



CERT



NASSAU COUNTY



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**CERT IS
WHAT
YOU
MAKE IT**



**COUNTY,
STATE,
&
FEDERAL
ONE TEAM**

CERT Monthly Newsletter

OCTOBER 2019

Dear Members,

Our thoughts and prayers go out to all the victims, whose lives have been devastated by the recent wildfires, flooding and hurricanes. Also to the first responders, military and volunteers who have been actively assisting in operations.

October is Fire Prevention Month! The goal of Fire Prevention Month (and week October 6th – 12th) is to raise awareness about fire safety and help ensure your home and family is prepared in the event of an emergency. In 1922, the National Fire Protection Association named the second week of October Fire Prevention Week in commemoration of the Great Chicago Fire in 1871. Today, we celebrate Fire Prevention Week and Month by raising fire safety awareness and educating families, students and communities across the United States. During this month, fire departments educate their communities, and encourage parents and loved ones to practice fire safety and whole home safety. The National Fire Protection Association's (NFPA) 2019 campaign for Fire Prevention Month is "Not Every Hero Wears A Cape. Plan and Practice Your Escape."

On Saturday, October 12 CERT has been requested to participate at the Uniondale FD - Van Ness Fire Station, 154 Uniondale Avenue. Uniondale for their annual open house between 11am - 4pm. Set-up will be 10:30am. If you are available for all or part of the day, please sign up at: oemcert@nassaucountyny.gov.

The new CERT basic class began on Wednesday, September 25th at the Long Beach Public Library. We had 42 potential new members attend the first class. Remember all are invited to attend any of the classes for a refresher or to assist.

Thank you for your time and service

Best regards

Bob, Joshua & Paul



We have a class beginning on September 25, 2019 at the:

Long Beach Public Library

111 West Park Avenue

Long Beach, NY 11561

CERT Basic Class -Fall 2019

Day / Date	Topic	Class	Location
Wednesday, September 25, 2019	Introduction / What is CERT	1	Long Beach Public Library
Wednesday, October 16, 2019	Fire Safety / Portable Radio Fundamentals	2	Long Beach Public Library
Wednesday, October 23, 2019	Disaster Medical Operations	3	Long Beach Public Library
Wednesday, October 30, 2019	Light Search & Rescue Operations	4	Long Beach Public Library
Wednesday, November 6, 2019	Emergency Operations Center / Warehouse	5	OEM
Wednesday, November 13, 2019	Sheltering Operations	6	Long Beach Public Library
Wednesday, November 20, 2019	Disaster Psychology / Terrorism / Graduation	7	Long Beach Public Library

Tell a Friend



National Night Out

August 6, 2019

CERT Participates in National Night Out Uniondale





Radio Amateur Civil Emergency Services

(RACES)

On September 16th our monthly meeting was held at Nassau County OEM. We opened the meeting with a moment of silence for all those affected by the events of September 11, 2001. After the business portion of the meeting we turned our attention to our monthly training portion. This month, our topic was Personal Preparedness Training "When Disaster Strikes". The training focused on emergency events that can happen when you and your family are away from home. The scenario took place on a Tuesday at 14:00 hours when everyone was in a different location. For example, you were at work while your spouse was out food shopping, your adult daughter was at the park with her son and your other children were at school. Participants were asked, "Who can you contact? What emergency supplies do you have with you? What plans do you have in place? Where can you go? What do you do?" If this happened would you be able to communicate with your family? We thank Michael Arcari KD2KOE for preparing and conducting this training.

Please keep in mind our trainings are open to all, so keep an eye out for a skill set you may need a refresher on or something new to learn for you to add to your tool box.

Next month our topic will be "Skywarn Winter Reportable Criteria".

We hope to see you then!

