



"To do the greatest good, for the greatest amount of people."

Executive Committee

AV Cert Program Mgr.
Palmdale Sheriff
Lancaster Sheriff
L.A. County Fire Dept.

Steering Committee

Area Commander
Mark Hagan

Executive Officer
Cal Oglesby

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Marvin Elkins Jr.

Operations
Rich Stocking

Leadership
Shawn Dunn

Editor-In-Chief
Marvin Elkins Jr.

Editors
Michele Starkey
Steve Riddle

Who We Are

Antelope Valley CERT supports disaster preparedness & response operations in the cities and rural communities in the Antelope Valley within northern Los Angeles County. Our volunteers come from diverse backgrounds and all serve with the heart to help others after a major disaster event. At such a time, local public safety entities may become overwhelmed and have delayed response times to calls for service - potentially for days. AV CERT trains to assist those entities and provide disaster preparedness resources to the community. Our stakeholders include the Los Angeles County Sheriff's Department, the Los Angeles County Fire Department, local, state, and federal governments, and the citizens within the Antelope Valley. Our goal is to be prepared for the call to assist our families, neighbors, communities, and our brave public safety professionals.

We're taking it to a new level in 2024!

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AV CERT

Basic Training Dates 2024 Q1

January 13, 20, & 27

Lake Hughes Community
Center

17520 Lake Elizabeth Rd.
Lake Hughes, CA 93532

February/March - TBD

Check the website for more info



AntelopeValleyCERT.org



[AV CERT](https://www.facebook.com/AVCERT)



[@antelopevalleycert](https://twitter.com/antelopevalleycert)



[@antelopevalleycert](https://www.instagram.com/antelopevalleycert)



[@AntelopeValleyCERT](https://www.youtube.com/AntelopeValleyCERT)



info@AntelopeValleyCERT.org



[\(661\) 480-6003](tel:(661)480-6003)

A Word From The Area Commander

Wow, it has been about four years since AV CERT has published a newsletter. So much has happened and many changes, it may be impossible to capture it all in one message. There was the Covid pandemic that began at the end of 2019 and the start of 2020. I recall we were teaching a CERT Basic class in Sun Village in February 2020 and I referenced empty store shelves in Italy and told the class this may happen in our country. AV CERT was part of a Social Bridging Project in California in response to Covid and later assisted with disaster preparation phone calls in response to wildfires in 2020. Not only did AV CERT help residents throughout California, but our efforts were also rewarded with 2 new trailers and extensive supplies for training classes. Locally, AV CERT helped with Covid testing sites and we put in 1500 volunteer hours at the vaccination site located at the fairgrounds. AV CERT assisted the LA CO Fire Department with reoccupations of the Lake and Bobcat fire affected areas. We have assisted the Sheriff Department in several critical missing search and rescues. AV CERT has assisted our local cities and LA County in multiple food distributions.

I mention these actions because AV CERT has evolved into a community support organization that is responding to the day to day needs and emergencies, not just preparing for the really big earthquake. AV CERT is making a difference in the community on a regular basis. We have made some changes to the organization by consolidating into one AV CERT Team. This was necessary to overcome the challenges presented by Covid, but even more so from the loss of people due to the exodus from California. We are looking to expand as we get our foundation firmly in place. We have also created a nonprofit organization to conduct fundraising and for obtaining donations. The nonprofit has obtained two grants from the State of California and City of Palmdale and we also received generous donations from the Rotary Club and Olive Support Services, to support our training classes. With these resources we have updated our training capabilities, acquired additional storage containers, and supplies. In the next newsletter, we will be reporting on a major supply donation that is currently in progress.

AV CERT still continues with its primary mission of conducting basic training classes and participating in various outreach events. Since June of 2022, AV CERT has graduated 140 students from 5 classes. We also provided cribbing and fire extinguisher training to Palmdale High School students. Over the last 2 years, that allowed 280 high school students to receive CERT Basic instruction and obtain

certificates of completion. We also completed two urban search and rescue drills in our effort to provide the best support possible when called out. AV CERT continues to participate in numerous outreach events such as the Poppy Festival, National Night Outs, Fun Runs, Palmdale City forums, just to name a few.

