

**Safeguard your Neighborhood!**  
**Use the CERT (Community Emergency Response Team) training for volunteers.**

*Olivia Diaz*  
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If I learned anything from the Katrina disaster, it's that we are on our own.

Nevada County with funding from Homeland Security offers Free CERT training to teach neighborhood volunteers basic emergency preparedness.

Cascade Shores Homeowners Association recruited 18 interested community volunteers to take the training at our Fire Station on evenings selected by the participants. The training is free. Sixteen of the volunteers graduated in September 2005.

In Nevada County, in addition to Cascade Shores, North San Juan, Lake Wildwood and You-Bet Road and Truckee have community volunteers trained through CERT.

Cascade Shores CERT participated in two mock disasters to hone our skills. We are now listed as volunteers to be contacted in the event of an emergency in the general area. But most importantly, we have a group of people who can put out a small fire, administer emergency first aid and CPR, can do search and rescue and set up a triage.

I strongly urge Association members of FONA to pull together a group of neighbors to take the training. The County can put you into existing training sessions if you can't get a large enough team on your own.

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**The CERT Training is designed to cover the Following:**

- Disaster Preparedness
- Fire Safety
- Disaster Medical Operations-triage and Treating Life Threatening Injuries
- Disaster Medical Operations-Assessment, Treatment, and Hygiene
- Light Search and Rescue
- Team Organization
- Disaster Psychology
- Terrorism and CERT
- ARC Shelter/Disaster
- Advanced First Aid
- Wild Land Search and Rescue

Sessions require about 22 hours to complete and can be held at your workplace or meeting hall on days of your convenience.