



**Long Beach Fire Department**

**CERT**

**Community Emergency Response Team**

Basic Disaster Preparedness

Presentation for

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Director of Education  
Long Beach Fire Dept. CERT

# City of Long Beach, CA

- We live in a city of almost 500,000 people
- There are 1,000 policemen on the force
- There are 430 Fire Fighters  
130 Fire Fighters on duty at all times

# Are you Prepared ?

What If.....

- You have no communication with your family
- There are no public utilities in service....
- Fire and Police are not available.....
- There are no banks operating and ATMs are not functioning

# What can you do?

- Have a Family Plan which includes an Escape plan from your home
- Supplies for:  
Home, Car & Business
- Communication plan
- Know how to turn off your Utilities
- What to do about Important Papers
- Have some ready CASH
- Incorporate your Neighbors
- Become CERT trained

# Important Concerns

***Water***

Food

Communication

Medications

Cash

Clothing

Prepare for a

MINIMUM OF 10 to 14 DAYS

Or...longer

# How many people are in your immediate family?

- Father
- Mother
- Children
- Elderly, perhaps with special needs
- Pets

Be sure to count everyone in you household!

# Pets

- Be sure to properly identify your pet with **tags or microchips.**
- Prepare an emergency kit containing:
  - Food                      Carrier/crate
  - Water                      **COLLAR/LEASH**
  - Medications
  - Vaccination records
  - Phone no. of current vet
  - A recent photo of your pet
  - Chew bones, etc.



# Water

- How much per person per day –

1 GALLON PER PERSON PER DAY

- cooking and sanitary purposes
- people who ill need more water
- don't forget pets

- Containers for storage
- Dating water supply
- Replenishment
- Purification



# Purification of Water

Information provided by the US Communicable Disease Center (CDC) at sea level

Short of using a very high-quality water filter

- **BOILING** is best!

- Bring water to boil and boil rapidly for 1 minute.

OR.....

Liquid Clorox Bleach-

2 drops REGULAR Clorox bleach per quart of water

8 drops REGULAR Clorox bleach per gallon of water

# Food

- What kind of food
- Special needs for family members  
elderly & infants
- Pets
- Dating of all food supplies
- How to store your supplies
- Replenishment



# Food

- Foods that require no refrigeration, prep or cooking which use little or no water
- Pack a can of sterno or small propane single burner
- Compact and lightweight foods

# Food

## Examples:

Ready to eat canned meat & fish, vegetables

Canned juices, soup, milk

Sugar, salt & pepper

High energy foods-peanut butter, jelly,  
crackers, granola bars, trail mix, nuts,  
Emergency food bars

# Food

Food for infants

Elderly persons or persons on special diets

Pet food

**Comfort Food**- cookies, sweetened cereal,  
instant coffee, tea bags, candy

# Food

**Date** all your food supplies

**Storage**- large plastic trash cans (like city provides) which have wheels, backpacks, duffel bags and luggage with wheels

**Replenishment**- check date on can- most canned goods are good for one year

# Emergency bars and Heater Meals



## Food Bars, 2400k Cal, USCG Approved

SKU: F4001  
Weight: 1 lbs.

Emergency ration delivers 2400 kCal of energy and meets Coast Guard Specifications. They are priced per package of 6 bars.



## Heater Meal Basic, Case of 12

SKU: F3101  
Weight: 13.44 lbs.

Mobile HOT Meals for wherever life takes you!

These meals can last up to three years on the shelf and combine patented heating technology with traditional canning & home-style cooking, all with no refrigeration needed!

Includes everything you need for a hot meal on the go!

- Large 3/4 pound, Tasty Entrée
- Biodegradable Food Heater
- Water pouch to start heater
- Unleash Pack with Spoon, Napkin, and Moist Towellette, Salt & Pepper, and Salt Free Seasoning

# Clothing

- Shoes-comfortable
- Rain gear-poncho
- Hat and gloves
- Sunglasses-extra if Rx
- Changes of clothing including socks, shoes, underwear – maybe thermal underwear



Subject to change due to time of year



## Medications

Remember to make plans to have sufficient medications on hand

**Make a list of your prescriptions!**

(name, strength, dosage, and doctor)

Keep that list with you at all times!

