



# 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

### Prevent Home Fires

- Avoid connecting too many devices to a single electrical circuit at the same time
- Unplug devices that are not in use
- Eliminate flammable materials around power strips
- Install smoke alarms and test them regularly
- Keep fire extinguishers within reach It's recommended to keep a class B or class K fire extinguisher close to the kitchen Also, you want to have one in the bedrooms and on each floor of your house
- Never smoke in the bed or in an armchair where you can easily fall asleep
- Never smoke after consuming alcohol or taking a drug that reduces alertness
- Douse your cigarette with water before leaving it in the ashtray
- Use heavy and stable ashtrays to avoid tipping over
- If it's possible smoke outside
- Always keep a burning candle within sight and always extinguish it when you leave the room
- Make sure there's nothing flammable close to the candle
- Never use a candle as a night light
- Consider using flameless candles
- Keep flammable materials at a safe distance from heating equipment (at least 3 feet away according to NFPA)
- Always turn space heaters off when you leave the room or go to bed
- Have the chimney and the heating system checked by a professional at least once every year

## Protective Actions for Life Safety

- [Evacuation Planning Matrix](#) – OSHA
- [Evacuation Plans and Procedures eTool](#) - OSHA
- [Design Guidance for Shelters and Safe Rooms](#)

## Firefighting

- [Fire Protection](#) – OSHA 29 CFR 1910 Subpart L
- [Fire Brigades](#) - OSHA 29 CFR 1910156
- [Standard on Industrial Fire Brigades](#) - NFPA 600

## Resources for Property Conservation

- [Protect Your Property from High Winds](#) - Federal Emergency Management Agency
- [Natural Disasters](#) - US Environmental Protection Agency
- [Emergency Drying Procedures for Water Damaged Collections](#) - Library of Congress

## Prevent Carbon Monoxide Poisoning

- Install a carbon monoxide detector
- Test your carbon monoxide detectors regularly according to the manual (at least once a month)
- Have your heating system and chimneys checked and cleaned every year
- Never run a vehicle with a fueled engine inside your garage or any other closed space
- Never use the stove for heating purposes
- Always use grills and generators outside your home and at a safe distance from doors and windows



## Safety Measures in the Kitchen

- Never leave items unattended on a stove that is in use
- Use protective mitts when handling hot pots, baking or roast pans
- Never pour water on hot oil even if it's burning You can use a class B or class K fire extinguisher from a safe distance or simply try to cover the pan or throw baking soda on it
- Always turn pan and pot handles inward
- Don't use dull knives: they are responsible for more injuries than sharp ones
- Always cut on a cutting board

## Home Fire Escape Plan

- Draw a simple outline of your home as if you were looking down on it
- Draw outlines of your bedrooms, windows and doors
- Think about the best way to get safely outside and draw a path from your bedroom to your family's safe meeting place