

## Registration Information

Call Jamie Gravelle,  
CERT Program Manager,  
at 425-776-3722 for further  
information, or email  
jamie@esca1.com

Or visit our website:  
[www.esca1.com/cert.htm](http://www.esca1.com/cert.htm)  
for additional details.

*Effective March 2007, ESCA  
will charge \$36 for the CERT  
class. In return, the students  
will receive personal protec-  
tive equipment (hard hat,  
eye protection, reflective  
vest, gloves, whistle and  
dust masks in a backpack).*

Learn minor fire  
suppression,  
disaster first aid,  
urban search & rescue,  
disaster psychology,  
and much more!

Help yourselves and  
your neighbors when  
disaster strikes!

### EMERGENCY SERVICES COORDINATING AGENCY (ESCA)

2901 228th St. SW, Suite A  
Brier, WA 98036

Phone: 425-776-3722  
Fax: 425-775-7153  
Email: jamie@esca1.com



## COMMUNITY EMERGENCY RESPONSE TEAM (CERT)



**CERT training teaches  
skills that people can  
use to safely help  
while waiting for  
responders.**

# About CERT...

## BACKGROUND:

We know that police and fire emergency services may not be available to meet all the immediate needs of the public following a major disaster. We also know that many people will spontaneously volunteer to help others until professional responders arrive. This was the case following the 1988 Mexico City earthquake where untrained, spontaneous volunteers saved 800 people.

Unfortunately, about 100 people lost their lives while attempting to save others simply because they were not trained to assess the dangers in a post-earthquake environment.

*CERT is about personal preparedness and being able to assist others until help arrives.*

The CERT training is 24 hours long and is delivered in three-hour sessions, one evening a week, over an eight-week period.

## CERT CURRICULUM DESCRIPTION

### Session 1:

#### DISASTER PREPAREDNESS

- CERT introduction and history
- Disaster potential in the Pacific Northwest
- Actions taken before, during and after disaster
- 3-5 day preparedness kits

### Session 2:

#### DISASTER FIRE SAFETY

- Fire chemistry, hazardous materials and fire suppression strategies
- Fire extinguisher operation
- Extinguish live fire

### Session 3:

#### DISASTER MEDICAL OPERATIONS, PART I

- Diagnose and treat airway obstruction, bleeding and shock
- Learn principles of triage

### Session 4:

#### DISASTER MEDICAL OPERATIONS, PART II

- Head-to-toe patient assessment
- Establish a medical treatment area
- Basic first aid

### Session 5:

#### LIGHT SEARCH AND RESCUE OPERATIONS

- Search and rescue (SAR) planning and size-up
- Search techniques
- Lifting and cribbing

### Session 6:

#### CERT AND TERRORISM

- B-NICE and CBRNE
- Self-decontamination
- Time, distance and shielding
- Shelter-in-place

### Session 7:

#### DISASTER PSYCHOLOGY AND TEAM ORGANIZATION

- Signs and symptoms of disaster victim and rescuer distress
- CERT organization and management principles
- Need for documentation
- Take-home exam

### Session 8:

#### COURSE REVIEW AND DISASTER SIMULATION

- Final exam review
- Practice skills learned during the previous seven sessions