# Medical Information Card

Business card size information card

Name

Age

- P Address
- H Phone number
- O Doctor with phone number
- T Emergency contact name/number
- O Insurance Co./ Subscriber No.

# Reverse side of card

List of medications

Dr. who prescribed

Dosage

Strength

Allergies/medical problems

Blood type

Have this laminated and kept on you  
always.....

## MEDICAL INFORMATION & ACCESS CARD

Name: **June Cleaver**

DOB: **January 1, 1931**

Address: **485 Mapleton Dr.  
Long Beach, CA 90800**

Home Phone: **562-104-1957**

Cell Phone: **562-603-1963**

Primary Phys: **562-876-5432  
Dr. Marcus Welby**

*See back for medications*

**Emergency Contact:**

Eddie Haskell

562-123-1985

562-123-1989

Health Ins.:

**Tri Cross**

**#ID LITB 211**

GRP: 111-010-2007

1-800-632-3862



### MEDICATIONS:

Estradiol .....10 mg/daily

Cartia .....120 mg/daily

Simvastatin .....10 mg/daily

Vitamin D .....50,000 IU/week

**Primary Phys: Dr. Marcus Welby**

211 Pine Street., Long Beach, CA 90800

562-123-4567

562-765-4321 Fax

**Hosp. Affiliations:** Long Beach Memorial  
Medical Center, St. Mary Medical Center

Emergency bags or “Go” kits

Think about what you would want in your kit if you had to leave your residence....

What would you think would be most important?

What would you need in your car kit?

What would you need in your business kit?

# DISASTER KITS

## ("Go" Kits or "Go" Bags)

What should they contain?

**Home kit** should contain:

- Water Important papers
- Food
- First aid supplies
- Tools & emergency supplies
- Sanitation, clothing & bedding

# “Go Kits”

What can you use to store your items?

- Canvas bag
- Duffle bag
- Backpack
- Luggage with wheels

# “Go Kits”

How many should you have and where should you store them?

One for home

One for work

One for car

# First Aid Kits

# Every home should have a **First Aid Kit**

## **\*First Aid Handbook\***

Ace bandages

Adhesive tape

Antibiotic ointment/gel

Safety pins-different sizes

Cleansing agent-alcohol/hydrogen peroxide and /soap

Disposable gloves/face masks

Gauze pads

Lip balm

Needles

Adhesive bandage strips  
in various sizes

Antiseptic towelettes

Box of Baking Soda

Cold & Hot packs

Cotton Swabs

Flashlight/batteries

Hand sanitizer

Moleskin

Petroleum jelly

# First Aid Kit, cont.

Plastic bags- various sizes

Scissors

Sunscreen

Triangular bandages

Antacids

Antihistamines and  
decongestants

Laxative

Roller gauze

Small bottle hand lotion

Thermometer

Tweezers

Anti-diarrhea medication

Aspirin

Ibuprofen

Vitamins

# Essentials, Safety, and Comfort

- Water- How much for each person?
- Food
- Sturdy Shoes
- Change of Clothing
- Fire extinguisher
- Light sticks/Flashlights
- Toilet paper/paper goods
- Toys for kids



# Tools and Emergency Supplies

- Radio – Crank-up kind are very good
- Flashlights- essential
- Shutoff wrenches- very good to have!
- Work gloves
- Paper, pens and pencils
- Battery operated clock
- Batteries of several kinds
  
- Duct tape



### 4 in 1 Spark Proof Tool: Gas, Water, Pry, Dig

SKU: D8025  
Weight: 1 lbs.

Made of durable cast aluminum, the 4 in 1 spark proof tool is used for shutting off gas and water, prying open doors and digging through debris.

## Gas-Water Shutoff tool



### Adjustable Wrench, 10"

SKU: D8027  
Weight: 0.92 lbs.

The ProPac 10 inch adjustable wrench is made of rugged steel to give extra strength and wear. Dimensions are proportioned for greatest strength with minimum weight. An open handle design permits easier knurl adjustment. Handle made of forged alloy steel and heat treated for toughness and durability. Not a "Crescent"—but Great Value for the price!

## Wrench



### Multi-Function Tool with Belt holster (Leatherman Style)

SKU: D8029  
Weight: 0.42 lbs.

