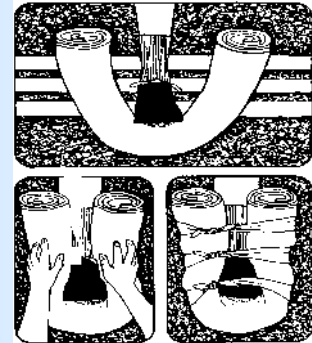
The guidelines for splinting include the following:

1. Support the injured area above and below the site of the injury, including the joints.
2. If possible, splint the injury in the position that you find it.

4. After splinting, check for proper circulation (warmth, feeling, and color).
5. Immobilize above and below the injury.

You should remove restrictive clothing, shoes, and jewelry when necessary to prevent these items from acting as tourniquets.

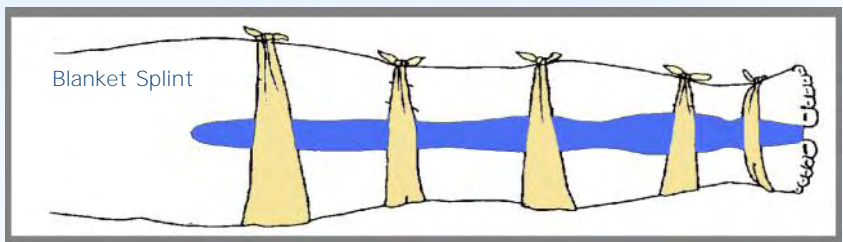
Towel Splint



To form a splint with a towel, roll up the towel, wrap it around the limb, and then tie it in place.



Upper Arm Fracture splint & sling



3. Support the injured area above and below the site of the injury, including the joints.



HIGHLIGHTS AND UPDATES

Hello, CERT Members!

Hello CERT Members,

National Volunteer Week is April 21-27, 2014. It is a time to recognize the contributions of volunteers across the nation that by working together, we can meet many challenges and accomplish our goals. This is a time to celebrate ordinary people who accomplish extraordinary things through service! So on behalf of the City of Riverside Fire Department, I would like to thank all of you for your service and commitment to our CERT Program. We know you are busy and your time is valuable. You participate in trainings, activations & special events so that you will be ready for emergencies that may come up.



With your commitment in promoting community emergency response, through our Community Emergency Response Course Training we are now at over 1100 People CERT Trained!

In closing, we acknowledge the energy and power of our volunteers as you lead by example not only encouraging others that you help but motivating others to volunteer as well. So never underestimate the contribution that you make and we celebrate your service!

Sincerely,

Gina Perez
CERT Program Manager
Riverside Fire Department
Office of Emergency Management
gperez@riversideca.gov



City of Arts & Innovation





January 2013 Congratulations CERT Class # 46



Listed in Alphabetical Order: Alcantara, William Auer, Jose Barragan, Ken Bos, Ashley Dunn, Gina Grissom, Vernon Grissom, Martin Haskell, David Lofthouse, Brenda Ortiz, Daniel Shapiro, David Sparks, Michael Wooten, Norman Mary Van Doren, CERT Refresher: D. Yanire Zayres

CERT Class # 46 - Training & final Drill



Fire Suppression
Using PASS System



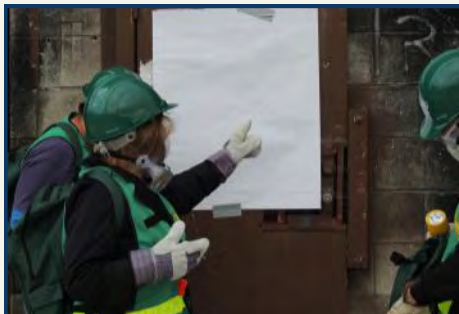
Fire Engineer Denise Delgado
D U m g j j Wh j a l Z c



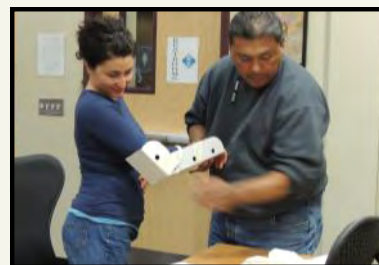
Captain John Peurifoy
Reviews tasks with Team Leader



