

Teen Community Emergency Response Team



As a teen, there are probably a lot of things you're told you can't do. But there is one very important thing you can do: Learn to protect yourself, your family, and your friends in case of disaster. The Community Emergency Response Team (CERT) Program is a national program of volunteers trained in disaster preparedness and emergency response. Volunteers come from all ages and all walks of life, including teenagers like you! Through Teen CERT, you can serve your community and help take care of your school and home.

The **Teen Community Emergency Response Team (T-CERT)** Program educates people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills. Training is often broken up into two to four hour blocks over a series of evenings or weekends.

- Disaster Preparedness:** Addresses hazards specific to the community. Materials cover actions that participants and their families take before, during and after a disaster as well as an overview of CERT and local laws governing volunteers.
- Fire Suppression:** Covers fire chemistry, hazardous materials, fire hazards and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, controlling utilities and extinguishing a small fire.
- Medical Operations Part I:** Participants practice diagnosing and treating airway obstruction, bleeding and shock by using simple triage and rapid treatment techniques.
- Medical Operations Part II:** Covers evaluating patients by doing a head to toe assessment, establishing a medical treatment area and performing basic first aid.
- Light Search and Rescue Operations:** Participants learn about search and rescue planning, size-up, search techniques, rescue techniques and rescuer safety.
- Psychology and Team Organization:** Covers signs and symptoms that might be experienced by the disaster victim and workers, and addresses CERT organization and management.
- Course Review and Disaster Simulation:** Participants review and practice the skills that they have learned during the previous six sessions in a disaster activity.