

Country Club Hills Civic Association

Fairfax, Virginia



Local government prepares for everyday emergencies. However, during a disaster, the number and scope of incidents can overwhelm conventional emergency services.

The Community Emergency Response Team (CERT) program is an all-risk, all-hazard training. This valuable program is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation.

CERT is a positive and realistic approach to emergency and disaster situations where citizens may initially be on their own and their actions can make a difference. While people will respond to others in need without the training, one goal of the CERT program is to help them do so effectively and efficiently without placing themselves in unnecessary danger. In the CERT training, citizens learn to:

- **manage utilities and put out small fires,**
- **treat the three medical killers by opening airways, controlling bleeding, and treating for shock,**
- **provide basic medical aid,**
- **search for and rescue victims safely,**
- **organize themselves and spontaneous volunteers to be effective,**
- **and collect disaster intelligence to support first responder efforts.**

CERT members also are trained in disaster preparedness and perform non-emergency projects to improve the safety of their communities, such as support the community's public safety efforts (through such efforts as installing smoke alarms or by providing standby medical support at community events, etc.).

A 28-hour training course at the Fairfax County Fire and Rescue Academy is required, and provided free of charge.

HOW DO I GET INVOLVED?

Please contact the CCHCA to discuss your interest. You will be provided with information on CERT activities and training opportunities

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