

Lamorinda CERT

Introduction to Emergency Preparedness



Community Emergency Response Team (CERT)

- What is CERT, how did it start & what do they do?
- Disasters that may occur in Lamorinda
- Preparedness and Resilience
- Who will be there to help?
- Prepare for a disaster before it happens
- Where can we get training?



What is CERT

- CERT = Community Emergency Response Team
- Population of Lamorinda ~ 62,000
- How many First Responders
 - Fire - 8 Fire Engines
 - Medical - 2 Ambulances
 - Law Enforcement - 6 Patrol Cars



- In a disaster who will be helping you?



What can CERTs Do?

- Assist emergency services personnel when requested in accordance with standard operating procedures (SOPs) developed by the sponsoring agency and by area of training
- Assume some of the same functions as emergency services personnel following a disaster
- Prepare families and communities prior to emergencies and assist neighbors during an emergency when first responders are not immediately available



How did CERT get started?

- Idea came out of Mexico City earthquake in 1985
 - Volunteers are credited with more than 800 successful rescues. Unfortunately, more than 100 untrained volunteers died during the 15-day rescue operation
- CERT created by LAFD in 1986
- FEMA adopted & expanded CERT into a national program
- All 50 states, 3 territories and many foreign countries have adopted CERT as their training standard



What disasters may occur in Lamorinda?



Earthquake



Fire



Flood



HazMat



Terrorism

Who will be there to help?

- Limited First Responders
- *Family helping family*
- *Neighbors helping neighbors*
- ***CERT***
- Ham Radio Operators
- Convergent volunteers

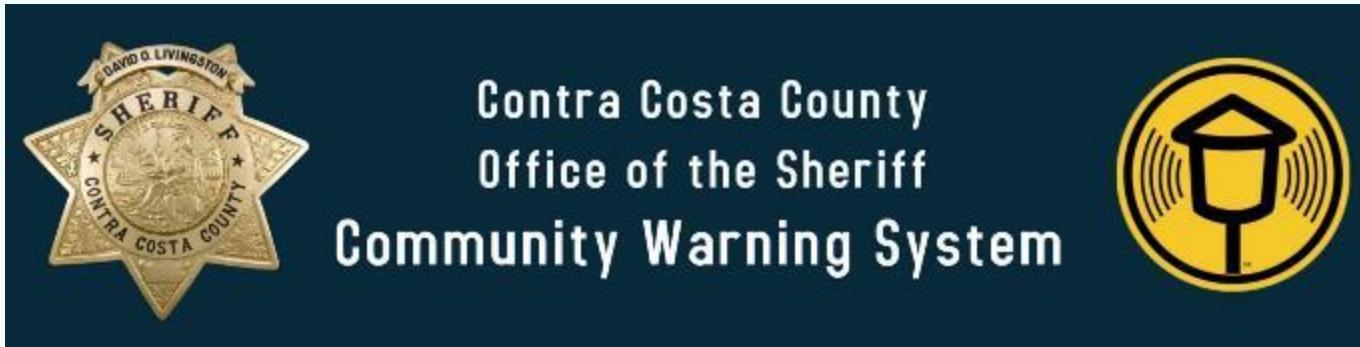


Pre-Disaster, how could I Prepare?

- Register with **Community Warning System (CWS)**
<https://cwsalerts.com> alerts for *life* threatening events such as fire evacuations
- Lafayette's Community Information & Emergency Radio Station AM 1670
- Red Flag Warnings
- Genasys Protect – <https://protect.genasys.com> - Know your zone
- Putting Down Roots in Earthquake Country
www.earthquakecountry.org/resources



Community Warning System



1. Go to <https://cwsalerts.com>
2. Go to “Contacts” in your cell phone and add CWS as a contact. Phone number 925-655-0195
3. If you have an iPhone, scroll down to “Ringtone”, turn the Emergency Bypass to “on”
4. Set Ringtone to Sound: Alarm

Pre-Disaster, how could I Prepare? (cont.)

- Pack Go-Bags for each member of the family
- Lamorinda Resident's Guide to Wildfires
<https://lamorindacert.org/evacuate/documents/LRGWPE.pdf>
- Purchase & fill emergency drinking water barrels – CERT recommends 2-gal/person/day for 30 days.
<https://supplies.lamorindacert.org>
- Purchase & learn to use fire extinguishers



Personal Emergency Preparedness

- A **Go-Bag** for each member of the household stored near your vehicle with essential items for 3 days:
 - ✓ Sturdy, closed toe shoes
 - ✓ Socks & underwear
 - ✓ Long pants, Long sleeve shirt
 - ✓ Jacket, Hat
 - ✓ N95 Masks (4-8)
 - ✓ Flashlight, Cell charger & cables
 - ✓ Toiletry kit including medications for a week
 - ✓ Spare eyeglasses & sunglasses
 - ✓ Pocket knife, gloves
 - ✓ Protein bars or quick food items
 - ✓ Water filter or purification tablets
- Keep electronics (cell phone, tablet, laptop with chargers) plugged in, but all together, and ready to grab and go.



