![Cuyahoga County Medical Reserve Corps logo]

Training Checklist and Course Descriptions

Remember to update your profile on Ohio Responds to include your latest training. One approved training course every three years is required to remain on the Registry and maintain liability protection. https://www.ohioresponds.odh.ohio.gov/

☐ **Fundamentals of Emergency Management**
Prerequisites: None
Classroom (Based on IS-230.b)
Course length to be determined

This course introduces you to the fundamentals of emergency management (EM) as an integrated system, and how its resources and capabilities can be networked together for all hazards.

At the end of the course, you will be able to (1) Explain the all-hazard emergency management process that integrates all levels of government, voluntary, and business assets; (2) Explain the roles of government, individuals, and families in emergency management; (3) Explain what individuals and families can do to protect themselves in emergencies; (4) Describe the elements of an emergency management program; (5) Discuss the roles of individuals and organizations, as well as their relationship with one another, in emergency management; (6) Explain the importance of networking in emergency management; (7) Explain the social, political, and economic implications of a disaster; (8) Describe alternate models for organizing emergency management programs.

☐ **IS-22 Are You Ready? An In-depth Guide to Citizen Preparedness**
Prerequisites: None
Online and Classroom – Federal Emergency Management Agency (FEMA)
http://training.fema.gov/EMIWeb/IS/is22.asp

This course will help the citizens of this nation learn how to protect themselves and their families against all types of hazards. It can be used as a reference source or as a step-by-step manual. The focus of the content is on how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect people and their property. Also included is information on how to assemble a disaster supplies kit that contains food, water, and other supplies in sufficient quantity for individuals and their families to survive. At the end of this course, you will be able to (1) Get informed about hazards and emergencies that may affect you and your family; (2) Develop an emergency plan; (3) Collect and assemble a disaster supplies kit; (4) Learn where to seek shelter from all types of hazards; (5) Identify the community warning systems and evacuation routes; (6) Include in your plan required information from community and school plans (7) Learn what to do for specific hazards; and (8) Practice and maintain your plan.

❐ **IS-700 National Incident Management System An Introduction**
Prerequisites: None
Online and Classroom – Federal Emergency Management Agency (FEMA)
http://training.fema.gov/EMIWeb/IS/is700a.asp

This course introduces and overviews the National Incident Management System (NIMS). NIMS provides a consistent nationwide template to enable all government, private sector, and non-governmental organizations to work together during domestic incidents. At the end of this course, participants will be able to (1) Describe the intent of NIMS; (2) Describe the key concepts and principles underlying NIMS; (3) Describe the purpose of the NIMS Components including: Preparedness, Communications and Information Management, Resource Management, and Command and Management; and (4) Describe the purpose of the National Integration Center.

❐ **IS-100 Introduction to the Incident Command System**
Prerequisites: IS-700 Recommended
Online and Classroom – Federal Emergency Management Agency (FEMA)
http://training.fema.gov/EMIWeb/IS/IS100b.asp

ICS 100, Introduction to the Incident Command System, introduces the Incident Command System (ICS) and provides the foundation for higher level ICS training. This course describes the history, features and principles, and organizational structure of the Incident Command System. It also explains the relationship between ICS and the National Incident Management System (NIMS). At the end of this course, participants will be able to (1) Demonstrate basic knowledge of ICS; and (2) Be prepared to coordinate with response partners from all levels of government and the private sector. You will be familiar with ICS applications, organizational principles and elements, positions and responsibilities, facilities and functions, and planning.

❐ **Psychological First Aid**
Prerequisites: None
Online – National Child Traumatic Stress Network (NCTSN)
http://learn.nctsn.org/course/category.php?id=11

PFA online includes a 6-hour interactive course that puts the participant in the role of a provider in a post-disaster scene. This professionally-narrated course is for individuals new to disaster response who want to learn the core goals of PFA, as well as for seasoned practitioners who want a review. It features innovative activities, video demonstrations, and mentor tips from the nation's trauma experts and survivors.

