



CERT is a Federal Emergency Management Agency- FEMA training course that was developed to aid local Fire and Police as an extension of the first responder services. In the event of a disaster they will fall under the direct leadership of the Fire Department. Team members do this by offering immediate help to victims until professional services are available. The training is applicable to all hazards and is to provide needed life saving skills, to organize spontaneous volunteers. They will also collect disaster intelligence that will assist in the prioritization and allocation of resources following a disaster. This training is available nationally by FEMA. Additionally, if any community group wants to supplement its response capability after a disaster, civilians can be recruited and trained as neighborhoods, workplaces, and government teams that, in essence, will use basic response skills to save lives and property. The benefit for the citizen who takes it is that they will be better prepared to respond to and cope with the aftermath of a disaster. CERT training also applies to daily emergencies. The CERT class is to be delivered in 2- 1/2 hour sessions, one evening a week over an 8 week period. After receiving their certificate of completion in CERT they can attend supplemental training to further their skills base. They will also have the opportunity to be involved in many events that improve community emergency preparedness.

The eight week **CERT – FEMA Training Course** consists of the following:

- 1. DISASTER PREPAREDNESS:** Addresses hazards to which people are vulnerable in their community. Materials cover actions that participants and their families take before, during, and after a disaster. As the session progresses, the instructor begins to explore an expanded response role for civilians in that they should begin to consider themselves disaster workers. Since they will want to help their family members and neighbors, this training can help them operate in a safe and effective manner. The CERT concept and organization are discussed as well as applicable laws governing volunteers in that jurisdiction.
- 2. DISASTER FIRE SUPPRESSION:** Briefly covers fire chemistry, hazardous materials, fire hazards, and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, sizing up the situation, controlling utilities, and extinguishing a small fire.
- 3. DISASTER MEDICAL OPERATIONS PART 1:** Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.
- 4. DISASTER MEDICAL OPERATIONS, PART 2:** Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area, performing basic first aid, and practicing in a safe and sanitary manner.
- 5. LIGHT SEARCH AND RESCUE OPERATIONS:** Participants learn about search and rescue planning, size-up, search techniques, rescue techniques, and most important, rescuer safety.
- 6. DISASTER PSYCHOLOGY AND TEAM ORGANIZATION:** Covers signs and symptoms that might be experienced by the disaster victim and worker. It addresses CERT organization and management principles and the need for documentation.
- 7. TERRORISM AND CERT:** Covers the basis of terrorism including the weapons they use and the proper action for each, in addition to the proper CERT protocols following an event.
- 8. COURSE REVIEW AND DISASTER SIMULATION:** Participants review their answers from a take home examination. Finally, they practice the skills that they have learned during the previous six sessions in disaster activity.

All missed classes maybe retaken during future classes. You are also able to retake any classes you wish at no cost. Items students receive include: Student Manual, Hard Hat, Mask, Goggles, Gloves, Whistle, CERT Patch, Information Packets, Laminated Cards & Triage Sheet, and Signed Certificate of Completion. This class may also qualify as community servicehours at some schools.

Current Classes are held on Wednesday Nights at the Redmond Fire Station next to the Post Office from 6 to 9 PM. The cost of this class is \$35. To enroll call Redmond Fire at **425-556-2200** For more information or to find other CERT classes near you visit <http://www.citizencorps.gov/cert/index.shtm>