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Disaster Psychology

CERT volunteers prepare themselves for their role during and following a disaster by learning about the possible emotional and physical impact of disasters on themselves and others. This knowledge helps CERT volunteers understand and manage their reactions to the event, while enabling them to work better with others and help the volunteers to manage the emotional impact of disaster response work. You can learn more about disaster psychology through this [FEMA video](#).



Psychological First Aid

Psychological First Aid (PFA) is an evidence-informed approach to assist children, adolescents, adults, and families in a disaster's aftermath. PFA provides the initial support for survivors' psychological well-being. "Listen, Protect, Connect" is one of the PFA methods that can assist survivors in taking steps to bounce back more quickly.





Teen CERT Academy

Congratulations to our first Teen CERT graduates!

Ashwin Raj, Jacob Stancil, Manuel Bernal, and Kuzari Kinchen all completed a week-long CERT camp

Well Done!



MAKE A PLAN

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

- **Put a plan together**
 1. How will I receive emergency alerts and warnings?
 2. What is my shelter plan?
 3. What is my evacuation route?
 4. What is my family/household communication plan?
 5. Do I need to update my emergency preparedness kit?
- **Consider the specific needs in your household**
- **Practice your plan with your family/household**

[Red Cross Guide to Making a Plan](#)



JOIN OUR TEAM

We're still looking for volunteers to join our team and help promote emergency preparedness Districtwide!

VOLUNTEER SUPPORT OPENINGS!!

- Spanish Speakers!
 - CERT Co-Instructors
 - CERT Area Team Liaison
 - CERT Communications Team
- Email us at cert@menlofirecert.com

THE FIVE F's

Our bodies have both physical and psychological responses to stressful events. Humans typically have five primary responses to stress. We refer to those as the 5 Fs. Recognizing examples of each of these can assist you in determining how best to provide support:

1. Freeze: "Stop, look, and listen," or be on guard and watchful.
2. Flight: Flee.
3. Fight: Attempt to combat the threat.
4. Fright: Tonic immobility when in contact with a predator or playing dead.
5. Faint: Fear-induced fainting



CERT DISASTER READY QUIZ

Each month two individuals will be chosen to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers through this online [form](#). You must answer all questions correctly to be entered in the raffle.

Be aware of three life-threatening conditions: airway obstruction, excessive bleeding, and shock. Stop the Bleed classes will help you learn how to stop life-threatening bleeds that can kill in two to five minutes. Sign up TODAY for a class held the third Monday of every month.

SUMMER FIRST AID

1. When treating an insect sting, you should remove the stinger, if still present, by...	<ul style="list-style-type: none"> A. Using tweezers to grasp it by the venom sack B. Scraping a straight-edged object across the stinger C. Using a sharp knife to cut the stinger flush with the skin D. Using tweezers to grasp it the shaft, avoiding the venom sack
2. Lack of perspiration is a symptom of Heat Stroke.	<ul style="list-style-type: none"> A. True B. False
3. Which is not one of the standard burn classifications?	<ul style="list-style-type: none"> A. Full Thickness B. Superficial C. Medium D. Partial Thickness
4. Which of these is not a way to treat a patient rescued from cold air or water environments?	<ul style="list-style-type: none"> A. Remove wet clothing B. Give the patient alcohol to help warm their body core C. Place something between the injured person and the ground D. Wrapping the injured person with dry layers such as a coat or blanket
5. Which of the following heat related injuries is the most life threatening?	<ul style="list-style-type: none"> A. Heat cramps B. Heat stroke C. Heat exhaustion D. Sunburn



Congratulations to our most recent winners!

Paul Kick and Julie Paulin

This Month's Prize - Red Cross Ready Personal Emergency Preparedness Kit





2023 Menlo Park Fire District Class Offerings



FREE First Aid / CPR / AED – This seven-hour class is offered the **first Saturday of every month**, (except holiday weekends) to help citizens recognize and respond to cardiac, breathing, and various common first aid emergencies until medical personnel arrive. Health and Safety Institute (HSI) CPR Certification card provided after successful completion of class.

Next Class – (no class in September) Saturday, October 7

REGISTER AT: www.menlofirecert.com

Class time: 7 hours, 9:00am – 4:00pm

Class location: Menlo Park Fire USAR Facility, 2470 Pulgas Avenue, East Palo Alto

FREE Community Emergency Response Team (CERT) – Three eight-hour classes offered on Saturdays in March and October provides training to residents within the community on basic disaster and preparedness skills (fire extinguishing, medical care, incident command and light search / rescue); which may be applied in a real-life emergency. The intent of the program is to create a layer of self-resilience within the neighborhoods by enabling CERT members to safeguard themselves, their family, their community, and assist local first responders.

Winter Academy – **Saturdays, November 18, December 2, 16**

REGISTER AT: www.menlofirecert.com

Class time: 21 to 24 hours, 9:00am – 4:30pm each day

Class location: Menlo Park Fire USAR Facility, 2470 Pulgas Avenue, East Palo Alto

Stop the Bleed! – This free one-hour class is offered the **third Monday of every month** to help citizens recognize and respond to first aid emergencies until medical personnel arrive. American College of Surgeons certificate provided after successful completion of class.

- Identifying and treating life threatening bleeding.
- Proper use pressure dressings, wound packing, and tourniquets.