Yes, we still have challenges and there is still a lot of work to be done, but AV CERT has been very busy; it has grown and is resilient. We have a great cadre of people dedicated to making the organization and community better. AV CERT IS making a difference. We need more people to help in our cause, so I hope you will continue to stay involved with this great team!

Mark Hagan
AV CERT, Area Commander

In the next issue...

~ Area Commander talks about a recent major end of year donation and more.

~ Training & event updates

~ Organization updates

...and more.

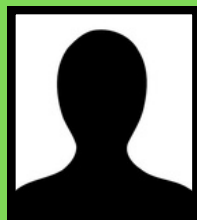
AV CERT Leadership



Mark Hagan
Area Commander



Cal Oglesby
Executive Officer



(Open)
Finance Director



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Training Director



Rich Stocking
Operations Director



Mark Ritthaler
Logistics Director



Robert Mijares
Outreach Director



Marvin Elkins Jr.
Communications Director



Shawn Dunn
Leadership/Development Director

A Letter to the Area Commander

Hello Mark,

Lori and I wanted to thank and congratulate you and the AV CERT Team for hosting an excellent CERT Training Academy. Everything was done in such a professional manner and taught so the students not only learned, but were excited about the instruction. Props to the LA County Fire Fighters and support staff for lending expertise to the training and providing an excellent facility, food (Coffee!), audio-visual, and other technical support to your trainers.

Shout out to Ray, Marvin, Mike and you for teaching the units, Scott Polgar for all of his humor and years of experience, and of course Wanda, working quietly, until she came running out of the building screaming. :) I did not get the name of the young firefighter that worked on the earthquake in Turkey, but his telling of the experience will stay with me for a long time. During the Quake drill he asked Christina and I if the teams needed anything after getting the triage numbers, I asked for more blankets for our survivors that were in shock and he said "sure, we will see you in a few days." He told us that is what happens in a real disaster, we would be lucky if a pair of firefighters showed up after a few days in a utility truck to find out how things are going, they are busy elsewhere. Great drill, we all got to put the training to the test.

Teamwork was good, a lot of improvisation until things started to sort themselves out. Christina and Carla, her scribe, really worked hard to get order out of chaos. Team 1 and 3 leaders also handled things well, quickly finding pairs of volunteers that had buddied up to handle tasks such as moving survivors, speaking in Spanish to some of the injured, bandaging, splinting, and checking tags for RPM.

Things I would recommend for future training; more hands on drills, Incident Commander and team leaders needed more training on using the walkie-talkies, seemed everyone forgot they had them in all the chaos. A RPM tag was not provided for Wanda's baby (intentional?), but might have been useful for the exercise. Chair carries for some of the mannequins brought to the triage mats. Handcuffs/leg restraints for the "wanderer." :) And.... a raise for you and your team is well deserved!

Thank you for letting Lori and I come over to train, we are still talking about the class and Lori is asking a lot of questions about search and rescue, triage, and different aspects of the drill. We are also laughing about her and her partner for the fire extinguisher exercise; Lori is 5'1 and her partner was 6'2, so funny watching Lori going in to put out the fire with the tall girl towering over her walking behind.

I also learned so much as a team leader watching everything you and your volunteers did, your teaching techniques, patience with the students, and professional bearing and competency. Your team has class!

Thank you for letting me refresh my training with you, ask you and your staff for advice, and listening to my questions and concerns about ways to help the Mt. Communities team and our residents, it really is appreciated.

Best wishes, and hope to visit again soon. You and your team are always welcome to come to our meetings; the second Monday of each month, 6:00 - 7:30 pm at Cuddy Hall, in Lake of the Woods. Thanks, Mark!

*Kevin Woten,
AV CERT
Team Lead, Mt. Communities CERT Team*



Disaster Prep Tips

1. Identify Risks
2. Create a Family Plan
3. Practice Your Plan
4. Build a Supply Kit for Work, Home, & Car
5. Prepare Your Children
6. Remember Those With Special Needs
7. Learn CPR & First Aid
8. Eliminate Hazards in Your Home & Workplace
9. Understand Post 9/11 Risks
10. Get Involved, Volunteer, & Bear Responsibility

AV CERT Monthly Meetings 2024 Q1

January

Disaster Preparedness

Presenter: Capt. Scott Polgar (Ret.)



