

DISASTERS HAPPEN – ARE YOU READY?



The City of Des Moines will be offering its first

COMMUNITY EMERGENCY RESPONSE TEAM

training class starting on

JANUARY 16, 2019

YOU ARE THE HELP UNTIL HELP ARRIVES

Participants will learn how to prepare their homes and neighborhoods to respond to a disaster. Learn about personal preparedness, disaster medical, fire suppression, light search and rescue, terrorism, and more!

Classes will run every Wednesday from January 16th through February 27th from 6pm to 9pm. There will also be a drill to practice the skills you have learned, date and location to be determined.

Classes are limited to 25 participants



WINTER 2019 CERT CLASS

This is a **FREE** class offered by the City of Des Moines

CLASS DETAILS

Disaster Preparedness – Learn about local hazards and how they could impact our community, as well as personal and household emergency preparedness.

Fire Safety and Utility Controls – Understand your role in fire and utility safety, fire chemistry and hazardous materials basics, and how to reduce fire hazards. CERT members will learn how to use a fire extinguisher, including when it is safe to try to extinguish a fire, and will practice using an extinguisher on a controlled fire.

Disaster Medical Part 1 – Practice identifying and treating three immediately life-threatening conditions; airway constriction, excessive bleeding, and shock. Learn how to triage and prioritize victims to provide the **GREATEST GOOD FOR THE GREATEST AMOUNT OF PEOPLE**.

Disaster Medical Part 2 – Learn how to set up treatment areas, take appropriate sanitation measures for public health, perform head-to-toe victim assessments, and treat basic injuries including burns, hypothermia, wounds, bites and stings, and other injuries.

Light Search and Rescue – Practice effective search and rescue including location size-up, search methods, rescue techniques, and personal safety. Participants will learn and practice rescue lifts and carries.

CERT Organization – Discover how to organize and lead CERT teams in an emergency, and how CERT graduates can work together with and help professional responders.

Disaster Psychology and Terrorism – CERT participants will learn about the post-disaster emotional environment for survivors and rescuers, and steps they can take to reduce their own stress and that of others. Participants will also learn to identify signs of terrorism and appropriate steps they can take to respond to a possible terrorism incident.

Disaster Drill – Put together everything you've learned through the CERT course and respond to a simulated disaster. Participants will find, rescue, and treat "victims" and then celebrate their CERT graduation.