Our "Pocket Tool Box" is constructed of corrosion resistant stainless steel. Innovative fold-up design includes long-nose pliers, small nut wrench, wire cutters, 1" mini knife, 3" serrated saw, mini file, 2" niler, 5/16" slotted screwdriver, 1/4" slotted screwdriver, #2 Philips screwdriver, hole punch, bottle opener, can opener.

## Multi-purpose tool



### Leather Work Gloves

SKU: D000  
Weight: 0.64 lbs.

ProPac leather work gloves offer the ideal combination of control, flexibility and durability. They feature leather palm and fingers with reinforced safety cut.



### Radio with Weather Alert Crank

SKU: D1202  
Weight: 2 lbs.

- The solar radio for emergencies: crank power, 6 AMF weather bands and all features weather
- Get up to date weather information directly from weather service.
- Get voice news updates from AMFM radio station.
- Alert sounds will automatically alert you to impending danger.
- 3 Power Options: dynamo crank, rechargeable 1 standard alkaline to ensure you have power when it

#### Features

- Digital AM/FM and 7 channel weather reception
- All hazards and NOAA weather alerts
- Alert sounds
- Dynamo crank power
- Charger adapters for the most common cell phone
- Clock/calendar lock
- Flashlight
- SLL with low weather broadcast reception
- Backlit LCD
- Freeze alert



### 2-Way Radio Set

SKU: D1201  
Weight: 1 lbs.

- One pair of 22 channel transceivers deliver clear, crisp communication with easy button access
- Up to 20 mile range (indoor/outdoor area)
- Dual Power Options: uses rechargeable battery packs, INCLUDED or 4 AAA batteries, not included
- Mic and headphone jacks
- Automatically scans channels for activity
- Call Tone notifies you of incoming calls within your group
- Auto Squelch removes annoying background noise
- Keychain hook
- Auto Battery Save extends battery life
- Includes durable belt clips & swivel guide
- 3-year warranty



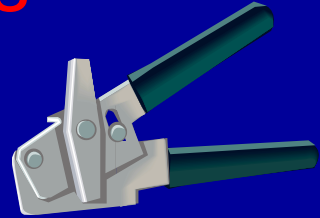
## Work Gloves

## Solar/Crank-up Radio

Family Radios  
no license requires

Whistle  
A GOOD investment!

# Kitchen Items



- Manual can opener
- Mess kits, paper/plastic cups, plates etc.
- Utensils
- All purpose knife
- Resealing plastic bags-various sizes



# Websites

One of the BEST web sites for many different subjects regarding disasters.....

**[www.Ready.gov](http://www.Ready.gov)**

Another excellent web site is the CDC or  
Communicable Disease Center

[WWW.CDC.GOV](http://WWW.CDC.GOV)

# Valuable Documents

- Copy your important documents!

