

# Training Format

CERT training consists of a combination of classroom and hands-on learning, taught in a series of two-hour modules over a period of approximately ten weeks. Typically one module is taught per week, and is scheduled for an evening during the week or an afternoon on the weekend.

You will train alongside members of your community that will be part of your CERT Team, as well as with participants from other communities. Classes are taught by professionals from the Baltimore City Fire Department, the American Red Cross, and other agencies active in emergency preparedness.

## How Do I Join?

For more information, to find out if there is an active CERT program in your community, or to sign up, contact the Baltimore City Office of Emergency Management at:

**410-396-6188**

or by email at:

**CERT@baltimorecity.gov**

You can also find more information on the Baltimore CERT program at our website:

**<http://www.BaltimoreCityCERT.com>**

## 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 several hours or days for outside assistance to reach your community.
- Experience has proven that basic training in emergency preparedness and disaster survival improves the ability of citizens to survive until assistance arrives after a disaster.



# BALTIMORE



## VOLUNTEER PROGRAM

Learn to  
Prepare & Protect  
Your Family,  
Your Community &  
Your Home



**Sheila Dixon  
Mayor**

**[www.BaltimoreCityCERT.com](http://www.BaltimoreCityCERT.com)**

# What is CERT?

The Community Emergency Response Team (CERT) program trains citizens to prepare for and respond to emergencies in their communities.

CERT is a component of the national Citizen Corps program, which aims to make communities safer, stronger, and better prepared through education, training, and volunteer service. On the local level, the Baltimore City CERT program is in keeping with Mayor Sheila Dixon's commitment to safe communities.

Through CERT, citizens learn skills and concepts that prepare them to assist victims, organize volunteers, and help their neighborhoods recover in the aftermath of a disaster. CERT also teaches people how to prepare their homes, their families, and their communities in order to reduce the impact of a disaster.

Upon completion of the CERT program, you will be part of a team of volunteers that is ready and able to take action to prepare and protect your community.



# CERT Training Will Prepare You to ...

- Understand the 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
- Manage an emergency shelter in your community
- Assess and provide for human services needs following a disaster
- Make an emergency preparedness kit for your home
- Make an emergency plan for your family or business
- Teach your neighbors about emergency preparedness

# 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 various injuries

## **Unit 5: Light Search & 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 and targets

## **Unit 9: Disaster Simulation**

Exercise based in your community to apply acquired skills