



PREPAREDNESS MATTERS

Be a partner in preparedness...be ready!



Issue 5, Volume 1

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Contra Costa Community College District • 500 Court Street • Martinez, CA 94553 • (925)229-1000 • <http://www.4cd.edu>

District Preparedness Update

In this issue, we are very fortunate to have several articles contributed by two of our Diablo Valley College Community Emergency Response Team (DVC CERT) members, Cathy Walton-Woodson and Lisa Martin. Cathy is the Counseling Office Supervisor and Lisa is a Note-Taking Coordinator for the DVC Disability Support Services office. Both have been involved with the District CERT program since shortly after its inception. Cathy has been serving as DVC's CERT Site Coordinator and also volunteers as a CERT member in her home town. A former police dispatcher with much experience to offer, Lisa has recently volunteered to help coordinate the Safety Monitor program at DVC. *Thank you, Cathy and Lisa*—not only for contributing to this publication, but for stepping forward to help provide for the safety of the students, faculty, staff, and administration at your campus!

As many of you may already be aware, we have been working closely with American Medical Response (AMR—our county ambulance service provider) and Contra Costa Health Services to bring *21 additional Automated External Defibrillators (or AEDs) to our campuses and the District Office*. In many cases, these lifesaving devices may be used to restore a person's normal heart rhythm if they are having a heart attack. The additional devices are being donated by AMR so

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that one may be accessible within 2-3 minutes of any location on campus. This accessibility could greatly increase a person's odds of survival if they suffer a heart attack at any of our District locations.

As part of this AED donation program, AMR also provided Cardio-Pulmonary Resuscitation (CPR)/AED training to employees district-wide—at no cost to the District! As a result of that training, there are approximately 120 more people on our campuses who know how to save a life!

We're ready! Are you?



Safety Monitors Sandi McCray, Michael Todd, and Andrea Gonzalez-Lewis help out during a shelter-in-place drill conducted at the District Office in January.

Photo Credit: Teddy Terstegge, District Police



Be sure to visit the Emergency Preparedness section of the District website to learn more about the ways you can stay safe during an emergency!

www.4cd.edu/911

You Can Help...Yes, **YOU!**

By Lisa Martin (DVC DSS)

Many of you may have participated in a former "Building Monitor Program" (BMP), completed training, and received equipment (at DVC, this would include the green duffel with first-aid supplies and equipment probably somewhere in your office).

What is a Safety Monitor—and What do they do?

Safety Monitors are members of faculty, classified staff, or campus administrators who have volunteered to assist the campus community by performing certain duties during times of emergency.

Safety Monitors typically provide evacuation or shelter-in-place/lockdown assistance for a building, floor, or other assigned area.

Safety Monitors also assist in the evacuation of disabled persons and may be asked to support District Police or other emergency responders with emergency communications, safety inspections, and/or damage assessment duties.

The Safety Monitor program is now being *updated and re-energized*, and we need YOU (classified, faculty, and management) to help in at least one of the following ways: supporting an awareness of what the program is



and why it exists, encouraging others to take part in the training, or even better yet, becoming a Safety Monitor yourself!

Everyone knows that getting and staying prepared for the unexpected is an ongoing effort. The challenge is not as much in getting people interested as it is in keeping them interested and *involved*.

We are going back to the basics! Those who originally participated in the former safety programs will be offered the opportunity to continue by attending one of the upcoming "Basic Safety Monitor" trainings that all Safety Monitors will need to complete.

New team members are wanted and **NEEDED** to make the Safety Monitor Program work. Please join us!

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Tip of the Month: Light it up!

This month's power outage at the DVC Pleasant Hill Campus reminds us that lighting is important for safety—even during the day. To help ensure you have adequate light to escape a darkened building or move to safety when the lights go out.

1. Carry a small battery-operated light with you at all times (keychain models work well).
2. Keep a chemical light stick or two handy in the pencil cup on your desk.
3. At home, use a plug-in emergency flashlight (such as the Energizer Weather-Ready Rechargeable LED Light).
4. In an emergency, you may also be able to use the display on your cell phone to light your way.



