

## CERT & Teen SERT...

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.

Pueblo West High School (Colorado) was the pilot school to develop Teen School Emergency Response Training (Teen SERT) based on the CERT concept. The primary goal is for students in our schools to learn basic preparedness and response skills.

If a disastrous event overwhelms or delays the community's professional response, citizens can better protect themselves by applying the response and organizational skills that they learned during training. These skills can help save and sustain their lives following a disaster until help arrives. CERT and Teen SERT skills also apply to daily emergencies.



### Teen SERT will teach students to:

1. Describe the types of hazards most likely to affect their homes and communities.
2. Describe the function of CERT and their roles in immediate personal response.
3. Take steps to prepare themselves for a disaster.
4. Identify and reduce potential fire hazards in their homes and workplaces.
5. Apply basic fire suppression strategies, resources, and safety measures.
6. Apply techniques for opening breathing airways, controlling bleeding, and treating shock.
7. Conduct triage under simulated conditions.

8. Perform head-to-toe assessments.
9. Employ basic treatments for various wounds.
10. Identify planning and size-up requirements for potential search and rescue situations.
11. Describe the most common techniques for searching a structure.
12. Use safe techniques for debris removal and victim extrication.

### Student Quotes:

- \* "My one year old brother was playing with a small toy and my mom told me to take it away from him. Before I could, he put it in his mouth and started laughing. The toy then went down his throat and he started choking. Because of the training I received in Teen SERT, I picked him up, flipped him over my knee, and performed the Heimlich. The toy popped right out. Because of Teen SERT, I saved my brother's life." Faith M.
- \* "With Teen SERT, teens are no longer feeling helpless. They now feel like they can help and save lives." Kayla D.
- \* "...I would go home and share the information with my parents. It was almost as if my entire family completed the program with me." Mandy L.

Training is designed to cover the following:

- \* Disaster Preparedness
- \* Fire Safety
- \* Disaster Medical Operations
- \* Triage
- \* Treating Life Threatening Injuries
- \* Light Search & Rescue
- \* Disaster Psychology
- \* Terrorism
- \* Moulage
- \* Federal Disaster Declaration Process
- \* 911 Communication
- \* Hazardous Materials
- \* Responder Roles and Opportunities for Youth Involvement
- \* Final Exercise

*Course model requires approximately 45 hours to complete.*



For more information, contact  
Haley Rich, (719) 647-2652,  
teensert1@yahoo.com

Program support requires training equipment and supplies.

Sponsorship opportunities include donations of medical supplies, hardhats, vests, safety goggles, fire extinguishers, gloves, printing manuals, cameras, video cameras, computer, projector, screen, trailer, backboards, straps, CPR Annie, dust masks, and other items per the needs of the school.



*“We will find ways to train and mobilize... to help when rescue and health emergencies arise.”*

- President George W. Bush, 2002

*“We are your future. If you don’t train us, who will?”* Brenna W., Teen SERT Student  
Pueblo West High School at the  
Idaho CERT Conference, 6/2004