

CERT Basic Training – Subject Matter & Content

Please review the information below in determining your ability and interest in presenting any of the CERT Basic Training Units. CERT Trainer/Instructors may add personal experience and local scenarios but must adhere to required content in the CERT Basic Training – Instructors Guide.

Please view the [**CERT Basic Training - Instructors Guide**](#) for detailed instruction information, including timeline, course content, activities alongside images of unit slides.

CERT Basic Training Introduction & Overview

Details introductory information that is helpful in understand scope of training and includes the following areas. Please review in the [**CERT Basic Training – Instructors Guide**](#).

History of the CERT Basic Training

A Model for Community Preparedness

- When Disaster Strikes
- How CERTS Operate
- About CERT Basic Training

Course Agenda

After CERT Basic Training

Instructor Responsibilities

- Instructor Qualifications
- Prepare to Train
- Preparing a Classroom
- Equipment and Resources
 - Equipment and Resources Checklist (by unit)
- Evaluation Plan

CERT Unit 1: Disaster Preparedness

Roles and Responsibilities for Community Preparedness: How everyone in a community has a role in disaster preparedness.

Role of CERTs: CERT organization, disaster and non-disaster roles, and laws that protect disaster workers from liability.

Elements of Disasters and Their Impact on the Infrastructure: The potential effects of extreme emergencies and disasters on; electrical service; emergency services; telephone communication; transportation; and availability of food, water, shelter, and fuel.

UNIT OBJECTIVES

1. Describe the functions of CERT, discuss their role as CERT volunteers, and explain how CERT fits into their community's emergency preparedness structure.
2. Describe the types of hazards most likely to affect their communities and the potential impact those hazards have on people, health, and infrastructure.
3. Prepare themselves and their families for potential disasters their communities may face, including learning to create a family disaster plan and emergency preparedness kit.

Introductions and Overview	20 minutes
Community Preparedness: Roles and Responsibilities	10 minutes
Hazards and Their Potential Impact	10 minutes
Impact on the Infrastructure	30 minutes
Home and Workplace Preparedness	30 minutes
Reducing the Impact of Hazards Through Mitigation	15 minutes
CERT Disaster Response	15 minutes
Protection for Disaster Workers	10 minutes
Additional Training for CERTS	5 minutes
Unit Summary	5 minutes
Total	2 hours, 30 minutes

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CERT Unit 2: CERT Organization

CERT Organization: How to organize and deploy CERT resources according to CERT organizational principles.

CERT Size-up: How to conduct the continual data-gathering and evaluation process at the scene of a disaster or emergency.

Rescuer Safety: How to protect your own safety and your buddy's during search and rescue.

Documentation: Strategies for documenting situation and resource status.

UNIT OBJECTIVES

1. Describe the CERT organizational structure;
2. Explain the Incident Command System (ICS) and how CERT operates within this
3. Describe the 9-step on-scene size-up process; and
4. Describe how to use CERT standard documents.

Introductions and Overview	5 minutes
CERT Organization	20 minutes
Exercise: ICS Functions	10 minutes
CERT Mobilization	10 minutes
CERT On-Scene Size-up	5 minutes
Documentation	10 minutes
Unit Summary	5 minutes
Total	1 hour, 5 minutes

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CERT Unit 3: Disaster Medical Operations – Part I

REQUIREMENT: EMT, Paramedic, Nurse, MD or other emergency licensed medical practitioner

Assisting Disaster Medical Operations: How to assist by controlling bleeding, maintaining normal body temperature, opening an airway, providing comfort to patients, and applying basic first-aid care for numerous types of injuries.

UNIT OBJECTIVES

1. Identify life-threatening conditions resulting from trauma including severe bleeding, low body temperature, and airway blockage;
2. Apply correct potentially life-saving techniques; and
3. Provide basic first-aid care for non-fatal injuries.

Introductions and Overview	10 minutes
Treating Life-Threatening Conditions	45 minutes
Treating Burns	20 minutes
Wound Care	20 minutes
Treating Fractures, Dislocations, Sprains, and Strains	35 minutes
Treating Cold-Related Injuries	5 minutes
Treating Heat-Related Injuries	5 minutes
Insect Bites and Stings	5 minutes
Unit Summary	5 minutes
Total	2 hours, 30 minutes

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CERT Unit 4: Disaster Medical Operations – Part II

REQUIREMENT: EMT, Paramedic, Nurse, MD or other emergency licensed medical practitioner

Mass Casualty Incidents: How to assist first responders in responding to mass casualty incidents.

Functions of Disaster Medical Operations: Major functions of disaster medical operations.

Disaster Medical Treatment Areas: Types of medical treatment areas.

Head-to-Toe Assessment: How to perform a head-to-toe assessment to identify and treat injuries.

Public Health Considerations: How to maintain hygiene and sanitation.

UNIT OBJECTIVES

1. Explain the role of the CERT volunteer during a mass casualty incident.
2. Describe the functions of disaster medical operations.
3. Describe how to set up survivor treatment areas.
4. Perform head-to-toe patient assessments.
5. Take appropriate sanitation and hygiene measures to protect public health.