You Can Help...Yes, YOU! (from Page 2)

Officer Teddy Terstegge, the District (4CD) Emergency Services Coordinator, will be helping link all 4CD locations in an effort to streamline resources, upgrade training, and establish consistency across the District. This is a monumental task requiring participants from each building, at each District location, to become active members. We will work together with safety and preparedness in mind.

Team members will need to attend periodic training sessions and drills to help keep everyone's skills up-to-date. The goal is to put what you learn into practice so you are better prepared and able to respond (act), not react, instinctively.

For more information about this program or to volunteer, contact the Site Safety Monitor at your campus or facility:

Brentwood Center (Brentwood):
Bruce Cutler (x 3116)

Contra Costa College (San Pablo):
Mariles Magalong (x 4209)

Diablo Valley College (Pleasant Hill Campus):
Lisa Martin (x 2607)

District Office (Martinez):
Sandi McCray (x 1206)

Los Medanos College (Pittsburg):
Bruce Cutler (x 3116)

San Ramon Campus (San Ramon):
Kevin Horan (x 5104)



Shelter From The Storm

By Teddy Terstegge (District Police)

With the recent increase in seismic activity worldwide and the occurrence of major earthquakes in Haiti, Chile, and China, many of us are wondering if California will be next. It is certainly possible, and if you haven't already started preparing yourself for California's next disaster (earthquake or not), you really should!

One of the primary concerns for government in the aftermath of any disaster is the potential need to provide food, shelter, and other services to those who have been displaced from their homes. Contrary to popular belief, it may not even take a major disaster to generate these needs. A fire at an apartment complex, a chemical release, or even a law enforcement incident could isolate significant numbers of people from their homes and neighborhoods. Under such circumstances, local government agencies are often called upon to establish public shelters in schools, community centers, and even parks.



The American Red Cross is officially recognized as the primary agency responsible for emergency shelter operations in the United States.

In December 2009, our District Governing Board recognized the need to support community emergency preparedness measures. The Board renewed its agreement with the American Red Cross, thereby allowing the use of College District campuses and facilities as public shelter sites, should the need arise.







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Getting Started—What's In Your Office?

By Cathy Walton-Woodson (DVC Counseling)

Do you have any of these items in your office? Do you know where they are? Have they expired? Now is the time to find out--not when you need them.

Note: Safety Monitor Bags have most of the following. Offices that do not have one should at least have these basics on hand:

-  Basic First Aid Kit
-  Flashlight & Batteries
-  Map with Emergency Exit directions
-  Emergency Phone Numbers
-  Phone Tree for staff in your office area
-  Emergency Procedures Check List Posted

This is a *small* list of basic items that every office should have. In fact, your home should be just as prepared. Is it? Look today!

Every day is a good day to be prepared. Becoming safety minded is good, but becoming a Safety Monitor is even better. It's a great way to take an active part in your readiness and that of your coworkers and family. We're looking for a lot of good people!

Upcoming Preparedness and Safety Events:

May 7, 2010: CCC CERT Meeting/Training (Light Search and Rescue Review); Fireside Room, 1:00 – 3:00 pm. All CERT members and interested employees (district-wide) are welcome to attend.

May 10, 2010: District Office Safety Monitor Meeting/Evacuation Update Training; 11 am -- 12 pm.

May 13, 2010: District-Wide Safety and Emergency Preparedness Committee Meeting; District Office; 9 –11 am; District-Wide Safety Monitor Meeting immediately following (from 11:00 am – 11:30 am).

May 14, 2010: District Office CERT Meeting/Training (Light Search and Rescue Review); 1st Floor Conference Room, 1:00 – 3:00 pm. All CERT members and interested employees (district-wide) are welcome to attend.