February

Disaster Medical

Presenter: Marvin Elkins Jr. (EMT)



March

Stop The Bleed Training

Presenter: Michael Doucet (Trainer)

(Must take StopTheBleed 1 hour online course in advance @ [StopTheBleed.org](https://www.StopTheBleed.org))

**All monthly meetings held *every 4th Tuesday, 7 - 8:30 pm* @ the
Lancaster National Soccer Complex
East Side Meeting Rooms
43000 30th St. East
Lancaster, CA**

For more info, go to

www.AntelopeValleyCERT.org

What does

ANTELOPE VALLEY CERT

mean to you?



"Antelope Valley CERT is an organization of great men and women that assist and bring awareness to our communities with education about safety hazards, as well as disaster training, so in the event a disaster happens via earthquake, we are trained to organize and assist fire and police in helping our community to help themselves and our neighbors, because there are not enough fire and police to assist everyone. The more people that know basic skills and are prepared for such events, the better."

Bridget Orr
AV CERT - Lancaster



"AV CERT provides an opportunity for me to give back to my community by allowing me to be more capable to recognize and meet my families and neighbors immediate needs when a disaster occurs. During emergency situations, by providing me with recognized and reliable training, I can be a volunteer that can be relied upon to help make the job of the professional rescuers remain focused where the greatest needs are."

Lynn Corliss
AV CERT - Palmdale



"That I'm prepared to help myself and others if needed."

Diane Kessler
AV CERT - Palmdale

Did you know...

...every year, Southern California has over 10,000 earthquakes? Most are too small to be felt.

...the largest earthquake ever recorded anywhere in the world, occurred in 1960, in Chile. A whopping 9.5 on the Moment Magnitude Scale. the resulting Tsunami caused damage over 9,000 miles away on the California coast.

Test Your Knowledge

1. P.A.S.S. 2. A B b C 3. F.L.O.P.
4. EDITH 5. D.E.P.T.
6. What do these triage colors indicate?
a. Green b. Yellow c. Red d. Black
7. What are the 5 types of fire extinguishers?
8. What method is used to open an airway?

Answers on p. 17

GOT AD SPACE?

Advertise you event HERE!

Whole page, half page, 1/4 page, 1/8 page, and business card size space available

Newsletter will be published quarterly

Contact us for more info

2023 Events

California Poppy Festival - Parks After Dark Food Distribution - Electra Night Run & Glow Party
National Night Out Palmdale - National Night Out Lancaster - Lancaster Christmas Parade
Palmdale Winter Wonderland Parade

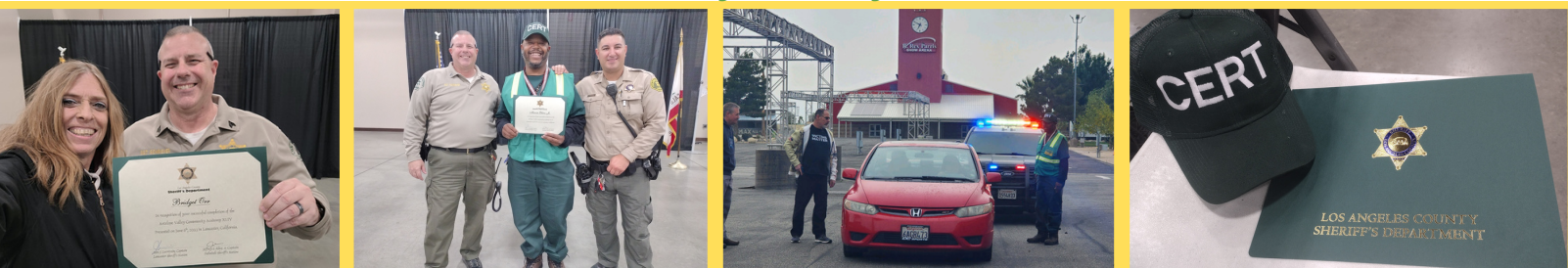
National Night Out - Lancaster



California Poppy Festival



LASD Community Academy - Lancaster



Palmdale Winter Wonderland Parade



2023 Events

Lancaster Christmas Parade w/ The Red Cross



Happy
New Year
2024

ANTELOPE VALLEY
CENTER

2023 Events

Donation Supply Run



Newsletter Team



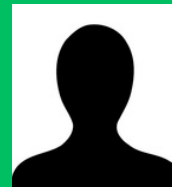
Marvin Elkins Jr.



