



Readington Township Office of Emergency Management

CERT Seminar on Home and Personal Safety

Agenda

- Introduction
- About CERT
- Emergency Response and Safety Tips
 - Emergency Kit – Go Bag
 - Food and Water Safety
 - Power Outage; Extreme Heat; Home Flooding
- Generator Safety
 - Safe Placement
 - Proper Operation
 - Needful Things
 - Health Warnings
 - The Value of Practice
- Conclusion and Information Reference



CERT – National Background

- CERT was created in response to the 1986 Los Angeles earthquake to support public services in emergency assistance.
- **CERT program purpose is to be:**
 - A response asset
 - An extension of first responder services until professional services arrive
- **CERT Priorities are to:**
 - First, they help themselves and their families
 - Second, they help their neighbors, coworkers, or others nearby
 - Third, they help the larger community
- **CERT program augments community's response capability because**
 - No community can staff for major disasters or even large emergencies
 - Community counts on help from neighboring communities and mutual aid agreements
- **CERT key messages and values**
 - Safety, safety, safety
 - Teamwork
 - Community members helping each other
 - Preparedness



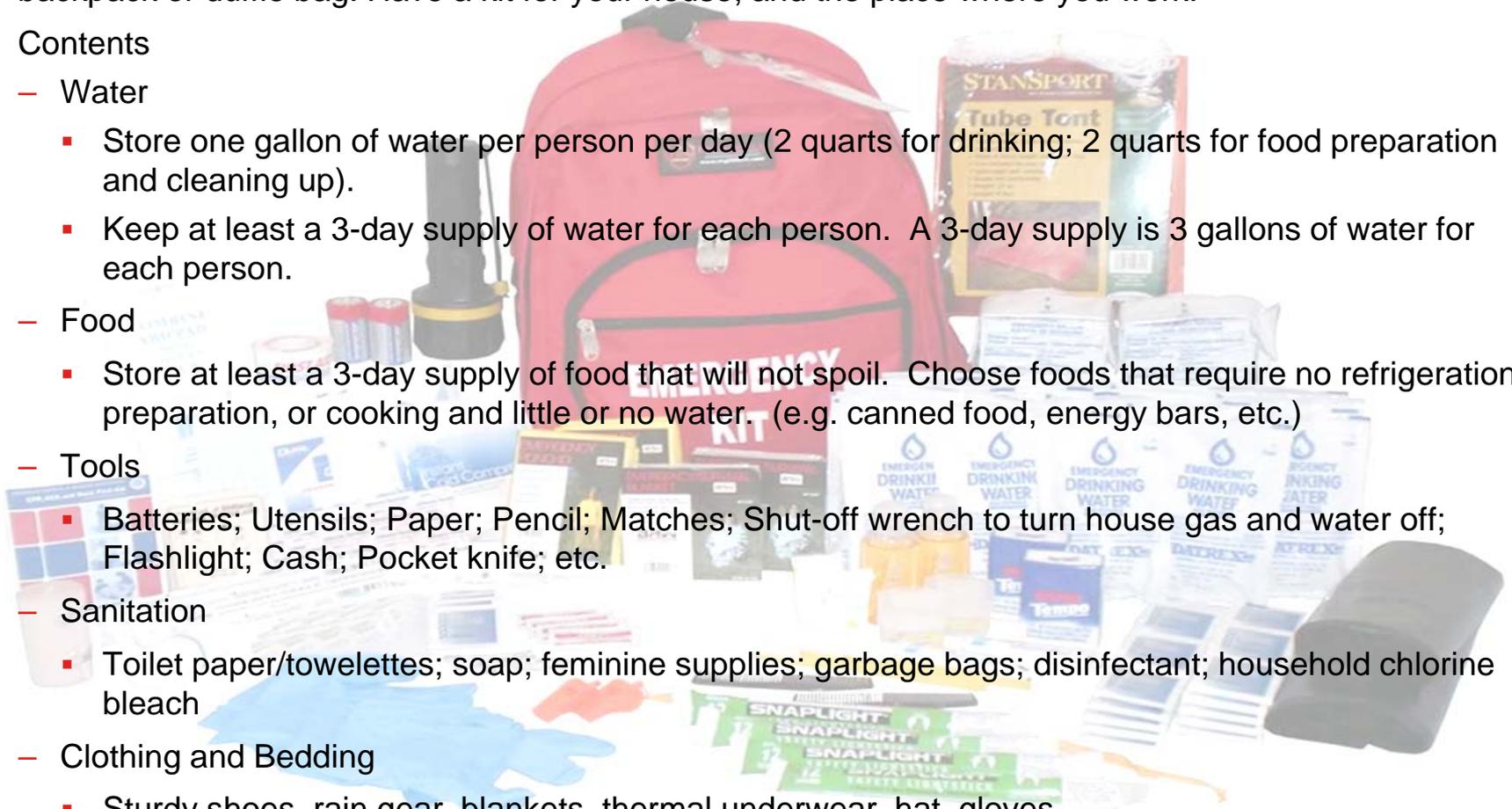
CERT – Readington Township

- Part of township Office of Emergency Management (OEM)
- Membership since 2009
- 26 Active Members
- Notable Events
 - Annual Balloon Festival – logistics, safety
 - Memorial Day Parade – logistics, safety
 - Bound Brook Flooding Support
 - Active Shooter Drill to test ability to respond to a crisis in a Readington school
 - Tropical Storm Irene supporting extended power outage relief
 - Tropical Storm Lee supporting Stockton, NJ flooding response



Emergency Kit – aka Go Bag - Contents

- Keep the items you would most likely need during an evacuation in an easy-to-carry container such as a backpack or duffle bag. Have a kit for your house, and the place where you work.
- Contents
 - Water
 - Store one gallon of water per person per day (2 quarts for drinking; 2 quarts for food preparation and cleaning up).
 - Keep at least a 3-day supply of water for each person. A 3-day supply is 3 gallons of water for each person.
 - Food
 - Store at least a 3-day supply of food that will not spoil. Choose foods that require no refrigeration, preparation, or cooking and little or no water. (e.g. canned food, energy bars, etc.)
 - Tools
 - Batteries; Utensils; Paper; Pencil; Matches; Shut-off wrench to turn house gas and water off; Flashlight; Cash; Pocket knife; etc.
 - Sanitation
 - Toilet paper/towelettes; soap; feminine supplies; garbage bags; disinfectant; household chlorine bleach
 - Clothing and Bedding
 - Sturdy shoes, rain gear, blankets, thermal underwear, hat, gloves
 - First Aid Kits
 - Medications in original bottles to show prescription, dosage, doctor
 - Communications Plan



Emergency Kit – aka Go Bag - Communications Lists

- You may not be with your family or support people when disaster happens, so plan how you will contact one another and practice what you will do in different situations.
- Addresses
