

## ***What is CERT and Why Is There a Need?***

Each year, many communities are affected by severe weather, such as hurricanes, tornadoes, floods or flash floods, winter storms, or by “man made” disasters.

The damage caused by such disasters affects everyone. Disasters:

- n Can severely restrict and overwhelm emergency response resources, communications, transportation and utilities; and
- n Can leave individuals and neighborhoods cut off from outside emergency support.

## ***What If This Happened to You?***

Community Emergency Response Teams (CERT) are trained to take care of themselves, family, friends, co-workers, and neighbors in the event of a disaster until trained emergency responders can arrive. This is when debris-clogged or damaged roads, disrupted communications, or high volume of calls may prevent access by emergency response personnel. The purpose of CERT training is to provide citizens with the basic skills required to handle virtually all their own needs and then to be able to respond to their communities' needs in the aftermath of a disaster.

## ***What Does the Course Involve?***

The Community Emergency Response Team course consists of 20 hours of CERT training one night per week for six weeks. Classes are taught by emergency responders and trained CERT graduates from your community.

The course agenda includes:

### **DISASTER PREPAREDNESS**

### **FIRE SAFETY**

### **DISASTER MEDICAL OPERATION PART 1**

### **DISASTER MEDICAL OPERATIONS PART 2**

### **LIGHT SEARCH AND RESCUE OPERATIONS**

### **CERT ORGANIZATION**

### **DISASTER PSYCHOLOGY**

### **TERRORISM AND CERT**

## ***The Objectives of the Course***

Upon completion of the CERT training, the participants will be able to:

1. Describe the types of hazards most likely to affect their homes and communities.
2. Describe the function of CERT and their roles in immediate response.
3. Take steps to prepare themselves for a disaster.
4. Identify and reduce potential fire hazards in their homes and workplaces.
5. Work as a team to apply basic fire suppression strategies, resources, and safety measures to extinguish a burning liquid.
6. Apply techniques for opening airways, controlling bleeding, and treating shock.
7. Conduct triage under simulated conditions.
8. Perform head-to-toe assessments.
9. Select and set up a treatment area.
10. Employ basic treatments for various wounds.
11. Identify planning and size-up requirements for potential search and rescue situations.
12. Describe the most common techniques for searching a structure.
13. Use safe techniques for debris removal and victim extrication.
14. Describe ways to protect rescuers during search and rescue.

The ***target audiences*** for this course are private citizens who want the skills and knowledge required to prepare for and respond to a disaster.

## How Do You Get Involved?

Contact the Rolling Meadows Citizen Corps Council representatives at the below phone number or email address:

Sgt. Tony Gaspari

(847) 255-2416 ext. 3038

[gasparit@cityrm.org](mailto:gasparit@cityrm.org)



## Associated Web Sites

<http://www.fema.gov/>

<http://www.ready.gov/>

<http://www.citizencorps.gov/>

<http://www.dhs.gov/>

<http://training.fema.gov/>

<http://www.pandemicflu.gov/>

<http://www.state.il.us/iema/>

<http://www.mufrti.org/>

<http://www.mts-safety.com/>

[http://solutions.3m.com/wps/portal/3M/en\\_US/GovernmentSolutions/Home/Markets/EmergencyPreparedness](http://solutions.3m.com/wps/portal/3M/en_US/GovernmentSolutions/Home/Markets/EmergencyPreparedness)

<http://www.cert-kits.com>



# Rolling Meadows

# Community Emergency Response Team



Rolling Meadows Police Department  
CERT Training Schedule 2010

**Session 10-01**

DAY	DATE	TIME	TOPIC / SESSION
Tuesday	2-Mar	6:00 - 9:00	CERT Introduction / Disaster & Personal Preparedness <i>(Training manuals issued, various FEMA handouts available)</i>
Thursday	4-Mar	6:00 - 9:00	CERT Organization / Incident Command System <i>(NIMS and National Response Framework {NRF} will also be briefly discussed. Current ICS 100 test will be distributed @ end of class. )</i>
Tuesday	9-Mar	6:00 - 9:00	Light Search & Rescue <i>(CERT Packs Issued)</i>
Thursday	11-Mar	6:00 - 9:00	Fire / Hazmat / Home Safety
Tuesday	16-Mar	6:00 - 9:00	Disaster Medical Operations - 1
Thursday	18-Mar	6:00 - 9:00	Disaster Medical Operations - 2
Saturday	20-Mar	8:00 - 12:00	Terrorism Overview / Disaster Psychology / Class Review & Test / Drill / After-action Review / Clean-up

**Session 10-02**

DAY	DATE	TIME	TOPIC / SESSION
Tuesday	20-Apr	5:00 - 8:00	CERT Introduction / Disaster & Personal Preparedness <i>(Training manuals issued, various FEMA handouts available)</i>
Tuesday	27-Apr	5:00 - 8:00	CERT Organization / Incident Command System/Light Search & Rescue / Disaster Psychology <i>(NIMS and National Response Framework {NRF} will also be briefly discussed. CERT Packs Issued)</i>
Tuesday	4-May	5:00 - 8:00	Terrorism Overview / Fire / Hazmat / Home Safety
Tuesday	11-May	5:00 - 8:00	Disaster Medical Operations - 1
Tuesday	18-May	5:00 - 8:00	Disaster Medical Operations - 2
Saturday	25-May	5:00 - 8:00	Class Review & Test / Drill / After-action Review / Clean-up

# Rolling Meadows Police Department CERT Training Schedule 2010

## Session 10-03

DAY	DATE	TIME	TOPIC / SESSION
Monday	14-Sep	6:00 - 9:00	CERT Introduction / Disaster & Personal Preparedness <i>(Training manuals issued, various FEMA handouts available)</i>
Wednesday	16-Sep	6:00 - 9:00	CERT Organization / Incident Command System <i>(NIMS and National Response Framework {NRF} will also be briefly discussed. Current ICS 100 test will be distributed @ end of class. )</i>
Monday	21-Sep	6:00 - 9:00	Light Search & Rescue <i>(CERT Packs Issued)</i>
Wednesday	23-Sep	6:00 - 9:00	Fire / Hazmat / Home Safety
Monday	28-Sep	6:00 - 9:00	Disaster Medical Operations - 1
Wednesday	30-Sep	6:00 - 9:00	Disaster Medical Operations - 2
Saturday	2-Oct	8:00 - 12:00	Terrorism Overview / Disaster Psychology / Class Review & Test / Drill / After-action Review / Clean-up

## Session 10-04

DAY	DATE	TIME	TOPIC / SESSION
Tuesday	26-Oct	6:00 - 9:00	CERT Introduction / Disaster & Personal Preparedness <i>(Training manuals issued, various FEMA handouts available)</i>
Thursday	28-Oct	6:00 - 9:00	CERT Organization / Incident Command System <i>(NIMS and National Response Framework {NRF} will also be briefly discussed. Current ICS 100 test will be distributed @ end of class. )</i>
Tuesday	2-Nov	6:00 - 9:00	Light Search & Rescue <i>(CERT Packs Issued)</i>
Thursday	4-Nov	6:00 - 9:00	Fire / Hazmat / Home Safety
Tuesday	9-Nov	6:00 - 9:00	Disaster Medical Operations - 1
Thursday	11-Nov	6:00 - 9:00	Disaster Medical Operations - 2
Saturday	13-Nov	8:00 - 12:00	Terrorism Overview / Disaster Psychology / Class Review & Test / Drill / After-action Review / Clean-up