Birth certificate

Adoption records

Insurance policies

Naturalization records

Social Security card

Passports-**excellent**

Deeds

Drivers license

Immunization records

Bank & Credit card account numbers

Marriage license

**Picture Identification**

# Document Storage

## Water tight container

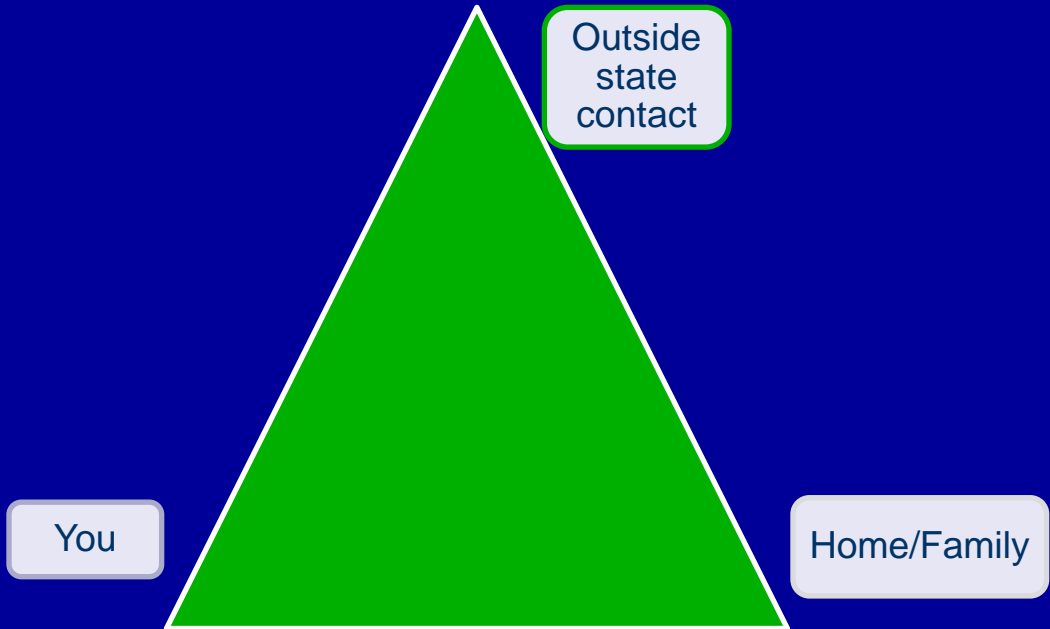
1. Plastic translucent tubes -marine stores
2. Computers (laptops) – provide excellent storage
3. Small Jump Drives (WITH LANYARD)
4. Portable Drives (some have 80 GB or more)

# COMMUNICATION

How to find family members if you are  
located in different areas

Importance of contacts in other states

# Communication Triangle



# Children in School

- If you have children or grandchildren in school **be sure to know what the school plan is** and make arrangements if you are not able to pick up your children.
- Schools will be in “lockdown” after a disaster

# Communications con.

- Cell phones- keep chargers in you car
- Family radios for each family member
- Amateur (ham) Radio – must have FCC license to operate

# Finances - Cash

Why should you have cash available?

- Banks will not be open
- ATMs may not work because power loss/telephones not in service
- Credit cards may not work because power loss/telephones not in service

Be sure that your cash is in small bills....

No bills larger than \$20.00

# ESCAPE PLANS

## Items to have near your bed

- Closed, comfortable shoes
  - Flashlight
  - Clothes
  - And your “go” bag should you need to evacuate
- 
- Evacuation plan for your home- especially those in two level homes
  - Secondary meeting place outside your home



# Utility Shutoff

## Class Exercise

GAS

WATER

ELECTRICITY

# Utilities



## Long Beach Fire Department

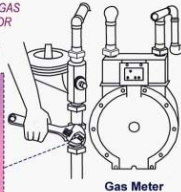
... more than fighting fires

### REDUCING HAZARDS Utility Shutoffs

\* ONLY SHUT OFF GAS IF YOU SMELL OR SUSPECT A GAS LEAK



Shutoff Valve



Gas Meter

### Gas

Give shutoff valve one quarter turn clockwise to block the flow of gas (only if you suspect leak).

Store gas shutoff wrench in an accessible location (pre-adjust wrench in case it rusts).

NOTE: Once off, requires gas department employee or certified plumber to turn gas back on.

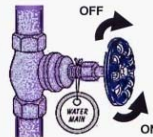
Circuit Breaker Box with Shutoff - OR - Fuse Box with Shutoff

STEP

- 1 Shut off individual breakers.
- 2 Shut off main breaker.
- 1 Pull out individual fuses.
- 2 Pull out main fuse.

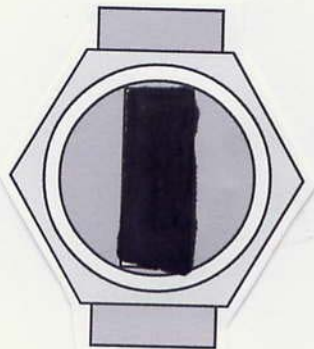
### Electricity

### Water

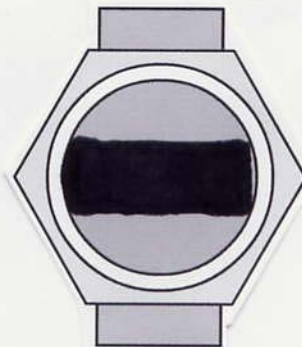


Residential water main shut off typically located in the front of the house (outside) below water faucet

RECOMMENDATION: Place simple "ON" & "OFF" labels on each utility.



