

## **CERT – Who are We?**

**Friends, neighbors, co-workers, and trained professionals** who volunteer their valuable time and resources to make a difference in their workplace and communities. These team members have participated in The Community Emergency Response Team (CERT) training program and have been trained to be prepared to respond to emergency situations in the workplace and their communities. When emergencies happen, CERT members give critical support to first responders, provide immediate assistance to victims, and organize spontaneous volunteers at a disaster site. CERT members can also help with non-emergency projects that help improve the safety of the workplace and their community. CERT is a nationwide initiative.

## **The Driving Force**

**The event that occurred on September 11, 2001 will never be forgotten;** also not forgotten is how the spirit of America was awakened that day and citizens came forth to volunteer their services. President George W. Bush harnessed this spirit of volunteerism with the Citizen Corps program. CERT is a part of the Citizen Corps Program.

**Under the leadership of Governor James E. McGreevey,** this administration is dedicated to the safety and security of the citizens and the State of New Jersey, and proudly supports the Citizen Corps initiative. As a part of this effort, he is calling upon New Jersey State Employees to be prepared in times of emergency by becoming a CERT member.

## **CERT Training Will Teach Participants to:**

- Describe the types of hazards most likely to affect their homes and communities
- Describe the function of CERT and their roles in immediate response
- Take steps to prepare themselves for disaster
- Identify and reduce potential fire hazards in their homes and workplaces
- Work as a team to apply basic fire suppression strategies, resources, and safety measures to extinguish a burning liquid
- Apply techniques for opening airways, controlling bleeding, and treating shock
- Conduct triage under simulated conditions
- Perform head-to-toe assessments
- Select and set up a treatment area
- Employ basic treatments for various wounds
- Identify planning and size-up requirements for potential search and rescue situations
- Describe the most common techniques for searching a structure
- Use safe techniques for debris removal and victim extrication
- Describe ways to protect rescuers during search and rescue

## **Course Overview**

The CERT training consists of 20 hours of instruction over an eight-week period. Classes are taught by emergency responders, including firefighters, emergency medical and law enforcement personnel from your community. The course includes the following:

### **Session I**

#### **Disaster Preparedness**

Introduction to disasters specific to the community, and the impact of disaster on infrastructure

### **Session II**

#### **Disaster Fire Suppression**

Identifying and reducing potential fire hazards and basic fire suppression

### **Session III**

#### **Disaster Medical Operations Part I**

Treatment strategies for life-threatening conditions and principles of triage

### **Session IV**

#### **Disaster Medical Operations Part II**

Head-to-toe patient assessment and treatment for various injuries

### **Session V**

#### **Light Search & Rescue Operations**

Techniques for sizing up and searching, lifting, cribbing and removing victims; rescue safety

### **Session VI**

#### **Disaster Psychology & Team Organization**

The post-disaster emotional environment will be discussed; CERT organization, decision making and documentation

### **Session VII:**

#### **Terrorism**

A brief overview of terrorism weapons; Identifying targets in an area and discussing time/distance/shielding

### **Session VIII**

#### **Final Exercise**

Disaster Simulation realistic to your community

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## CERT Teams have been utilized for

- Search for lost or kidnapped children
- Staff Emergency Operations Centers and monitor events
- Secure Emergency Operations Centers
- Assist in providing minor first aid
- Manage "spontaneous/convergent" volunteers
- Assist Red Cross and other relief organizations on mass care



## How Can I Join CERT?

To become a CERT member you must be at least 18 years of age.

If you want to volunteer your services and become trained to protect yourself and families from disaster; natural or man-made – Become a CERT member.

### For more information contact:

- Your Department Liason (team captain)
- Governor's Office of Volunteerism  
609-984-3470
- NJ State Police Office of Emergency Management CERT Training Coordinator  
609-538-6060, or 877-CERT-411  
[www.nj.gov/njoem/cert](http://www.nj.gov/njoem/cert)



CERT training for New Jersey State employees is a collaborative Make A Difference Day NJ 2003 initiative of the:

- NJ Office of the Attorney General  
Department of Law and Public Safety
- NJ State Police Office of Emergency Mgmt.
- NJ Department of Personnel
- NJ Department of State
- Governor's Office of Volunteerism
- County Offices of Emergency Management
- New Jersey State Citizen Corps Council

Community Emergency Response Team (CERT) is a component of CitizenCorps, an initiative of USA Freedom Corps.



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## Attention NJ State Employees

Be part of an organized **CERT Team** trained to protect yourself, your family and your community

