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CERT

from front page

course, it's best to do so before trying this. This is an explanation, not an official how-to.

First ask the victim if he is okay. It would not be good to rush at the poor fellow if he were actually fine. Try to elicit a response. If no response, call 9-1-1 or send someone else to do so and report back to you that they did it. Then begin ABC and 30-2.

A - To clear the airways with a hand on the back of the head and two fingers under the chin, tilt the head back

B - To check for breathing, look, listen and feel. Lay the right side of your head on the victim's nose and mouth and listen for breathing while looking down at his abdomen to see if it is rising and falling. Give it 10 seconds. Check for pulse by putting two fingers to left of center of the front of the neck.

C - If there is no breath and no pulse, begin CPR. First pinch the nose and breathe two heavy exhales into the person's mouth. Then begin 30 compressions with one hand over the other, elbows locked, and the heel of your hand placed between the person's nipples. Press hard one and one-half and two inches deep... and fast--100 per minute. Repeat the two breaths and 30 compressions four more times. After five routines, re-access and continue until help arrives.

If a person is not breathing but has a pulse,

just breathe into their mouth as explained above, and continue doing so until help arrives. The procedure is slightly different for children and again for infants.

CERT originated in Los Angeles in 1985, and was implemented in Manhattan Beach in 2003 under Fire Chief Wilson. Classes were offered just once a year, and then came to a halt during the construction of the new fire and police station. In 2007, under Fire Chief Scott Ferguson, CERT was resurrected. Eight graduates of former classes were called upon to form a board of directors. George Butts, 2005 CERT graduate, became the board president. There followed all the red tape of gaining non-profit status, and becoming the MBCERT Association.

"CERT has become a passion for me," says Butts. Thanks to him and his board, CERT has obtained three vehicles and a trailer, surplus from the police department, which will be assigned to the headquarters of each of the four quadrants that divide the city during a disaster. CERT also has four generators, four AEDs and four water pumps.

Sponsors that enabled these purchases include Advanced Electronics, which donated radios for each of the vehicles; Citizens Automotive and Taxi Equipment, which supplied the wiring and repairs for the sometimes antiquated vehicles; and Serv Pro, South Bay Yellow Cab, and the Manhattan Beach Property Owners Association, each of which have donated money.

The new CERT board was elected this week: George Butts, Vickie Ruch, Richard Ackerman, Wayne Powell, Barbara Heacox, Paul Curry, Clay Irving, David Lessick, Gary Stabile, and Clay Edving are the members. The public is invited to attend CERT meetings, held at the Police and Fire meeting room on the first Monday of the month at 6:30.

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