Search & Rescue



CERT Members practice
Building Markings



Gina & Vern Grissom
Practice splinting

CERT Activation - RPD Officer Michael Crain Memorial service

Riverside Fire CERT Volunteers were honored to be activated to assist at the Memorial Service of Fallen Riverside Police Officer Michael Crain at The Grove Community Church on February 13, 2013

Thanks to CERT Volunteers;

Lena Barraza Diane Contreras Monica Crawford Greg Crouch Nick Esparza Joe Hamlin Karen Jensen Claudia Kwiecien Ingrid LeMasters Jean Maki Margo Miley Sharon Sylva Lorna Trillanes D. Yanire Zayres

CERT Volunteers began arriving at 6:00 am and helped with setting up 3,500 chairs and other logistical tasks as needed. Some stayed through the services for Officer Crain and following the service, assisted with taking down chairs and setting up the worship center for evening services. The dedication of these CERT Members shows their commitment to community service and the support of public safety.

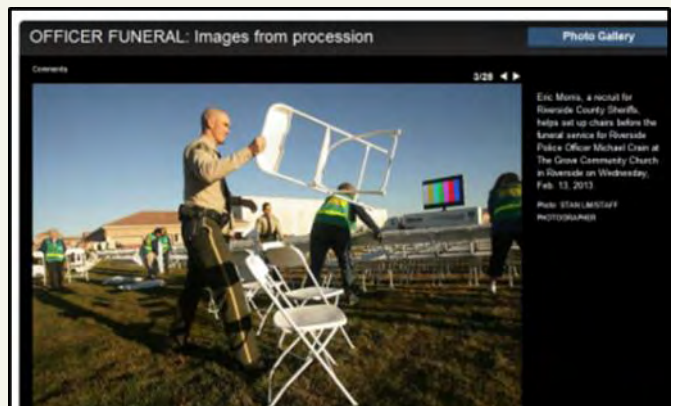
We greatly appreciate all your hard work! Thanks for all you do!



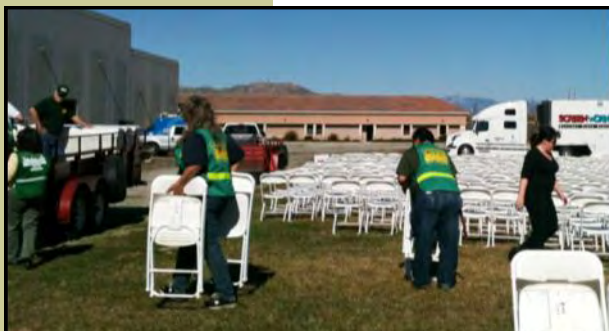
Riverside Fire Department
Office of Emergency Management



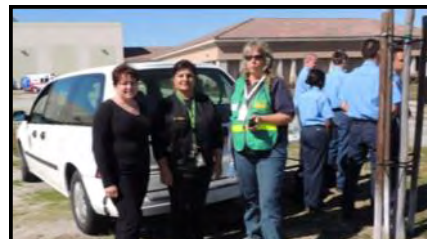
Joe Hamlin, Sharon Sylva, Claudia Kwiecien, Lena Barraza, D.Yanire Zayres, Monica Crawford, Jean Maki,



Press Enterprise Photo Gallery
CERT Volunteers worked with police recruits



CERT Volunteers assisted with setting up and taking down the 3,500 chairs and other tasks as needed.



Left: CERT Volunteer Monica Crawford
Center: CERT Program Manager Gina Perez
Right: CERT Volunteer Ingrid LeMasters

CERT - AMATEUR RADIO LICENSE EXAM TRAINING



Thanks to Amateur Radio License Instructors; Ed Morgan, James Wiley, Don Williams, Duane Allen and Rich Turner, from two local Radio Groups; Riverside County RACES & Riverside County Amateur Radio Association presented a 2day course on Feb. 23 & 24, 2013, along with FCC Technician Class License test that was held as part of the last day of the class.



Congratulations to Newly Licensed CERT Members!