- Neighborhood and Regional Evacuation locations
- Pharmacist
- Doctor
- Medical and Home Owner Insurance Information
- Out of Town contacts
- Police, Fire, Hospital, Red Cross
- In-State and Out-of-State Contacts





Ready
Prepare. Plan. Stay Informed. *

Family Emergency Plan




Make sure your family has a plan in case of an emergency. Before an emergency happens, sit down together and decide how you will get in contact with each other, where you will go and what you will do in an emergency. Keep a copy of this plan in your emergency supply kit or another safe place where you can access it in the event of a disaster.

Out of Town Contact Name: _____ **Telephone Number:** _____
Email: _____ **Telephone Number:** _____
Neighborhood Meeting Place: _____ **Telephone Number:** _____
Regional Meeting Place: _____ **Telephone Number:** _____
Evacuation Location: _____ **Telephone Number:** _____

Fill out the following information for each family member and keep it up to date.

Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____
Name: _____	Social Security Number: _____
Date of Birth: _____	Important Medical Information: _____

Write down where your family spends the most time; work, school and other places you frequent. Schools, daycare providers, workplaces and apartment buildings should all have site-specific emergency plans that you and your family need to know about.

Work Location One	School Location One
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Two	School Location Two
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Work Location Three	School Location Three
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____
Other place you frequent	Other place you frequent
Address: _____	Address: _____
Phone Number: _____	Phone Number: _____
Evacuation Location: _____	Evacuation Location: _____

Important Information	Name	Telephone Number	Policy Number
Doctors:			
Other:			
Pharmacists:			
Medical Insurance:			
Homeowners/Rental Insurance:			
Veterinarian/Kennel (for pets):			

Dial 911 for Emergencies



Crisis Scenario Tips

• Food and Water Safety

- Freezer section: A freezer that is half full will hold food safely for up to 24 hours. A full freezer will hold food safely for 48 hours. Do not open the freezer door if you can avoid it.
- Refrigerated section: Pack milk, other dairy products, meat, fish, eggs, gravy, and spoilable leftovers into a cooler surrounded by ice. Inexpensive Styrofoam coolers are fine for this purpose.
- Use a food thermometer to check the temperature of your food right before you cook or eat it. Throw away any food that has a temperature of more than 40 degrees Fahrenheit.
- If a "boil water" advisory is in effect, do not drink tap water or use it to brush your teeth unless water has come to a rolling boil for at least 1 minute or is treated with unscented household chlorine bleach. To treat water, add 1/4 teaspoon (approximately 1.5 mL) bleach to 1 gallon of cloudy water or 1/8 teaspoon (approximately 0.75mL) bleach to 1 gallon of clear water . Stir well and let it stand for 30 minutes before you use it.
- Do not eat food that smells bad, looks bad, or has touched floodwater. When in doubt, throw food out.

