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 Command Logistics Staging Fire S & R Medical "M" Tx Area "D" Tx Area Morgue Time & Date of Search CERT Important Info (Agency Dead, victims, doing

Area Searched

search)

hazards)

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

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!



If your home and neighborhood are stable and you want to do more, contact your local Minneapolis Fire Department.



www.ci.minneapolis.mn.us/emergency/CERT Home.asp

FIRE

Common Combustibles Flammable Liquids

C =Energized/Electrical

A =

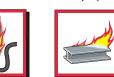
B=

D =Combustible Metals

PASS = $\underline{\mathbf{P}}$ ull the pin, $\underline{\mathbf{A}}$ im at the base of the fire, Squeeze the trigger hard, Sweep from one side of the fire to the other slowly









move to your voice, these people probably don't need immediate treatment & are tagged "M" (Minor). Next, proceed to people who haven't moved and begin Triage

RESPIRATION Look, listen, & feel. If not breathing

not breathing mark/tag " DEAD " and move on. If breathing count the rate. If greater than 30/min. mark/tag "I" (Immediate) If less than 30/min. go on and assess

PERFUSION

Bleeding

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 I



"I" (Immediate). If color comes back quickly, in less

OR Check Radial Pulse. NO = " I "

than 2 sec., go on to Mental Status

YES = go on to Mental Status

Have the victim follow simple

commands. If disoriented or unable

to follow simple commands mark " I "

(Immediate).

open the airway (Head tilt/chin lift) If

commands, is oriented & has passed still not breathing repeat above. If still

all tests, mark "D" (Delayed)

Treat all Immediate patients for shock:

necessary.

Lie flat, elevate legs and maintain body temperature. Transport all patients as soon as possible. Immediate first. Do

not move the DEAD unless absolutely

slowly, greater than 2 sec., mark/tag

MENTAL STATUS

SHOCK

If follows simple

"M" Minor

Don't forget to reassess them.

Go on to the Head-to-Toe Examination