
UNIT 10: CERT BASIC TRAINING

UNIT 5 REVIEW

In this unit you will review the following information about *CERT Basic Training* Unit 5:

- **Unit Purpose**
- **Unit Objectives**
- **Key Points to Be Made in the Unit**
- **Training Videos Relevant to the Unit**
- **The Hands-on Activities in the Unit and How to Conduct Them Correctly**
- **How This Unit Connects to the Other Units**

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T-T-T UNIT OVERVIEW

This unit reviews the content and activities in *CERT Basic Training* Unit 5. It also looks at how Unit 5 connects to the other units in the *CERT Basic Training* course.

UNIT 5 PURPOSE

The purpose of *CERT Basic Training* Unit 5 is:

- To show how to do search and rescue sizeup
- To teach how to conduct interior and exterior searches
- To teach how to rescue a survivor: lifting, leveraging, cribbing, and survivor removal

UNIT 5 LEARNING OBJECTIVES

Unit 5 learning objectives are:

1. To identify sizeup requirements for potential search and rescue situations
2. To describe the most common techniques for searching, both interior and exterior
3. To use safe techniques for debris removal and survivor extrication
4. To describe ways to protect rescuers during search and rescue

UNIT 5 KEY TOPICS

In this unit, the instructor needs to do the following:

- Give a brief overview of the unit and the material that will be covered
- Apply the sizeup concept to search and rescue
- Teach how to conduct both interior and exterior searches safely and in a systematic manner
- Teach safe and correct techniques for lifting, leveraging, and cribbing
- Teach how to remove survivors after triaging them:
 - Carries: one-person arm, pack-strap, two-person, chair, blanket
 - Drags
 - Log rolling

TRAINING VIDEOS FOR UNIT 5

If time permits, the 32-minute video (or portions of it) *CERT Training: Safety in the Post-Disaster Environment* is recommended for this unit. The video provides an overview of safety considerations for CERT responders and is available for download at the National CERT Web site <http://www.fema.gov/cert>.

HANDS-ON ACTIVITIES IN UNIT 5

GATHERING FACTS (*BASIC TRAINING IG* PP. 5-18 TO 5-19)

Purpose

To give the participants the opportunity to consider some of the facts that CERT search and rescue teams will need to gather during sizeup

Latitude to Adapt

The scenario may be changed to fit your community's needs.

HANDS-ON ACTIVITIES IN UNIT 5 (CONTINUED)

How to Do the Activity Correctly

- Conduct the activity as it is written.

Suggestion: Take a picture of a building from the local area. Use the photo to elicit the types of information that should be gathered. Relate this to the next topic on sizeup.

SEARCH AND RESCUE SIZEUP (*CERT BASIC TRAINING IG P. 5-35*)

Purpose

To give the participants an opportunity to practice some of the thinking processes involved in planning and search and rescue sizeup

Latitude to Adapt

Conduct the activity as it is written.

How to Do the Activity Correctly

The exercise is based on several different types of local buildings (one for each small group) for the most probable type of incident that the community will face.

- Prepare realistic scenarios in advance of the session and have copies for each participant. Include the following types of information in the scenarios:
 - Type of event
 - Intensity/severity/duration
 - Occupancy affected
 - Current/forecast weather conditions
 - Time of day and week
 - Other factors that may affect search and rescue operations
- Provide participants with information about probable damage caused by local hazards (e.g., earthquakes, floods, hurricanes, tornados) to types of construction.

HANDS-ON ACTIVITIES IN UNIT 5 (CONTINUED)

VARIOUS CARRIES (*CERT BASIC TRAINING IG PP. 5-56 TO 5-66*)

Purpose

To practice how to do various carries

Latitude to Adapt

Conduct the activities as they are written.

How to Do the Activity Correctly

- Demonstrate the carry first with a volunteer or another instructor. Note: If you plan to use a chair in the classroom for a chair carry demonstration, be sure to test the chair.
- Give permission for participants to opt out of any carry with which they don't feel comfortable.
- Remind the participants that CERT members' safety is the number one priority.

SURVIVOR EXTRICATION (*CERT BASIC TRAINING IG P. 5-67*)

Purpose

To practice the removal of survivors from a collapse situation, using leveraging/cribbing and drags and carries

Latitude to Adapt

Create a more realistic scenario by using two or three rooms simultaneously so that there are several "rescues" occurring at once.

- If there are more groups of six than there are "collapse sites," have one group observe while another conducts extrication at one site. When groups rotate, observers and rescuers will switch.
- If rescue dummies are available, use them as the entrapped survivors at the "collapse sites," allowing all members of the group to practice as rescuers.

How to Do the Activity Correctly

- Conduct the activity as it is written.
- Instructors should observe each group and correct errors that they see.

HANDS-ON ACTIVITIES IN UNIT 5 (CONTINUED)

DEMONSTRATIONS

There are a number of demonstrations in this unit. Prepare for them and practice them:

- How to search a room
- Leveraging and cribbing
- Survivor carries and log rolling

Don't wait until the end of the course and then have participants practice leveraging and cribbing with a 600-pound slab of concrete. Set up a demonstration in the classroom so participants can begin to get familiar with the principle of the fulcrum and with the nomenclature used before they actually work with large objects.

TIPS FOR TEACHING UNIT 5

- It is important to know your audience and their physical abilities.
- Time management is often an issue for this unit. Be sure to follow the recommended times for each section. Make sure there is enough time to demonstrate and practice the lifts.
- For the purposes of time and comprehension, this unit may be divided into two units and taught separately. Should you choose to do this, you are advised to teach through "Conducting Interior and Exterior Search Operations" in the first session and resume with "Conducting Rescue Operations" in the second session.
- Give participants a heads up about the risks associated with search and rescue without scaring them.
- When teaching sizeup, emphasize having a plan of action.
- Marking structures: Know your local jurisdiction's practice in marking structures. If the local jurisdiction's procedures are different from those in the *CERT Basic Training* course, teach the local requirements.
- Marking structures: Illustrate the marking technique on an easel pad and discuss what goes in each quadrant of the "X."
- Note that Slide 5-24 is an animated slide and requires three clicks for the entire slide to appear. It shows the sequence of information to be added to the "X."
- Emphasize that the CERT should not move the bodies of people who have died in a building as local law about who should move the person will prevail. In addition, the building may be a crime scene where there should not be any tampering.
- Instructors must be able to describe and help participants understand when to attempt a rescue.

How UNIT 5 CONNECTS TO OTHER *CERT BASIC TRAINING* UNITS

It continues the messages of:

- Teamwork
- The need for sizeup
- Team safety

It picks up on the concept of triage from Units 3 and 4.

T-T-T UNIT SUMMARY

This unit has provided information on *CERT Basic Training* Unit 5.