

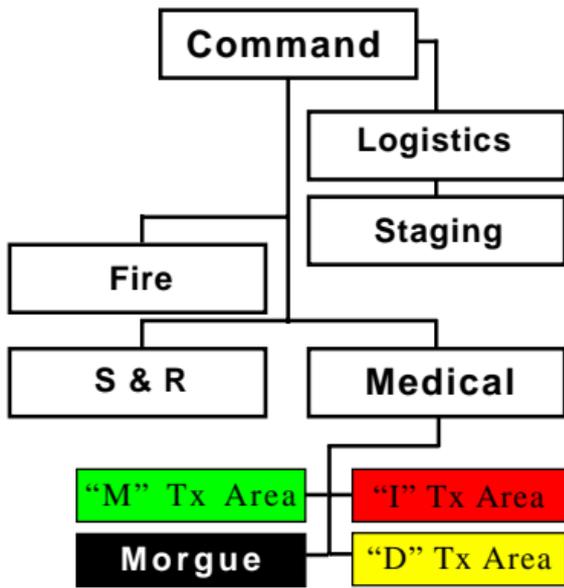
The following two pages comprise the CERT Pocket Reminder Card.

To us this card:

- 1 Print the following two pages only
- 2 Cut the printed pages out using the crop marks
- 3 Tape/paste both cards back to back
- 4 Laminate at local copy shop or printer
- 5 Trifold into business card size
- 6 Carry in wallet, purse, and/or disaster & first aid kit.

CERT I.C.S.

INCIDENT COMMAND SYSTEM



Time & Date
of Search

CERT ID
Numbers i.e.
CERT000

Important Info
(Dead, victims,
hazards)

Area Searched

www.qacdes.org

YOUR HOME & YOUR FAMILY COME FIRST

Make sure your home and family are taken care of. Shut off utilities if necessary. (If you smell gas, smell smoke, or see fire.) Assess your home for structural damage. Turn off utilities if you are going to leave your home.

ASSIST YOUR NEIGHBORS

WORK WITH A BUDDY

SIZE-UP ALL SITUATIONS

Is it too dangerous? If yes, walk (run) away. Report to appropriate agency.

SEARCH & RESCUE

Lightly damaged - Search, Triage, & Treat victims where you find them. Evacuate victims to treatment areas as needed.

Moderate damage - Search & Evacuate victims as you find them.

Heavily Damaged - STAY OUT!



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If greater than 1 in any area. It's too dangerous to enter into an unknown situation

CERT ASSEMBLY

If your home and neighborhood are stable and you want to do more...

Contact your CERT Leader and wait for further instructions.

DO NOT SELF DEPLOY without proper instruction.

To Volunteer for upcoming planned events...

Contact Joseph Cichocki at
Queen Anne's County Department of Emergency
Services
jcichocki@qac.org
(410) 758-4500 ext. 1119

FIRE

A = "Ashes" Common Combustibles

B = "Boil" Flammable Liquids

C = "Current" Energized/Electrical

D = Combustible Metals

PASS = **P**ull the pin, **A**im at the base of the fire, **S**queeze the trigger hard, **S**weep from one side of the fire to the other slowly



+ MEDICAL TRIAGE +

Call out to the group, if able they should move to your voice, these people probably don't need immediate treatment & are considered "Walking Wounded" or Minor. Tag these people as **GREEN**, use them to triage others if possible.

RESPIRATION

Look, Listen, & Feel. If not breathing open airway (Head Tilt/Chin Lift). If still not breathing, repeat. If still not breathing mark/tag as **BLACK** and move on.

If breathing count the rate. If greater than 30 per minute, mark/tag as **YELLOW** or Delayed.

If less than 30 per minute mark/tag as **RED**, continue assessment. Also considered Immediate.

PERFUSION

Have the victim/bystander control severe bleeding (direct press., elevate, pressure point) Check circulation, Use the "blanch test". Press the nail bed (or any light skinned area). Keep level with the heart. Color comes back

slowly, **greater than 2 sec.**, mark/tag **RED**.

If color comes back quickly, in **less than 2 sec.**, go on to Mental Status

MENTAL STATUS

Have the victim follow simple commands. If disoriented or unable to follow simple commands mark/tag **RED** If follows simple commands, is oriented & has passed all tests, mark/tag

YELLOW

SHOCK

Treat all Immediate patients for shock: Lie flat, elevate legs and maintain body temperature. Transport all patients as soon as possible. Immediate first. Do not move the DEAD unless absolutely necessary.

GREEN or "Walking Wounded"

Don't forget to reassess them.

★ **Go on to the** ★
Head-to-Toe Examination