

Training Options

CPR / AED / First Aid Training

- American Red Cross is a great option
- Easy access to classes; classes readily available
- Option for classroom (approximately 1 day) or online & classroom (approximately 2 hours)
- Cost – approximately \$100, depending on class format
- This type of training is NOT for a catastrophic emergency, like a major earthquake
- Designed to keep someone alive long enough for paramedics to arrive
- In the event of a major earthquake, it is likely no one will arrive for days
- Sign up through the American Red Cross website (be sure to select Portland as your class location) - <https://www.redcross.org/take-a-class>

Training Options

Wilderness (AKA disaster) Training

- This type of training is designed for a major disaster, when no one is coming
- Two Options
 - WFA – Wilderness First Aid
 - Includes CPR / AED training
 - Class length – 2 to 3 days
 - Cost – approximately \$250
 - Certification that needs to be renewed every 2 years
 - WFR – Wilderness First Responders
 - Includes CPR / AED training
 - Class length – approximately 9 Days
 - Cost – approximately \$750
 - Certification that needs to be renewed every 2 years
- Offered by National Outdoor Leadership School's (NOLS), Wilderness Medicine Institute (WMI)
 - REI and PSU sponsor these classes

Training Options

Wilderness (AKA disaster) Training, continued

- Sign up for a class through the REI website (be sure to select Portland as your class location) – <https://www.rei.com/events/a/wilderness-medicine>
- Sign up for a class through the PSU website – <https://www.pdx.edu/recreation/certification-courses>

Training Options

Neighborhood Emergency Team (NET) Training

- Known as CERT everywhere else
- Uses / modelled after FEMA curriculum
- 30 hours of training over several days / weeks
 - 3 hours dedicated to triage
 - First aid training is very fast and basic; they will recommend participants take a separate first aid training
 - Includes how to assess at a high level the structural integrity of a condominium building*
- No charge for training / certification
 - With certification, you will be asked to buy an emergency kit and join NET (12 hours of volunteer work and 2 NET meetings required per year)
 - Neither are required
- Sign up through the Portland Bureau of Emergency Management website - <https://www.portlandoregon.gov/pbem/31667>

Training Options

PDNA Disaster First Aid Training

- Created by John Warner in partnership with PNCA
- Modelled after WFR curriculum
- High level primer of several topics in either WFA/WFR and/or NET
 - To help individuals identify what deeper trainings they may want/need to take
 - To keep any training you've had fresh
- Class length – 3 to 4 hours
 - No more than 10 to 15 minutes spend on each first aid topic
- No charge for class
- If you are interested in signing up for this training, contact Teresa Jankus at tajankus@gmail.com

Training Options

Mental Health Training

- Offered by Catholic Charities
- Crisis training for day-to-day, but can also be used in a disaster
- Class length – 1 8-hour class, 2 4-hour classes or 4 2-hour classes
 - Since this is a new offering, the class duration and number of classes is flexible and will be based on demand
 - First class could be as soon as October
- No charge for class, but \$20 companion guide is recommended
- If you are interested in signing up for this training, contact Teresa Jankus at tajankus@gmail.com

Training Options

*NET training includes how to assess the structural integrity of a condominium building at a sufficient enough level to determine if residents can shelter in place but not at a professional level or specific to any building.

These are options for a more in-depth assessment of the Elizabeth:

- Applied Technology Council – atccouncil.org
- ATC20 class
- Hire a structural engineer to specifically analyze the Elizabeth and identify areas of potential structural weakness to check in the event of a disaster