



**CERT PROGRAM  
COSUMNES FIRE DEPARTMENT**

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**CERT LEVEL 1 SYLLABUS**

**PROGRAM OVERVIEW**

SESSION 1  
INTRODUCTION TO  
DISASTER PREPARED-  
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The Cosumnes CSD Fire Department’s CERT Program is a tuition-free class developed due to the growing need for a well-trained, civilian workforce. The CERT program provides members of the community with the knowledge and skills necessary to be self-sufficient in the event of a major disaster or emergency. When emergencies happen, CERT members can give critical support to first responders and also provide immediate assistance to disaster victims. CERT members will work in teams and assist with directing other volunteers in the initial phase of the emergency. CERT members may also be alerted to assist and participate in other non-emergency projects to help improve the safety of our community.

SESSION 2  
FIRE SAFETY  
FIRE SUPPRESSION



SESSION 3  
DISASTER MEDICAL  
(PART 1)



To become a CERT graduate, you must be 16 years of age, possess a valid California Driver’s License, and complete the 24 hour course (Level 1). Level 1 training is taught by your local professional firefighters and law enforcement personnel. This course is followed by continuing education classes, namely bi-annual refresher training.

SESSION 4  
DISASTER MEDICAL  
(PART 2)



Upon completion of Level 1, we encourage our membership to further their educational training by attending a Level 2 Course. Currently, the American Red Cross teaches at our training facility topics including, Introduction to Disaster Services, Mass Care, Shelter Operations and a Shelter Simulation. Level 2 classes are also offered tuition-free. Visit the training calendar to find upcoming class dates. To register, send an email to cert@csdfire.com. If you have any questions, contact your CERT Coordinator at 916-405-7119.

SESSION 5  
LIGHT SEARCH & RESCUE



SESSION 6  
TEAM ORGANIZATION  
DISASTER PSYCOLOGY



A Level 3 Class is also offered for those who are interested in becoming a First Responder. A Level 3 CERT member will be trained with over 40 hours of advanced first aid training, CPR, AED, etc. Tuition: \$50 student workbook and certificate.

SESSION 7  
TERRORISM  
HOMELAND DEFENSE



In the event of a disaster, the HAM radio operator will backup the fire department’s 800-MHz system. If you are licensed amateur radio operator (HAM) who desires to serve the community, please contact cert@csdfire.com for more information.

**FINAL EXERCISE—DISASTER SIMULATION**