73

Bob Long

Bob Long KC2PSN, WQME569

Nassau County RACES / CERT Chief Radio Officer





RACES 2019 Trainings



Meeting Date	Training Topic	Individual Responsible	
January 28	ICS Forms	Michael Arcari	Bob Long
February 25		Bob Jordan	
March 18	Leadership	Tom Vaughn	
April 15	Long Island Marathon Planning Meeting	Bob Long	Michael Arcari
May 20	Skywarn - Summer Reportable Criteria	Michael DeMita	
June 17	Interoperability	Michael Arcari	
July 15	Leadership	Tom Vaughn	
August 19	Psychological First Aid	Michael Arcari	
September 16	Preparedness Training	Michael Arcari	
October 21	Skywarn - Winter Reportable Criteria	Michael DeMita	
November 18	Table Top Exercise	Michael Arcari	Ton Vaughn
December 16	Year End Review	Bob Long	Michael Arcari

Other Training Topics	<p><i>Physiological First Aid</i></p> <p><i>Safe Talk</i></p> <p><i>Team building / Leadership (2)</i></p> <p><i>Table Top of some kind</i></p> <p><i>Training on any new equipment we may get</i></p> <p><i>CERT Refresher (broken down to elements, or two months)</i></p> <p><i>Guest Speakers?</i></p> <p><i>Other Ideas</i></p>
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The [National Fire Protection Association \(NFPA\)](#) has announced [“Not Every Hero Wears a Cape. Plan and Practice Your Escape!”](#) as the theme for Fire Prevention Week, October 6-12, 2019. This year’s campaign recognizes the everyday people who motivate their households to develop and practice a home fire escape plan; these seemingly basic behaviors can have life-saving impact.

“This year’s campaign works to celebrate people of all ages who learn about home fire escape planning and practice, bring that information home, and spur their families to action,” said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. “From young students who learn about the campaign at school to parents who attend a community event like a fire station open house - all of them truly are heroes because they’re taking steps to make their households much, much safer from fire.

“Not Every Hero Wears a Cape. Plan and Practice Your Escape!” also focuses on what a home escape plan entails and the value of practicing it. These messages are more important than ever, particularly because today’s homes burn faster than ever. Carli notes that synthetic fibers used in modern home furnishings, along with the fact that newer homes tend to be built with more open spaces and unprotected lightweight construction, are contributing factors to the increased burn rate.

“People tend to underestimate their risk to fire, particularly at home. That over-confidence lends itself to a complacency toward home escape planning and practice,” said Carli. “But in a fire situation, we’ve seen time and again that advance planning can make a potentially life-saving difference.”

A home escape plan includes working [smoke alarms](#) on every level of the home, in every bedroom, and near all sleeping areas. It also includes [two ways out](#) of every room, usually a door and a window, with a clear path to an outside meeting place (like a tree, light pole or mailbox) that’s a safe distance from the home. Home escape plans should be practiced twice a year by all members of the household.

Home Fires

Did you know?

In a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds. **Escape planning and practice can help you make the most of the time you have**, giving everyone enough time to get out.



Learn About Fires

- **Fire is FAST!** In less than 30 seconds a small flame can turn into a major fire. It only takes minutes for thick black smoke to fill a house or for it to be engulfed in flames.
- **Fire is HOT!** Heat is more threatening than flames. Room temperatures in a fire can be 100 degrees at floor level and rise to 600 degrees at eye level. Inhaling this super-hot air will scorch your lungs and melt clothes to your skin.
- **Fire is DARK!** Fire starts bright, but quickly produces black smoke and complete darkness.
- **Fire is DEADLY!** Smoke and toxic gases kill more people than flames do. Fire produces poisonous gases that make you disoriented and drowsy. Asphyxiation is the leading cause of fire deaths, exceeding burns by a three-to-one ratio.