Michele Starkey



Steve Riddle



Your Name Here



Your Name Here

AV CERT TRAINING IN 2023



AV CERT Basic Training Class
January 2023
@ The Boulders II, Palmdale

AV CERT Basic Training Class
February 2023
@ The Elks Lodge,
Lancaster



AV CERT Fire
Extinguisher/ Cribbing
Training
February 2023
@ Palmdale High School
w/ PHS CERT

AV CERT Basic Training Class
September 2023
@ Lifelong Learning,
Lancaster



We are looking to enlist team members to be a part of the AV CERT newsletter team. Are you a writer, photographer, journalist, or would just like to contribute content? We want to hear from you.....



CONGRATS

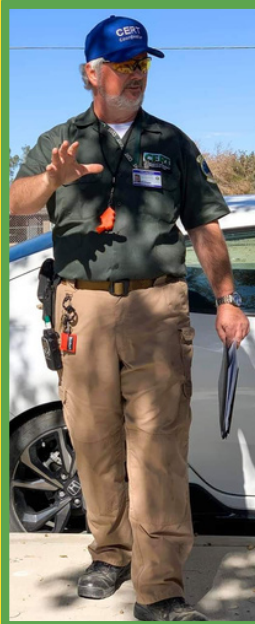
Ray Harrell

2023 AV CERT VOLUNTEER OF THE YEAR

Lancaster Sheriff's Volunteer Appreciation Dinner



This Award is Presented to
RAY HARRELL
Community Emergency Response Team Member of the Year
May 17, 2023
Lancaster Sheriff's Station



CAL E N D A R

January

- 8 Mt. Communities CERT Monthly Meeting, Cuddy Hall, Lake of the Woods^ 6 - 7:30p
- 9 Winter Ready: Best Practices for CERT Volunteers* 11a - 12p PST
- 11 CERT Team Gator Online Training 7p PST
EARTH EX Live 2024 (Online) 8a - 9:15p PST
- 13 AV CERT Basic Training - Day 1; Lake Hughes Community Center*** 8a - 5p
- 17 CERT Call Out and Deployment Procedures* 10a - 11:30a PST
- 18 Hope Inspired Leadership^^ 10:10a - 11:30a
- 20 AV CERT Basic Training - Day 2; Lake Hughes Community Center*** 8a - 5p
- 23 AV CERT Monthly Meeting; Lancaster National Soccer Complex**** 7p - 8:30p
- 27 AV CERT Basic Training - Day 3; Lake Hughes Community Center*** 8a - 5p
- 31 CERT Code of Conduct and What If You Need to Fire a Volunteer?* 10a - 11:30a PST

February

- 12 Mt. Communities CERT Monthly Meeting, Cuddy Hall, Lake of the Woods^ 6p - 7:30p
- 14 How to Plan and Execute a CERT Exercise Competition/Rodeo* 10a - 11:30a PST
- 21 City of Palmdale's Disaster Preparedness Expo @ Legacy Commons^^^ 6p - 8p
- 27 AV CERT Monthly Meeting; Lancaster National Soccer Complex**** 7p - 8:30p
- 28 CERT Volunteers and the EOC* 10a - 11:30a PST

March

- 11 Mt. Communities CERT Monthly Meeting, Cuddy Hall, Lake of the Woods^ 6p - 7:30p
- 13 How to Keep CERT Training Fun & Engaging* 10a - 11:30a PST
- 27 AV CERT Monthly Meeting; Lancaster National Soccer Complex**** 7p - 8:30p
- 27 Animal Sheltering During Disasters* 10a - 11:30a PST

**Post 2023 National CERT Conference Webinar Series*

***Online Training Provided by CERT Team Gator, South Florida Region*

****Lake Hughes Community Center, 17520 Elizabeth Lake Rd., Lake Hughes, CA*

*****Lancaster National Soccer Complex, 43000 30th St E, Lancaster, CA*

^Cuddy Hall, 335 Lakewood Pl, Frazier Park, CA 93225

^^Hosted by Partners in Emergency Preparedness

^^^Legacy Commons, 930 East Avenue Q-9, Palmdale, CA 93550

Dedication to Pat Okawa



Honoring Pat Okawa's CERT Service by Scott Polgar, CERT Instructor/L.A. County FD (Ret.)



