



Introduction to Emergency Preparedness

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Community Emergency Response Team

- 👤 What is CERT, how did it start and what do they do?
- 👤 Disasters that may occur in Lamorinda
- 👤 Preparedness and Resilience
- 👤 Who will be there to help?
- 👤 Prepare for a disaster before it happens
- 👤 Where can we get training?

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What is CERT and Why

- 👤 CERT = Community Emergency Response Team
- 👤 Population of Lamorinda ~ 62,000
- 👤 How many First Responders -
 - Fire - 8 Fire Engines
 - 2 Ambulances



Law Enforcement - 6 Patrol Cars

- 👤 In a disaster who will be helping you?

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What can CERTs Do?

CERTs are able to:





- 👤 Assist emergency services personnel when requested in accordance with standard operating procedures (SOPs) developed by the sponsoring agency and by area of training
- 👤 Assume some of the same functions as emergency services personnel following a disaster
- 👤 Prepare families and communities prior to emergencies and assist neighbors during an emergency when first responders are not immediately available



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How did CERT get started?

-  Idea for CERT came from Mexico City earthquake of 1985
 - Volunteers are credited with more than 800 successful rescues. Unfortunately, more than 100 untrained volunteers died during the 15-day rescue operation
-  CERT created by LAFD in 1986
-  FEMA adopted and expanded this program into a national program
-  All 50 states, 3 territories and many foreign countries have adopted CERT as their training standard



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What disasters may occur in Lamorinda?



Earthquake



Fire



Flood



Hazmat



Terrorism

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Who will be there to help?

- 👤 Limited First Responders
- 👤 *Family helping family*
- 👤 *Neighbors helping neighbors*
- 👤 CERT
- 👤 Ham Radio Operators
- 👤 Convergent volunteers

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Pre-Disaster, how could I Prepare?

- 👤 Register with BOTH **Community Warning System (CWS)** (<https://cwsalerts.com>) alerts for life threatening events such as fire evacuations & **Nixle** (www.nixle.com) for law enforcement information and planned events.
- 👤 Lafayette's Community Information & Emergency Radio Station AM 1670
- 👤 Red Flag Warnings
- 👤 Genasys Protect – <https://protect.genasys.com>
- 👤 Putting Down Roots in Earthquake Country (www.earthquakecountry.org/resources)

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Community Warning System







1. Go to <https://cwsalerts.com>
2. Go to “Contacts” in your cell phone and add CWS as a contact with the phone number 925-655-0195.
3. If you have an iPhone, scroll down to “Ringtone”, turn the Emergency Bypass to on.

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Pre-Disaster, how could I Prepare? (cont.)

-  Pack Go-Bags for each member of the family
-  Lamorinda Guide to Wildfires
(<https://lamorindacert.org/evacuate/documents/LRGWPE.pdf>)
-  Purchase & fill emergency drinking water barrels – CERT recommends 2-gal/person/day for 30 days
-  Purchase & learn to use fire extinguishers

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Personal Emergency Preparedness

- 🧑‍🚒 A **Go-Bag** for each member of the household stored near your vehicle with essential items for 3 days:
 - ✓ Sturdy, closed toe shoes
 - ✓ Socks & underwear
 - ✓ Long pants, Long sleeve shirt
 - ✓ Jacket, Hat
 - ✓ N95 No-vent Masks (4-8)
 - ✓ Flashlight, Cell charger & cables
 - ✓ Toiletry kit including medications for a week
 - ✓ Spare eyeglasses & sunglasses
 - ✓ Pocket knife, gloves
 - ✓ Protein bars or quick food items
 - ✓ Water filter or purification tablets
- 🧑‍🚒 Keep electronics (cell phone, tablet, laptop with chargers) plugged in, but all together, and ready to grab and go.

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Lamorinda CERT Water Drums



- 🧑‍🚒 Go to <https://supplies.lamorindacert.org>
- 🧑‍🚒 Next sale open to all with pick up at MOFD station 41 in Moraga is planned for May. Sale is open now.
- 🧑‍🚒 Drums come in 2.5, 5, 15, and 55 gallon sizes.
- 🧑‍🚒 One 55-gallon drum will have approximately enough water for 1 person for 1 month or 4 people for 1 week.

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Plan Prepare Practice

- 🧑🏫 Have an out-of-state contact for all members of your family to connect with during a disaster.
- 🧑🏫 Walk outside & in your home to determine how you might make items stay put during an earthquake.
- 🧑🏫 Have a first aid kit & know how to use the contents.
- 🧑🏫 Learn to use a GMRS or HAM radio for two-way communication if/when cell services are unavailable.

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Plan Prepare Practice

- 🧑🏫 Harden your home against wildfire. Find tips at www.mofd.org.
- 🧑🏫 Make an evacuation plan for your home and practice it!
- 🧑🏫 Save important documents to the cloud and/or a thumb drive in a separate place.
- 🧑🏫 Have a go-bag for each member of your family including pets.
- 🧑🏫 Have go-bags at your office and in your vehicle.
- 🧑🏫 Become CERT trained!

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Where can we get training?

- 👤 Lamorinda CERT <https://lamorindacert.org>
- 👤 American Red Cross <https://www.redcross.org>
 - CPR/AED
 - First Aid
- 👤 [Ready.gov](https://www.ready.gov)
- 👤 FEMA <https://training.fema.gov>
- 👤 USGS <https://earthquake.usgs.gov/learn>
 - Great Shake Out Exercise

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CERT Basic Training

- 👤 Next Class Series - starts September 12, 2024, for 9 consecutive Thursday evenings, 6:30-9:30pm at the Orinda Community Center with the final drill at the Contra Costa County Fire District Training Facility in Concord.
- 👤 To register - go to <https://lamorindacert.org> and click the “Register for Training” button, follow the prompts.
- 👤 Registration fee - \$40 This includes your CERT backpack and a starter medical kit. A Participant’s Manual is available for \$30.

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What to expect in CERT class

- 🧑‍🚒 Personal and Home Preparedness
- 🧑‍🚒 CERT Organization and Teams
- 🧑‍🚒 Communications/Radios
- 🧑‍🚒 Utilities, Hazards, and Fire Suppression
- 🧑‍🚒 Medical Basics including Triage and Disaster Medical Aid
- 🧑‍🚒 Light Search & Rescue and Cribbing
- 🧑‍🚒 Pets In Disasters
- 🧑‍🚒 Disaster Psychology
- 🧑‍🚒 Terrorism Awareness

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What to expect in CERT class

CERT Organization and Team Building



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What to expect in CERT class

Communications/Radios



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What to expect in CERT class

Fire Suppression




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What to expect in CERT class

Medical Basics – *what we call Jungle Medicine*




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What to expect in CERT class

Light Search and Rescue



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Lamorinda CERT Goal:

*Do the Greatest Good
for the Greatest Number*

Lamorinda CERT Moto:

*Hope for the best but
plan for the worst!*

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Thank You!

- 👤 Lamorinda CERT is sponsored by the Moraga Orinda Fire District. We are all volunteers 😊
- 👤 Funding is by the Lamorinda CERT Foundation, a 501(c)(3) public charity, through our sales of water drums, fire extinguishers and donations.



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