

## Did You Know

In 95% of emergencies, bystanders or victims themselves are the first to provide emergency assistance or to perform a rescue.

In the aftermath of a large disaster, it may take up to 72 hours for assistance to reach your community.

Experience proves that basic training in emergency preparedness and disaster survival improves the ability of residents to survive until assistance arrives.

### To Join:

#### Call or Email

(804)646-2504 | [askemergencymanagement@richmondgov.com](mailto:askemergencymanagement@richmondgov.com)

#### Visit our website

<http://www.richmondgov.com/fire/EmergencyManagement.aspx>

### Stay connected:

#### Facebook

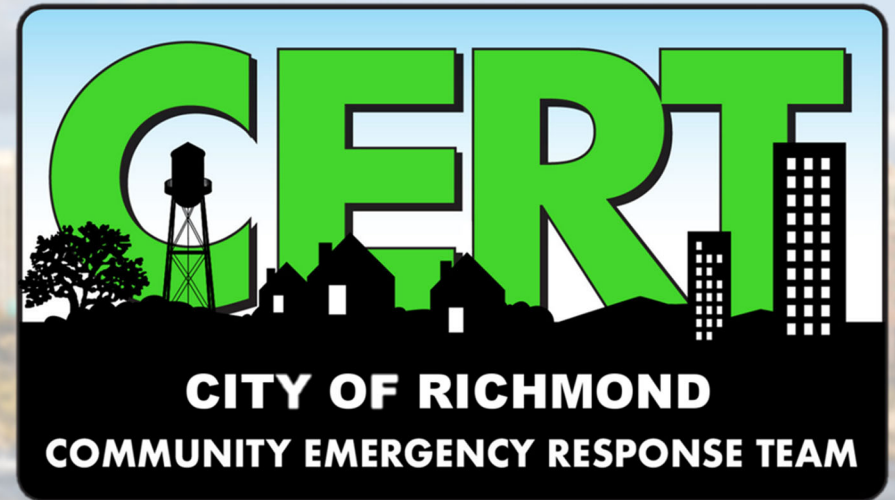
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#### Twitter

@richmondready



# Be the Help Until Help Arrives



## City of Richmond Office of Emergency Management

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Twitter: @RichmondReady

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## WHAT IS CERT?

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations.



### CERT TRAINING WILL PREPARE YOU TO:

- Understand hazards that can affect your community
- Identify and reduce fire hazards in your home
- Assess and triage victims
- Perform first aid techniques, such as opening airways and controlling bleeding
- Safely perform debris removal and victim extrication
- Build an emergency preparedness kit for your home
- Make an emergency plan for your family
- Advocate for emergency preparedness
- Assist emergency management operations in your community following a disaster

## COURSE OVERVIEW

**Unit 1: Disaster Preparedness** Introduction to disasters and their impacts

**Unit 2: Fire Safety** Identifying and reducing fire hazards and performing basic fire suppression

**Unit 3: Disaster Medical Operations I** Principles of triage and treatment for life-threatening conditions

**Unit 4: Disaster Medical Operations II** Patient assessment and treatment of injuries

**Unit 5: Light Search and Rescue** Techniques for searching, lifting and removing victims

**Unit 6: CERT Organization** Decision-making, team structure and documentation

**Unit 7: Disaster Psychology** Effectively dealing with psychological impacts of disasters

**Unit 8: Terrorism** Overview of potential terrorist weapons, tactics, and targets

**Unit 9: Disaster Simulation**  
Exercise based in your community to apply acquired skills.

The training consists of 20 hours of classroom and hands-on instruction provided by professionals from Richmond Fire and Police Departments and the Office of Emergency Management.

