



## An Important Message from Your Fire Department

### *CERT comes to Fire District 40* Community Emergency Response Teams

#### What is CERT?

CERT is a partnership between your local emergency services and the community they serve. CERT is endorsed by the Federal Emergency Management Agency (FEMA) and is part of the nations Citizens Corps initiative to promote volunteerism and disaster preparedness.

#### How does CERT work?

Emergency personnel train members of neighborhoods, community organizations, and workplaces in basic disaster response skills. CERT members learn to take care of themselves, their neighborhoods and places of business until emergency services become available. CERT members become a valuable resource for local emergency responders.

#### Who can participate in CERT?

Anyone can....however, you must be at least 18 years old to participate. Training includes moderate physical activity. District 40 believes there is a role for every community member in CERT regardless of physical ability. Please contact us if special accommodations need to be considered. Space for these classes is limited. Priority will be given to residents of Fire District 40.

#### Course Overview

The CERT classes are taught one weekday evening for eight-weeks.

**March 21:** *Introduction to CERT/Incident Command*  
Overview of CERT history. Learning and safety objectives for this class.

**March 28:** *Disaster Preparedness*  
Learning what disasters are specific to our community and how to prepare.

**April 14:** *Fire Suppression & Terrorism*  
Identifying and reducing fire hazards. Live fire extinguisher training.

**April 18:** *Medical Operations - Part One*  
Treatment strategies for life-threatening conditions and principles of triage.

**April 25:** *Medical Operations - Part Two*  
Head-to-toe patient assessments and treatment. Basic first aid.

**May 2:** *Search and Rescue*  
Techniques for sizing up and searching, lifting, cribbing and victim removal.

**May 9:** *Disaster Psychology*  
Recognizing and responding to post-disaster psychological issues.

**May 12:** *Disaster Simulation*  
Realistic disaster simulation to practice skills learned in weeks one through seven.

#### Why should I participate in CERT?

- Disaster could strike our area at any time
- Emergency workers will not be able to meet all of the needs of our community
- CERT provides the basic disaster response skills you need to take care of yourself
- CERT-trained people make your community a better and safer place to live
- CERT training is “hands-on” allowing you to practice skills as you learn
- CERT classes are interesting, informative and lots of fun!

## **Be Prepared when Disaster Strikes!**

**For more information and to register for classes please contact**

**Fire District 40 - 10828 SE 176th St. - Renton, WA 98055**  
**(206)-276-4908 - Fax (206)-296-7742**  
email [CERT@kcf40.co.king.wa.us](mailto:CERT@kcf40.co.king.wa.us)