• Extreme Heat

- Insulate window or central air conditioner vents
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.
- Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need help.
- Get trained in first aid to learn how to treat heat-related emergencies



Crisis Scenario Tips

● Home Flooding

- Take out items that have soaked up water and that cannot be cleaned and dried.
- Fix water leaks. Use fans and dehumidifiers and open doors and windows to remove moisture.
- To remove mold, mix 1 cup of bleach in 1 gallon of water, wash the item with the bleach mixture, scrub rough surfaces with a stiff brush, rinse the item with clean water, then dry it or leave it to dry.
- Check and clean heating, ventilating, and air-conditioning systems before use.
- To clean hard surfaces that do not soak up water and that may have been in contact with floodwater, first wash with soap and clean water. Next disinfect with a mixture of 1 cup of bleach in 5 gallons of water. Then allow to air dry.
- Wear rubber boots, rubber gloves, and goggles when cleaning with bleach. Open windows and doors to get fresh air.
- Never mix bleach and ammonia. The fumes from the mixture could kill you.

● Power Outage

- To prevent carbon monoxide poisoning, use generators, grills, and similar items outdoors only.
- In hot weather, stay cool and drink plenty of fluids to prevent heat-related illness.
- In cold weather, wear layers of clothing, which help to keep in body heat.
- Avoid power lines and use electric tools and appliances safely to prevent electrical shock.
- If the power is out longer than two hours, throw away food that has a temperature higher than 40°F.
- Check with local authorities to be sure your water is safe.

Emergency Home Gas Generators & You



Emergency Home Gas Generators & You - Discussion

Gas generators were initially used by the construction industry to power tools and machinery when little or no access to electricity on the job site.

Generators convert gas / diesel fuel into usable electricity.



Used and maintained properly, gas generators are relatively safe.

Emergency Home Gas Generators & You – Power Ratings

Watts per Unit starting / running

<i>Refrigerator or Freezer:</i>	<i>1,800 / 180</i>	
<i>Sump Pump 1/2 hp:</i>	<i>2,150 - 4,100 / 1,050</i>	
<i>Well Pump 1/2 hp:</i>	<i>2,100-4,000 / 1,000</i>	
<i>Portable radio:</i>	<i>5 to 45</i>	
<i>Stereo system :</i>	<i>65</i>	
<i>Garage Door Opener:</i>	<i>1,400 starting</i>	
<i>Electric Fry Pan:</i>	<i>1,300</i>	
<i>Coffee Maker:</i>	<i>1,750 to 2,400</i>	
<i>Microwave:</i>	<i>625 to 1,000</i>	
<i>Air conditioner: window</i>	<i>8,000 / 1,200</i>	<i>large 30,000 / 6,000</i>

Prioritize Needs vs. Nice To Have!



Emergency Home Gas Generators & You - Challenge

[1] When can I leave my generator unattended?

NEVER

[2] How many feet of clearance to generators need for ventilation?

3-4 ft

[3] Can the generator be turned off at night?

Ask your neighbors.

[4] Where should I place my CO detector?

Nearest point inside the house.

[5] Is placing near doors, windows, and vents OK?

No! CO enters and builds up inside.

[6] Where should the exhaust be directed?

