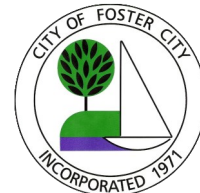


FREE!



FREE!

The Foster City Fire Department Presents

COMMUNITY EMERGENCY RESPONSE TEAM (CERT) TRAINING

Here is your opportunity to become a trained member of "CERT," the City of Foster City'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. Don't underestimate your abilities; everyone brings skills to the CERT program! Classes are held at the Foster City Fire Department, 1040 E. Hillsdale Blvd. from **6:30 to 9:00pm**. Skills Development & Mock Earthquake Exercise will be held on Saturday, October 22, 2016, 7:30am to 4pm. CERT Training is **FREE** and open to residents of Foster City. *The deadline to register is August 31, 2016.*

Earthquake Awareness and Preparedness

CLASS ONE: Wednesday, September 7

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

Disaster Medical Part I

CLASS THREE: Wednesday, September 21

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

Light Search and Rescue

CLASS FIVE: Wednesday, October 5

- Classify damaged buildings
- Search and rescue
- Lifting heavy objects and victim carries

CERT Communications

SUPPLEMENTAL CLASS: Wednesday, October 19

- Composing emergency messages
- Hands-on practice with FRS Radios
- CERT gear
- Working with the Police Department

Basic Disaster Skills

CLASS TWO: Wednesday, September 14

- 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 II

CLASS FOUR: Wednesday, September 28

- Minor burns
- Apply splints to arms and legs
- Practicing Disaster Medical skills

CERT Organization / Terrorism

CLASS SIX: Wednesday, October 12

- CERT Incident Command System
- WMD/Terrorism
- CERT Documentation

Skills Development and Mock 'Quake Exercise

CLASS SEVEN: Saturday, October 22

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

**For more information about CERT or to register,
please call (650) 286-3350 or email cert@fostercity.org
Visit us on the web at www.fostercitycert.org**