Be Prepared
Be Aware
Be Involved!



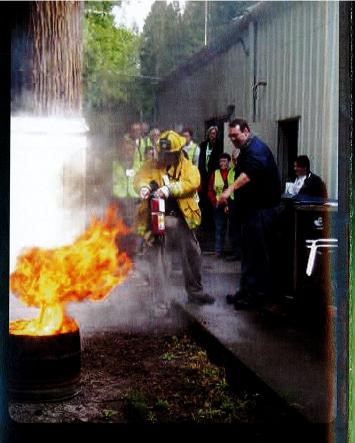


RSVP Retired & Senior Volunteer Program



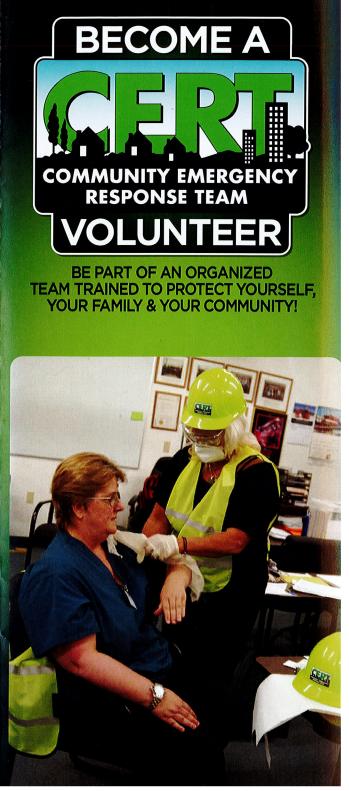
NORTH COAST OPPORTUNITIES, INC. 413 N STATE ST, UKIAH CA 95482 707.462.1959

www.ncoinc.org



In 95% of all emergencies, the victim or bystander provides the first immediate assistance on the scene.

Would YOU know WHAT to do?



About CERT

The Federal Emergency Management Agency, using the model created by the Los Angeles City Fire Department, began promoting nationwide use of the Community Emergency Response Team (CERT) concept in 1994. Since then, CERTs have been established in hundreds of communities.

CERT Benefits

Emergencies occur in our communities, neighborhoods, and workplaces every day. We also know that a large scale disaster (such as an earthquake) will quickly overwhelm professional responders. CERT training will provide with the practical skills necessary to:

- Safely assist families, neighbors, and associates while waiting for professional responders to arrive
- · Become better prepared for disaster
- Support professional responders as directed once they arrive at the scene

CERT-trained citizens may have many opportunities to volunteer in their communities. CERT members often help with neighborhood fire prevention or emergency preparedness efforts, and may volunteer help at special community events, such as parades, sporting events, concerts and more.



BECOME A COMMUNITY EMERGENCY RESPONSE TEAM VOLUNTEER

BE PART OF AN ORGANIZED TEAM TRAINED TO PROTECT YOURSELF, YOUR FAMILY & YOUR COMMUNITY!

1. Why Should I Join The CERT Team?

Your community needs you. Join CERT if you want an opportunity to:

- Educate yourself, your family and others about preparing for emergencies.
- Help your neighbors in times of disaster.
- Strengthen your relationship with your community.

2. What Kind Of Training Will I Receive?

Classes are 3 to 4 days for a total of 20 hours of training. Trainings are provided by CERT Volunteer Leaders. The CERT curriculum has been adapted from the FEMA national program to reflect the unique hazards that exist in Lake and Mendocino Counties. Course topics include an introduction to CERT and incident command, rural environment training, fire safety, first aid, light search and rescue, and terrorism awareness.

3. How Do I Join CERT?

If you want to join CERT you only need to complete a CERT training and join a team. You can call to find out when the next training in your area will be taking place.

4. How Does CERT Help The Community?

The CERT program has a role for everyone. Members use a combination of CERT training and community knowledge to serve their neighbors in times of disaster

- Traffic and crowd control at various community parades and events
- Escorting residents out of evacuated areas
- Staff Emergency Operations Centers
- Light search and rescue for lost persons

Since NCO Volunteer Network and RSVP began sponsoring the CERT program in 2006, CERT members have participated in many community prepareness and disaster responce activities including

- Assisting Red Cross and other relief organizations
- Managing "Spontaneous/convergent" volunteers
- Providing various trainings in their community
- Presenting disaster preparedness information to communities and businesses

5. What Is A Community Disaster Network?

Community Disaster Networks refer to the contacts CERT members establish within their community districts. To develop these networks, teams reach out to colleagues and organizations in their neighborhoods and capture information about resources, skills, or other details that might be used to help the community better respond to or recover from a disaster. More importantly, these networks help teams connect their communities with preparedness and recovery.





