



Green Brook CERT Safety Corner

Volume 4

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<https://www.ready.gov/cert>

CERT: Community Emergency Response Team, assists our local first responders in cases of emergencies. We might be called for various tasks such as, traffic assistance, sheltering or search & rescue. CERT members go through an extensive 12 training course. All training and supplies are provided free and include the following subjects:

- Emergency Preparedness
- Disaster Medical Operations
- Fire Suppression
- Light Search and Rescue Operations
- CERT Operations / Incident Command System
- Disaster Psychology
- Terrorism Awareness
- Disaster Simulation

Create a Disaster Plan

- Meet with your family and discuss why you need to be prepared for disasters. Plan to share the responsibilities and work together as a team.
- Develop a family/household communication and reunification plan so that you can maintain contact and take the best actions for each of you to re-unite if you are separated.
- Discuss the types of disasters that are likely to happen. Explain what to do in each case. Discuss what to do in an evacuation. Pick two places to meet:
 - Right outside your home in case of fire.
 - Outside your neighborhood in case, you can't return home.
- Everyone must know the address and phone number.

Put your Plan into Action

- Teach children how and when to call 911. Show them how your cell phone works. Many counties in Washington allow Text to 911. Call if you can, text if you can't!
- Post emergency telephone numbers in a visible location. Show each family member how and when to turn off the water, gas and electricity at the main switches.
- Other tips:
 - Check for adequate insurance coverage.
 - Install an ABC fire extinguisher in your home.
 - Teach family member to use it and where it is kept.
 - Install smoke and carbon monoxide detectors on each level of your home, in appropriate areas.
 - Stock emergency supplies and assemble disaster supply kits.

Home Disaster Planning Websites

- [Ready.gov: Plan Ahead for Disasters](#)
- [Make A Plan | Ready.gov](#)
- [Prepare My Family for a Disaster | Homeland Security](#)
- <https://www.fema.gov>
- [Planning Guides | FEMA.gov](#)
- [Get Prepared | Emergency Preparedness Tips - NYCEM](#)
- [Family Emergency Plan for Disasters • Military OneSource](#)
- [Family Disaster Planning— 10 Key Ingredients - IRMI.com](#)
- [Family Emergency Planning » All Hazard Preparedness »](#)
- [Disaster Preparedness Plan | Make a Plan - American Red Cross](#)



What to do Next

- Learn what types of disasters are likely to happen in your area.
- Learn about your community’s warning signals — what do they sound like and what should you do when you hear them?
- Also, learn which radio stations will provide emergency information for your area.
- Learn about animal care in your area.
- If you are disabled and unable to care for yourself, your planning needs to include your support network who will help you and your household.
- Find out about the disaster plans at your workplace, your children’s school or childcare center and other places your family frequently visits.

Practice and Maintain Your Plan

- Review your plans every six months so everyone remembers what to do.
- Conduct fire and emergency evacuation drills.
- Test and recharge your fire extinguishers, according to manufacturer’s instructions.
- Test your smoke and carbon monoxide detectors every month; replace batteries every six months.
- Replace stored water and food every six months to a year, depending on expiration dates. Update plan as necessary.

Evacuation Planning

- A wide variety of emergencies may cause an evacuation.
- In some instances, you may have a day or two to prepare, while other situations might call for an immediate evacuation.
- Planning is vital to ensuring that you can evacuate quickly and safely, regardless of the circumstances.