



You're On Your Own!

**citizen**★**corps** Are you Ready?



## Introduction to the Community Emergency Response Team

### Did you know...?

- There is a very good chance that your neighborhood will be on its own during the early stages following a catastrophic disaster.
- After a catastrophic disaster, citizens will volunteer to help. Without proper training, volunteers may expose themselves to potential injury and even death.
- Experience has shown that basic training in disaster survival and rescue skills improves the ability of citizens to survive until professional first responders or other assistance arrives.

The Community Emergency Response Team (“CERT”) program provides special training that enhances the ability of residents to prepare for, militate against, respond to, and recover from a major emergency or disaster situation. The program prepares citizens to help themselves, their families, and their neighbors in the event of an emergency. CERT Training is available in Prince George’s County.

The Prince George’s County CERT program was formed as part of a national and statewide effort designed to help individuals and neighborhoods prepare for and respond to catastrophic disasters such as hurricanes, power outages, heat waves, snow storms and other major emergencies.

Basic Introduction to CERT training (approximately 24 hours of training) is held three or four times each year. Individuals completing the CERT training may be affiliated with a team formed through a neighborhood association, a private business, a municipality, a school or a nonprofit association. Individuals not affiliated with a team may still be trained and serve their communities.

### CERT training will teach participants to:

- Take steps to prepare themselves for a disaster.
- Identify and reduce potential fire hazards in their homes and workplaces.
- Apply basic fire suppression strategies, resources, and safety measures.
- Apply techniques for opening airways, controlling bleeding, and treating shock.
- Conduct medical triage under simulated conditions.
- 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.
- Use safe techniques for debris removal and victim extraction.

*And more....*

### **2011 CERT Training Dates**

- **The weekend of August 6th and 7th, 2011**
- **Annual CERT Exercise at Linthicum-September 11, 2011**
- **The weekend of October 1st and 2nd, 2011**
- **The weekend of December 10th and 11th, 2011**

**Time: ( AM-4 PM Each Day)**  
**Location: Fire Services Building, 6820 Webster Street, Landover Hills, MD**  
**(Location may change)**

# Frequently Asked Questions

## *Who can register for CERT training?*

- Any individual over the age of 18.

## *How much does it cost?*

- The training is provided at no cost to the participants.

## *Do I have to be part of a team to sign-up?*

- No. Any citizen can benefit from this training. The community as a whole will benefit if more of its residents are prepared and trained to respond.

## *How can I become involved?*

- Are you a **CITIZEN** interested in becoming a CERT volunteer? Are you a member of a religious institution, community, civic or other group that would like to learn more about the CERT program? Are you a **BUSINESS** owner or manager who would like to make CERT training available to your employees? Are you an **EMERGENCY MANAGEMENT DIRECTOR, FIRST RESPONDER, or SUPPORT AGENCY LEADER** interested in developing a CERT team to assist you?

# CONTACT:

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**CERT Instructor's/Training Provided by Member's of the following Organizations:**

