

CERT Skills Check List

Please check off each skill with your CERT instructor (According to August 2019 Edition)

Student Name:

Course date/dates:

CERT Program Name:

Instructor Names:

Important Note: Do not exceed your limitations! If you cannot physically perform the skill then at least be able to explain how the skill is to be performed so that you may be able to coach another person to perform the skill in a time of need. Your instructor can then sign off that skill.

		Instructor Initial	Date	
1	Online Course Completion Certificate Received			
2	Learn from the Instructor or Program Manager any specific local hazards and official plans for CERT use in your area, including your local CERT policies and protocols. If available reference to the local Emergency Operation Plan and learn how CERT fits in the plan.			
3	Learn from the Instructor or Program Manager details on any opportunities for you to get further involved in the CERT Program or other programs, if applicable. Also learn of any additional training opportunities, ie. any FEMA CERT add-on modules, hazard specific training, Red Cross, or other local, state, or federal provided courses.			
4	Participate in the Mock Disaster Simulation			
#	Unit	Skill	Instructor Initial	Date
5	1	Participate in an activity that emphasizes working w/ unfamiliar people / problems / tools / surroundings in a time compressed environment. (PM 1-2)		
6	1	Participate in an instructor led Evacuate activity (PM pg18)		
7	1	Describe the purpose of each article of PPE and the limitations of each. (PM pg25,30 to 37)		
8	1	Discuss and understand volunteer protection laws that apply to your state and community (PM pg25,26)		
9	2	Complete the ICS functions activity. (PM pg6,7)		
10	2	Describe how CERT trained individuals mobilize in your jurisdiction. (IG pg11, consult with local CERT Program Manager)		
11	2	Participate in an instructor led discussion on appropriate CERT tasks based on structure damage levels. Identify primary mission and appropriate response. (PM pg11)		
12	2	Review documentation tools and describe the purpose of each tool and when each tool is used. (PM pg13,23,24)		
13	2	OPTIONAL: Learn about local basic crime scene protocols (2019 IG pg ii,8)		

14	2	OPTIONAL: Practice filling out CERT forms in an instructor led table top exercise. Instructors may consider making a list of situation information and the student determines which form the info goes on and why, and where the form will go/documentation flow. (2019 PM pg13,27 to 35)		
15	2	OPTIONAL: Describe how CERT trained individuals organize in the basic Incident Command System (ICS), and the responsibilities of each function: Incident Commander/Team Leader; Logistics Section Chief; Planning Section Chief; Operations Section Chief: Fire Suppression Group Leader, Search & Rescue Group Leader (Triage Team, Transport Team), Medical Group Leader (Immediate, Delayed, Minor, Morgue) (2019 PM Unit 2 pg3 to 5) (2019 IG Unit 2 pg4 to 7, and Unit 4 pg 5)		
16	2	OPTIONAL: Practice physically organizing a CERT team and make assignments for each role. (2019 IG Unit 2 pg4 to7, Unit 4 pg5)		
17	3	Demonstrate how to approach a patient (PM pg2)		
18	3	Evaluate circulation: perform a capillary refill test and radial pulse test (PM pg5)		
19	3	Open an airway in a conscious patient using the Tripod Position. (PM pg6,7)		
20	3	Maintain an airway in an unconscious patient using the Recovery Position. (PM pg7)		
21	3	Open an airway in a patient with a suspected spinal injury using the Jaw-Thrust Maneuver. (PM pg7,8)		
22	3	Demonstrate direct pressure to control excessive bleeding. (PM pg4)		
23	3	Demonstrate proper application of a tourniquet to control excessive bleeding. (PM pg4,5)		
24	3	Perform a mental status evaluation (PM pg5)		
25	3	Describe how to maintain body temperature to treat shock. (PM pg5,6)		
26	3	Perform splinting: limb (upper and lower), foot, and anatomical; And discuss creative tools for splinting. (PM pg14,15). OPTIONAL: Follow the 7 points of splinting guidelines provided in the 2011 IG Unit 4 pg 53.		
27	3	Apply a sling and swath for the arm. (IG pg22,23)		

