



## Dallas County Sponsors CERT Training. *Is it for you?*

**CERT Training** promotes a partnering effort between emergency services and the people that they serve. The goal is for emergency personnel to train members of neighborhoods, community organizations, or workplaces in basic response skills.

Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can overwhelm conventional emergency services. The **Community Emergency Response Team (CERT)** program is all-risk, all-hazard training. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation.

**CERT** is a positive and realistic approach to emergency and disaster situations where citizens may initially be on their own and their actions can make a difference. While people will respond to others in need without the training, one goal of the **CERT** program is to help them do so effectively and efficiently without placing themselves in unnecessary danger. In the **CERT** training, citizens learn to:

- manage utilities and put out small fires
- treat the three medical killers by opening airways, controlling bleeding, and treating for shock
- provide basic medical aid
- search for and rescue victims safely
- organize themselves and spontaneous volunteers to be effective
- and collect disaster intelligence to support first responder efforts.

### ***Why Do CERT Training?***

Well, it's like paying for car insurance. You might never need either; you'd hope not to. But if the occasion arises, having the **CERT** training, just like having car insurance, means you're as ready as you can be to help yourself, your family and your neighborhood.

### ***How Do I Join?***

**CERT** members receive 20 hours of initial training. Classes can be broken into seven 3-hour sessions, four 5-hour sessions, or two all-day sessions, whichever is most convenient. Anyone interested in **CERT** Training should contact **Dallas County EMA** at **874-2515**. We plan to begin classes soon, so please respond ASAP.

**Will you be ready to help your family and your neighbors when the next emergency strikes?**  
*You will if you take advantage of this opportunity!*

### **CERT Training will teach you 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. Conducting triage under simulated conditions and perform head-to-toe assessments.
8. Select and set up a treatment area and employ basic treatments for various wounds.
9. Identify planning and size-up requirements for potential search and rescue situations.
10. Describe the most common techniques for searching a structure.
11. Use safe techniques for debris removal and victim extrication.

**CERT Training** is sponsored by the Dallas County Citizen Corps Council.

**Contact Dallas County EMA at 874-2515 today!**