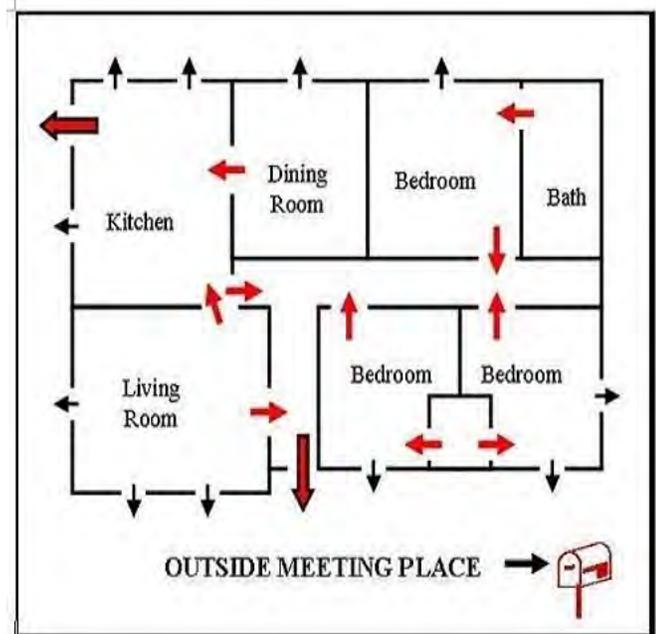
Before a Fire

Create and Practice a Fire Escape Plan

In the event of a fire, remember that every second counts, so you and your family must always be prepared. Escape plans help you get out of your home quickly.

Twice each year, practice your home fire escape plan. Some tips to consider when preparing this plan include:

- Find two ways to get out of each room in the event the primary way is blocked by fire or smoke.
- A secondary route might be a window onto a neighboring roof or a collapsible ladder for escape from upper story windows.
- Make sure that windows are not stuck, screens can be taken out quickly, and that security bars can be properly opened.
- Practice feeling your way out of the house in the dark or with your eyes closed.
- Teach children not to hide from firefighters.





Smoke Alarms

A working smoke alarm significantly increases your chances of surviving a deadly home fire.

- Install both ionization AND photoelectric smoke alarms, OR dual sensor smoke alarms, which contain both ionization and photoelectric smoke sensors.
- Test batteries monthly.
- Replace batteries in battery-powered and hard-wired smoke alarms at least once a year (except non-replaceable 10-year lithium batteries).
- Install smoke alarms on every level of your home, including the basement, both inside and outside of sleeping areas.
- Replace the entire smoke alarm unit every 8-10 years or according to manufacturer's instructions.
- Never disable a smoke alarm while cooking – it can be a deadly mistake.



Smoke Alarm Safety for People with Access or Functional Needs

- Audible alarms for visually impaired people should pause with a small window of silence between each successive cycle so that they can listen to instructions or voices of others.
- Smoke alarms with a vibrating pad or flashing light are available for the hearing impaired. Contact your local fire department for information about obtaining a flashing or vibrating smoke alarm.

During a Fire

- Crawl low under any smoke to your exit - heavy smoke and poisonous gases collect first along the ceiling.
- Before opening a door, feel the doorknob and door. If either is hot, or if there is smoke coming around the door, leave the door closed and use your second way out.
- If you open a door, open it slowly. Be ready to shut it quickly if heavy smoke or fire is present.
- If you can't get to someone needing assistance, leave the home and call 9-1-1 or the fire department. Tell the emergency operator where the person is located.
- If pets are trapped inside your home, tell firefighters right away.
- If you can't get out, close the door and cover vents and cracks around doors with cloth or tape to keep smoke out. Call 9-1-1 or your fire department. Say where you are and signal for help at the window with a light-colored cloth or a flashlight.
- If your clothes catch fire, stop, drop, and roll – stop immediately, drop to the ground, and cover your face with your hands. Roll over and over or back and forth until the fire is out. If you or someone else cannot stop, drop, and roll, smother the flames with a blanket or towel. Use cool water to treat the burn immediately for 3 to 5 minutes. Cover with a clean, dry cloth. Get medical help right away by calling 9-1-1 or the fire department.