Devin Alcantara Jose Barragan Rolando Espejo
William Gwyn Martin Haskell Charles Henninger Willa

< Y b g \ U k ' ' = f a U ' C W \ c U ' ' ' A U f ` Y b Y We Gr V g e t V i n g U o s e g t o] ' ' F] W
coordinating our own Riverside CERT Amateur Radio Group.



Don Williams, James Wiley, Rich Turner, Duane Allen and Ed Morgan, Instructed CERT Members on info needed to pass the Amateur Radio Technician License Exam

CERT A DVANCED TRAINING È SANDBAGGING



Sandy Bower, Erica Avalos, Claudia Kwiecien, Margo Miley, Herminia Haro, Robert Connerley, Tom Slone, Rudy Moreno, David Sparks, Dimitri Lara, Anna Hauldren, Joe Hamlin, David Bell, Charles Henninger, Rick Schirmer

On Feb. 20, 2013, Fire Captain John Peurifoy, and CERT Instructors Peter Sellas & Gina Perez, Wc b X i Wh Y X ' U ' G U b X V U [[] b techniques class. Captain Peurifoy & his fire crew built a wooden bench type device designed to allow for 3 bags to be filled simultaneously. Captain Peurifoy provided classroom instruction & CERT Members filled bags and practiced sandbag placement making sure proper safety techniques were followed. The sandbags CERT filled were used to replace sandbags used on the Haz incident on April 8, at Fire Station #3. Thanks CERT!



Riverside Fire CERT Instructors Attend State Conference



On March 13, 2013, CERT Program Manager Gina Perez and CERT Instructors Fire Captain John Peurifoy and Peter Sellas attend the First Statewide CERT Conference in California.



Gina Perez, John Peurifoy, Peter Sellas



Captain John Peurifoy During a Program Workshop

More than 350 CERT volunteers and staff representing 20 counties and 105 cities in the State of California attended the 2013 California Statewide Community Emergency Response Team (CERT) Conference in Cerritos. California Volunteers, Area E Disaster Management with support from the L.A. County Chief Executive Office, Office of Emergency Management (LAC OEM) and L.A. County Sheriff's Department partnered together to host the Conference. This year's conference featured a variety of hands on skills and challenges, workshops and training opportunities that will enable communities to be more resilient. Gina, John and Peter also received TEEN CERT Training Certification! Great job.

CERT ADV. TRAINING & BITE PREVENTION



On March 27, 2013 at our CERT Adv. Training we had Animal Control Officers Tiffany Fuller & Cecelia Morris from Riverside

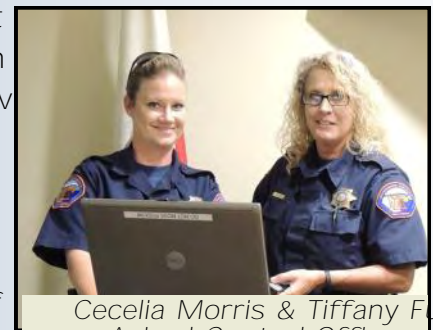
County Department of Animal Services. This training is designed for Utility, Postal Workers, and Public Safety Personnel.

Tiffany & Cecelia explained Animal Behavior, (primarily dogs) and how they might react in



an emergency and that we should always approach with caution. They provided some information on how to handle an animal and asked to help with an evacuation.

We learned that much of how an animal will behave is based on our actions. That sometimes you can gauge the temperament of an animal before approaching, remember to the shared heart wrenching stories about what they encountered while helping with animal rescues following Hurricane Katrina. They also told us about some amazing things they



Cecelia Morris & Tiffany Fuller Animal Control Officers

informative and excellent class with standing room only!!



Thanks so much Tiffany & Cecelia!



