

CERT Training

- 1) **Individual and Family Preparedness:** Identify steps to prepare yourself and your family for a disaster.
- 2) **Small Fire Suppression:** Conduct a basic size-up for a fire emergency and operate portable fire extinguishers correctly.
- 3) **Disaster Medical Operations:** Conduct triage under simulated disaster conditions, perform head-to-toe patient assessments, and employ appropriate care for wounds.
- 4) **Light Urban Search and Rescue:** Learn the basic techniques for safely searching a structure and learn how to safely remove debris and extricate victims.
- 5) **Emergency Management and the CERT Organization:** Identify how CERTs interrelate with the incident command system (ICS).
- 6) **All-Hazards Approach:** Recognize the types of hazards most likely to affect your homes and communities before, during, and after a disaster.
- 7) **Disaster Psychology:** Investigate the post-disaster emotional environment and understand the steps that rescuers can take to relieve their own stressors and those of disaster victims.
- 8) **Live Disaster Simulation:** Apply the skills and knowledge learned during the academy in a simulated disaster scenario.

CERT Origins...

Nationally, the concept for Community Emergency Response Team (CERT) training grew out of the 1985 Mexico City earthquake in which untrained volunteers undertook rescue and life saving steps in the immediate aftermath, saving over 800 people.

California authorities visiting Mexico saw the potential of having trained volunteers who could be a force multiplier during widespread disasters. In 1994, the Federal Emergency Management Agency (FEMA) adopted and standardized the CERT training curriculum and introduced it nationwide.

Today, CERT San Diego is the largest single program in the County of San Diego.



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Are you ready?



*Firefighters and Citizens
Working Together to
Build Safer Communities*



Joining CERT San Diego: Requirements and Commitments



Getting Started With CERT San Diego!

Step 1: Sign up for our academy

CERT San Diego holds at least two academies per year and priority is given to City of San Diego residents. Please visit www.certsandiego.org to find out when our next academy is scheduled. If an academy is not scheduled, you can sign up to be notified when the dates are announced.

Step 2: Complete the academy

Our academy is delivered over four days, 6 hours a day. Attendance at all classes is required to graduate.

Step 3: Choose your path

After the academy, new graduates can choose to work towards becoming an active CERT San Diego member or limit their disaster preparedness training by completing the academy. Active CERT members are placed at either Tier I or Tier II. Tier I members attend one Refresher each calendar year. Tier II members attend 4 group meetings, 4 continuing education classes, and 1 refresher each calendar year. No matter the tier they select, members are issued a DSW card (once post-academy training requirements are met) and have the opportunity to be activated during local disasters.

Frequently Asked Questions

Q. What do CERT San Diego team members do before, during, and after a disaster?

A. Get yourself and your loved ones prepared by creating a Family Disaster Plan Checklist and practicing it. (Visit www.sdcounty.ca.gov/oes for more information on how to create a plan of your own.) During a disaster, follow all instructions given to you by your community leaders. After a disaster and after making sure you and your loved ones are okay, then follow the CERT San Diego's activation policy.

Q. Are all CERT programs the same?

A. Yes and no. All CERT programs are required to teach the same curriculum as developed by FEMA (see www.fema.gov for details). However, after the academy, each CERT sponsoring agency can develop and manage their programs to best fit the needs of their communities.

Q. What does CERT San Diego do when there isn't a disaster?

A. CERT San Diego provides hands-on training opportunities and unique volunteer opportunities for active team members. To be an active team member with CERT San Diego, members attend trainings, group meetings, refreshers, volunteer events and report all activities to the CERT San Diego program.

Q. Can I join if I'm under 18?

A. No. CERT San Diego members must be at least 18 years old in order to join.

CERT San Diego "Fast Facts"

*CERT San Diego was activated during the 2007 Witch Creek wildfire that devastated communities throughout San Diego. Over 200 CERT San Diego team members worked as logistical support for nearly 1200 hours over a period of seven days.

*The City of San Diego's CERT program has one of the longest running CERT programs in San Diego county. Only Coronado CERT has been around longer.

*When not training or preparing for disasters CERT San Diego team members participate in community outreach and educational opportunities in and around the city.



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