

CERT-Lite Class Schedule

All classes are from 9:30-11:30 AM in PAC-North, except for March 27, which will be held in the Training Room from 9:30-11:30 AM.

Class 1, Wednesday, March 6 - Unit 1: Disaster Preparedness

- Louise: Introductions And Orientation (residents, CERT-Lite volunteers)
 - 20 minutes

- Steve: Lecture Unit 1: Disaster Preparedness (2 classes)
 - [Unit 1 Part 1 Slides](#) (25 slides)
 - Unit 1 Part 1 Zoom recording link
 - 30 minutes

- Break: 10 minutes

- Video: [Unprepared \(Shorter version\)](#), 7 minutes

- Lecture: [ShakeAlert Earthquake Early Warning System](#)
 - Video: [ShakeAlert - Early Warning System](#), 2 minutes
 - Video: [Setting up ShakeAlert on iPhone or Android](#), 1½ minutes
 - [MyShake app](#), how to use
 - Drop, Cover, Hold on
 - 5 minutes

- Exercise 1: Evacuate!
 - 30 minutes

- Optional Homework
 - Bring a go-bag for show and tell at the next class
 - Videos
 - Watch the full video: [OPB Unprepared](#), 56 minutes
 - [Here's EXACTLY What to Do When the Next Megaquake Hits: Cascadia Subduction Zone](#), 12 minutes
 - [ShakeAlert—Earthquake Early Warning System for the West Coast of the U.S. \(2020\)](#), 4½ minutes

CERT-Lite Class Schedule

Class 2, Thursday, March 7 - Unit 1: Disaster Preparedness

- Steve: Lecture: Preparing for a disaster
 - [Unit 1, Part 2 Slides](#) (24 slides)
 - Unit 1, Part 2 Zoom recording link
 - 50 minutes

- Video
 - [You need THIS to survive climate chaos](#), 6 minutes

- Break, 10 minutes

- Exercise 2: Go Bags
 - [Black Tote](#)
 - [CERT Responder Backpack](#)
 - [Under the Bed kit](#)
 - [Go Bag](#)
 - 30 minutes

- Class Discussion on Emergency Preparedness at Rose Villa
 - 20 minutes

- Optional Field Trip to Ready Force Garage

- Optional Homework
 - Video: [How to Use the Retevis RT22 Walkie-Talkie](#), 14 minutes
 - Video: [Radio Communication in an Emergency or Disaster](#), 20 minutes

CERT-Lite Volunteers

Instructor:

1. Steve Morris, Former Tigard CERT, CERT Train the Trainer certified

Core Volunteers:

2. Ed Gellenbeck, Oak Lodge CERT
3. Jean Lofy, Oak Lodge CERT
4. Louise Williams, Former Portland NET
5. Marti Franc, Oak Lodge CERT

Unit 3 & 4: Disaster Medicine

6. Mary Eusterman, Milwaukie CERT-trained
7. Mayo Marsh, Milwaukie CERT-trained

Unit 4: Disaster Medicine, Part 2

8. Jane Eggerstedt, MD (Conducting Head-to-Toe Assessments)

Unit 5: Disaster Psychology

9. Charlotte Peterson, Psychologist

Unit 6: Fire Safety

10. Greg Wenneson, Oak Lodge CERT

Unit 7: Light Search and Rescue Operations

11. Jim Willeford, Rose Villa Director of Strategic Operations

CERT-Lite Class Schedule

Class 3, Wednesday, March 13 - Unit 2: CERT Organization

- Steve: Lecture CERT Organization
 - [Unit 2 Slides](#) (39 slides)
 - Unit 2 Zoom recording link
 - 50 minutes

- Exercise 3 Explanation
 - [Map of RF neighborhoods](#), MYN contact list, skills, equipment, and supplies
 - [MYN 7-steps](#)
 - Break up students into two teams: North Main (2nd floor only) and Central C.
 - Anyone with difficulty walking will be assigned a non-walking role in the neighborhood. These students should report to their neighborhood meeting places early.
 - 10 minutes

- Break, 10 minutes.
 - After the 10-minute break, students report directly to the appropriate neighborhood meeting place.

