

# Waldo County EMA & Waldo Civil Defense Association

## Annual Class Schedule for Disaster Preparedness

### Community Emergency Response Team (CERT) Group-Focused Training

Mon	Day	Course	Instructor
Jan	9	CERT Disaster Psychology	Paul Biddle
Feb	13	CERT Terrorism Briefing	Paul Biddle
Mar	13	CERT Disaster Medical Operations – Part 1	Paul Biddle
Apr	10	CERT Disaster Medical Operations – Part 2	Paul Biddle
May	8	CERT Light Search & Rescue	Paul Biddle
Jun	12	CERT Fire Extinguisher	Dale Rowley
Jul	10	CERT Disaster Preparedness	Dale Rowley
Jul	19	CERT End of Class Exercise	Paul Biddle

At each class, if there are attendees who have already completed the topic being taught, a 2<sup>nd</sup> class will be set up in the garage for those who need to make up classes.

### Waldo Civil Defense Association (WCDA) Family and Individual-Focused Training

Mon	Day	Topic	Instructor
Jan	2	First Aid – Bleeding, Burns and Blisters	Paul Biddle
Feb	6	First Aid – Hypothermia and Frost Bite	Paul Biddle
Mar	6	First Aid – Closed and Open Fractures and Dislocations	Paul Biddle
Apr	3	First Aid – Choking, Allergic Reactions, Bites and Stings	Paul Biddle
May	1	First Aid – Head, Neck, Back Injuries and Patient Transport	Paul Biddle
Jun	5	First Aid – Shock, Heart Attack, Stroke, Seizures	Paul Biddle
Jul	3	No Class – Celebrate Independence Day	N/A
Aug	7	First Aid – Dehydration, Heat exhaustion and Heat stroke	Paul Biddle
Sep	4	First Aid – Bruises, Sprains, Strains and Muscle Cramps	Paul Biddle
Oct	2	CPR	Paul Biddle
Nov	6	AED	Paul Biddle
Dec	4	No Class – Holiday Break	N/A

At each class, if there are attendees who wish to complete a different topic, a 2<sup>nd</sup> class will be set up in the garage from the following topics:

- Preparedness 101
- Family Emergency Planning + Home, Work and Car Preparedness Supplies
- Long Term Food Storage
- Neighborhood Emergency Teams
- Amateur Radio
- Two-Way Radio Use/GMRS Radio
- Map Reading (U.S. National Grid)
- EMP Protection/Faraday Cages
- Understanding Radiation and Nuclear Fallout Shelters