



CERTainly Prepared

The Official Newsletter of the Naperville CERT Organization

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2013 Prairie State Challenge

Volunteers are invited to join the Naperville team for the 2013 Prairie State CERT Challenge. The fourth annual one day competition will be held Saturday, September 28th at Northern Illinois Public Safety Training Center in Glenview, IL

CERT teams from around the state come together to be judged as they apply the training learned in the Basic CERT Class to a disaster scenario. Teams rotate to different stations throughout the day demonstrating their proficiency in skill areas such as scene size-up, search and rescue, transport, cribbing, fire suppression, triage, treatment, and team building.

To prepare for the competition, there will be CERT material review/refresher classes in the weeks prior to the day of the event. CERT class materials have been revised and expanded since many members took the class. Team participants will review the new material and gain insight on how to maximize their performance from team members who participated in the 2012 challenge.

Team members from last year described the event as a wonderful learning experience and a lot of fun. We hope you will become part of the team and represent Naperville at this statewide event.

To volunteer for the 2013 Naperville team, or get additional information, contact Rick Brock at (630) 205-2780 or email Contact@napercert.org.

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Wedding News

Congratulations are extended to Naperville's Emergency Management Coordinator, Dan Nelson, and his new bride, Heather. The Nelsons were married at a Florida destination wedding in June.

The Naperville CERT Organization sends our best wishes to the happy couple.



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National Night Out

Naperville CERT will once again participate in our city's celebration of *National Night Out* on Tuesday evening August 6th. This year will mark the 30th anniversary of this nationwide event.



National Night Out is an effort to spur crime prevention by encouraging citizens to turn on their outdoor lights and go outside to interact with and get to know their neighbors. Neighborhoods, subdivisions, churches, and condo or apartment complexes organize parties and register their events with the city. Police, fire, township and public works employees stop by to talk with citizens and let them see inside their cool vehicles. Kids especially loved to see the fire trucks, police cars, snow plows, etc. up close.

CERT volunteers organize into pairs, and visit most of the registered parties throughout Naperville. Wearing something with the CERT logo, we stop by, introduce ourselves to the event organizer, and then circulate around the gathered guests talking to citizens about the Basic CERT class and the need for Emergency Preparedness in general. We hand out brochures to those who seem most receptive to the message.

Even though this August evening is usually hot, it is a lot of fun. Some parties offer you food and beverages. You get to know more about the CERT member who you are traveling with, as well as meet new citizens throughout the city. Occasionally, you even encounter a Naperville celebrity.

Search your email for the recent sign-up announcement to represent CERT during this community event. Volunteer today by phone to (630) 205-2780 or email Contact@NaperCERT.org.

Remember.....Lightning Kills

During a Thunderstorm:

- Lightning can be 10-12 miles ahead or behind a storm. If < 30 seconds between lightning and thunder, you are in danger of being hit.
- Avoid.....
 - Open outdoor areas
 - All Water sources
 - Using landline phones
 - Lightning rods such as golf clubs, fishing rods, tail trees, etc.
 - Electrical appliances
- If you feel tingling or hair standing up, you are in imminent danger of getting hit.
 - Crunch low to the ground on your toes touching as little to the ground as possible.Do not lay flat on the ground.



Treating Victims of a Lightning Strike

- You can safely touch them
- Look for and treat burns
- Transport to a hospital as soon as possible.

Vacation Travel Tips

Summer vacation plans are scheduled on many calendars and people are in a frenzy to gather their belongings and head off for some fun, or rest and relaxation. It is assumed that everything will be enjoyable and nothing bad will ever happen to us, however, those with an emergency preparedness mindset have more to think about than setting light timers and deciding who will pick up the mail and newspapers while we are gone.



While always hoping for the best, prepare for the worst by following some travel safety tips.

Airline Safety

Ben Sherwood, as reported in his book *The Survivors Club* (2009) has done extensive research on the airline industry and interviewed employees with the Federal Aviation Administration. He offers the following information and tips to survive an airline disaster.

First, realize that the chances of being killed in an airline disaster are very remote, about one in sixty six million. In spite of the frightening headlines when there is a plane crash, the survival rate is actually greater than 95%. There are things you can do to increase the chances you will survive in a crash.

In a plane crash, you have ninety seconds to get out before the cabin turns into an inferno. Any longer than 90 seconds, a fire could burn through the aluminum skin of the plane, cabin temperatures soar above two thousand degrees and a flashover fire consumes everything.