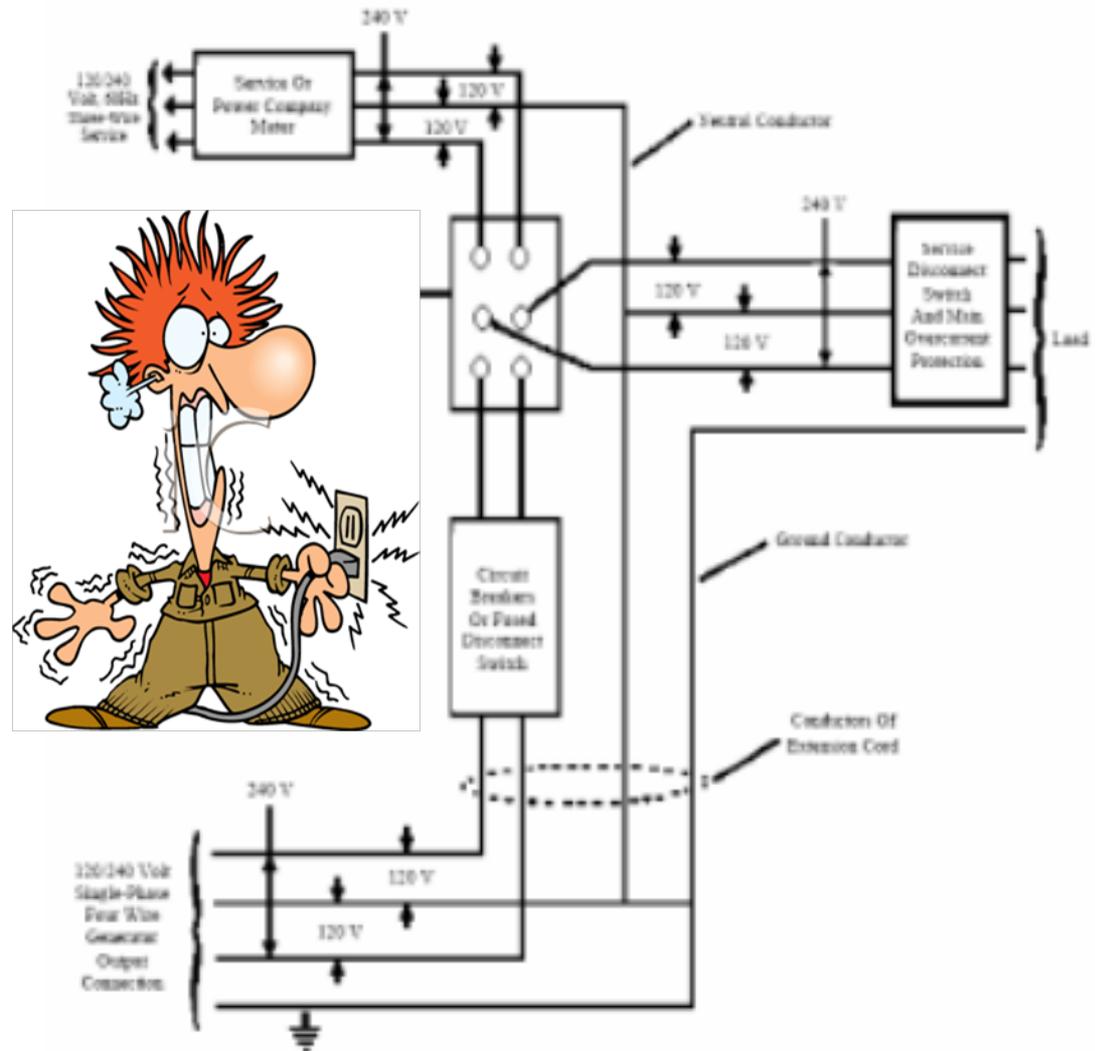
Away from home.



Emergency Home Gas Generators & You - Backfeeding

What is backfeeding?

- Using a double male plug from your generator and into a house outlet: Makes all outlets live.
- Produce “back feed”- a dangerous current that can electrocute or critically injure you or others.
- Could create “hot” power lines during an outage. Linemen who expect the line to be de-energized could be injured.



Backfeeding Diagram

Emergency Home Gas Generators & You – **Needful Things**

A,B,C Fire Extinguisher nearby



Proper gas storage cans, stored safely.



Heavy duty outdoor rated extension cords [surge protection]



Flashlight

Identify what **MUST** be running, cycle usage.

Emergency Home Gas Generators & You - Summary

- Prevent Carbon Monoxide coming into your home.

- Generators are for residential emergency use.

- Children are never generator trained.

- Buy the right size.

- Know the warning signs: dizziness, don't feel right, headaches, disorientation.

**Readington Township Family
rushed to Hospital with CO Poisoning.**

**Officials say the culprit was an
improperly ventilated
gasoline generator in use during the
power outage.**



Next Steps and Reference

- Reference for materials
 - Red cross for first aid
 - Shelter in place
 - Go bag
 - Generator instructions
- Instructions to join CERT
 - Readington Office of Emergency Mgmt (OEM)
 - http://www.readingtontwp.org/OEM_main.html
 - CERT Information: <http://citizencorps.gov/cc/showCert.do?id=49675>
 - Joel Kerwin
 - E-mail: oem@readingtontwp-nj.org
 - +1 (908) 534-4051 x265



**TAKE YOUR
NEXT STEP**

