

# GGVCERT.com

## MARCH 2017: LATEST GREATER GREEN VALLEY CERT NEWS

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### MONTHLY MEETING :: CERT Meeting March 29th Topic: Firefighter Rehab

80,000 firefighters are injured every year, 29% through overexertion/ strain, 25% through accidental falling. 100 firefighters die each year, 50% due to cardiac or cerebrovascular events. Effects of heat stress include fatigue, overexertion, strains, and reduced situational awareness. Firefighter rehabilitation is the process of providing rest, rehydration, nourishment, and medical evaluation to members who are involved in extended or extreme incident scene operations. CERT members can provide a critical service that directly affects the health and safety of firefighters. We'll explain how we can do this during the March 29th meeting. Then, for the April 26th meeting, we'll put this into practice by using the equipment in the CERT trailer to set-up a basic rehab center at GV Fire Station 152. March CERT Basic Course: We gained five new members from the course, see «March CERT Basic Training» for details about the training.