



2010-1 Maple Valley CERT Course Schedule:

Are you prepared for a disaster?

Community Emergency Response Team (CERT) is a disaster preparedness course designed to create awareness, teach critical skills for assessing a disaster situation (e.g. earthquakes, etc.), and ensure participants gain the confidence they need to react productively and responsibly in a disaster. There are no pre-requisites; there is a \$35.00 class fee due prior to the start of class. For further information call 425 432-0200.

Week 1:

February 3rd 2010 (Wednesday 6pm-9:30pm) - Disaster Preparedness

We will address local hazards and identify important steps participants and their families should take before, during and after a disaster.

Week 2:

February 10th 2010 (Wednesday 6pm-9:30pm) – Disaster Medical – Part 1

Participants practice diagnosing and treating airway obstruction, bleeding and shock. Learn the principals of triage and how to conduct triage evaluations.

Week 3:

February 17th 2010 (Wednesday 6pm-9:30pm) - Disaster Medical – Part 2

Learn how to evaluate a patient and perform a head-to-toe assessment.

Week 4:

February 24th 2010 (Wednesday 6pm-9:30pm) – Triage Night

Participants will practice the principles of triage and basic first aid as learned in previous class.

Week 5:

March 3rd 2010 (Wednesday 6pm-9:30pm) – Fire Suppression

This class explains fire chemistry, hazardous materials, fire hazards and fire suppression strategies. Learn how to use a fire extinguisher, when to use them and practice extinguishing a real fire.

Week 6:

March 10th 2010 (Wednesday 6pm-9:30pm) – Light Search and Rescue

Participants learn about search and rescue planning, size-up, search techniques, rescue techniques, and most importantly rescuer safety.

Week 7:

March 17th 2010 (Wednesday 6pm-9:30pm) - Disaster Psychology

Learn common signs and symptoms experienced by the disaster victim and/or worker. Explore how to organize a CERT team including management principles and the need for clear documentation.

Week 8:

March 24th 2010 (Wednesday 6pm-9:30pm) - Course Review and Disaster Simulation

Participants review their answers to a take-home exam. Finally, participants will have the opportunity to practice the skills they've learned during a disaster simulation.