



PROCEDURES FOR THE CERT SKILLS TRAINING AND CHECKOFF EXAMINATION

- In order to serve as a trainer/evaluator, an individual should have significant training and responder experience (fire, ems, nursing, etc.).
- It is recommended, but not required, that an evaluator should take the CERT online course in order to prepare for their role as an evaluator. The course requires 12-14 hours to complete. The course can be accessed using the QR code below:

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- The course is entitled "**ONLINE TRAINING- CERT 3.0 en**". See more course information on the next page.
- Local Fire Departments and EMS Services may be contacted to assist with the skills training and checkoff portion of the course if necessary.
- The attached skills sheets outline the skills to be trained and evaluated in order to serve as a CERT Responder. The skill sheets reference materials found in the CERT Participant Manual.
- Evaluator Training/Skills Checkoff Sheets will be available from the school or the Arkansas Division of Emergency Management. These sheets will be used by the evaluator as a guide to evaluate the skills to be assessed.
- One sheet will be used per station to train and evaluate student performance.
- All students may not be able to complete all tasks associated with CERT training. This does not disqualify them from team participation. Work with the student to optimize those areas that they can feel comfortable with to allow them to be a successful member of the CERT organization.



Community Emergency Response Team



Arkansas

CERT Training

(To include specific Earthquake preparedness focus)

<https://cert.hazready.com/CourseCatalog>



Scroll down the page until you see the following:

ONLINE TRAINING - CERT 3.0 en

The Community Emergency Response Team (CERT) program educates volunteers about disaster preparedness for the hazards that may impact their area and trains them basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, which allows them to focus on more complex tasks. Through CERT, the capabilities to prepare for, respond to and recover from disasters are built and enhanced.

Look to the right side of the page and hit the **Register** button.

Fill out the registration page with your information.

Under "Your CERT Organization" select Other Not Listed

Hit the **Create** button.



What's covered in the practical portion of your training: <https://bit.ly/pcertskills>

Online CERT Training

- ♦ Access it on your mobile device or computer.
- ♦ Complete it at your pace and at your convenience.
- ♦ Course progress will be saved and can be resumed later.
- ♦ Online Course Time = 12 hours
- ♦ In-Person, Practical Training = 16 hrs

Online course made available by Rocky Mountain Center for Occupational and Environmental Health, & Utah Division of Emergency Management

The Basic CERT Training teaches you basic disaster response skills so you can safely help yourself and those around you when disaster strikes and when professional responders aren't available. Learn how to protect yourself, your loved ones, and your community.

What You Learn

- Unit 1: Disaster Preparedness
- Unit 2: CERT Organization
- Unit 3-4: Disaster Medical Operations
- Unit 5: Disaster Psychology
- Unit 6: Fire Safety and Utility Controls
- Unit 7: Light Search and Rescue Operations
- Unit 8: Terrorism and Hazardous Materials Safety
- Unit 9: Course Review and Disaster Simulation
- Additional Earthquake Preparedness resources available from the ADEM Earthquake Program Coordinator
- Earthquake Disaster Annex available at the Ready.gov website:

https://www.ready.gov/sites/default/files/2019.CERT_HazardAnnexes.FM_FINAL_30.Bic.pdf



EXAM STATION 1: BASIC CERT INFORMATION				
#	Unit	Skill	Time Estimate	Y/N
		Online Course Completion Certificate Received		
1	1	Describe the purpose of each article of PPE and the limitations of each (PM pg 25, 30 to 37) (IG pg 34, 42 to 45)	3 min	
2	2	Describe how CERT trained individuals organize in the basic Incident Command System (ICS), and the responsibilities of each function: Incident Commander/Team Leader; Logistics Section Chief; Planning Section Chief; Operations Section Chief: Fire Suppression Group Leader, Search & Rescue Group Leader (Triage Team, Transport Team), Medical Group Leader (Immediate, Delayed, Minor, Morgue) (2019 PM Unit 2 pg 3 to 5) (2019 IG Unit 2 pg 4 to 7, and Unit 4 pg 5)	8 min	
3	2	Describe how CERT trained individuals mobilize in your jurisdiction. (IG pg11, consult with local CERT Program Manager)	2 min	
4	4	Describe the role of CERT in a mass casualty situation. (PM pg 2,3)	2 min	
5	2	Review documentation tools and describe the purpose of each tool and when each tool is used. (PM pg13,23,24)	5 min	
6	Local	Learn from the Instructor or Program Manager any specific local hazards in your area, including your local CERT policies and procedures. Discuss additional training opportunities for CERT teams (fire dept. rehab, traffic control, shelter management, etc.)	5 min	
7	1	Discuss and understand volunteer protection laws that apply to your state and community (Good Samaritan Laws)	5 min	
		Approximately 30 minutes per student		

