

# CERT CONNECT



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- ✓ FIRST AID READY
- ✓ FIRST AID & CPR TRAINING
- ✓ WEATHER SAFETY TIPS
- ✓ FIRST CERT TRAINING FOR 2022



## FEBRUARY IS FIRST AID READY!

CPR saves lives. Statistics show that the earlier CPR is started, the greater the chances of survival. The American Heart Association estimates that 100,000 to 200,000 lives of adults and children could be saved each year if CPR were performed early enough.



## FREE FIRST AID & CPR TRAINING

In this class you will learn:

- How to perform CPR on both adults and children.
- Basic first aid skills.
- How to use an Automated Defibrillator.

Next Class is April 2<sup>nd</sup> [Register Here](#)





## TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

**BE RESPONSIBLE!  
BE READY!**



### Winter Weather Safety Tips

Help keep you and your family safe when traveling with these winter weather tips.

<https://www.ready.gov/winter-weather>



### CERT Training Starts February 26!

Registration Open for the next CERT Basic class. The course will be taught every other Saturday over six weeks.

Class will be a full day from 9:00AM - 4:30 PM

Your friends and family can use this link to register!

[Register Here](#)

We are also including a copy of the flyer at the end of this newsletter that you can print out or post on social media.

### JOIN OUR TEAM



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

#### VOLUNTEER SUPPORT OPENINGS!!

- CERT Co- Instructors
- CERT Area Team Liaison (Atherton & EPA)

Sign-Up here [www.menlofirecert.com](http://www.menlofirecert.com)

### FOLLOW US ON SOCIAL MEDIA

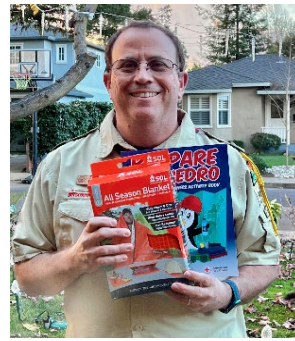


- ✓ [Twitter](#) @MPFDcert
- ✓ [Facebook](#) @MPFD.CERT



# CERT DISASTER READY QUIZ

Each month two individuals will be entered into a raffle 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 eligible for the raffle.



David Fichou  
December Winner

## Disaster Medical Operation Part 1

1. Tourniquets should only be used as a last resort, as the use of one will almost certainly result in the loss of the extremity.	<ul style="list-style-type: none"> <li>A. True</li> <li>B. False</li> </ul>
2. What of the following is not one of main signs of shock?	<ul style="list-style-type: none"> <li>A. Rapid and shallow breathing</li> <li>B. Cramps</li> <li>C. Capillary refill of greater than two seconds</li> <li>D. Inability to follow simple commands</li> </ul>
3. When dealing with an unconscious patient who is breathing, it is best to position them....	<ul style="list-style-type: none"> <li>A. Laying on their back</li> <li>B. Lying on their belly</li> <li>C. Lying on the side in the recover position</li> <li>D. Sitting up</li> </ul>
4. Which is not one of the standard burn classifications?	<ul style="list-style-type: none"> <li>A. Full Thickness</li> <li>B. Superficial</li> <li>C. Medium</li> <li>D. Partial Thickness</li> </ul>
5. If after you apply a dressing to a wound, there is active bleeding and the dressing is soaked with blood, you should do which of the following?	<ul style="list-style-type: none"> <li>A. Remove the original dressing and replace with a new one</li> <li>B. Apply pressure to the closest pressure point</li> <li>C. Retighten the dressing as much as you physically able</li> <li>D. Apply additional dressing material and maintain pressure on the wound</li> </ul>



Congratulations to our most recent winners!

- Bernadette Callahan
- Robin McClish

### Emergency Tourniquet







# Registration Open!

**DO YOU know what to do when disaster strikes?**

How can you help yourself and loved ones before emergency crews can respond? CERT has answers!



**Sign Up For The Next CERT Basic Training Class!**

**Class Starts February 26th**



Class will be held over three Saturdays at our facility in East Palo Alto.