



The no-cost Community Emergency Response Team (CERT) course trains people to be better prepared to respond to emergency situations in their homes, workplaces, houses of worship, and neighborhoods. CERT training is a 20-hour program developed by the Los Angeles Fire Department, FEMA and DHS, and is designed to provide individuals with basic emergency response skills, including those that would be of value after a major disaster when first responder resources may be overwhelmed. The emphasis on preparedness and situational awareness empowers residents by offering valuable skills for avoiding and responding to more frequently occurring local emergencies and accidents.



## CERT COURSE MODULES

- **Disaster Preparedness:** Describes the types of hazards most likely to impact our community and region; introduces the functions of CERT and defines people's roles in immediate disaster response; encourages steps to prepare for disasters.
- **Fire Safety and Small Fire Suppression:** Outlines how to identify and reduce potential fire hazards in workplaces and homes; to work as a two-person team to apply basic fire suppression strategies and use an extinguisher on a small fire. Recognize hazardous materials, and control utilities.
- **Disaster Medical Operations—Two Modules:** Identify life-threatening conditions, perform head-to-toe assessments, conduct rapid triage, and provide basic first aid. Learn how to select and set up a victim treatment area; apply techniques for opening airways, controlling bleeding, and treating for shock.
- **Light Search and Rescue (Urban):** Identify planning and safety requirements for interior and exterior search and rescue situations; learn when it is safe to enter a structure, describe the most common techniques for searching a structure; use various techniques for debris removal and victim extrication.
- **CERT Team Organization:** Learn ways to protect rescuers; and to create and execute a safe and effective response plan. Explore team organization, mobilization and documentation.
- **Disaster Psychology:** Learn to recognize and prepare for the psychological effects of trauma to survivors in an emergency; and to prioritize self-care, and support CERT team well-being.
- **Terrorism:** Understand terrorist goals and tactics, enhance personal and civic awareness, and prepare the community.
- **Course Review and Exercise:** Review and exercises that tie together all of the units of training and practical applications for emergencies; emphasizes safety, effective response, and team organization. Introduces CERT volunteer opportunities.

