

## COURSE OVERVIEW

The CERT training consists of 20 hours of instruction. Classes are taught by emergency responders, including firefighters, and emergency medical and law enforcement personnel from your community. The course includes the following:

### DISASTER PREPAREDNESS

Introduction to community-specific disasters, their impacts on infrastructure, and preparing individuals and families for disasters.

### FIRE SAFETY

Identifying and reducing potential fire hazards and performing basic fire suppression.

### DISASTER MEDICAL OPERATIONS PART I

Treatment strategies for life-threatening conditions and principles of triage.

### DISASTER MEDICAL OPERATIONS PART II

Head-to-toe patient assessment and treatment for various injuries.



### LIGHT SEARCH & RESCUE OPERATIONS

Techniques for sizing up and searching, lifting, cribbing and removing victims; rescue safety.

### DISASTER PSYCHOLOGY & TEAM ORGANIZATION

The post-disaster emotional environment will be discussed. CERT organization, decision making and documentation.

### TERRORISM

A brief overview of terrorism weapons. Identifying targets in an area and discuss time/distance/shielding.

### FINAL EXERCISE

Disaster simulation realistic to your community.

Most CERT programs are managed by local fire or police departments. Contact your local fire or police to find out if they have CERT in your community.



SAN MATEO COUNTY SHERIFF'S OFFICE  
OFFICE OF EMERGENCY SERVICES

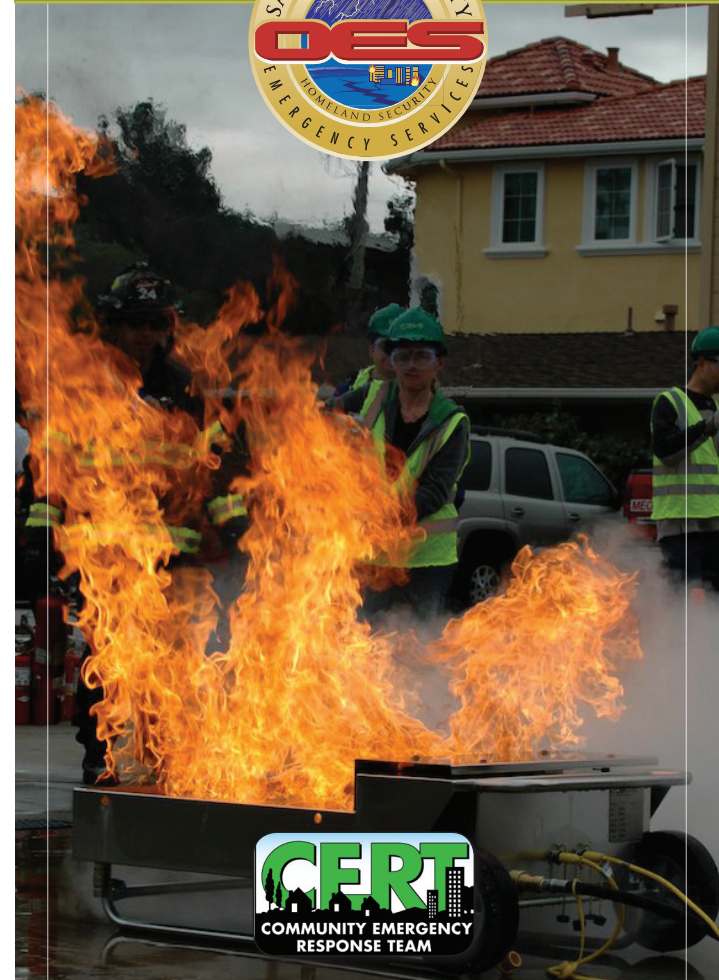
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[www.smcalert.info](http://www.smcalert.info)

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# COMMUNITY EMERGENCY RESPONSE TEAM

CERT  
AN EMERGENCY PREPAREDNESS PROGRAM.



C O U N T Y O F S A N M A T E O

## ABOUT CERT

The Federal Emergency Management Agency, using the model created by the Los Angeles City Fire Department, began promoting nationwide use of the Community Emergency Response Team (CERT) concept in 1994. Since then, CERTs have been established in hundreds of communities.

