

## 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 participants from other communities. Classes are taught by professionals from the Hanover Fire and EMS Department, 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 Hanover County Fire and EMS Department:

**804-365-6195**

Or by email

[libeazley@co.hanover.va.us](mailto:libeazley@co.hanover.va.us)

You can also find more information on the Hanover CERT program at our website.

<http://www.hanoverfireandems.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 shown that basic training in emergency preparedness and disaster survival improves the ability of citizens to survive until assistance arrives after a disaster.



# HANOVER



# PROGRAM

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



# 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 Hanover County CERT program is in keeping with Hanover County's commitment to a safe community.

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...

Teach your neighbors about emergency preparedness

Make an emergency plan for your family

Identify and reduce fire hazards in your home

Assess and triage victims

Assess and provide for human services needs following a disaster

Manage an emergency shelter in your community

Safely perform debris removal and victim extrication

Make an emergency preparedness kit for your home

## 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 and 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 to apply acquired skills to various disaster scenarios