Next Class – (August class is full) Monday, September 9

REGISTER AT: www.menlofirecert.com

Class time: 1 hour, 6:00pm – 7:00pm

Class location: Fire Station #1 Classroom (in the back), 300 Middlefield Road, Menlo Park

FREE Red Cross Ready – A 90-minute all-hazards personal preparedness class offered on the **second Wednesday of every month**, designed to provide the individual with basic response actions for the following disasters: Earthquake, Flood, Wildland Fires, Hazardous Materials, etc. Participants learn how to build a disaster kit, plan, and stay connected during a disaster.

- Learn how to make a disaster plan and emergency pack.
- Learn how to respond during and after a disaster.
- Receive a disaster kit, radio, and family preparedness information.

Next Class – Wednesday, September 13

REGISTER AT: www.menlofirecert.com

Class time: 1 ½ hours, 6:00pm – 7:30pm

Class location: Arrillaga Family Recreation Center Cypress Room, 700 Laurel Street, Menlo Park

Wilderness First Aid – Available by request with a minimum of six students, this 16-hour class provides the knowledge and skills needed for a wilderness medical emergency. Learn how to be

Register at MenloFireCERT.com

As of 08/01/2023



2023 Menlo Park Fire District Class Descriptions



prepared to survive in situations where no immediate professional first responders are immediately available. Health and Safety Institute (HSI) Certification card provided after successful completion of class.

Next Class – **by request** (*this class is intended to be held at YOUR location*)

REGISTER AT: [email cert@menlofirecert.com](mailto:cert@menlofirecert.com)

Class time: 16 hours - at your request

Class location: your home, business, school. We come to you!

Neighbors Helping Neighbors – After taking care of yourself and your family, it is time to help your neighbors. In a disaster, your most immediate source of help will probably come from your neighbors. This no-cost class will help you map your neighborhood and understand how to get to know your neighbors. In a disaster, you will know what resources you have available. This ninety-minute class is free and will present 9 steps for you to follow immediately after a disaster. This training can help you and your neighbors be better prepared and more resilient. Let us help you!

Next Class – **by request** (*this class is intended to be held at YOUR location*)

REGISTER AT: [email cert@menlofirecert.com](mailto:cert@menlofirecert.com)

Class time: 1 ½ hours - at your request

Class location: your home, business, school. We come to you!

Until Help Arrives – This is a two-and-a-half-hour free class was developed by FEMA to educate and empower the public to act in an emergency before professional help arrives by taking five “Until Help Arrives” key actions. The Until Help Arrives program is designed to educate and empower the public to act in an emergency and provide lifesaving care for home accidents, vehicle crashes, active shooter incidents, etc. before professional first responders arrive. This approach builds a network of lifesaving individuals throughout the nation. You are the help until help arrives. You can save a life!

Next Class – **by request** (*this class is intended to be held at YOUR location*)

REGISTER AT: [email cert@menlofirecert.com](mailto:cert@menlofirecert.com)

Class time: 2 ½ hours - at your request

Class location: your home, business, school. We come to you!

FREE Teen CERT Camp – This special camp provides training to teens ages 15 to 18 within the community on basic disaster and preparedness skills (fire extinguishing, medical care, incident command and light search / rescue); which may be applied in a real-life emergency. The intent of the program is to create a layer of self-resilience within the neighborhoods by enabling Teen CERT members to safeguard themselves, their family, their community, and assist local first responders.

Next Class – **Winter 2024**

REGISTER AT: www.menlofirecert.com

Class time: 22 hours, 9:00am – 3:30pm each day

Class location: Fire Station #1 Classroom (in the back), 300 Middlefield Road, Menlo Park



2023 Menlo Park Fire District Class Descriptions



FREE CERT “Refresher” Classes – Periodic classes are offered as continuing education for CERTs to update and refresh their disaster and preparedness skills (fire extinguishing, medical care, incident command and light search / rescue) which may be applied in a real-life emergency. The intent of the program is to create a layer of self-resilience within the neighborhoods by enabling CERT members to safeguard themselves, their family, their community, and assist local first responders. Topics are tentative and subject to change.

Next Classes – **September 23 (Incident Command System)**
October 21 (Search and Rescue)

REGISTER AT: www.menlofirecert.com

Class time: 3.5 hours, 9:00am – 12:30pm each day

Class location: Menlo Park Fire USAR Facility, 2470 Pulgas Avenue, East Palo Alto

We do encourage you to consider the full *Community Emergency Response Training (CERT)* for a full community response training, but if you are unable or unwilling to commit to the 21-24 hours of training required, there are options...

If you are looking for a simple yet progressive disaster preparedness series, we suggest beginning with the *Red Cross Ready* class (personal preparedness), *Neighbors Helping Neighbors* (neighborhood readiness), and *Until Help Arrives* (community preparedness).

All the Menlo Park Fire Protection District disaster preparedness classes above are free to the community. Register at menlofirecert.com or email cert@menlofirecert.com.

Staff is also available to teach the following FEMA courses (requires a six week notification):

- **G191** – Incident Command System and Emergency Operations Center (ICS/EOC) Interface - (8 hours classroom)
- **G606** – Introduction to the Standardized Emergency Management System (SEMS) – (4 hours classroom)
- **G611 (series)** – Emergency Operations Center (EOC) Position Specific Overview Series – (8 hours classroom per session: Management, Finance/Administration, Logistics, Operations, Planning)
- **G626** – Emergency Operations Center (EOC) Action Planning Course – (16 hours classroom)
- **G775** – Emergency Operations Center Management and Operations – (16 hours classroom)
- **SEMSX/G402** – Standardized Emergency Management System (SEMS) Executive Course (for elected and appointed officials) – (2 hours classroom)