



# Emergency Preparedness & Response: Five Days Packed with Skills ... OR ... The Full Course to Prepare You to Serve on the Vashon Response Team



VashonBePrepared<sup>ORG</sup>  
*Neighbors Helping Neighbors*

### Vashon Island CERT:

- ✓ Sponsored by Vashon Island Fire & Rescue...CERT is both a basic course and an active local team of citizens prepared to support the Fire Dept and Sheriff
- ✓ A partner with VashonBePrepared, the local network of citizen groups and government agencies dedicated to leading our island in disaster preparedness and response

Participation in CERT is highly rewarding. If community support when problems arise is important to you, CERT will likely be an extraordinarily positive experience.

CERT originated in Los Angeles in 1994 to support the city fire department, and has been enhanced and extended to hundreds of communities by FEMA to train citizens to safely volunteer in various emergencies.

### Rewards of being on the active team:

- Increased safety at your home & business
- Increased personal preparedness for windstorms, earthquakes, ferry shutdowns, power outages
- New life-saving and first aid skills
- Increased self-confidence
- New friends
- Participation in the Vashon community
- Stylish green hard-hat and hi-vis vest

### Requirements to be on the team:

- Vashon resident – full-time or part-time
- Basic physical abilities, some mobility
- Basic CERT course (3 parts described on this flyer)
- Several additional Vashon-specific trainings (maps, two-way radios, search & rescue practice, etc.)
- Four refresher or enrichment trainings each year
- Comply with CERT policies and codes of conduct
- Favorable background check
- Responsibility and accountability



### Typical activations include

- Search for missing persons (Vashon has no other local search/rescue group)
- Support to the Fire Dept or Sheriff
- Damage assessment and info gathering
- First aid and public service hubs

**CERT does not** fight large fires, go into unstable buildings, or neglect our own neighborhoods. CERT members are specially trained to be a skilled resource in their neighborhoods plus respond to the greater community in various disaster situations.

**2024 Course Dates** – the program is offered at no cost to the public. **Options** include:

- \* **January 13:** 5 hours of household preparedness for disasters and power outages, plus fire & gas safety
- \* **January 20, 27 and February 3, 10:** Emergency response training for the average citizen: first aid, light search and rescue, light fire-fighting and fire/chemical safety
- \* **Feb 17 through March 9:** organizing ourselves into an effective Vashon team capable of supporting public safety agencies, plus learn and practice our protocols in simulated disaster scenarios.



### The basic course covers:

- Safety around utility problems such as gas leaks and damaged power lines
- Reducing potential fire and electrical hazards in your home and business
- Extinguishing various types of small fires
- First aid including head-to-toe assessments, wound care, splinting, triage of multiple patients, and more
- Selecting and setting up a medical treatment area for a disaster situation
- How to size-up various emergency situations and respond safely and effectively within your limits
- Searching structures and the Vashon community or woods for lost persons
- How Vashon's CERT team operates, our responsibilities and coordinating with other organizations

### Supplemental topics and classes after joining the team:

- Use of two-way radios (both Ham radios and ordinary FRS "walkie-talkies")
- Reading various maps, finding addresses, using a compass and your phone to navigate
- The nitty-gritty of effectively supporting Vashon Fire Dept and the King County Sheriff
- Several types of search operations and how to safely conduct each one
- Advanced first aid
- And more...the list is long and the topics are interesting*



## 2024 Course Details

**YOU MUST REGISTER for any or all of these: [CERT@VashonBePrepared.org](mailto:CERT@VashonBePrepared.org)**

After you register, CERT Manager Jan Milligan will send confirmation and, for parts 2 and 3, plenty of details about the curriculum, policies and more. All sessions are at the Farcy Building at the main fire station.

Jan can also be reached by phone/text, 206-949-1184. More info at [www.vashonbeprepared.org/partners/CERT](http://www.vashonbeprepared.org/partners/CERT)

**PART 1, Saturday January 13: Household Safety and Preparedness, 9:00 a.m. to 3:00 p.m.** (lunch on your own)

**PART 2, Saturdays January 20 and 27, February 3 and 10: Four days of safety & emergency training** in fire prevention, light fire fighting, utility safety, first aid including how to treat life-threatening conditions, and light search & rescue. Pre-requisite: Preparedness seminar (part 1 above). You will need to provide a few inexpensive personal supplies: dust-mask, work clothes (grubbies), work gloves such as gardening gloves, and your own water/snacks/lunches. 9:00 a.m. to 3:00 each day

**PART 3, Saturdays Feb 17, 24, March 2, 9. Four more days of CERT team operation and practice** – for those who want to join the active Vashon team. Continue after Part 2 for training in jobs CERT could be assigned to in a disaster on Vashon, and working as a CERT team and with other organized citizen groups. Pre-requisites are Parts 1 and 2. 9:00 to 3:00 each day

*All sessions start promptly at 9:00 a.m. Please arrive a few minutes early to sign in and find a seat. January 13 is just a classroom session, so dress comfortably. For all other sessions, attire is long pants and comfortable clothing suitable for being outside (some weeks) and getting a little dirty (some weeks). Always bring your own water, lunches and snacks.*