



Green Brook CERT Safety Corner

Volume 1

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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



- Build campfires at least 25 feet away from tents, shrubs and anything that can burn
- If you want to see fireworks, go to a public show put on by experts
- Sparklers can reach 1,200 F and cause third-degree burns
- Use propane, charcoal and wood pellet barbecue grills outdoors only, indoor use can cause a fire or carbon monoxide poisoning
- Place your grill well away from siding and deck railings and out from under eaves and overhanging
- Branches
- Do not store or use a grill on a porch or balcony
- Use chimineas, outdoor fireplaces, and fire pits outdoors only and at least 10 feet away from your home or anything that can burn
- Never swim near a boat, marina or boat launching ramp
- Always use U.S. Coast Guard approved life safety jackets
- For preschoolers, an adult should be close enough to touch the child
- Adults need to stay with children when they are around water
- Keep the pool and deck clear of floats, balls and toys after you get out of the pool
- Always swim with a buddy
- Put reflectors on your bike
- Always wear bike helmet and bright clothes when cycling so people can see you
- Ride with both hands on the handlebars
- Ride in single file with traffic
- Stop at all stop signs and obey traffic lights

Preparedness Being Ready for The Worst

Make A Plan

Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put a plan together by discussing the questions below with your family, friends or household to start your emergency plan.

Step 2: Consider specific needs in your household.

Step 3: Fill out a Family Emergency Plan

Step 4: Practice your plan with your family / household

[Create Your Family Emergency Communication Plan](#)

[12 Ways to Prepare](#)

[Know Your Alerts and Warnings](#)

Basic Disaster Supplies Kit

To assemble your kit store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

A basic emergency supply kit could include the following recommended items:

- [Water](#) (one gallon per person per day for several days, for drinking and sanitation)
- [Food](#) (at least a three-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit
- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting and duct tape (to [shelter in place](#))
- Moist towelettes, garbage bags and plastic ties (for personal sanitation)
- Wrench or pliers (to [turn off utilities](#))
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- [Masks](#) (for everyone ages 2 and above), soap, hand sanitizer, disinfecting wipes to disinfect surfaces
- [Prescription medications](#)
- Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- Prescription eyeglasses and contact lens solution
- Infant formula, bottles, diapers, wipes and diaper rash cream
- Pet food and extra water for your pet
- Cash or traveler's checks
- Important family documents such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container
- Sleeping bag or warm blanket for each person