



VEHICLE EMERGENCY SUPPLY KIT

- Spare tire, wheel wrench and tripod jack
- Jumper cables
- Toolkit and/or a multipurpose tool
- Flashlight & batteries
- Reflective triangles
- Compass
- First Aid Kit
- Nonperishable, high-energy foods
- Drinking water
- Reflective vest
- Car charger for your phone
- Fire extinguisher
- Duct tape
- Rain poncho

DECEMBER/JANUARY POSTER



Sandbag Safety

How to Keep Your Home Safe and Secure During the Holidays

With all of the decorations, shopping, parties and fun coming up with the holiday season, it's important to be safe while also having fun. There are several things you can do to help keep your home and family safe. Here are five tips to help you do just that.

1. Keep your travel plans offline.

If you are planning to travel during the holiday season, be sure to keep your travel plans off your social media networks. Never post where you are going, when you are leaving, or when you will be back. This is prime information for a thief because he will know when your house will be empty.

2. Notify a neighbor.

If you are planning to go out of town during the holiday season, be sure to notify a trusted neighbor. Ask the neighbor to keep an eye on your house and report any suspicious activity. Make sure your house looks like somebody is home to deter a burglar.

3. Hide any Christmas gifts.

You probably want to keep gifts out of sight from children, but you also want to make sure gifts are hidden from a potential burglar

as well. Putting pretty wrapped gifts under the Christmas tree looks nice, but it's also an open invitation for a burglar. Try to keep your Christmas tree, with gifts underneath, away from windows or other places with a view. When you aren't home, it's easy to break through a window and grab all of your gifts.

4. Watch your Christmas lights.

According to the U.S. Fire Administration, December is the deadliest month for electrical fires. Before you string lights on the house or the tree, be sure to inspect the strands to make sure there aren't any frayed cords or cracked lamps. Also, be sure to turn any holiday lights off when you go out for the evening or when you go to bed. Try using an outdoor timer to switch lights on and off.

5. Inspect the furnace and the chimney.

Heating-equipment, like furnaces and fires can many deaths every year in the United States. Take the time to have a professional come inspect your furnace and clean the chimney before you need to heat your home.

The holidays can be the most wonderful time of the year, as long as you stay safe during them. Be sure to take the precautions you need in order to fully enjoy the season.

Source: www.safewise.com

On average, 2-3 people are treated in emergency departments every hour during the holiday season for decorating-related injuries. Don't forget to follow these holiday safety tips to decorate safely.

1: Never use lighted candles near trees or boughs

2: Keep poisonous plants out of reach of children and pets

3: Keep trees away from fireplaces, radiators and other heat sources

4: Make sure your tree has a stable platform

5: Choose an artificial tree that is labeled fire resistant

6: If using a natural tree, make sure it is well watered

7: Check holiday lights for fraying, bare spots, gaps in the insulation or excessive kinking in the wire

8: Turn off all tree lights and decorations when not in use

9: When putting up decorations, use a step stool or ladder to reach high places

10: Designate a sober driver

11: When preparing a meal, wash hands, utensils, sink and anything else that touches raw meat

12: Reheat leftovers to at least 165 degrees Fahrenheit

Source: www.nsc.org

Aware and Prepare, What Does the Initiative Mean to You and Your Organization?

By: James Caesar, UCSB Emergency Mgr., and Chair of the Aware and Prepare Executive Committee

The theme of the January, 2015 Aware and Prepare Leadership Summit was the “Past, Present, and Future” of the Initiative. Discussed were the roots of A&P including the James Lee Witt Associates assessment of needs and identified recommendations for a proactive granting strategy in Santa Barbara County. The “Present” included updates from the Public Education Committee, the CERT Committee, EPIC, VOAD and the Listos program. The “Future” was a facilitated discussion with priority identification outcomes and personal reflections including “what is the most important thing or two you hope to get out of participating in Aware & Prepare?” As we start planning for the 2016 Aware and Prepare Leadership Summit I would ask “What does the Initiative mean to you and your Organization?”

