



Nutrition and Aging Resource Center

Emergency Preparedness and Response Training

This document summarizes emergency preparedness and response training courses that are appropriate for the aging services network. The first four training options can be found on FEMA's [Training & Education webpage](#) under the Individuals and Communities section. The last (fifth) training is from the Administration for Strategic Preparedness & Response, part of HHS.

Organizations Preparing for Emergency Needs (OPEN)

This [Organizations Preparing for Emergency Needs \(OPEN\)](#) training is designed to empower community-based organizations (CBOs) to better prepare for emergencies so they can remain operational and continue to serve the community when incidents occur. OPEN focuses on the following 10 preparedness actions and disaster response plan guidance:

- Identify the people you serve.
- Understand risk.
- Mitigate risk.
- Determine essential activities.
- Consider supply chain.
- Safeguard critical information.
- Establish a communications plan.
- Cross-train key individuals.
- Formalize plans.
- Regularly test and update plans.

OPEN is a 40-minute self-guided online training. Participants will have access to resources and be able to download their certificate of completion. OPEN also includes downloadable instructor materials that enable the participant to become a community trainer of OPEN. Using the instructor materials, the participant (now

trainer) can guide others on how to identify risks, locate resources, and take preparedness actions. Instructor materials include an instructor guide with talking points and preparation tips, presentation slide deck, training flyer, promotion kit, videos, and graphics.

You Are the Help Until Help Arrives

The [You Are the Help Until Help Arrives](#) training teaches people how to act immediately when life-threatening emergencies happen. The training is designed for individuals rather than organizations. This training focuses on five simple steps to take to help others. Taking these five steps when an incident occurs can save a life or sustain the affected person until emergency responders arrive:

- Call 9-1-1.
- Stay safe.
- Stop the bleeding.
- Position the injured.
- Provide comfort.

This training is online, self-paced, and comprised of approximately 60 slides. The training includes an interactive learning video, which is a tool for participants to practice the five steps learned in the training. Participants may also download their certificate of completion and instructor materials – which come with an instructor guide, presentation deck, and fact sheet – so that the training can be disseminated in the community.

Community Emergency Response Team (CERT) Trainings

Community Emergency Response Team (CERT) trainings are focused on training volunteers to be part of a larger emergency response network. CERT is a national initiative that involves professional emergency response planners and first responders.

CERT Basic Training Course: Introduction & Unit Overview

Community Emergency Response Team (CERT) volunteers learn to support emergency response professionals and their communities through preparation, helping themselves, and assisting others during disasters. CERT's broader goals are volunteer training, emergency response practice, and emergency response

deployment. The [Introduction & Unit Overview webpage](#) provides instructor guides and participant manuals for each of the nine training units.

CERT will equip volunteers to assist until help arrives. The training covers basic skills that are important for emergency response volunteers to have when emergency services are not available. It provides a structured way for volunteers to deliver help within their communities while first responders handle more dire situations or until first responders arrive. Volunteers also can be eyes and ears for first responders. CERT volunteers can improve community resiliency after disasters.

CERT Guide to Community Preparedness

The [Guide to Community Preparedness](#) is a four-lesson online course that takes approximately 45 minutes. It focuses on emergency management preparedness and ensures that CERT volunteers have community engagement tools for preparedness planning and action. This course includes a workbook that contains activities, discussions, and additional information. It can also be used as a reference guide to coordinate preparedness activities and find preparedness products and courses.

HHS/ASPR: Addressing the Needs of Older Adults in Disasters

[Addressing the Needs of Older Adults in Disasters](#) is a U.S. Department of Health and Human Services (HHS), Office of the Assistant Secretary for Preparedness and Response (ASPR) online training for public health workers and emergency personnel who serve, or have the potential of serving, older adults. It is designed to improve public health and emergency medical responders' capability to address the access and functional needs of community-dwelling older adults in disasters. This course provides information, resources, tools, and strategies to help you assess and address the needs of older adults in common disaster situations, including natural disasters and infectious disease outbreaks.

The training is self-paced and will take approximately 90-120 minutes to complete. The course is accessed through Train.org. Participants will need to create an account, username, password, and profile before being able to access the training.