



What is CERT? Community Emergency Response Team

CERT training focuses on increasing the level of **SAFETY** for those who will be stepping forward to assist after a disaster.

CERT promotes a partnership between emergency services and the community members they serve. Emergency personnel train citizens in the community (that's you!), who are then integrated into emergency response for their area. Basic emergency response skills taught during the CERT training enable CERT members to help themselves and their neighbors, thereby improving their ability to survive until additional assistance arrives.

In the wake of a disaster, emergency personnel and their resources may be overwhelmed by the response needs in our community. The goal of the CERT program is to help neighborhoods and communities become self-sufficient during the first 72 – 96 hours after a disaster.

The **Federal Emergency Management Agency (FEMA)**, using a model created by the Los Angeles City Fire Dept, began promoting nationwide use of the CERT concept in 1994. Since then, CERT (NERT - Neighborhood Emergency Response Team, HEART, etc) has been established in communities across the country.

To register:

Call in your name and contact information to 503-252-8080, or email – info@sunnyside-sda.org

Once registered, you are expected to come to class **ON TIME (8:00 a.m.)** and be prepared to interact with your fellow students. Bring a writing utensil and your lunch.

This training consists of two 10 hour days and incorporates *a lot of* information so dress comfortably and sleep well the nights before.

Your learning may be improved by picking up your book in advance of class or downloading it free from <http://training.fema.gov/emiweb/CERT/mtrls.asp#CERTSM>

To complete your CERT Kit, may cost from \$50 - \$200 depending on what supplies you have on hand.

Training

When: Sunday November 11th AND Sunday November 18th 2007

From 8:00am – 6:00pm both days

Where: Sunnyside Adventist Church
10501 SE Market St., Portland

Class Session Topics

Disaster Preparedness: The impact of disasters on, and hazards posed by, buildings and non-structural items, hazardous material recognition, and the role of CERT in disaster response.

Disaster Fire Suppression: Fire chemistry and behavior, reducing potential fire hazards, basic fire suppression techniques.

Disaster Medical Operations: Treatment for life-threatening conditions; principles of triage; how to lift and carry for patient movement; head-to-toe assessments; basic first aid treatments, and establishing treatment areas.

Search & Rescue and Disaster Psychology: Techniques for situation size-up & rescuer safety, recognizing rescuer limitations, victim extrication, and disaster psychology.

Team Organization and Decision Making: CERT organization, volunteer management, documentation, & resource allocation.

Final Exercise: Practical “disaster simulation” exercise with “victims” to put your new skills to the test!

Mandatory attendance at the Final exercise

