

RANCHO SANTA FE
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FIRE PROTECTION DISTRICT
Rancho Santa Fe, California 92067-0410

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CERT TRAINING SAVES LIFE

RANCHO SANTA FE, Calif. — A man who graduated from Rancho Santa Fe Fire Protection District’s Community Emergency Response Team (CERT) training in November found himself putting his training to use when he saved a life by performing the Heimlich maneuver. Daniel Waldorf was out to dinner with friends on December 1 when a member of his party began choking when a bite of pizza became lodged in her throat. Waldorf quickly put his training into action and was able to successfully dislodge the obstruction from his companions throat.

Waldorf saw Tania Andrade inhale a piece of pizza and instantly knew she was choking. Her hands went up to her throat, she sat straight up, her face turned red, and she gasped for air. He asked Andrade if she was joking and she nodded, so Waldorf pulled her out of her seat, wrapped his arms around her middle, and gave three upward thrusts to her stomach, dislodging the pizza.

“Because of CERT I was able to notice her choking right away and react quickly,” said Waldorf. “The whole event was very scary for all of us there. Honestly I hope to never have to see that happen again but if it does I know I am prepared to deal with it calmly.”

CERT is an all-hazard, all-risk training program designed to teach you how to protect yourself, your family, your neighbors and community during a disaster situation. The Rancho Santa Fe Fire District’s CERT program is absolutely free; however, you must be over 16 years of age and live or work within the Rancho Santa Fe Fire Protection District to join the RSF CERT program. To obtain more information on upcoming training, please visit our web site at www.rsf-fire.org, or call (858) 756-5971, ext. 149.

The mission of the Rancho Santa Fe Fire Protection District is “To protect life, property, and environment through prevention, preparedness, education and emergency response.” Formed in 1946, the Fire District now spans approximately 42-square miles and protects over 26,500 citizens. The Fire District currently operates out of four full-time fire stations and serves the communities within and surrounding Rancho Santa Fe and 4S-Ranch.

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