Fire Escape Planning for Older Adults and People with Access or Functional Needs

- Live near an exit. You'll be safest on the ground floor if you live in an apartment building. If you live in a multi-story home, arrange to sleep on the ground floor, and near an exit.
- If you use a walker or wheelchair, check all exits to be sure you get through the doorways.
- Make any necessary accommodations, such as providing exit ramps and widening doorways, to facilitate an emergency escape.
- Speak to your family members, building manager, or neighbors about your fire safety plan and practice it with them.
- Contact your local fire department's non-emergency line and explain your special needs. Ask emergency providers to keep your special needs information on file.
- Keep a phone near your bed and be ready to call 911 or your local emergency number if a fire occurs.

After a Fire

The following checklist serves as a quick reference and guide for you to follow after a fire strikes.

- Contact your local disaster relief service, such as The Red Cross, if you need temporary housing, food and medicines.
- If you are insured, contact your insurance company for detailed instructions on protecting the property, conducting inventory and contacting fire damage restoration companies. If you are not insured, try contacting private organizations for aid and assistance.
- Check with the fire department to make sure your residence is safe to enter. Be watchful of any structural damage caused by the fire.
- The fire department should see that utilities are either safe to use or are disconnected before they leave the site. DO NOT attempt to reconnect utilities yourself.
- Conduct an inventory of damaged property and items. Do not throw away any damaged goods until after an inventory is made.
- Try to locate valuable documents and records. Refer to information on contacts and the replacement process inside this brochure.
- Begin saving receipts for any money you spend related to fire loss. The receipts may be needed later by the insurance company and for verifying losses claimed on income tax.
- Notify your mortgage company of the fire.



Prevent Home Fires

Home fires are preventable! The following are simple steps that each of us can take to prevent a tragedy.



Cooking

- Stay in the kitchen when you are frying, grilling, or broiling food. If you leave the kitchen for even a short period of time, turn off the stove.
- Wear short, close-fitting or tightly rolled sleeves when cooking.
- Keep children away from cooking areas by enforcing a "kid-free zone" of 3 feet around the stove.
- Position barbecue grills at least 10 feet away from siding and deck railings, and out from under eaves and overhanging branches.

Smoking

- Smoke outside and completely stub out butts in an ashtray or a can filled with sand.
- Soak cigarette butts and ashes in water before throwing them away. Never toss hot cigarette butts or ashes in the trash can.
- Never smoke in a home where oxygen is used, even if it is turned off. Oxygen can be explosive and makes fire burn hotter and faster.
- Be alert - don't smoke in bed! If you are sleepy, have been drinking, or have taken medicine that makes you drowsy, put your cigarette out first.



Electrical and Appliance Safety

- Frayed wires can cause fires. Replace all worn, old or damaged appliance cords immediately and do not run cords under rugs or furniture.
- If an appliance has a three-prong plug, use it only in a three-slot outlet. Never force it to fit into a two-slot outlet or extension cord.
- Immediately shut off, then professionally replace, light switches that are hot to the touch and lights that flicker.





Fireplaces and Woodstoves

- Inspect and clean woodstove pipes and chimneys annually and check monthly for damage or obstructions.
- Use a fireplace screen heavy enough to stop rolling logs and big enough to cover the entire opening of the fireplace to catch flying sparks.
- Make sure the fire is completely out before leaving the house or going to bed.

Portable Space Heaters

- Keep combustible objects at least three feet away from portable heating devices.
- Buy only heaters evaluated by a nationally recognized laboratory, such as Underwriters Laboratories (UL).
- Check to make the portable heater has a thermostat control mechanism, and will switch off automatically if the heater falls over.
- Only use crystal clear K-1 kerosene in kerosene heaters. Never overfill it.



Children

- Take the mystery out of fire play by teaching children that fire is a tool, not a toy.
- Store matches and lighters out of children's reach and sight, preferably in a locked cabinet.
- Never leave children unattended near operating stoves or burning candles, even for a short time.



