

## Community Emergency Response Team (CERT) Training

The Community Emergency Response Team (CERT) Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. Using the training learned in the classroom and during exercises, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available to help. CERT members also are encouraged to support emergency response agencies by taking a more active role in emergency preparedness projects in their community.

**Why take the CERT training?** Local government prepares for everyday emergencies. However, there can be an emergency or disaster that can overwhelm the community's immediate response capability. While adjacent jurisdictions, State and Federal resources can activate to help, there may be a delay for them getting to those who need them. The primary reason for CERT training is to give people the decision-making, organizational, and practical skills to offer immediate assistance to family members, neighbors, and associates while waiting for help. While people will respond to others in need without the training, the goal of the CERT program is to help people do so effectively and efficiently without placing themselves in unnecessary danger.

**Who can take the training?** Neighborhood watch, community organizations, communities of faith, school staff, workplace employees, scouting organizations and other groups that come together regularly for a common purpose. CERT skills are useful in disaster and everyday life events.

The C.E.R.T. Course

The CERT course is delivered in the community by Advantage EMT, a team of first responders who have the requisite knowledge and skills to instruct the sessions.

The CERT training for community groups is usually delivered in 2 1/2 hour sessions, one evening a week over a 7 week period. We will develop a schedule to meet your needs. The training consists of the following:

- Session I, **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 appropriate manner. The CERT concept and organization are discussed as well as applicable laws governing volunteers in that jurisdiction.
- Session II, **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.
- Session III, **DISASTER MEDICAL OPERATIONS PART I**: Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.
- Session IV, **DISASTER MEDICAL OPERATIONS, PART II**: 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.
- Session V, **LIGHT SEARCH AND RESCUE OPERATIONS**: Participants learn about search and rescue planning, size-up, search techniques, rescue techniques, and most important, rescuer safety.
- Session VI, **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.
- Session VII, **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.

During each session participants are required to bring safety equipment (gloves, goggles, mask) and disaster supplies (bandages, flashlight, dressings) which will be used during the session. By doing this for each session, participants are building a disaster response kit of items that they will need during a disaster.

We offer American Heart Association CPR, ACLS, PALS classes in Missouri and Illinois.

^ We will schedule a customized class for your group at your location to fit your schedule with a minimum of 10 students.