Lamorinda CERT Water Drums



- Go to <https://supplies.lamorindacert.org>
- Water Drum sale is open now for local delivery
- Drums come in 5 and 55 gallon sizes
- One 55-gallon drum will have approximately enough water for 1 person for 1 month or 4 people for 1 week

Plan Prepare Practice

- Have an out-of-state contact for all members of your family to connect with during a disaster.
- Walk outside & in your home to determine how you might make items stay put during an earthquake.
- Have a first aid kit & know how to use the contents.
- Learn to use a GMRS or HAM radio for two-way communication if/when cell services are unavailable.
- Harden your home against wildfire. Find tips at www.mofd.org.



Plan Prepare Practice

- Make an evacuation plan for your home and practice it!
- Save important documents to the cloud or a thumb drive in a separate place.
- Have a go-bag for each member of your family including pets.
- Have go-bags at your office and in your vehicle.
- Become CERT trained!



Where can we get training?

- **Lamorinda CERT** <https://classes.lamorindacert.org>
- **American Red Cross** <https://www.redcross.org>
 - CPR/AED
 - First Aid
- [Ready.gov](https://www.ready.gov)
- **FEMA** <https://training.fema.gov>
- **USGS** <https://earthquake.usgs.gov/learn>
 - Great Shake Out Exercise



CERT Basic Training

- Next Class Series - starts September 15, 2026, for 9 consecutive Tuesday evenings, 6:30 - 9:30 pm at the Lafayette Community Center
- To register - go to <https://classes.lamorindacert.org>
- Registration fee - \$40 that partially pays for your CERT gear, a starter medical kit, and all classroom training aids
- Participant's Manual – optional but highly recommended



What to expect in CERT class

- Personal and Home Preparedness
- CERT Organization and Teams
- Communications / Radios
- Utilities, Hazardous Materials, and Fire Suppression
- Medical Basics including Triage and Trauma First Aid
- Light Search & Rescue and Cribbing
- Pets In Disasters
- Disaster Psychology
- Terrorism Awareness
- Hands-on exercise