❐ **Disaster Services Overview**
Prerequisites: None
Classroom – American Red Cross

This course will provide information about ways participants can help their community prevent, prepare for, and respond to emergencies and disasters. Participants also learn about volunteer opportunities at their local Red Cross chapter. At the end of this course, participants will be able to (1) Explain how disasters affect people and communities; (2) Describe how the community, including the American Red Cross, works together in disaster preparedness and response; (3) Describe the services the Red Cross provides to people affected by disaster and the principles that guide Red Cross workers in disaster relief situations; (4) Identify resources for personal preparedness; and (5) Determine how to help their community prepare and respond to disasters.

❐ **Shelter Operations**
Prerequisite: Disaster Services Overview
Classroom – American Red Cross

This course will prepare volunteers of the Red Cross and other agencies to manage shelter operations effectively and sensitively as a team while meeting the needs of people displaced as a result of a disaster. At the end of this course, participants will be able to (1) Describe the procedures for opening, operating and closing shelters; (2) Explain ways to demonstrate quality service; (3) Organize available human resources as a shelter operations team; (4) Identify resources available to assist shelter workers; and (5) Organize the physical facility and material resources to meet the needs of the people in the shelter.

❐ **Shelter Simulation**
Prerequisite: Shelter Operations
Classroom – American Red Cross

This course will provide participants with an opportunity to apply the knowledge, skills, and abilities required to operate a successful shelter. At the end of the course, participants will be able to (1) Demonstrate shelter opening, operating and closing procedures; (2) Identify and use available resources to assist shelter workers; (3) Work as a team to provide quality shelter services to clients; and (4) Address common shelter problems effectively.

❐ **Food Safety Training**
Prerequisites: None
Classroom – Cuyahoga County Board of Health

This course will provide participants with the information they need to handle food safely from purchase to service. It highlights special needs clients and food   preparation under emergency conditions. At the end of the course, participants will be able to (1) Wash their hands effectively and maintain hygienic conditions in food service areas; (2) Cook, cool, and reheat food at safe temperatures; (3) Handle food safely under emergency conditions; (4) Prepare and deliver food outdoors; and (5) Avoid common food allergens.

❐ **Heartsaver Bloodborne Pathogens**
Prerequisites: None
Classroom – American Heart Association

This course will teach the participants how to protect themselves and others from being exposed to blood or blood-containing materials. At the end of this course, participants will know (1) how to reduce the chance of exposure to bloodborne pathogens; and (2) what to do if you are exposed to bloodborne pathogens

❐ **Heartsaver AED (Lay Responder) or Healthcare Provider (Healthcare Professional)**
Prerequisites: None
Classroom – American Heart Association

These courses will provide participants with the knowledge and skills necessary to give first aid to adults, children, and infants who have suffered cardiac arrest or breathing emergencies. At the end of the course, participants will be able to (1) determine scene safety; (2) assess victims to determine the first aid actions that are appropriate; (2) use a breathing barrier; (3) perform chest compressions and rescue breaths (CPR); (4) use an automated external defibrillator; and (5) relieve choking.

❐ **Heartsaver First Aid**
Prerequisites: None
Classroom – American Heart Association

This course will provide the participants with the knowledge and skills necessary to give care to someone with an illness or injury until trained help arrives and takes over. At the end of this course, participants will be able to (1) explain what first aid is; (2) explain the contents of a first aid kit; (3) tell how to stay safe when giving first aid; (4) tell how to keep the victim from further injury; (5) show how to put on and take off protective gloves; (6) tell how to phone for help; (7) assess a victim to determine the first aid actions that are appropriate; (8) list the signs and first aid actions for breathing problems; bad allergic reactions; heart attack; fainting; diabetes and low blood sugar, stroke, seizures, shock, external and internal bleeding; head, neck, and spine injuries; bone, joint, and muscle injuries; burns and electrocution; bites and stings; and heat and cold-related emergencies.