

The Fire Plug



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CERT—Get Prepared Now!

In a disaster you may be on your own for several days without the assistance of emergency personnel. Your neighbors are learning what to do - are you?

The **Community Emergency Response Team (CERT)** teaches neighbors to help themselves and help each other. Through CERT, you will receive hands-on training in disaster first aid, disaster preparedness, basic firefighting, light search and rescue, damage assessment, and how to turn off utilities.



What you can do:

- [Learn More about CERT](#)
- [Register for Free Preparedness Classes](#)
- [Make up a Class you Missed](#)
- [Contact Your Area Coordinator](#)
- [Create a Family Disaster Supply Kit](#)

The Kensington Fire Protection District will be holding free CERT classes this fall. Our 20-hour program is designed to assist residents to be self-sufficient in the event of a disaster. Classes begin on Tuesday, August 26th and run weekly through Tuesday, Octo-

ber 14th from 6:30 to 9:00 p.m. This session will be held at the Arlington Community Church, 52 Arlington Avenue, Kensington, CA. To register for the session or to make up a missed class, please call 510/215-4450.

If you are unable to commit to the 20-hour training but are interested in preparing yourself and your family, you can sign up for our non-certified one-day boot camp that takes place on Saturday, November 8th also at the Arlington Community Church. This class takes place from 8:00 a.m. to 5:00 p.m. with a break for lunch on your own. All CERT topics will be covered in a condensed format.

If you have already completed the CERT training and are not in touch with one of Kensington's six Area Coordinators (volunteer residents), please contact our office (510/215-4450) and we would be happy to share that information with you.

If you are interested in assembling a Family Disaster Kit, go to www.kensingtonfire.org, click on CERT Training and scroll down to the link for the Red Cross "Family Disaster Supply Kit". You can download this pdf and use it as a checklist.

For more information on CERT, please go to:

["elcerritokeningtoncert.org"](http://elcerritokeningtoncert.org)

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Fire Prevention Week Open House

National Fire Prevention Week is October 5th through 11th. This year's fire prevention message is "Working Smoke Alarms Save Lives—Test Yours Every Month"

Smoke alarms save lives. If there is a fire in your home, smoke spreads fast and you need smoke alarms to give you warning and time to get out. Smoke alarms are an important part of a home fire escape plan. Having a working smoke alarm cuts the chances of dying in a reported fire in half. Almost two-thirds of home fire deaths resulted from fires in homes with no smoke alarms or no working smoke alarms.

Here's what you need to know!

- Install smoke alarms in every bedroom, outside each sleeping area and on every level of your home.
- Test your smoke alarms every month. Press the test button to be sure the alarm is working.
- When a smoke alarm sounds, get outside and



stay outside.

- Replace all smoke alarms in your home every 10 years

Attend our Annual Open House

The Kensington Fire District will be holding its annual **Fire Prevention Week Open House** on **Saturday, October 11th from 12:00 noon to 4:00 p.m.**

All are welcome to come by and meet your firefighters, gain important fire safety tips and have refreshments. We look forward to meeting you on October 11th!

CPR/First Aid Classes Can Save A Life

The Kensington Fire Protection District continues to offer CPR and First Aid classes as part of our "Heartsafe Community" designation.

Do you want to get certified in these classes or need to renew your certification? We are here to help. Registration is required and space is limited in each class. Priority registration is given to Kensington and El Cerrito residents. Contact the Fire District at 510/215-4450 or email fire@kensingtonfire.org if you would like to sign-up for one of the classes listed below. The remaining 2014 class schedule is as follows:

<u>Oct. 25th</u>	Arlington Community Church, 52 Arlington Ave, Kensington
<u>Dec. 13th</u>	El Cerrito Senior Center, 6500 Stockton Ave, El Cerrito



CPR will begin at 8:30 a.m. , there will be a break for lunch on your own from 12:00 noon to 1:00 p.m., and first aid will then resume from 1:00 to 4:30 p.m.

The fee is \$36 for CPR and \$72 for CPR and First Aid for Kensington and El Cerrito residents. Non-residents will pay \$46 for CPR and \$92 for both CPR and First Aid.

Firefighters' Toy Drive

The Kensington Fire Protection District has been participating in the Firefighters' Holiday Toy Drive for over 20 years. The Richmond/El Cerrito Fire & Police Holiday Toy Program exists to collect and distribute new unwrapped toys to economically disadvantaged children in the western Contra Costa County area during the holiday season.

Professional firefighters often see the ravages brought on by the loss of life, home and property. This non-profit organization strives to brighten the lives of needy children, ages 12 and under, specifically in west Contra Costa County. Both monetary donations and donations of new unwrapped toys, books, and games are gladly accepted.

Please bring your toy donations to the Kensington fire station or any El Cerrito fire station where collection barrels will be placed between the Thanksgiving holiday and Saturday, December 20th. To make a monetary donation, please go to the program's website at www.toyprogram.org. Any amount is appreciated!



Tri-City Safety Day

This year's annual "Tri-City Safety Day" is going to be an exciting event! The communities of Kensington, El Cerrito and Albany, will once again sponsor a great display of Public Safety demonstrations that will impress the whole family and the community at large. The Police and Fire Departments of these cities will host a wide range of agencies from around the East Bay to showcase their apparatus, equipment, and techniques to demonstrate how they work hard to keep their citizens safe. There will be presentations by all of the Tri-City agencies as well as the U.C. Berkeley Bomb Squad, and the County Environmental Health Hazardous Materials response team, just to name a few.

The El Cerrito-Kensington Fire Department will teach home fire escape drills to kids with their Fire Safety House. They will also provide valuable information about fire safety, disaster preparedness, CPR and First Aid classes, child car seat installation, and answer any and all questions you may have. There will be appearances by Smokey Bear,

Sparky the Fire Dog, and McGruff the Crime Dog, among others. In addition to performances by a Bomb Disposal robot, the Fire Department will cut open a car and simulate a rescue with a vehicle extrication demonstration. The U.S. Secret Service will be on hand as well to "livescan" fingerprint children and make them photo I.D. cards.

Many other police and fire agencies will be in attendance to help make this year's Public Safety event fun, exciting, and informative. Please bring the whole family to attend this free event on **Saturday, September 20th from 11:00 a.m. to 3:00 p.m.** at the El Cerrito Plaza (in front of Lucky's).



**KENSINGTON FIRE
PROTECTION DISTRICT**

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www.kensingtonfire.org



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National Drug Take Back Event

KFPD and KPPCSD will again be joining forces to participate in the Drug Enforcement Agency's bi-annual National Drug Take Back event. The National Prescription Drug Take Back Day aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while educating the general public about the potential for abuse of medications.

On **Saturday, September 27, 2014**, you can bring your unused/ unwanted medications to the Kensington fire station for safe disposal. We will be accepting medications on that day between the hours of 10:00 a.m. to 2:00 p.m. No questions are asked.

We are able to accept all medications—narcotics, liquids, and also sharps. We will not be accepting any household hazardous waste.



Please help keep toxins out of our water systems (do not flush unwanted medicines down the toilet!) and unused medications out of the hands of youths.

If you have any questions about this program please contact KFPD at 510/215-4450 or KPPCSD at 510/526-4141.