**Gas ON**



**Gas OFF**

# Community Organization

- Become CERT trained
- Form CERT teams in your area
- Work together and help each other
- Talk with your neighbors about preparing

# START TODAY!!!

Water

Food

Medications

Clothes

Disaster Kits/ “GO” Kits

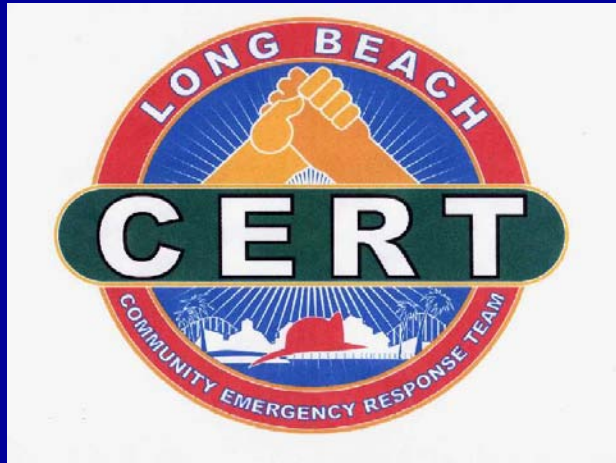
Tomorrow could be too late!

# Preparedness makes a Difference!

All the material that we have discussed can help you, your family and perhaps your neighbors in a time of disaster.

Please read the material and begin to gather your supplies, kits, and information cards for each member of your family. Don't forget your important documents and medications.

**Being prepared can save your life!**



Long Beach Fire Department

CERT

Community Emergency Response Team

# CERT Program

- Sponsored by the Long Beach Fire Department
- Training at Long Beach Fire Dept. Training Center
- FEMA approved -manuals supplied by FEMA
- Instruction by Long Beach Fire Department Fire Fighters and trained volunteer personnel
- 20 hours – 1 night per week for 6 weeks
- Graduation exercise at the end of the course

# Course Subjects

- First Aid
- Medical Triage- process for sorting the injured
- Fire Safety/Fire Suppression
- Light Search and Rescue
- Psychology of Disasters
- Terrorism

# How to Enroll

- Brochure contains an application
- Complete the application
- Mail to the address listed or drop off at any Long Beach Fire Station
- **Online- [www.longbeachcert.org](http://www.longbeachcert.org)**
- You will be contacted as to when a class is available

# Cost of the Course

**FREE!**

20 hours that can make a **BIG** difference in you and your family's life in case of disaster

# Graduation

You will receive....

- Backpack with emergency “starter” gear
- Picture identification card

And..

Become a member of the elite

**Long Beach Fire Dept. CERT TEAM**

# After graduation....

Bi-Monthly meetings at Long Beach Fire Dept. Headquarters on Lakewood Blvd. with speakers and/or demonstrations

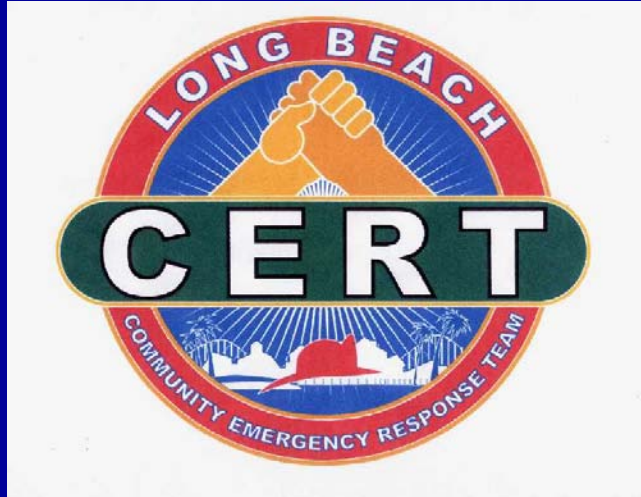
- Drills- with LA CERT
- Ham radio classes
- Emergency communications training

CERT is an international program. There is one in your community if you are not a LB resident. Contact your local Fire/Police Dept.

The skills learned in this program can benefit you, your family and your neighbors.

In times of disaster it will be imperative that we can provide for ourselves!

Don't wait enroll in a CERT program now!



Thank you from LBFD CERT