Introductions and Overview	15 minutes
Mass Casualty Incidents	10 minutes
Functions of Disaster Medical Operations	5 minutes
Establishing Medical Treatment Areas	5 minutes
Conducting Head-to-Toe Assessments	25 minutes
Public Health Considerations	10 minutes
Unit Summary	5 minutes
Total	1 hour, 15 minutes

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CERT Unit 5: Disaster Psychology

Disaster Psychology: The psychological impact a disaster has on rescuers and survivors, and lessons on providing components of “psychological first-aid.”

Caring for Yourself and Survivors: Steps volunteers can take individually and as part of a CERT before, following, and after a disaster.

UNIT OBJECTIVES

1. Understand disaster trauma for survivors and rescuers, including CERT volunteers.
2. List steps to take for personal and team well-being.
3. Demonstrate key steps to apply when aiding someone with survivor’s trauma.

Introductions and Overview	10 minutes
Disaster Reactions	15 minutes
Self-Care and Team Well-Being	15 minutes
Activity: Self-Care Toolbox	20 minutes
Working with Survivors’ Emotional Responses	30 minutes
Unit Summary	5 minutes
Total	1 hour 35 minutes (2 hours 20 minutes with video)

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CERT Unit 6: Fire Safety and Utility Controls

Fire Chemistry: How fire occurs, classes of fire, and choosing the correct means to extinguish each type of fire.

Fire Size-up Considerations: How to evaluate fires, assess firefighting resources, and determine a course of action.

Portable Fire Extinguishers: How to identify types of portable fire extinguishers and how to operate them.

Fire Suppression Safety: How to decide if they should attempt to extinguish a fire; how to approach and extinguish a fire safely.

Hazardous Materials: How to identify potentially dangerous materials in storage, in transit, and in their home.

Fire and Utility Hazards: Potential fire and utility hazards in the home and workplace; how to implement successful fire prevention strategies.

UNIT OBJECTIVES

1. Explain the role CERTs play in fire safety and response, including the fire size-up process and minimum safety precautions.
2. Extinguish a small fire using a fire extinguisher.
3. Identify and reduce potential fire, utility, and hazardous materials at home and in the community.

Introductions and Overview	10 minutes
Fire Chemistry	10 minutes
Fire Size-up Considerations	10 minutes
Firefighting Resources	20 minutes
Fire Suppression Safety	15 minutes
Fire and Utility Hazards	15 minutes
Hazardous Materials	10 minutes
Exercise: Suppressing Small Fires	60 minutes
Unit Summary	5 minutes
Total	2 hours, 50 minutes with video

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CERT Unit 7: Light Search and Rescue

Search and Rescue Size-up: How to size up the situation in which the search and rescue teams will operation.

Conducting Interior and Exterior Search Operations: How to search systematically for disaster survivors.

Conducting Rescue Operations: Safe techniques for lifting, leveraging, cribbing, and survivor removal.

UNIT OBJECTIVES

1. Identify and apply CERT size-up requirements for potential search and rescue situations.
2. Demonstrate common techniques for light search and rescue.
3. Demonstrate safe techniques for debris removal and survivor extraction during search and rescue operations.

Introductions and Overview	5 minutes
Safety During Search and Rescue Operations	45 minutes
Conducting Interior and Exterior Search Operations	35 minutes
Conducting Rescue Operations	60 minutes
Unit Summary	5 minutes
Total	2 hours, 30 minutes

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CERT Unit 8: Terrorism and CERT

Terrorism: Defining terrorism, including the goals and tactics of some terrorist groups, and detailing how to respond when an active shooter is in the vicinity.

Eight Signs of Terrorism: The eight signs of terrorism and how to report suspicious activity.

Preparing for Your Neighborhood: Steps to take to be prepared at home, work, and in the neighborhood.

Hazmat and CBRNE: Identifying some basic guidelines during a Hazmat or CBRNE event.

UNIT OBJECTIVES At the end of this unit, participants should be able to:

1. Define terrorism.
2. List the eight signs of terrorism and describe how to report suspicious activity.
3. Explain the role of a CERT volunteer during a terrorist incident.
4. Describe activities to prepare for a terrorist incident at home, at work, and in the community.

Introductions and Overview	10 minutes
Terrorist Goals and Tactics	10 minutes
Preparing Your Community	10 minutes
Active Shooter Situations	10 minutes
Until Help Arrives	10 minutes
Hazmat and CBRNE	5 minutes
Exercise	10 minutes
Unit Summary	5 minutes
Total	1 hour, 10 minutes

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CERT Unit 9: Course Review, Final Exam, Disaster Simulation

**A Review of Key Points from the
Course A Final Exam
A Final Exercise**

UNIT OBJECTIVES

1. During this unit, participants have an opportunity to ask questions about the training and to review the material. In addition, they take part in a disaster simulation where they can apply the knowledge and experience gained through the training.
2. At the conclusion of this unit, the participants should be able to apply the skills and knowledge learned in Units 1 through 8 to a simulated disaster situation.

Introductions and Overview	5 minutes
Course Review	15 minutes
Final Exam	15 minutes
Disaster Simulation	90 minutes
Exercise Critique and Summary	25 minutes
Total	2 hours, 30 minutes

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