While A&P launched in 2008 for me it started when I met Javier Moreno of the Orfalea Foundation at the first EPIC meeting I attended as the UCSB Emergency Manager back in September of 2009 (and the rest as they say is history). Our partnership was bonded as the seven priority themes of Aware and Prepare were very similar to our strategic goals for our campus community:

1. Public Education and Awareness Strategies and programs to help the general public become better prepared for a disaster, including programs that specifically target vulnerable populations (including the disabled, elderly, and non-English speaking populations) and focus on all-hazards emergencies.
2. Coordination and Communication Strategies and capabilities to develop strong relationships within the community, specifically between the local government and non-governmental and non-profit organizations.
3. Preparedness: Planning, Training and Exercises Strategies and capabilities to develop an active and inclusive planning process as well as training exercise programs in the community, including quality control, continuous improvement, and feedback mechanisms.
4. Emergency Public Information Strategies and capabilities (including information technology and equipment) to warn the public of an impending disaster and to provide emergency instructions on suggested actions.
5. Resources and Personnel Strategies and capabilities to develop caches of disaster supplies, lists of capabilities and skills of organizations and responders, as well as knowledge of available resources and the capability to move them (people and supplies) to where they are needed.
6. Authority and Management Facilities (including the Emergency Operations Center) and capabilities for community leadership to provide command, control, and coordination of disaster response activities.
7. Voluntary Organizations Active in Disaster Continued development of an active VOAD organization comprising non-governmental agencies in partnership with local government to improve coordination and capabilities in disaster preparedness and response.

Over the last six years we have worked together to enhance our community's resiliency and preparedness based on these themes. Some of our “Past” highlights include the CERT Committee being awarded the 2012 Governor's Volunteering and Service Award for Service Group of the Year, completing the first ever Spanish CERT Train the Trainer in 2014 and our recently updated preparedness monthly themes (look for updated PSA's in the near future). Meaningful relationships formed though Aware and Prepare helped our community overcome some of our areas recent tragedies through collaboration, communication, and strong partnerships.

The UCSB Campus CERT program is a model nationwide and we still are the only campus to certify students to teach CERT (in partnership with Santa Barbara City OES). Just a few weeks ago Santa Barbara City OES hosted the 5th annual Countywide CERT Drill. For the first time CERTs from all areas participated in planning and executing the drill held at Santa Barbara high school. We also completed a VOAD Emergency Operations Liaison training pro-gram in partnership with Santa Barbara County OEM.

[Continue to the full article](#)

FAMILY SAFETY & SECURITY RESOURCES

[Keep Your Home Safe During the Holidays](#)

[Home Security for Renters](#)

[Safety and Home Security Statistics and Facts](#)

[Winter Safety Tips](#)

[Holiday Safety](#)

[After Dark: The Most Dangerous Time to Drive](#)

[What You Can Do to Avoid the Flu](#)

UPCOMING EDITIONS

March: Mobile Equipment

April: Field Research

May: Fleet, Walk and Bike

Safety

FEEDBACK, PLEASE

Send an email to EHS@ucop.edu to submit your comments on the December/January issue or to suggest content ideas for future issues. We look forward to hearing from you!

CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

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Winter Holiday Safe Food Handling Tips

As the end of the year approaches, it's likely there are multiple meals and parties in your future. Carrying food from one location to another and sharing dishes with a crowd means more opportunity for bacteria to grow and cause food poisoning. Whether you're an experienced cook, a first-time party host, or simply adding a dish to the potluck lineup, the holidays can make even the most confident chefs nervous. Follow these steps to keep your holiday season food poisoning-free.

Steps to follow during holiday grocery shopping:

- Keep raw meat, poultry, and seafood away from other foods in your grocery cart.
- Buy cold foods last.
- Ask the cashier to place your raw meat, poultry and seafood in a separate bag.

Steps to follow during food preparation:

- Use separate cutting boards for raw meat and ready-to-eat items like vegetables or bread.
- Prepare uncooked recipes before recipes requiring raw meat to reduce cross-contamination. Store them out of the way while preparing meat dishes to ensure they don't become contaminated after preparation.
- Use a meat thermometer to check the internal temperature of dishes to ensure they are fully cooked and safe to eat. Fresh beef, pork, veal, and lamb should be cooked to 145 °F with a three minute rest time; fish should be cooked to 145 °F; ground beef, veal and lamb should be cooked to 160 °F; egg dishes should be cooked to 160 °F; and all poultry should be cooked to 165 °F.

Fool proof tips when cooking for groups:

- Keep hot food hot and cold food cold, using chafing dishes or crock pots and ice trays. Hot items should remain above 140 °F and cold items should remain below 40 °F.
- Use several small plates when serving food.
- Discard perishable foods left out for 2 hours or more.

Source: www.foodsafety.gov