

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
for additional details.

*There is a \$45 for the ESCA
CERT class. In return, the
students will receive course
materials, including personal
protective equipment (hard
hat, eye protection, reflec-
tive vest, gloves, whistle and
dust masks in a backpack).*

ESCA serves the Cities of Brier, Edmonds,
Kenmore, Lake Forest Park, Lynnwood,
Mill Creek, Mountlake Terrace, Mukilteo,
Woodinville and Woodway.

CERT is also available through Snohomish
County DEM, Everett Emergency Manage-
ment and other Cities in the area.

See the ESCA website for a list of program
providers.



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

Help yourself, your family
and your neighbors when
disaster strikes!



**EMERGENCY SERVICES
COORDINATING AGENCY
(ESCA)**

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Who depends on YOU?

Prepare. Learn about

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