

Bring a Buddy!



Here are some other things you can do right now to be safer!

- Check and change the batteries in your smoke alarms; replace all alarms more than 10 years old.
- Make sure you know where your local fire department, police station, and hospital are. Keep a list of emergency numbers near all the telephones in your home.
- Organize and practice a family fire drill -- make sure your children know what your smoke detector sounds like and what to do if it goes off when they are sleeping.
- Locate the utility mains for your home and learn how to turn them off manually: gas, electricity, and water.
- Create an emergency plan for your household, including your pets. Decide where your family will meet if a disaster does happen:
 - 1) right outside your home in case of a sudden emergency, like a fire and
 - 2) outside your neighborhood, in case you can't return home, ask an out of town friend to be your "family contact" to relay messages.
- Prepare a 3-day disaster supply kit, complete with flashlights, batteries, blankets, and an emergency supply of water and food (and pet food!).
- Plan to hold a Neighborhood Watch meeting -- your local Sheriffs' office or police department can help you get started.
- Check the expiration dates of all over-the-counter medications -- discard all that are expired and replace any that are routinely needed.
- Make sure all cleaning products and dangerous objects are out of children's reach.
- Visit with your neighbors and discuss how you would handle a disaster in your area. Talk to neighbors with special needs and help them become safer too!

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You are On Your Own!

Are You Ready?

Community Emergency Response Team Training

Provides you with the knowledge and skills to care for yourself, your family and your neighbors immediately after a disaster.



Brought to you by:

*La Crosse County Emergency Management
Office of Justice Assistance
WC WI Citizen Corps*

Why are CERTs Important?

Following a major disaster, first responders may not be able to immediately reach all of the community members requiring their services. The CERT program helps train people to be better prepared to respond to emergencies in their communities.

CERT training promotes a partnering effort between emergency services and the people that they serve. The goal is for emergency personnel to train members of neighborhoods, community organizations, or workplaces in basic response skills.

CERT members may then be integrated into the emergency response capability for their area. If a disastrous event overwhelms or delays the community's professional response, CERT members can assist others by applying the basic response and organizational skills that they learned during training. These skills can help save and sustain lives following a disaster until help arrives. CERT skills also apply to daily emergencies.

About CERT... CERT members maintain and refine their skills by participating in exercises and activities. They can attend supplemental training opportunities offered by the sponsoring agency and others that further their skills base. Finally, CERT members can volunteer for projects that improve community emergency preparedness.



How Does CERT benefit the community?

People who complete CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to lessen the effects of these hazards on themselves, their homes or workplace.

If a disaster occurs that overwhelms local response capability, CERT members can apply the training learned in the classroom and during exercises to give critical support to their family, loved ones, neighbors or associates in their immediate area until help arrives. When help does arrive, CERTs provide useful information to responders and support their efforts, as directed at the disaster site. CERT members can also assist with non-emergency projects that improve the safety of the community.

CERTs have been used to distribute and/or install smoke alarms, replace smoke alarm batteries in the home of elderly, distribute disaster education material, provide services at special events, such as parades, sporting events, concerts and more.



When disaster strikes your area!

FIRST—Dust yourself off.
NEXT—Take care of your family.
THEN—Help your neighbors.

Will you know what to do?

CERT can prepare you.

Hands on Training:



Emergency Preparedness

Disaster workers, threats, impact on the infrastructure, structural and non-structural hazards, and hazard mitigation.

Fire Safety

Fire chemistry, hazardous materials, reducing hazards, CERT size up, firefighting resources safety, and fire suppression.

Emergency Medical-Part I

Recognizing and treating life threatening conditions and triage.

Emergency Medical-Part II

Organization of disaster medical operations, head-to-toe assessments; establishing treatment areas; treating burns; fractures; wound care, sprains; and strains splinting; hypothermia; frostbite and public health considerations.

Light Search and Rescue Operations

Planning; size-up, conducting search/rescue; and cribbing techniques.

CERT Organization

Decision-making; documentation; and tabletop exercise.

Disaster Psychology

Teams Well-being, working with survivors' of disasters or emergency situations.

Terrorism and CERT

Define and identify terrorism, CBRNE indicators.

Course Review and Disaster Simulation

Course review; disaster simulation; and exercise critique and summary.

What else can CERTs do?

CERTs have proven to be an active and vital part of their communities preparedness and response capability. CERTs have been used to:

- ◆ Assist with evacuation and traffic control.
- ◆ Promote community awareness of potential hazards and preparedness measures.
- ◆ Supplement staffing at special events such as parades.
- ◆ Act as victims in training exercises.
- ◆ And more!



CERT Training is FREE!

The course will be offered as a series of four sessions

Friday, February 19, 2010

5:45-8:30 p.m.

Saturday, February 20, 2010

8:00 a.m.- 5:00 p.m.

Friday, February 26, 2010

6:00-9:00 p.m.

Saturday, February 27, 2010

8:30 a.m.-4:00 p.m.

20 hours to a safer community!



Yes!

I want to care for myself, my family and my neighbors when disaster strikes.

Empower neighborhoods!



Please register me for the 20 hour class

Name: _____

Address: _____

Day Phone: _____

E-mail: _____

If you have special needs please let us know.

**Class will be held at:
La Crosse County Downtown Campus
300 4th St N
La Crosse, WI 54601**

**Registration deadline is
February 10, 2010**