March 2013 Congratulations CERT Class # 47



ALPHABETICAL ORDER
 Janine Almanzor Jasmine Becerra Richard Bonilla Daniel Carrillo Frank Cedeno Dar
 Donald Cox Sharon Cox Linda Cummings Donald Duncan Lawrence Fidler Deborah Gonzalez Cassa
 Marcus Hill Marcus Hill II Carter Hillman Cheryl Johnson Kaitlyn Lafond Steven LaFond Teresa Lawton
 Donald Nims Shivali Ober Jeffrey Ober Marissa Pasillas Roxanne Robbins Eddie Sandoval Kelly Taylor
 Lus Zamudio 5 G H 7 9 F H A 9 A 6 Raymond J. Gayle David Sparks Mario Rivera Jr. John Doucet David Be

CERT Class # 47 - Training & final Drill



Steve Lafond
Explains Team Exercise ICS Chart



Search & Rescue
Transported to treatment area



Sharon & Donald Cox
Use PASS System to put out the fire



Debbie Gonzalez
Practices lifting & cribbing



CERT Members practice
Head to toe assessment



Practice Disaster Medical
Triage & first aid skills

Promoting Preparedness at Community Events -Thanks CERT !!



On March 18, CERT was invited to participate in the twopart Emergency Preparedness Seminar & Workshop. Gina Perez, Community Preparedness Coordinator was a guest speaker on a panel regarding Disaster Preparedness.

Eva Kasick, Claudia Kwiecien, Margo Miley, Kelly Taylor, Richard Bonilla
Not pictured: Angelina Robles, Dave Sparks

Riverside Community Health Foundation - MARCH 18
Parkview Community Hospital



Back Row: Dave Sparks, Art Santore, Richard Bonilla, Adriana Curiel, Eva Kasick
Front Row: Fran Ferard, Angelina Robles

On March 27, CERT Participated in the 10th Annual Senior Conference at the Goeske Senior Center. We gave out Free Smoke Detectors and File of Life Packets to Riverside Residents. We also demonstrated how to turn off the gas if there was a leak following an earthquake.



Marlene Odebralski, Joe Hamlin, Margo Miley
Not pictured: David Bell, Angel Sanchez Sr.



10TH Annual Senior Conference - MARCH 27
Janet Goeske Senior Center

CITY OF RIVERSIDE COMMUNITY PREPAREDNESS NEWSLETTER

City of Riverside
Fire Department
Office of Emergency
Management

Phone: 951- 320- 8100
Fax: 951- 320- 8102
e-mail: rivcitycert@riversideca.gov

Local website:
www.readyriverside.com
National website:
www.citizencorps.gov

Anthony Coletta,
Emergency Services
Manager

Editor:
Gina Perez,
Community Preparedness
and CERT Coordinator
gperez@riversideca.gov
(951) 3208112



Disaster Preparedness & Response Resources

Are You Ready? A Guide to Citizen Preparedness
General preparedness information. Includes emergency planning and disaster supplies, evacuation, shelter, mitigation, animals in disaster, and recovering from disaster.
<http://www.fema.gov/areyouready>

Department of Homeland Security
Department of Homeland Security website that provides guidelines and planning tools for terrorist incidents, including chemical, biological, radiological, and explosive incidents.
<http://www.ready.gov>

National Flood Insurance Program
Information about flood hazards, mitigation, and flood insurance. Access to management resources and local flood maps
<http://www.fema.gov/business/nfip>

National Fire Protection Association
Fire prevention activities and disaster preparations.
<http://www.nfpa.org>

The American Red Cross
The home page includes Preparing and Getting Trained, Getting Assistance (drop-down menu includes Recover after a Disaster), Giving and Getting Involved, Working with the Red Cross, and Your Local Red Cross.
<http://www.redcross.org>

USA Gov
Gateway to State websites. Among others, links include disaster preparedness, disaster help for immediate resources and information, disaster information for victims, disaster management resources and information, earthquake notification service, emergency management

agencies by state, federal agencies providing support during environmental emergencies, and small business disaster loan assistance.
<http://www.usa.gov/Citizen/Topics/PublicSafety/Disasters.shtml>

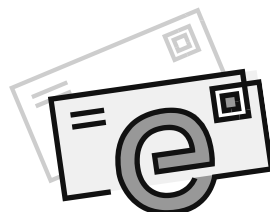
U.S. Geological Survey
Information on earthquakes, floods, hurricanes, landslides, tsunamis, volcanoes, and wildfires.
<http://www.usgs.gov/hazards>

Ready Riverside
City of Riverside website providing emergency Preparedness & response information, also links to various emergency resources
<http://www.riversideca.gov/readyriverside/>



IMPORTANT

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



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