- Exercise 3: Disaster Simulation at Rose Villa
 - Outdoors, wear warm clothes and rain gear if necessary
 - 30 minutes

- Class Discussion on Disaster Simulation Exercise
 - Note: Ready Force is learning from this exercise. We need to perform more neighborhood disaster simulation exercises this summer. Let us know if you want to take a leadership role in your neighborhood.
 - 10 minutes

- Optional Homework
 - Video: [CERT in Action](#), 20 minutes
 - Video: [Community Emergency Response Teams in Action](#), 7 minutes

CERT-Lite Class Schedule

Class 4, Thursday, March 14 - Unit 3: Disaster Medical Operations: Part 1

- Steve: Lecture Medical Operations Part 1, Day 1
 - [Unit 3 Part 1 Slides](#) (35 slides)
 - Unit 3 Part 1 Zoom recording link
 - 30 minutes

- Video: [How to Approach a Patient](#), 2½ minutes

- Exercise - Approaching an injured patient
 - 10 minutes

- Video
 - Video: [START \(triage\)](#), 7 minutes

- Break: 10 minutes.

- Exercise 4: Simple Triage
 - 40 minutes

- Class Discussion on Simple Triage
 - 10 minutes

- Optional Homework
 - Video: [Basic Triage for NET Volunteers](#), 13 minutes

CERT core values

- | | |
|--|--|
| ● Safety, safety, safety | ● Practice, practice, practice |
| ● Teamwork: stronger together than alone | ● Self-sufficiency and problem-solving, rather than the victim role |
| ● Community members helping each other | ● Leadership |
| ● Valuing volunteers | ● Ability to do the greatest good for the greatest number in the shortest amount of time |
| ● Preparedness | |
| ● Importance of each individual's contribution | |

CERT-Lite Class Schedule

Class 5, Wednesday, March 20 - Unit 3: Disaster Medical Operations: Part 1

- Steve: Lecture Medical Operations Part 1, Day 2
 - [Unit 3 Part 2 Slides](#) (34 slides)
 - Unit 3 Part 2 Zoom recording link
 - 20 minutes

- Video:
 - [Using Direct Pressure to Control Life-Threatening Bleeding - Adult](#), 5 minutes

- Exercise 5A: Controlling Bleeding
 - 20 minutes

- Break: 10 minutes

- Steve: Continue Lecture Unit 3, Day 2
 - 20 minutes

- Video:
 - [How to use a SAM Splint \(Forearm\) | Wilderness Medicine](#), 8 minutes

- Exercise 5B: Splinting
 - 25 minutes

- Optional Homework
 - Video: [Contents of a Neighborhood First Aid Kit](#), 9 minutes
 - CERT Videos: [Hybrid CERT Skills Videos](#)

CERT-Lite Class Schedule

Class 6, Thursday, March 21 - Unit 4: Disaster Medical Operations, Part 2

- Steve: Lecture
 - [Unit 4 Slides](#) (28 slides)
 - Unit 4 Zoom recording link
 - 50 minutes

- Break: 10 minutes

- Video
 - CERT Skills Training: [Head-to-Toe Assessment](#), 15 minutes

- Jane Eggerstedt: Demonstration - Conducting Head-to-Toe Assessments
 - 30 minutes

- Class Discussion on the Role of Rose Villa and Ready Force for Medical Operations During Disasters
 - 5 minutes

Class Roster

- | | |
|-------------------|------------------------|
| 1. Kate Birdsall | 8. John Chapman |
| 2. Judy Francis | 9. Bob Murch |
| 3. Norma Martin | 10. Marilyn Gottschall |
| 4. Doris Burkland | 11. Susan Hyne |
| 5. Mary Eusterman | 12. Susan Van Voorhis |
| 6. Roxanne Malter | 13. John Watson |
| 7. Inge Angiletta | 14. Phyllis Watson |