May 21, 2009: DVC CERT Meeting/Training (Light Search and Rescue Review); DVC Room L151, 1:00 pm – 3:00 pm. All CERT members and interested employees (district-wide) are welcome to attend. Please RSVP to Cathy Walton-Woodson: cwoodson@dvc.edu

May 25, 2010: City of Concord Care and Shelter Drill. For more information or to participate, please visit:[http://www.cityofconcord.org/pdf/police/shelter Drill.pdf](http://www.cityofconcord.org/pdf/police/shelter%20Drill.pdf)

June 1, 2010: Basic Safety Monitor Training; DVC, TBD, 8:00 am – 12:00 pm. All employees (district-wide) are welcome to attend. Please RSVP to Lisa Martin: lmartin@dvc.edu

*"Fortune favors the prepared mind."
~Louis Pasteur*

Upcoming Preparedness and Safety Events, Continued:

June 1, 2010: Refresher Safety Monitor Training; DVC, TBD, 1:00 pm – 3:00 pm. All previously-trained Safety Monitors (district-wide) are welcome to attend. Please RSVP to Lisa Martin: lmartin@dvc.edu

June 9, 2010: Basic Safety Monitor Training; DVC, TBD, 8:00 am – 12:00 pm. All employees (district-wide) are welcome to attend. Please RSVP to Lisa Martin: lmartin@dvc.edu

June 9, 2010: Refresher Safety Monitor Training; DVC, TBD, 1:00 pm – 3:00 pm. All previously-trained Safety Monitors (district-wide) are welcome to attend. Please RSVP to Lisa Martin: lmartin@dvc.edu

June 17, 2010: LMC CERT Meeting/Training (Light Search and Rescue Review); Room 118, 1:00 – 3:00 pm. All CERT members and interested employees (district-wide) are welcome to attend.



Shelter From The Storm (from Page 3)

If a major earthquake does indeed strike the San Francisco Bay Area (as scientists predict), the Red Cross volunteers needed to run public shelters will likely be spread very thin. Therefore, if shelters are needed at our campuses, the Red Cross will need support and assistance from college employees to run them. Our District, the Red Cross, and other local agencies will be working together over the next few months to develop the trained staff needed to help operate shelters at our campuses.

The tasks involved are quite simple and much of the training focuses on the proper screening of shelter clients to ensure that the needs of all are adequately met. We hope you will consider joining us for these and other future training sessions as they are announced.

We hope you will also mark your calendars for our first District Shelter Exercise. It will be held at Diablo Valley College, on Friday, August 6, 2010 from 8:00 am to noon, in the Cafeteria. On that day, our college employees will be working with the employees of other local agencies and the Red Cross to test our ability to establish and operate a shelter at one of our sites.

Our ultimate goal is to hold a similar exercise each year, on a rotational basis, at all our campuses. This process will help ensure that we *and our surrounding communities* will be working together to better prepare for the unexpected—because we never know when we may be needed to help provide someone with a “home away from home” or a shelter from the storm.



*Shelter workers transfer supplies at a shelter in Mississippi.
Photo Credit: William Colgin
Biloxi Sun Herald/MCT*

Got Gear?

By Cathy Walton-Woodson (DVC Counseling)

It is extremely important for all CERT members to periodically check their backpack and gear. You will need fresh water, snacks, PPE (Personal Protective Equipment), flashlight, batteries, first aid kit, CERT vest and helmet, etc.

Whatever you put in your backpack, make sure that you can carry it and that you know where you keep your items; gloves, whistle, triage tape, etc.

Disasters can occur at nighttime, in extreme heat, cold or in wet weather. Be prepared.

If you have trouble carrying your backpack, re-evaluate what you have in it. You may also want to check your home for an old travel bag with wheels and place your gear in it.

Be aware of the “kitchen sink” in your bag. It’s not needed.



SAFETY MONITOR WORD SEARCH

V	V	C	E	I	B	I	B	U	O	N	C	E	R	M	R
S	A	I	K	Z	E	A	L	H	O	N	P	X	L	A	E
E	S	S	H	K	S	N	A	O	T	K	U	N	E	O	I
N	W	O	D	K	C	O	L	S	S	E	E	O	B	L	P
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T	I	V	C	F	T	W	E	L	V	E	I	F	Z	S	E

FIND: EVACUATION, SHELTER, SAFETY, MONITOR, HELMET, ALARM, LOCKDOWN, RADIO, COMMUNICATION, EQUIPMENT

Comments or Questions? Suggestions for future issues?
Please contact the Emergency Services Coordinator:

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