

The following two pages comprise the CERT Pocket Reminder Card.

To use this card:

- Print the following two pages only

- Cut the printed pages out using the crop marks

- Tape/paste both cards back to back

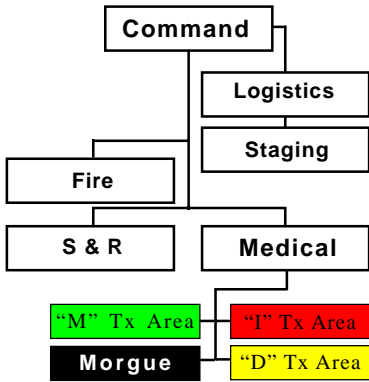
- Laminate at local copy shop or printer

- Trifold into business card size

- Carry in wallet, purse, and/or disaster & first aid kit.

CERT I.C.S.

INCIDENT COMMAND SYSTEM



Time & Date
of Search

CERT
(Agency
doing
search)

Important Info
(Dead, victims,
hazards)

Area Searched

YOUR HOME & YOUR FAMILY COME FIRST

Make sure your home and family are taken care of. Shut off utilities if necessary. (If you smell gas, smell smoke, or see fire.) Assess your home for structural damage. Turn off utilities if you are going to leave your home.

ASSIST YOUR NEIGHBORS

WORK WITH A BUDDY

SIZE-UP ALL SITUATIONS

Is it too dangerous? If yes, walk (run) away. Report to appropriate agency.

SEARCH & RESCUE

Lightly damaged - Search, Triage, & Treat victims where you find them. Evacuate victims to treatment areas as needed.

Moderate damage - Search & Evacuate victims as you find them.

Heavily Damaged - STAY OUT!



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If greater than 1 in any area. It's too dangerous to enter into an unknown situation

CERT ASSEMBLY

If your home and neighborhood are stable and you want to do more...
ASSEMBLE AT YOUR LOCAL LAFD BATTALION HQ PARKING LOT

CERT HAM RADIO OPERATORS

CERT Emergency HAM Net
(Meet On-air Mon. 1930-2000)

147.300 , PL110.9, +600/146.58 Simplex

TO VOLUNTEER FOR A CERT EFFORT

Contact LAFD Disaster Preparedness, (818) 756-9674.
If phones are out, go to your local LAFD Battalion HQ.

FIRE

A = Common Combustibles
B = Flammable Liquids
C = Energized/Electrical
D = Combustible Metals

PASS = Pull the pin, Aim at the base of the fire, Squeeze the trigger hard, Sweep from one side of the fire to the other slowly



+ MEDICAL TRIAGE +

Call out to the group, if able they should move to your voice, these people probably don't need immediate treatment & are tagged "**M**" (Minor). Next, proceed to people who haven't moved and begin Triage

RESPIRATION

Look, listen, & feel. If not breathing open the airway (Head tilt/chin lift) If still not breathing repeat above. If still not breathing mark/tag "**DEAD**" and move on.

If **breathing** count the rate. If greater than 30/min. mark/tag "**I**" (Immediate) If less than 30/min. go on and assess Bleeding

PERFUSION

Have the victim/bystander control severe bleeding (direct press., elevate, pressure point) Check circulation, Use the "**blanch test**". Press the nail bed (or any light skinned area). Keep level with the heart. Color comes back

slowly, greater than 2 sec., mark/tag "**I**" (Immediate).

If color comes back quickly, in less than 2 sec., go on to Mental Status **OR** Check Radial Pulse. NO = "**I**" YES = go on to Mental Status


MENTAL STATUS

Have the victim follow simple **commands.** If disoriented or unable to follow simple commands mark "**I**" (Immediate). If follows simple commands, is oriented & has passed all tests, mark "**D**" (Delayed)

SHOCK

Treat all immediate patients for shock: Lie flat, elevate legs and maintain body temperature. Transport all patients as soon as possible. Immediate first. Do not move the DEAD unless absolutely necessary.

"M" Minor

Don't forget to reassess them. **Go on to the**  **Head-to-Toe Examination** 