More Fire Safety Tips

- Make digital copies of valuable documents and records like birth certificates.
- Sleep with your door closed.
- Contact your local fire department for information on training on the proper use and maintenance of fire extinguishers.
- Consider installing an automatic fire sprinkler system in your residence.

More Prevention Tips

- Never use stove range or oven to heat your home.
- Keep combustible and flammable liquids away from heat sources.
- Portable generators should NEVER be used indoors and should only be refueled outdoors or in well ventilated areas.



HELP SAVE THE LIFE OF A LOVED ONE!

If you are interested in the Nassau County Overdose Prevention And Naloxone Training at any of the listed locations You must register at: <https://forms.nassaucountyny.gov/agencies/CE/narcan/ontraining.php>

Description:

Overdose prevention workshop with Naloxone/Narcan training. Learn to recognize an overdose and reverse it to save a life. And then, find out what to do next - treatment and recovery options.

Hempstead Public Library
115 Nichols Court
Hempstead, NY 11550
Thursday, October 17, 6:30pm – 8:30pm

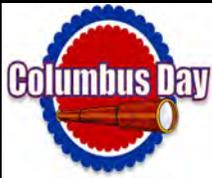
Glen Cove High School
150 Dosoris Lane
Glen Cove, NY 11542
Monday, October 21, 2019 07:00 PM

Farmingdale Senior High School
150 Lincoln Street
Farmingdale, NY 11735
Tuesday, October 22, 2019 07:00 PM

East Meadow Fire Department - Headquarters
197 E Meadow Ave
East Meadow, NY 11554
Tuesday, November 12, 7pm – 9pm

Reconstructionist Synagogue of the North Shore
1001 Plandome Road
Plandome, NY 11030
Tuesday, December 17, 6:30pm – 8:30pm

October 2019 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	1	2	3 Division 4 Meeting 7:30pm	4	5
6	7 Division 2 Meeting 7pm	8	9 	10	11	12 Uniondale FD Fire Prevention 11am - 4pm
13	14 	15	16 CERT Basic Class # 2	17	18	19
20	21 RACES Meeting 7:30 pm	22	23 CERT Basic Class # 3	24 CERT All-County Meeting 7:30 pm	25	26
27	28	29	30 CERT Basic Class # 4	31 		

Important CERT Dates

Division 4 Meeting

October 3rd
Williston Park Village Hall
Time: 7:30 pm

Division 2 Meeting

October 7th
Island Park Public Library
Time: 7 pm

RACES Meeting

October 21st
Nassau County OEM Lecture Hall
Time: 7:30 pm

All-County Meeting

October 24th
Nassau County OEM Lecture Hall
Time: 7:30 pm

November 2019 - Upcoming Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
	4		6 CERT Basic Class # 5	7	8	9
10		12	13 CERT Basic Class # 6	14 Officers Meeting 7 :30 pm	15	16
17	18 RACES Meeting 7:30 pm	19	20 CERT Basic Class # 7	21	22	23
24	25	26	27		29	30

Important CERT Dates

Officers Meeting

November 14th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm

RACES Meeting

November 18th
 Nassau County OEM Lecture Hall
 Time: 7:30 pm



Nassau County CERT Coordinator

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CERT Deputy Director

Paul Shapiro

pshapiro@nassaucountyny.gov

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	Operations	Planning	Admin/Finance

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Division 2

Division Supervisor

Judy Ryan

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Division 3

Division Supervisor

Alex Gallego

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Division 4

Division Supervisor

Division 5 - Campus CERT

Division Supervisor

Stephanie Gobbo

Stephanie.Gobbo@liu.edu

CERT Basic Class

New Class Begins September 25th

Long Beach Public Library

111 West Park Avenue

Long Beach, NY 11561

PLEASE HELP US RECRUIT NEW MEMBERS!!

OEMCERT@NASSAUCOUNTYNY.GOV

(Current CERT Members may attend any class as a refresher)