



# Foster City CERT

## Continuing Education Program



Welcome to the Foster City CERT (Community Emergency Response Team) Program! CERT members are taught by Foster City Fire Department personnel in basic fire suppression, utility control, light search and rescue and disaster medical, disaster psychology, incident management and communication. The training involves seven evening sessions and one Saturday for a total of 25 hours. This training consists of interactive training, lectures and concludes with a hands on training. After graduating from the Foster City CERT Program, members become part of our dynamic CERT Community. Foster City is divided into 3 areas, with 3 neighborhoods each (totally 9 neighborhoods). Neighbors train together and play together — forming bonds of friendship. Our mission statement is “Neighbors Helping Neighbors!” In addition to strong neighborhood connections, the Foster City CERT Program offers a Continuing Education program to help CERT’s remain current on their skills and even learn new ones! Most of our Continuing Education classes are taught by our Training Group (CERT members who are certified to train!) and are offered in a variety of topics, including: Bomb Squad, CERT Seniors, Advanced Medical, Leadership Training, and many more! By joining the Foster City CERT Community, you’ll be prepared to help yourself, your family and your neighbors in the event of a disaster! Below is a sampling of the continuing education classes we offer. On the back page you’ll find the current yearly calendar (the classes we offer changes on an annual basis.

**For more information or to register for CERT, please call: (650) 286-3350,  
email: [cert@fostercity.org](mailto:cert@fostercity.org) or visit: [www.fostercitycert.org](http://www.fostercitycert.org)**

### **Disaster Management Game**

Learn about how to manage CERT teams and disaster response using an exciting game!

### **Pet Preparedness**

Learn how to care for our 4-legged friends during a disaster!

### **Cribbing / Lifts and Carries**

Practice technique of cribbing and lifts and carries to help remove victims in a disaster.

### **Advanced Medical**

Get even more life-saving skills to help assist victims during an disaster!

### **Traffic Control**

Hear about how CERT can assist the Foster City Police Department and be an asset to Police, as well as traffic safety tips!

### **Splinting and Bandaging**

Practice bandaging wounds and splinting limbs—life saving techniques during a disaster.

### **Radio Setup and Practice**

Learn about FRS Radios and get valuable hands-on practice.

### **Household Hazardous Materials**

Be home safe! Understand the hazards that can lurk under your sink!

### **Disaster Preparedness**

Get yourself home prepared and learn about creating a disaster recovery kit and plan!

### **Triage**

Practice Triage—a life-saving process for sorting victims during a mass casualty incident.

### **ICS & Activations**

Being first on scene can be daunting—learn how to manage a disaster using the Incident Command System!

### **Fire safety**

Practice fire safety techniques from Foster City Firefighters!

### **Shift Happens**

Learn from a former expert with the USGS about our shifting earth and earthquake awareness.

### **Building Assessment**

Learn how to properly assess damaged buildings to help officials get up-to-date information after a disaster.

### **CERT for Everyone**

Foster City has a vibrant senior community, learn how to get them involved in emergency preparedness!

# 2016 Continuation Education Schedule

Date	City Sponsored
January	
February 4	Traffic Control
March 3	ICS & Activations
April 14	Silver Dragon
May 5	Disaster Psychology
June 2	County Corner / A&W
July 7	Fire /Search Rescue/ Cribbing @ the Foster City Corp Yard
August 4	Hazardous Materials / Disaster Preparedness/ Practical tips
September 1	Red Cross
October 6 October 1	Pet Preparedness Fire & Police Open House
November 3	Building Assessment
December	

Date	Neighborhood Sponsored	Area
January		
February 16	Basic Radio / Forms	A
March 12	"Get me Outta Here!" - S&R	C
April 30	Spring Skills Day	B
May 21	"Who's next" - Triage	C
June 21	Trailer set-up & tear down	A
July 23 July 30	Ice Cream Social Gilead Skills Day	A
August 17	"Owies 101" - Disaster Medical	C
September 10	FC Walking Tour (utilities & hazards)	B
October 22	Fall Skills Day	
November 16	Advanced Forms & Radio	B
December	Holiday Parties	

*Classes and Dates may change - always wait for the email to sign-up.*