28	3	Review signs and describe how to treat heat and chemical burns. (PM pg10,11)		
29	3	Demonstrate how to dress and bandage a wound, including a pressure bandage, and tying the bandage if no tape is available, manage amputations, and secure impaled objects (PM pg11,12,6)		
30	3	Review signs and describe how to treat cold related injuries (PM pg16,17)		
31	3	Review signs and describe how to treat heat related injuries (PM pg17,18)		
32	3	Discuss insects/animals that pose a threat in your locality. (IG pg 28)		
33	3	Review signs and describe how to treat bites and stings (PM pg18)		
34	3	Demonstrate how to administer an Epi-Pen. (PM pg18)		
35	3	OPTIONAL: Evaluate breathing using steps 4 to 7. (2011 PM pg6) (2011 IG pg16,17,18) similar steps not found in 2019 version.		
36	3	OPTIONAL: Perform triage on multiple simulated victims (prioritizing victim treatment) and describe the 4 categories & 6 steps. (2011 PM pg19 to 24) (2011 IG pg43,44,47 to 49,51 to 53)		
37	3	OPTIONAL: Safely remove exam gloves (2011 PM pg19) (2011 IG pg42)		
38	4	Describe the role of CERT in a mass casualty situation. (PM pg2,3)		
39	4	Describe how to organize disaster medical operations and what each function does (PM pg4)		
40	4	Demonstrate how to assess for PMS (Pulse, Movement, Sensation) (PM pg8)		
41	4	Perform head to toe assessment (PM pg8,10), also describe what to look for in the assessment (PM pg7,8), and signs of a head/neck/spinal injury (PM pg8,9)		
42	4	See a creative in-line stabilization demonstration (PM pg9)		
43	4	Describe steps for maintaining proper hygiene and sanitation, including how to purify water. (PM pg11,12)		
44	4	OPTIONAL: Describe how to set up a Disaster Medical Treatment Area (2011 Unit 4 PM pg6 to 13) (2019 Unit 4 PM pg5). If possible practice setting up a medical treatment area. (2011 Unit 4 IG pg13,15,17 to 21) (2019 Unit 4 IG pgs7,8)		
45	5	Participate in the Self-Care Toolkit activity. (PM pg4 to 6)		
46	5	Participate in instructor led "what would you do if..." scenarios (IG pg17). For contents covered in (PM pg8 to 12).		
47	5	Perform a survivor approach and use psychological first aid to help stabilize the survivor. Instructor may provide scenarios. (PM pg10 to 12).		
48	5	Learn about the local plan for dealing with the deceased. (PM pg12)		

49	6	Select correct method and agent for extinguishing a fire & describe steps to deciding to use a fire extinguisher (PM pg7,8,10) Instructor may provide several scenarios.		
50	6	Review fire suppression safety rules. (PM pg12)		
51	6	Learn about safe disposal of hazardous materials in your area. (IG pg22)		
52	6	Operate a fire extinguisher: PASS (PM pg10,11) Demonstrate proper fire suppression procedures (PM pg13) and extinguish a fire.		
53	7	Participate in the Gathering Facts activity (PM pg5,6)		
54	7	Draw an example of the ABCD quadrant method for communicating damage or findings. (PM pg7,8)		
55	7	Participate in the Search and Rescue Sizeup activity (PM pg13)		
56	7	Demonstrate correct application of search markings. (PM pg15)		
57	7	Perform a mock search. Demonstrate how to conduct a left or right wall search pattern in a room. (PM pg15,16).		
58	7	Demonstrate proper body position for lifting. (PM pg19)		
59	7	Demonstrate proper lifting techniques for the One Person Arm Carry, and describe when this carry is the appropriate selection. (PM pg22,23,27)		
60	7	Demonstrate proper lifting techniques for the Pack-Strap Carry, and describe when this carry is the appropriate selection. (PM pg23,27)		
61	7	Demonstrate proper lifting techniques for the Two Person Carry, and describe when this carry is the appropriate selection. (PM pg23,24,27)		
62	7	Demonstrate proper lifting techniques for the Chair Carry, and describe when this carry is the appropriate selection. (PM pg24,25,27)		
63	7	Demonstrate proper lifting techniques for the Blanket Carry, and describe when this carry is the appropriate selection. (PM pg25,27)		
64	7	Demonstrate proper techniques for Log Rolling, and describe when Log Rolling should be used. (PM pg26,27)		
65	7	Demonstrate proper techniques for the Blanket Drag and drag without a blanket, and describe when this carry is the appropriate selection. (PM pg26,27)		
66	7	Describe a debris removal technique and considerations. (PM pg20)		
67	7	Demonstrate box and unbox cribbing. (PM pg20)		
68	7	Participate in instructor led cribbing "what if" scenarios (IG pg29)		
69	7	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)		
70	8	Participate in an instructor led "Preparing for a Terrorism Related Event" activity. (PM pg6)		