When I first met Pat Okawa I was impressed by her enthusiasm to learn the CERT curriculum and to do everything she was physically able to do in the class. After completion of the CERT Basic Training class, she became active with the AV CERT organization, and became more and more involved. Pat strived to attend every CERT meeting and took extensive notes. I took her as an example of the first letter of CERT, Community; everybody has some function in preparedness. As I began to see her more through the CERT organization, I learned about various things and events that have happened in her life and some of the challenges she worked around. Based on what I learned about her life I realized that CERT truly is for all people, no matter what their experience, background, or physical ability. This unassuming lady earned my respect.

Pat has put in COUNTLESS volunteer hours to the AV CERT Organization. Pat has been involved since the AV CERT Operations Manual was being developed, the numbers of CERT classes being taught was increasing, and CERT volunteers began attending many community based functions such as The Poppy Festival, Night on the Square, and the Antelope Valley Fair. While disaster supply bins were being strategically placed around the Antelope Valley, and valuable connections were made with the incorporated cities of Lancaster and Palmdale, L.A. County Board of Supervisors, and Sheriff, Pat was an active member of the monthly Antelope Valley CERT Steering Committee meetings. Pat earned the title of Quartz Hill Team Captain, which she maintained for several years.

Born and raised in Honolulu, Hawaii, Pat came from Okinawan and Irish/English parents. Six years after graduating high school Pat got married to Ulysses Okawa. Ulysses was also born and raised in Hawaii and after graduating high school, attended Yale and USC colleges while studying Electrical Engineering. After graduating college, he worked for Hughes Aircraft Company, Ground Systems Group.

Pat was a tough young lady and told a story of when she was 16 years-old, while at a movie theater with a group of girls from high school. There was a young man who was getting way too aggressive with Pat's friends. When the girls were attempting to separate themselves from this person, Pat did what she knew to be true, and took charge, "Where I had to speak up and I was just quick to do it!" The man was, "...pushed away" according to Pat, and did not come back!

After their marriage, Pat lived in Hawaii and Ulysses lived on the USC Campus in California, continuing his education. In 1967, Pat moved to Orange County, California making that their home and it was also that year that their child, Laura, was born. Pat was always wanting to help others and had a spirit of volunteering many hours at her church and at the Buena Park Community Center. Pat kept busy because she, "...did not like to be bored." Pat is also an avid reader, and enjoys biographies, non-fiction, and adventure stories but "...does not care for horse or dog stories.

Both Pat and Ulysses were gun enthusiasts from a young age. Pat tells how Laura grew up with firearms, never having a toy gun because she had real guns. The South Coast Gun Club was a regular place where they practiced shooting. Pat and Ulysses participated in firearm competitions with the California Rifle and Pistol Assoc., and the Nation Rifle Assoc. Together, and individually, they won many awards for their marksmanship. If you've ever spoken with Pat, you know how straightforward she can be, and she's been known as or called a "straight shooter", now you all know why!

In another "situation" many years later in Orange County, Pat was confronted by a gunman after she had gone shopping and was pulling items from the trunk of her vehicle when she returned home. Pat tells the story, "This boy came up to me, pointed a gun at me, violently shoved me aside, and tried to get my items from the trunk of the car. I didn't want to encourage him to shoot me, but I wasn't intimidated by the firearm, and I kind of shoved him back. He didn't expect an old lady to strike back at him. I said, 'Get out of here!' and I called the police. I then went in the house and told the homeowner, 'You better make some coffee, we're gonna have some police here in a minute.' Because I was so calm, she said, 'What are you talking about?' I said a boy tried to get some stuff from my trunk and pulled a gun on me, so I called the police! I guess I was so calm at the time, the homeowner didn't believe me. We had a good time, she got over it, but it was a side of me that can be confrontational with trouble. I do thank God for my safety, but I have overworked my Guardian Angel several times." The perpetrator and his accomplice were caught at a nearby park by the local responding police officers.

