

JOIN OUR TEAM

CERT is an integral part of Citizen Corps, the grass-roots movement that actively involves everyone in making our communities and our nation safer, stronger, and better prepared. All over America, communities have organized to take action and get involved. To learn more about CERT and other Citizen Corps programs in your area, visit www.citizencorps.gov.

No matter where you live, no matter who you are, we all have a role in hometown preparedness. What role will YOU play?



For more information on
East Rutherford CERT:

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East Rutherford is only 7 miles from Midtown Manhattan, home of the Meadowlands Sports Complex, Hudson Group and some of the largest events going on in the metropolitan area. East Rutherford is the smallest city to ever host the Super Bowl.

**HELP KEEP EAST
RUTHERFORD GREAT!**

To find out how to help prepare
your community, visit

www.citizencorps.gov



**EAST
RUTHERFORD
CERT**

**IT STARTS
WITH YOU!**

**JOIN OUR
TEAM!**



What is CERT?

CERT is a training program that prepares you to help yourself, your family, and your neighbors in the event of a disaster. During an incident, emergency service personnel may not be able to reach everyone right away. By getting trained in CERT, you will have the skills to help emergency responders save lives and protect property.

As a member of a CERT team, you can respond to disasters, participate in drills and exercises, and take additional training. CERT teams are known and trusted resources to emergency responders and their communities.

In 95% of all emergencies the victim or bystander provides the first immediate assistance on the scene. Would you know what to do?

What do CERT Teams do in an emergency?

Under the direction of local emergency responders, CERT Teams help provide critical support to victims, providing damage assessment information, and organizing other volunteers at a disaster site. Volunteers trained in CERT also offer a potential workforce for performing duties such as but not limited to shelter support, first responder support and evacuations. The role of a CERT volunteer is to help others until trained emergency personnel arrive.



The Benefits of CERT Training

CERT training takes about 20 hours to complete and provides critical skills in emergency preparedness and response.

Participants learn how to:

- Identify and anticipate hazards
- Reduce fire hazards in the home
- Extinguish small fires
- Assist emergency responders
- Conduct light search & rescue
- Set up medical treatment areas
- Apply basic medical techniques
- Help reduce survivor stress

Who should take CERT training?

- People interested in taking an active role in hometown preparedness
- Neighborhood Watch groups
- Community leaders
- Parents
- Communities in faith
- Scouting and youth organizations
- Students, teachers, and administrators
- Members of clubs and civic organizations.

**EVERYONE SHOULD
TAKE CERT TRAINING!!**