



## Training on Your Schedule

CERT Skills Days, 11 & 18 May, 2013 (Two Day Course)  
For further information call: Don Davis @ 801-979-8344

### CERT Skills Training with a Disaster Simulation

**Who:** Anyone 21 and over who wants to become CERT trained for their family and Community  
**When:** May 11 & 18, 2013      **Time:** 7 am-5:00 pm (*Bring your own lunch and water*)  
**Where:** Grantsville High School      **Cost:** \$15.00 (for CERT Protective Equipment and supplies for training)

#### What you need to do:

- Email: [grantsvillecert@gmail.com](mailto:grantsvillecert@gmail.com) that you are interested in being CERT trained through this Special Course.
- Complete the Introduction to CERT course IS 317 on the internet before May 11th, 2013. **This is imperative.** Be sure to print your certificate when you have completed the training. [www.citizenincorps.gov/cert/IS317](http://www.citizenincorps.gov/cert/IS317) (It covers most of the concepts and information that is covered during regular trainings.)
- Print the question sheet from [www.stansburyparkcert.org](http://www.stansburyparkcert.org). (side tab Special Training Day attachments at the bottom)
- Watch two CERT video presentations on YouTube: [http://m.youtube.com/#/watch?v=KwV3e1XfIF0&desktop\\_uri=%2Fwatch%3Fv%3DKwV3e1XfIF0](http://m.youtube.com/#/watch?v=KwV3e1XfIF0&desktop_uri=%2Fwatch%3Fv%3DKwV3e1XfIF0) CERT in Action (19:13) and CERT Training: Disaster

#### Psychology:

- [http://m.youtube.com/#/watch?v=zpfdujyk3eA&desktop\\_uri=%2Fwatch%3Fv%3Dzpfdujyk3eA](http://m.youtube.com/#/watch?v=zpfdujyk3eA&desktop_uri=%2Fwatch%3Fv%3Dzpfdujyk3eA) and answer the questions on the sheet printed earlier.
- Pay for the course materials at registration on course day. *You may pay by either cash or check. (Please make checks payable to: Grantsville City)*
- **Bring your certificate from the online course, question sheet and the registration form to the Skills Day.**
- Provide your Social Security Number when registering on course day, in order that a background check may be completed; this will be done at no cost to you.
- Wear comfortable clothing that can get dirty and sturdy shoes to the Skills Day. (No shorts, sandals, flip flops, or hanging jewelry)
- Participate in the two days of hands on CERT activities and skills including participation in the disaster simulation May 18th.

## After the online training and the Skills days you will be CERT trained

#### Training Website

Introduction to CERT course: [www.citizenincorps.gov/cert/IS317](http://www.citizenincorps.gov/cert/IS317)

CERT in Action: [http://m.youtube.com/#/watch?v=KwV3e1XfIF0&desktop\\_uri=%2Fwatch%3Fv%3DKwV3e1XfIF0](http://m.youtube.com/#/watch?v=KwV3e1XfIF0&desktop_uri=%2Fwatch%3Fv%3DKwV3e1XfIF0)

CERT Disaster Psychology: [http://m.youtube.com/#/watch?v=zpfdujyk3eA&desktop\\_uri=%2Fwatch%3Fv%3Dzpfdujyk3eA](http://m.youtube.com/#/watch?v=zpfdujyk3eA&desktop_uri=%2Fwatch%3Fv%3Dzpfdujyk3eA)

Question sheet: [www.stansburyparkcert.org](http://www.stansburyparkcert.org).

**CERT Skills Day Registration and check in 7:00 a.m. Instructions and Introduction 7:30 Sessions begin 7:45**

#### Sessions: "Hands On" skills training

- Fire Suppression
- Medical Operations 1
- CERT Org and Disaster Psychology
- Review and Disaster Simulation – We will work through the simulation at least 2 times.
- Hot Wash and Clean up – Everyone will be asked to help clean up.
- Medical Operations 2
- Search & Rescue

#### Attendees of CERT Skills Day Need :

- CERT application/paperwork, certificates
- Notepad and Pencil/Pen
- Lunch, snacks, and water
- Headlamp
- Sturdy Clothes
- Sturdy Shoes