There is an aviation concept called Plus Three/Minus Eight. This term refers to the first three and last eight minutes of a flight, which is when an airline emergency is most likely to occur. At these times, airspeed is slower, altitude is lower, and if one is focused and prepared for action, there is a greater chance of surviving an accident.

Your action plan for every flight should include the following:

- Skip the airport lounge and onboard cocktails and don't take any medication that can cause drowsiness or sleep. Stay awake and alert during take offs and landings.
- Choose an aisle seat. This will give you a quicker escape if need be without having to climb over other passengers who may be frozen with fear.
- Sit within five rows of an exit. The larger exits at the front and rear of the plane are preferred to the smaller ones over the wings, especially if you are a person of some "girth". Note your two closest exits; the first one closest to you could be jammed or aflame. Count how many seats are between you and the exits in case you must find your way by feel in a smoke filled cabin.
- Listen to the pre-departure safety briefing and read the cards.
- Encourage seatmates to review the safety card too. You would not want someone near you to freeze in an accident and block your way to the exit.
- Wear sensible shoes that you could move quickly in and keep them on during the flight.
- Women should not wear stockings or synthetic fabrics which can melt on the skin.
- Keep your seatbelt firmly fastened and do assume the brace (crash) position if instructed to do so. You will hit something in a crash and the brace position is designed to minimize the force of impact that causes the flailing of limbs when you are whipped forward. It also reduces the velocity of your head when it slams into the seat or bulkhead in front of you.
- Leave your carry-on luggage behind in a crash. Trying to carry your bags will slow your escape and may block others.
- Teach these tips to your children, as families often get separated in a crash.

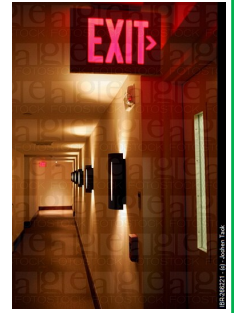
Remember that plane crashes are survivable. However, the mental fitness of preparation is just as important as physical fitness.

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Hotel Fire Safety

An emergency evacuation plan is as important for your hotel/motel as it is for your home. The National Fire Protection Association (NFPA) offers the following tips:

- Select a hotel/motel that has both smoke alarms and sprinkler systems. Ask the front desk clerk what the fire alarm sounds like when you check in.
- In a high rise hotel, request a room on a lower level so that fire department ladders could easily reach you.
- After you enter your room, read the escape plan posted in your room. Go back out into the hall and find the exits. Count the doorways from your room to the exits so that you could do it by feel in a smoke filled hallway. Make sure the exit is unlocked. If locked, report it to the management immediately.
- Keep the room key by your bed and take it with you if there is a fire. If the alarm sounds leave the room quickly, closing all doors behind you. Use the stairs—not the elevators.
- If there is smoke, get low and proceed to your exit.
- If you can't escape, stay in your room
 - Shut off fans and air conditioners.
 - Stuff wet towels in the crack under and around the doors.
 - Call the fire department to report your location.
 - Wait at the window and signal your location with a flashlight or bright colored cloth.



2013 IEMA Conference



Dates for the 17th annual Illinois Emergency Management Agency (IEMA) Conference have been set for Tuesday through Friday, September 3rd- 6th at the Crowne Plaza Hotel in Springfield. Tuesday and Wednesday are optional training and meeting days, with the Conference officially beginning on Thursday.

This conference is open to individuals employed in emergency management positions within the state of Illinois as well as interested volunteers. There is no charge to attend, but pre-registration is required. Travel, some meals, and hotel accommodations are the responsibility of the individual attendee.

The Thursday General Session speaker will be Connecticut State Police Lt. Paul Vance. You may have seen Lt. Vance giving press briefings following the Sandy Hook Elementary School shootings.

Following the general session, there will be repeated opportunities to attend a variety of breakout sessions. As usual, 80% of these sessions cover topics from ideas submitted by attendees. The list is different each year and a sample of some topics announced include: April Flooding Local Response Issues, using Social Media during a local Disaster Response, advantages of developing a local Incident Management Team, conducting/managing a local Search and Rescue Call, and School Building Design and Threat Resistance.

The conference includes other traditional events. New names will be added to the Memorial Wall. This Wall honors recently deceased individuals, paid or volunteer, who had a minimum of five years of service and made a significant contribution in the emergency management field. Attendees can visit with sponsors/vendors offering product lines in the emergency preparedness arena. And, in giving back to the host community, conference attendees are asked to bring three non-perishable food items to help stock to a local food pantry.

If you think you would like to attend the 2013 IEMA Conference, visit their website for the registration link. [Http://www.state.il.us/iema/training/conference/](http://www.state.il.us/iema/training/conference/)