



YOUR HOME AND FAMILY COME FIRST

Make sure your home and family are taken care of first [1.6]. Shut off utilities if necessary [6.6], such as when you smell gas or smoke, or see fire. Assess your home for structural damage. Turn off utilities if leaving home.

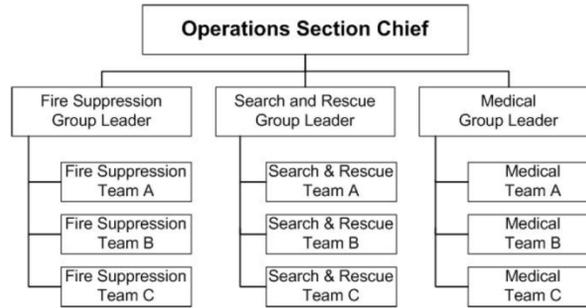
- ASSIST NEIGHBORS AS NEEDED [1.1]
- WORK WITH BUDDY/BLOCK CAPTAIN [1.6]
- SIZE UP ALL SITUATIONS [2.3]

Is the situation too dangerous? If yes, walk (or run) away. Report it to the appropriate agency. Once your home and block are stable, go to the stake CERT staging area to join the CERT team's fire suppression, search & rescue, or medical groups as needed [2.3].

CERT RESPONSE OPERATIONS [2.2]

References to CERT Basic Training Participant Manual (FEMA, 2019) are in [square brackets]

The Operations portion of the CERT team, as organized below, communicates via FRS ch. 7



Stay safe! Do the greatest good for the greatest number!

FIRE SUPPRESSION [6.4]

Turn off gas, then only attempt to extinguish the fires your fire extinguisher is capable of:

- A = Common Combustibles
- B = Flammable Liquids
- C = Energized/Electrical
- D = Combustible Metals
- K = Kitchen oils and fats



How to operate a fire extinguisher ("PASS"):

- P = Pull the pin.
- A = Aim at the base of the fire.
- S = Squeeze the trigger hard.
- S = Sweep from one side of the fire to the other, slowly, until the fire is extinguished.



SEARCH AND RESCUE

Search and Rescue Size-up Checklist [7.2]

- | | |
|-------------------------|------------------------|
| 1. Gather Facts | 6. Make Decisions |
| 2. Assess Damage | 7. Make Plan of Action |
| 3. Est. Probabilities | 8. Take Action |
| 4. Assess Situation | 9. Evaluate Progress |
| 5. Establish Priorities | 10. STAY SAFE! |

Damage Assessment and Actions [7.2]

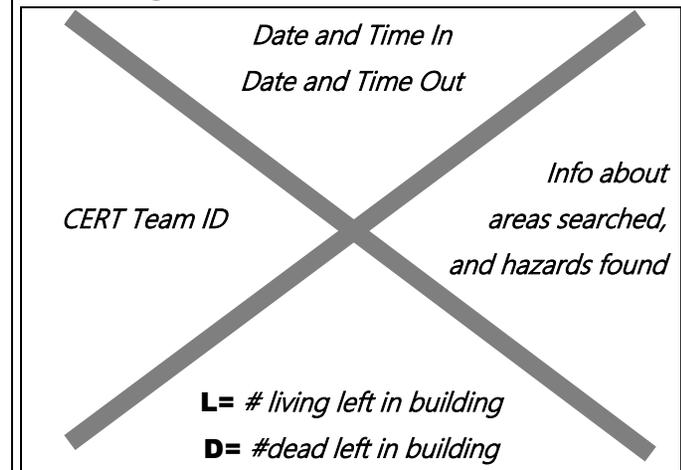
Lightly Damaged: Search/Triage/Exam victims; then take to nearby Treatment area.

Moderately Damaged: Search/Triage victims; then Examine at safe Treatment area.

Heavily Damaged: STAY OUT!

Post Search Markings near Main Entry [7.3]

Before entering, write Date & Time In, CERT ID & diagonal bar / . Fill in the rest afterward.



MEDICAL TRIAGE [3.2, 4.3]

Call out to the group: if they are able, they should come to your voice. Those who come to you probably don't need immediate treatment, so tag them "M" (MINOR). Next, proceed methodically to people who haven't moved, determining their consciousness by asking "Can you hear me?" Perform the steps of CERT Medical Triage on each as follows:

1. CONTROL BLEEDING

If the victim is spurting blood, or has steady bleeding or pooling of blood, focus on controlling the bleeding first. Use direct pressure, elevation, and/or pressure points. Use a tourniquet as a last resort. Once it is controlled, mark/tag "I" (IMMEDIATE).

2. OPEN THE AIRWAY

Look, listen and feel. If they are conscious, assist them into whatever position helps them breathe better. If unconscious, move to recovery position (if safe to do so) and mark/tag "I" (IMMEDIATE). If the airway is blocked, open it using the Jaw-Thrust



Maneuver. If still not breathing, repeat Jaw-Thrust Maneuver & take necessary measures.

3. CHECK FOR SHOCK

- Perform the Blanch Test: press the nail bed or any light-skinned area, keeping it level with the heart. Then see if the color comes back in more than 2 seconds.
- See if the victim is unable to follow simple commands, such as tracking your finger with their eyes, or seem disoriented.
- See if their breathing is rapid/shallow.

If they have any of these symptoms, mark/tag "I" (IMMEDIATE) and treat for shock as follows: have the victim lie flat, and elevate their legs, unless there has been severe bleeding in the upper body. Maintain the victim's body temperature to normal.

If the victim is not already tagged as MINOR or IMMEDIATE, mark/tag "D" (DELAYED). Finally, in order of priority (IMMEDIATE, then DELAYED, then MINOR), proceed to perform a systematic "head-to-toe" medical examination on each survivor, unless immediate medical care is required to keep them alive.

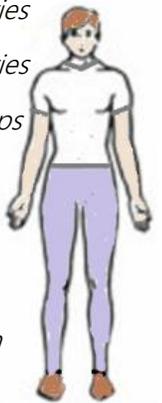
MEDICAL ASSESSMENT: HEAD-TO-TOE EXAM

Assess/document the cause & treatment of all survivors' injuries; look for DCAP-BTLS [4.5]:

- Deformities (misshapen body areas)
- Contusions (bruising, discolored skin)
- Abrasions (major scuffs and scrapes)
- Punctures (such as by a nail or rod)
- Burns (both heat and chemical burns)
- Tenderness (check victim reaction)
- Lacerations (cuts or jagged tears)
- Swelling (especially the head or spine)

Systematically evaluate head-to-toe, locating fractured bones and soft tissue injuries in the

- Head *Check for closed injuries*
- Neck/spine *Check for closed injuries*
- Shoulders *Check symmetry, lumps*
- Chest *Listen/feel bubbling*
- Arms *Check for fractures*
- Abdomen *Check for tenderness*
- Pelvis *Check symmetry, pain*
- Legs *Check for fractures*



Check for Pulse, Movement, Sensation in extremities. Note medical ID emblems. Transport safely to Medical Treatment, by priority.