CERT training promotes a partnering effort between emergency services and the people that they serve. The goal is for emergency personnel to train members of neighborhoods, community organizations, or workplaces in basic response skills. CERT members are then integrated into the emergency response capability for their area.

If a disastrous event overwhelms or delays the community's professional response, CERT members can assist their community by applying the basic response and organizational skills that they learned during training. These skills can

help save and protect lives and property following a disaster until help arrives. CERT skills also apply to daily emergencies.

CERT members maintain and refine their skills by participating in exercises and activities. They can attend supplemental training offered by the sponsoring agency that maintain and improve their skills base. Finally, CERT members can volunteer for projects that improve community emergency preparedness.

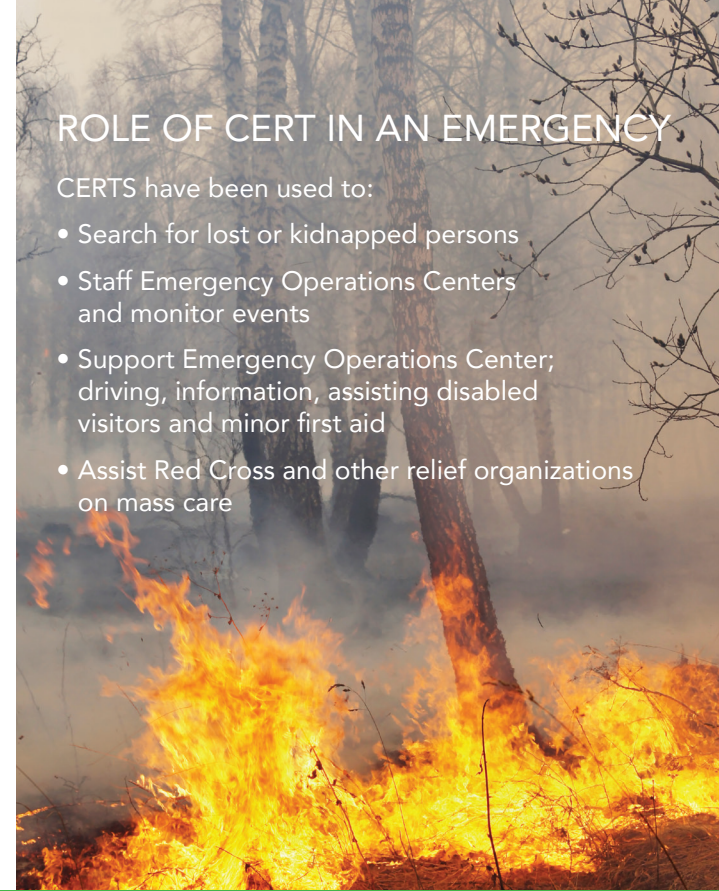
## TARGET AUDIENCES

Neighborhoods	Businesses
Communities of Faith	Scouting Organizations
School Staff/Students	Clubs/Organizations
Amateur Radio Emergency Services	

## ROLE OF CERT IN AN EMERGENCY

CERTS have been used to:

- Search for lost or kidnapped persons
- Staff Emergency Operations Centers and monitor events
- Support Emergency Operations Center; driving, information, assisting disabled visitors and minor first aid
- Assist Red Cross and other relief organizations on mass care



## CERT TRAINING WILL TEACH PARTICIPANTS TO:

- Describe the types of hazards most likely to affect their homes and communities.
- Describe the function of CERT and their roles in immediate response. Take steps to prepare themselves for disaster.
- Identify and reduce potential fire hazards in their homes and workplaces.
- Work as a team to apply basic fire suppression strategies, resources, and safety measures to extinguish burning materials.
- Apply techniques for opening airways, controlling bleeding, and treating shock.
- Conduct triage under simulated conditions.
- Perform head-to-toe assessments Select and set up a treatment area. Employ basic treatments for various wounds.
- Identify planning and size-up requirements for potential search and rescue situations.
- Describe the most common techniques for searching a structure.
- Use safe techniques for debris removal and victim extrication.
- Describe ways to protect rescuers during search and rescue.



CALL US TO FIND A CLASS  
IN YOUR AREA

650.363.4790

[www.smcready.org](http://www.smcready.org)