



**A comprehensive
All-Hazard Preparedness program**
from the Department of Homeland Security and
the Federal Emergency Management Agency



Community Emergency Response Team Training

CERT is about readiness, people helping people, rescuer safety, and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference.

Following a major disaster, Fire, Medical and Police emergency responders will not be able to meet the demand for their services. People will have to rely on each other for help in order to meet their immediate life saving and life sustaining needs.

The **CERT** program will provide citizens with an understanding of their responsibility in preparing for disaster. It increases their ability to safely help themselves, their family and their neighbors. The CERT course will benefit any citizen who takes it. This individual will be better prepared to respond to and cope with the aftermath of a disaster.

SESSION 1: Disaster Preparedness (April 16)

- Introduction to Disasters
- Impact of Disasters on Infrastructures
- Hazards Posed by Building Structures and Non-Structural Items
- The Role of CERT in Disaster Response

SESSION 2: Disaster Fire Suppression (April 23)

- Fire Chemistry; Fire Hazards
- Hazardous materials
- Basic Fire Suppression Strategy
- Hands-On use of a fire extinguisher



SESSION 3: Light Search & Rescue (April 30)

- Search & Rescue priorities and resources
- Techniques for situation Size-Up
- Lifting, Cribbing & Victim Removal
- Rescuer safety, including recognizing:
 - 1) Rescuer limitations
 - 2) Construction-related hazards

SESSION 4: Disaster Medical - Part I (May 7)

- Treatment strategies for life-threatening conditions
- Principles of Triage

SESSION 5: Disaster Medical - Part II (May 14)

- Head-to-Toe Patient Assessments
- Establishing Treatment areas
- Treatments for Burns, Lacerations, Fractures

SESSION 6: Disaster Psychology, Team Organization & Terrorism (May 21)

- The post-disaster emotional environment
- Organizing a CERT Team
- CERT decision-making and documentation
- Apply CERT principles to a suspected terrorism situation
- Identify possible terrorism targets within your Community and local area
- Identify actions to take following a suspected terrorism event

SESSION 7: Course Review & Disaster Simulation (May 28)

- Review of Course
- Disaster Simulation Drill
- Critique and Comments
- Graduation / Certificates of Course Completion

Join the Northshore Fire Department CERT Program!
Classes are taught 6:00 to 9:00 p.m. on Thursdays for seven weeks
at the Northshore Fire Department HQ, 18030 -73 Ave NE, Kenmore.
To register, call 425-486-2784 or e-mail tjones@northshorefire.com.