EXAM STATION 2: FIRE				
#	Unit	Skill	Time Estimate	Y/N
1	6	Select correct method and agent for extinguishing a fire & describe steps to deciding to use a fire extinguisher (PM pg 7, 8, 10) Instructor may provide several scenarios.	5 min	
2	6	Review fire suppression safety rules. (PM pg12)	5 min	
3	6	Discuss hazardous materials found in and around the home	5 min	
4	6	Learn about safe disposal of hazardous materials in your area. (IG pg 22)	5 min	
5	6	Operate a fire extinguisher: PASS (PM pg 10,11) Demonstrate proper fire suppression procedures (PM pg 13) and extinguish a fire	10 min	
		Approximately 30 minutes per student (can be completed in groups)		

EXAM STATION 3: FIRST AID (PRIMARY)

#	Unit	Skill	Time Estimate	Y/N
1	3	Discuss Universal Precautions as it relates to patient care	2 min	
2	3	Demonstrate how to approach a patient (PM pg2)	1 min	
3	3	Evaluate circulation: perform a capillary refill test and radial pulse test (PM pg5)	2 min	
4	3	Open an airway in a conscious patient using the Tripod Position. (PM pg6,7)	2 min	
5	3	Maintain an airway in an unconscious patient using the Recovery Position. (PM pg7)	2 min	
6	3	Open an airway in a patient with a suspected spinal injury using the Jaw- Thrust Maneuver. (PM pg 7,8)	2 min	
7	3	Demonstrate direct pressure to control excessive bleeding. (PM pg4)	2 min	
8	3	Demonstrate proper application of a tourniquet to control excessive bleeding. (PM pg4,5)	8 min	
9	3	Perform a mental status evaluation (PM pg5)	3 min	
10	3	Describe how to maintain body temperature to treat shock. (PM pg5,6)	2 min	
		Approximately 30 minutes per student (can be completed in groups)		

EXAM STATION 4: FIRST AID (SECONDARY)

#	Unit	Skill	Time Estimate	Y/N
1	4	Perform head to toe assessment (PM pg8,10), also describe what to look for in the assessment (PM pg7,8), and signs of a head/neck/spinal injury (PM pg8,9)	5 min	
2	3	Perform splinting: limb (upper and lower), foot, and anatomical; And discuss creative tools for splinting. (PM pg14, 15). OPTIONAL: Follow the 7 points of splinting guidelines provided in the 2011 IG Unit 4 pg 53	8 min	
3	3	Apply a sling and swath for the arm. (IG pg22,23)	5 min	
4	3	Review signs and describe how to treat heat and chemical burns. (PM pg10,11)	4 min	
5	3	Demonstrate how to dress and bandage a wound, including a pressure bandage, and tying the bandage if no tape is available, manage amputations, and secure impaled objects (PM pg11,12,6)	5 min	
6	3	Review signs and describe how to treat cold related injuries (PM pg16,17)	2 min	
7	3	Review signs and describe how to treat heat related injuries (PM pg17,18)	2 min	
8	3	Discuss insects/animals that pose a threat in your locality. (IG pg 28) Review signs and describe how to treat bites and stings (PM pg18)	2 min	
9	3	Demonstrate how to administer an Epi-Pen. (PM pg18)	2 min	
		Approximately 35 minutes per student (can be completed in groups)		

EXAM STATION 5: SEARCH & RESCUE

#	Unit	Skill	Time Estimate	Y/N
1	7	Demonstrate correct application of search markings. (PM pg 15)	3 min	
2	7	Perform a mock search. Demonstrate how to conduct a left or right wall search pattern in a room. (PM pg 15, 16).	5 min	
3	7	Demonstrate proper body position for lifting. (PM pg 19)	1 min	
4	7	Demonstrate proper lifting techniques for the One Person Arm Carry, and describe when this carry is the appropriate selection. (PM pg 22,23,27)	2 min	
5	7	Demonstrate proper lifting techniques for the Pack-Strap Carry, and describe when this carry is the appropriate selection. (PM pg 23,27)	2 min	
6	7	Demonstrate proper lifting techniques for the Two Person Carry, and describe when this carry is the appropriate selection. (PM pg 23,24,27)	2 min	
7	7	Demonstrate proper lifting techniques for the Chair Carry, and describe when this carry is the appropriate selection. (PM pg 24,25,27)	2 min	
8	7	Demonstrate proper lifting techniques for the Blanket Carry, and describe when this carry is the appropriate selection. (PM pg 25,27)	2 min	
9	7	Demonstrate proper techniques for Log Rolling, and describe when Log Rolling should be used. (PM pg 26,27)	2 min	
10	7	Demonstrate proper techniques for the Blanket Drag and drag without a blanket, and describe when this carry is the appropriate selection. (PM pg 26,27)	2 min	
11	7	Perform each position for Leveraging and Cribbing Operations (Medical, Crib, Lever, Leader), and demonstrate knowledge of team organization for leveraging/cribbing operation and describe each position role and responsibility (PM pg20,21,22,27)	10 min	
		Approximately 30 minutes per student (can be completed in groups)		