Dedication to Pat Okawa (cont'd)

Pat became involved with CERT many years ago when fellow HAM radio operator, and ARES, Amateur Radio Emergency Service (ARES) member and good friend to Pat, Larry Mock, invited Pat to get some additional disaster training. After taking the CERT class, Pat, with her strong spirit of volunteerism, jumped right into helping Antelope Valley CERT any way she could. I asked Pat what took her from being a student to wanting to assist the organization? Pat replied, "I could do it. I can carry my voice, I can throw my voice, so that was not a problem for me. I've never been timid. I liked the people and making them more prepared."

CERT member Larry Mock takes Pat to the monthly meeting of the Amateur Radio Club of AV. Pat has been a member of that club for 3-4 years. This provides Pat with social connections and continued service to the community. As a radio operator, Pat has many "on air" friends. Although Pat owns several types of HAM radios, because she's moved to a new home, she is presently unable to use her communication gear and has it in storage, but may ask at a later time if she can use it there.

Pat has also volunteered for 30 years for the Civil Air Patrol. "I went to a lot of conferences up and down the West Coast. I became an aid to a Colonel in the Civil Air Patrol, and I went wherever she went, and we did things together, and we're still friends. An organization of like-minded people, we did things together. I was so busy doing, I wasn't really paying attention to other things. My husband had died and therefore it was my free time. Laura was in college, I could do what I wanted to do, so I did. I'm with a group of people. We like having fun, we don't mind working hard. I like thinking of the people that I've met through CERT, the radio club, Civil Air Patrol, and working in community service."

Once Pat moved to Mayflower Gardens, a large retirement community on the west side of Quartz Hill, she pushed for, and convinced management, to accept a donated disaster supply container where it could serve those residents in a time of emergency. With several hundred elderly tenants with no supplies set aside specifically for a disaster, Pat was instrumental in contacting management and pushing for the supplies to be stored there. It was not an easy battle, but she finally succeeded. Because of Pat's tenacity, space for the 20-foot container was made available, and CERT member John Wolfe helped Pat stock it full of disaster preparedness and CERT supplies. Because of Pat, in the event of a disaster and supplies are needed, those residents are now better protected.

I asked Pat, if you had a message to give to the community regarding your experiences related to CERT, what would that be? "Get Prepared!" said Pat. "You live in earthquake country. Get prepared, at any level." While talking with Pat it became obvious that we had the same type of message for people. It seems as though denial and apathy have really set in and people are not taking preparedness seriously enough.

While I was helping a friend go through some of Pat belongings, it was obvious that Pat took her preparedness very seriously. Numerous flashlights, extra food, water, various radios, books, and other essential supplies were kept close at hand at her residence in Mayflower Gardens. Now, because of downsizing, Pat has already started donating some of her preparedness items back to the AV CERT Program, placing them in the Mayflower Gardens disaster preparedness container, or to the emergency supply container at her new residential community.

After collecting information for this article, including using an iPad to take her direct quotes, I wanted to review the article with her prior to sending it out for publication. I called her and she told me that she was watching her football game! I did not realize until now that Pat was a football fan, her favorite team is the Steelers.

We take this time to thank Pat Okawa for her many hours of volunteering to the Antelope Valley CERT organization. Pat is a testament that shows anybody can be a service to the community. The changes that she's been able to implement to make the community safer, will be around for many years to come.



CERT TRAINING LEVEL REQUIREMENTS

LEVEL I - Basic

FEMA Basic CERT Course

LEVEL II - Intermediate

FEMA Courses

Leadership & Influence - FEMA IS-240.b

Decision Making & Problem Solving - FEMA IS-241.b

Effective Communication - FEMA IS-242.b

Active Shooter: What Can You Do - FEMA IS-907

DHS Human Trafficking Awareness - FEMA IS-1150

American Red Cross Courses

Anaphylaxis and Epinephrine - #02512108 (Online \$35)

First Aid for Opioid Overdoses - #05970967 (Online \$30)

Adult, Child, & Baby First Aid/CPR/AED - #05455432 (Online \$35)