CERT-Lite Class Schedule

Class 7: Wednesday, March 27 - Unit 7: Light Search and Rescue Operations

- *in Training Room (PAC-North not available)*

- Steve: Lecture
 - Unit 7 Slides
 - Unit 7 Zoom recording link
 - 45 minutes

- Exercise 7 Explanation
 - 5 minutes

- Break: 10 minutes

- The Class Will Gather in Front of Rose Court after the Break
 - Any student uncomfortable with walking on uneven ground should avoid this exercise and take an extended break or end class at this point.

- Jim Willeford: Exercise 7: Gathering Facts
 - Outdoors, wear warm clothes and rain gear if necessary
 - 40 minutes

- Return to the Training Room for Class Discussion
 - 10 minutes

- *Do Exercise 7 as a tabletop exercise with maps in case of hard rain.*

CERT-Lite Class Schedule

Class 8, Thursday, March 28 - Unit 5: Disaster Psychology

- Steve: Lecture
 - Introduction
 - 5 minutes

- Charlotte Peterson: Lecture - Disaster Reactions: (Slides 1 - 6)
 - Group Discussion: Has anyone been in a large-scale emergency or disaster?
 - [Unit 5 Slides](#) (23 slides)
 - Unit 5 Zoom recording link
 - 20 minutes

- Charlotte: Lecture - Section 3: Self-Care & Team Well-Being: (Slides 7 & 11)
 - Exercise 5.1: Self-Care Toolkit, Pages 5-7 to 5-8
 - 15 minutes
 - Exercise: Trust Circle
 - 10 minutes

- Break: 10 minutes

- Charlotte: Lecture - Section 4: Working with Survivors Emotional Responses: (Slides 12 - 16)
 - 15 minutes

- Charlotte Lecture & Video: Psychological First Aid
 - Video: [Psychological First Aid](#), 11 minutes
 - Lecture - Listen, Protect & Connect: Psychological First Aid (Slides 17 & 18)
 - 20 minutes

- Charlotte Video & Lecture (Slides 19 - 22)
 - Video: [Brené Brown on Empathy](#), 3 minutes
 - Lecture: What Not to Say
 - 11 minutes

CERT-Lite Class Schedule

Class 9, Wednesday, April 3 - Unit 6: Fire Safety and Utility Controls

- Steve: Lecture, all students
 - Unit 6 Slides
 - Unit 6 Zoom Recording link
 - 30 minutes

- Break: 10 minutes

- Split the Class Up into Two Groups of Students
 - Greg Wenneson: Group 1
 - Exercise 6.1: Suppressing Small Fires, Page 6-22
 - Done in PAC–South (reserved)
 - Uses Oak Lodge CERT fire extinguisher simulation tool
 - Steve: Lecture Group 2
 - Continues In Pac-North
 - Unit 6 Slides (continued)
 - 30 minutes

- Break: 10 minutes

- Groups Switch Rooms and Activities
 - 30 minutes

- Optional Homework
 - [Fire Safety: The CERT Team Member's Role](#), 19 minutes

CERT-Lite Class Schedule

Class 10, Thursday, April 4 - Unit 8: Terrorism and CERT, ½ class

- Steve: Lecture
 - Unit 8 Slides
 - Unit 8 Zoom recording link
 - 50 minutes

- Break: 10 minutes

- Steve: Lecture
 - Course summary and closing comments
 - 5 minutes

- Steve: Class Exercise
 - Non-Graded Final Exam (as class discussion), pages 9-4 to 9-15 of manual
 - 20 minutes

- Louise: Written Course Evaluation
 - 10 minutes

- Louise: What's Next?
 - Upcoming Ready Force events, training, and opportunities to help
 - 5 minutes

- Louise: Graduation Ceremony (award swag, certificate of completion)
 - 10 minutes