

CERT theme song
By Nicki Matyas c 2007

We are your local C-E-R-T (that's CERT)
We're trained for any emergency
With the Firemen and Police
We're the third puzzle piece
For helping out our community

We know the CPR ABC'S
Light search and rescue is our specialty
Our gear is ready to go
We wear green hats so you know
We are here for your family's safety
(they're lime green, chartreuse, whatever.)

Hazardous materials where do we go (upwind, upstream, uphill)
When we're up there what do we need to know?
Assess the situation, make a plan
Decide what action is in demand
With the go-ahead from incident command
(spoken)
Of course, it trickles down through the supervisors, but all you have to do is ask the next person up from your division --- Ahh, you know all that – Fema.gov blah, blah, blah... now back to the song

In a crisis, we establish priorities
We work in groups of two or in groups of three
To put out fires, we use PASS (pull, aim, squeeze, sweep)
We don't sit on our --- (uh, donkey)
And griage is not a French pastry.

Three forms of Triage, immediate, delayed or dead
If they're in shock, raise the feet above the head
Six to eight inches is the best,
Just get the feet above the chest
Throw on a blanket, but don't cover up their head!

(spoken) Head tilt, chin lift do two times
Direct pressure on bleeding wound, hold for five (minutes, that is.)
And burn victims get the cleanest bandages

The signs of shock are a rapid shallow breathe
More than two seconds to refill capillaries
Pull my finger – no wait – squeeze my hand
Can you follow a simple command NO
You're in shock and we'll get you what you need (see previous verse)

Hazardous materials, buildings falling down
Bird flu pandemic (it's coming) Disasters all around!
(spoken) How do we know about it? Why the all weather radio alarm \$26.50 at Discount Drug Mart,
thanks to Firefighter Frank!

We are your local CERT (go cert)
We're trained for any emergency
With the Firemen and Police
We're the third puzzle piece
For helping out our community.
Life safety is our 1st priority!

Thank you John, Nina, Thea & Sally, and all the other volunteer trainers! Do you have your disaster emergency kit ready yet?