

FREE!



FREE!

The San Mateo Fire Department Presents
**COMMUNITY EMERGENCY
RESPONSE TEAM (CERT) TRAINING**

Here is your opportunity to become a trained member of "CERT", the City of San Mateo's Community Emergency Response Team. Participants in this 25-hour series of classes will learn how to develop neighborhood teams while cross-trained in basic emergency skills. Classes are held at the San Mateo Senior Center (2645 Alameda de las Pulgas) from **6:15 to 8:45pm**. Skills Development & Mock Earthquake Exercise will be held on the Saturday, November 3rd, 2018, 9:00am to 4:00 pm at Fire Station 23.

Disaster Awareness and Preparedness

CLASS ONE: Tuesday, September 18th

- All About CERT
- Earthquake type, magnitude, history and probability
- How to prepare before it happens
- What to do when the earth starts to shake

Basic Disaster Skills

CLASS TWO: Tuesday, September 25th

- Natural gas, water and electrical controls: why, when and how to shut them off
- Types of fire and use of extinguishers
- Hazardous materials at home or work and on the road

Disaster Medical Part I

CLASS THREE: Tuesday, October 2nd

- Open airways, stop bleeding and control shock
- START triage
- Disaster Psychology

Disaster Medical Part II

CLASS FOUR: Tuesday, October 9th

- Health considerations for the rescuer
- Stopping bleeding and controlling shock
- Apply splints to arms and legs.

Light Search and Rescue

CLASS FIVE: Tuesday, October 16th

- Classify damaged buildings & Search and rescue
- Lifting heavy objects and Victim carries
- WMD/Terrorism

Team Organization and Management

CLASS SIX: Tuesday, October 23rd

- Disaster plans and where CERT fits in
- CERT Incident Command System; managing a disaster
- CERT Documentation

San Mateo Police Department Tour

CLASS SEVEN: Tuesday, October 30th

- Terrorism
- Neighborhood Watch
- Tour of this state of the art facility
- Communicating with SMPD via Twitter, Nixle

Skills Development and Mock 'Quake Exercise'

SKILLS DAY / GRADUATION: Saturday, November 3rd

- Extinguishing fires
- Triage and treating victims
- Extricating a victim trapped by heavy timbers
- Interior search for reported missing persons

**For more information, or to register, visit www.sanmateorec.com
(Course # 542602-A1) or www.sanmateocert.org, or call 650-522-7916**