

## Student Guidance – CERT Skills Checklist for In-Person Sessions Spring 2022

Be sure to review these skills prior to class. This will be your opportunity to show us what you have learned. PM= Participant Manual

### Hands on Sessions at Aptos FD Yard

Participate in the Mock Disaster Simulation (all students) Bring packs with PPE and appropriate attire.  
 Note, Page numbers based on 2019 CERT Manual. Remember, YOU are teaching us what you know.

Search & Rescue/ Removing and moving: 1:15 session		
Unit	Skill	
2 *C	Participate in an instructor led discussion on appropriate CERT tasks based on structure damage levels. Identify primary mission and appropriate response. (PM pg11) <b>How does this relate to triage &amp; treatment location?</b>	
7 *C	Participate in the Search and Rescue Sizeup activity (PM pg13) with FD structure	
2 C	Learn about local basic crime scene protocols	
7 *C	Participate in the Gathering Facts activity (PM pg5,6)	
7 *S	Demonstrate correct application of search markings (PM pg15)	
7 *S	Perform a mock search. Demonstrate how to conduct a left or right wall search pattern in a room. (PM pg15,16).	
7 *S	Draw an example of the ABCD quadrant method for communicating damage or findings. (PM pg7,8)	
7 S	Demonstrate proper body position for lifting (PM pg19) Legs, back straight. Body mechanics. Safety concerns with lifts/carries/drag	
7 S	Demonstrate proper lifting techniques for the One Person Arm Carry and describe when this carry is the appropriate selection. (PM pg22,23,27)	
7 S	Demonstrate proper lifting techniques for the Pack-Strap Carry and describe when this carry is the appropriate selection. (PM pg23,27)	
7 S	Demonstrate proper lifting techniques for the Two Person Carry and describe when this carry is the appropriate selection. (PM pg23,24,27)	
7 *S	Demonstrate proper lifting techniques for the Chair Carry, and describe when this carry is the appropriate selection. (PM pg24,25,27)	
7 *S	Demonstrate proper lifting techniques for the Blanket Carry, and describe when this carry is the appropriate selection. (PM pg25,27)	
7 *S	Demonstrate proper techniques for Log Rolling, and describe when Log Rolling should be used. (PM pg26,27)	
7 *S	Demonstrate proper techniques for the Blanket Drag and drag without a blanket, and describe when this carry is the appropriate selection. (PM pg26,27)	

Fire & Utilities/Cribbing – 1:15 minute session		
Unit	Skill	
6S	Demonstrate turning off power and gas (PM 6-15&16)	
6C	Review fire suppression safety rules & look at extinguisher labels (PM pg8)	
6 *S	Operate a fire extinguisher: PASS (PM pg10,11) Demonstrate proper fire suppression procedures (PM pg13) and extinguish a fire.	
6 *C	How to safely disposal of hazardous materials in our area.	
7 C	Describe a debris removal technique and considerations (PM pg20) Chain passing	
6 *S	Demonstrate box and unbox cribbing (PM pg 20)	
7 *S	Perform each position for Leveraging and Cribbing Operations (Medical, Crib, Lever, Leader), and demonstrate knowledge of team organization for leveraging/cribbing operation and describe each position role and responsibility (PM pg20,21,22,27)	

Medical –3 killers and interventions 1:15 total for 3 sections				
	Unit	Skill		
	3 S	Airway intervention - Show us how you open an airway in a conscious patient using the Tripod Position. (PM pg6,7)		
	3 S	Airway intervention - demonstrate how to maintain an airway in an unconscious patient using the Recovery Position. (PM pg7)		
	3 S	Airway intervention – Demonstrate how to open an airway in a patient with a suspected spinal injury using the Jaw-Thrust Maneuver and alternative Head tilt / Chin lift (PM pg7,8)		
	3 *S/C	Airway intervention – Discuss how to treat bites & stings/ Demonstrate how to administer an Epi-Pen. (PM pg18) Blue to sky, orange to thigh		
	3 S	Airway intervention - Explain how to evaluate breathing. Look, feel. Listen (2011 PM pg6) Similar steps not found in 2019 version.		
	Triage Review	Review the 3 killers		
	3 S	Demonstrate evaluate circulation: perform a capillary refill test and radial pulse test (PM pg5) (IG pg8,9)		
	3 S	Bleeding intervention - Demonstrate direct pressure to control excessive bleeding. (PM pg4) (IG pg6,7,10)		
	3 *S	Bleeding intervention - Demonstrate how to dress and bandage a wound. Manage amputations, and secure impaled objects.		
	3 Auxiliary add-on	Bleeding intervention – demonstrate application of Israeli pressure bandage & homemade tourniquet to control excessive bleeding. (PM pg4,5) (PM pg 11,12,6)		
	Triage Review	Shock assessment. Perform a mental status evaluation (PM pg5)		
	3 C	Shock Intervention - Describe how to maintain body temperature to treat shock. (PM pg5,6)		
	Auxiliary	Summarize quick assessment and pneumatic 30 – 2 can do.		

Head to Toe assessment				
	Unit	Skill		
	3 S	Demonstrate how to approach a patient using protocols including Covid safety (PM pg2)		
	4 C	Explain DCAPBTLIS or DOTS (PM pg 7)		
	4S	Demonstrate head to toe assessment (PM pg8,10) also describe what to look for in the assessment (PM pg7,8), signs of a head/neck/spinal injury (PM pg8,9) What are the important points?		

Splinting				
	Unit	Skill		
	4S	Show us how to assess PMS (Pulse, Movement, Sensation) (PM pg8) before and after splinting		
	3 *S	Demonstrate splinting: limb (upper and lower), foot, and anatomical using creative tools for splinting. (PM pg14,15)		
	3 *S	Apply a sling and swath for the arm.		