



# San Mateo Consolidated Fire Department Community Emergency Response Team Online CERT Course – Study Guide UNIT 1

## Disaster Preparedness – Unit 1.1

- What is CERT?
- Why should we prepare for a disaster?
- Emergency Operation Plan: Knowledge Check
  - Identify supplies, facilities, equipment, personnel
  - Describe what you want to protect: people, property
  - Assign responsibility to organizations and individuals
- Roles Knowledge Check
  - Public – volunteers, practice skills, learn about warnings, report suspicious activities
  - Community Leaders – participate in planning council, ensure community training, integrate resources into government plans
- Why get involved?
- Disasters Knowledge check
  - Natural – earthquake, wildfire, flood, hurricane
  - Technological – hazmat spills, nuclear power plant accidents
  - Intentional – explosive, chemical, biological attacks
  - Pandemics – Ebola, Coronavirus, flu outbreaks
  - Structure fire – home and public building fires
- Considerations for building hazard profile; understand your community's hazards
  
- Knowledge check
  - Severity
  - History
  - Hazard locations
  - Disruption of services
  
- Priorities
- Emergency Personnel and their roles in an emergency Knowledge check
  - Police: grave public safety incidents
  - Fire Fighters: suppress major fires
  - Emergency Medical Services: life-threatening injuries

- Damaged infrastructure: Communications systems, roads and bridges, water lines, downed power lines damaged critical facilities
- Structural mitigation / Structure types – Knowledge check
  - Strap roof trusses
  - Bolt house to foundation
  - Raise utilities above flood level
  - Build a safe room
- Non-structural
  - Anchor furniture
  - Secure appliances
  - Childproof cabinets
  - Locate-label utilities
- Test
  - 1. Learn routes, report activity, actively volunteer
  - 2. False
  - 3. False
  - 4. Structural – moving utilities above flood level
  - 5. Non-structural - locate / label utilities
  - 6. Vital link – Community Emergency Response Teams

## **Disaster Preparedness Unit 1.2**

- Home and Workplace Preparedness
  - Make a plan: escape plans, evacuation routes, out of town contact, kits, water supply, etc
- Protective Actions
  - Assess the situation
  - Decide to stay or go
  - Seek clean air
  - Protect from debris / signal if trapped
  - Remove contaminants
  - Practice good hygiene
- Shelter in place, extended stay, mass care facility
- CERT Responsibilities: stay within limits of your training
  - Team formation
    - Turn off utilities
    - Light Search and Rescue
    - Put out small fires
    - Help survivors with emotional stress
    - Treat life threatening injuries

- Knowledge check:
  - CERT Responsibilities: if safe turn off utilities, fight small fires, help survivors cope with emotional stress, light search and rescue, treat life-threatening injuries
  
- CERT Organization – Incident Command System
  - Operations
  - Planning
  - Logistics
  - Finance / Administration
- Areas of Responsibility for Section Chiefs Knowledge check
  - Operations Section Chief – Search and Rescue, Medical, Fire suppression
  - Planning Section Chief – Documentation, Incident status
- Personal Protective Equipment Knowledge check
  - Helmet
  - Goggles
  - N95 mask
  - Leather gloves (aka: work gloves)
  - Non-latex gloves (aka: surgical or exam gloves)
  - Study shoes or work boots
- CERT Non-disaster Roles
  - Good Samaritan Laws
  - Volunteer Protection Act of 1997
  - Relevant State Statutes
  - Citizen Corps Volunteer Liability Guide
  
- Test
  - 1. PPE: helmet, goggles, N95, leather gloves, non-latex gloves, boots
  - 2. CERT Volunteer pool – true
  - 3. Planning Section prepares the team’s action plan
  - 4. Disaster kit: 3 day supply, easy to carry container, first aid kits at home and in each vehicle, store supplies in multiple locations