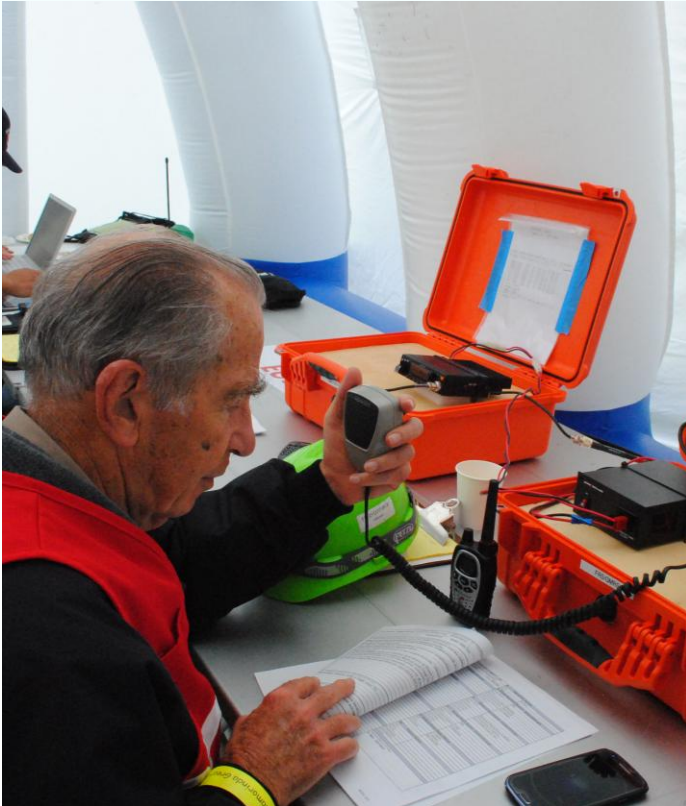
What to expect in CERT class

CERT Organization and Team Building



What to expect in CERT class

Communications / Radios



What to expect in CERT class

Fire Suppression



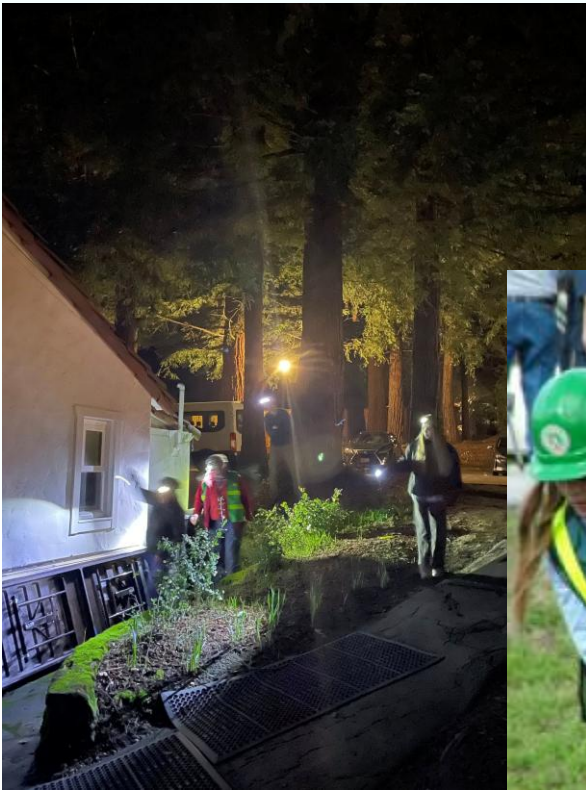
What to expect in CERT class

Disaster Medical Triage and Aid



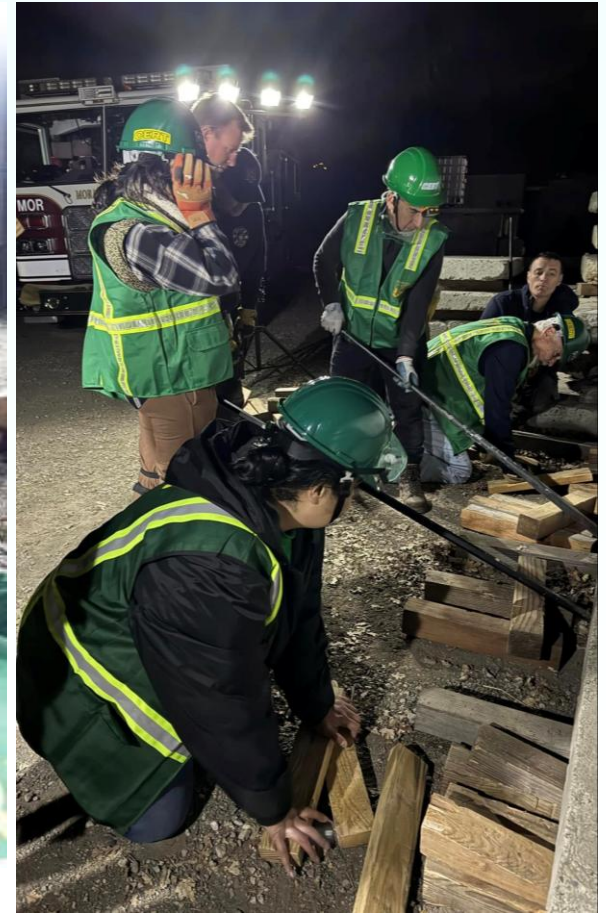
What to expect in CERT class

Light Search and Rescue



What to expect in CERT class

Cribbing



What to expect in CERT class

Pets in Disasters

LOST

Please help us find this animal:



Species: Canine	Breed: Brittany	Sex: Female, spayed
Colors: White / Orange	DOB: 03/2013	Collar/Tags: Patterned nylon collar with ID, Rabies tag and license
Weight: 29 lbs	Micro Chip: AVID*014*017*782	

Last seen:

If you have any information pertaining to this animal, please contact:

Name: Lorem and Ipsum Dolor
Address: 1234 Consectetur Ln
Blandit CA 90909

Phone Numbers: (625) 123-4567
(529) 766-9876

Please do not remove this poster. Write down the information.

Lamorinda CERT

CERT Goal:

*Do the Greatest Good
for the Greatest Number*

CERT Motto:

*Hope for the best but
plan for the worst!*



TEN MINUTES BEFORE THE PARTY
IS NOT THE TIME TO LEARN
TO DANCE



Thank You!

- Lamorinda CERT is sponsored by the Moraga Orinda Fire District. We are all volunteers. 😊
- Funding is by the Lamorinda CERT Foundation, a 501(c)(3) public charity, through our sales of water drums and fire extinguishers and donations.

