



## **Community Emergency Response Team (CERT) Class Details, Redmond, WA**

<http://www.redmondccc.org/cert>

The national Community Emergency Response Team (CERT) curriculum was developed by the Federal Emergency Management Agency (FEMA) to aid local Fire and Police as an extension of first responder services. In the event of a disaster, Redmond CERTs will fall under the leadership of the Redmond Office of Emergency Management (OEM). Citizens who take CERT will be better prepared to respond to and cope with the aftermath of a disaster. CERT training, such as fire suppression and basic medical skills, also applies to daily life.

Redmond CERT is an affiliate of the Redmond Citizen Corps Council (RCCC), a non-profit 501(c)(3) organization, dedicated to preparing our community to better respond to disasters. Other RCCC affiliates include Neighborhood Block Watch, Volunteers in Police Service (VIPS), Amateur Radio Emergency Services (ARES), and more. See <http://www.redmondccc.org> for information about RCCC and all its affiliates.

**The CERT class is delivered in three-hour sessions, once a week over an eight week period, followed by a mock disaster drill on a weekend. Classes are typically held during the evenings from 6:00 pm to 9:00 pm, but may be offered at other times, such as afternoons or on weekends, depending on demand. Class location may vary, but is typically at a central location in or near downtown Redmond. Students who have registered and paid the materials fee will be emailed the location for that CERT course before it begins.**

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

- 1. DISASTER PREPAREDNESS:** Addresses hazards to which people are vulnerable in their community. Materials cover actions that participants and their families should take before, during, and after a disaster. As the session progresses, the instructor explores an expanded response role for civilians – that, once properly trained, 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 Washington State.
- 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 a hands-on session 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 such as a hands-on cribbing exercise, how to carry a victim, 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 basic terrorism response, including the weapons used and the proper action for each, in addition to the proper CERT protocols following an event.
8. **COURSE REVIEW:** Participants review their answers from a take home examination and review lessons learned over the duration of the class.
9. **DISASTER SIMULATION** Finally, students practice the skills they have learned in a hands-on disaster drill, complete with volunteers who act as victims with simulated injuries.

Any class a student misses may be made up during future course offerings. Students can also retake any classes they wish at no cost.

Materials students receive include: student manual, hard hat, mask, goggles, gloves, and many supplemental items. Graduates receive a signed Certificate of Completion.

Additional training is available to CERT graduates. CERTs will also have the opportunity to be involved in events that improve community emergency preparedness.

This class may qualify as community service hours at some schools. Students can also receive community service hours by volunteering to act as victims who need to be rescued and receive medical treatment during the final disaster drill.