Disaster Cycle Services: An Overview - #03606936 (Online or Classroom)

Mass Care: An Overview - #02327411 (Online or Classroom)

Shelter Fundamentals - #01936094 (Online or Classroom)

Shelter Fundamentals Exercise - (Classroom)

LEVEL III - Advanced

Completion of Level I and Level II Training

Emergency Medical Response Advanced First Aid - Red Cross or EMT Training

FEMA Independent Study

American Red Cross classes

L A County approved EMT Programs

→ Additional Training & Disaster Preparedness Resources ←

TRANSCAER

LAFD CERT Continuing Education

Medics & Radios

CalOES Making a Personalized Emergency Plan

Center for Domestic Preparedness

Neighborhood Team Program - Los Angeles

National CERT Association

2024 National CERT Conference Email List

FEMA Preparedness Portal

FEMA Region 2 Preparedness Email List

FEMA Resource Typing Library Tool (RTLTL)

Groups

[AV CERT Disaster Preparedness and Volunteer Network](#)

[AV CERT Disaster Preparedness and Volunteer Network Public Group](#)

[CalCERT](#)

[CERT Discussion Board](#)

[CERT Radio Operators](#)

[CERT TEAM](#)

[CERT Volunteers in Your Own Neighborhoods](#)

[LAFD CERT CENTRAL BUREAU](#)

[Lakes and Valleys CERT](#)

[Mountain Communities CERT Group](#)

[National CERT Council](#)

[National CERT Program Management](#)

[Official TEEN CERT](#)

[Phelan - Pinon Hills CERT](#)



Apps

[Disaster Alert](#)

[Emergency: Severe Weather App](#)

[ERG 2020](#)

[FEMA](#)

[First Aid: American Red Cross](#)

[Natural Disaster Monitor](#)

[Pulse Point](#)

[Survival Guide](#)

[The Preparedness Project](#)

[Amazon](#)



[Critical Tool](#)



[EmergencyKits.com](#)



[FirstAidProducts.com](#)



[FirstClassResponder.com](#)



[ProPac USA](#)



[SunsetSurvival.com](#)



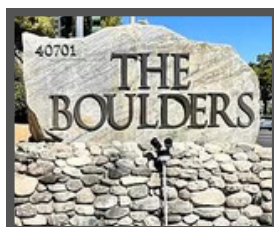
[The Vest Guy](#)

Acknowledgments

Photo Credits: Wanda Deal, Shawn Dunn, Marvin Elkins Jr., Raymond Harrell, David Harris, Robert Mijares, Bridget Orr, Capt. Scott Pulgar (Ret), Michele Starkey, Iris Jaqueline Urias, Kevin Woten, Palmdale Hispanic Chamber of Commerce

Special Thanks

City of Lancaster, City of Palmdale, LASD, LA County FD, Palmdale Hispanic Chamber of Commerce, Olive Support Services, American Red Cross, CalOES, The Highlands Church, Desert Christian School, Elks Lodge Lancaster, Pharmavite, Lifelong Learning, The Boulders II - Lancaster, Lancaster National Soccer Center, Palmdale High School



Answers:

1. Pull **A**im **S**queeze **S**weep
2. **A**irway **B**reathing **b**leeding **C**irculation
3. **F**inance **L**ogistics **O**perations **P**lanning
4. **E**xit **D**rills **I**n **T**he **H**ome
5. **D**irect pressure **E**levation **P**ressure point **T**ourniquet
6. **Green** = Minor, **Yellow** = Delayed, **Red** = Immediate, **Black** = Morgue (deceased)
7. Water, dry chemical, co2, halon, and foam.
8. Head tilt-chin lift maneuver

History of CERT

The CERT concept was developed and implemented by the Los Angeles City Fire Department in 1985. The Whittier Narrows earthquake in 1987 underscored the area-wide threat of a major disaster in California. Further, it confirmed the need for training civilians to meet their immediate needs.

CERT became a national program in 1993. There are now CERT programs in all 50 states, including many tribal nations and U.S. territories. Each is unique to its community and all are essential to building a Culture of Preparedness in the United States. There are over 2,700 local CERT programs nationwide and more than 600,000 people have trained since CERT became a national program.

