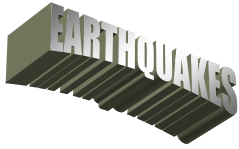




The City of San Mateo Fire Department  
Office of Emergency Services Presents



Community Emergency Response Team  
(CERT) Training



**FREE!**

Here is your opportunity to become a trained member of "CERT", the City of San Mateo's Community Preparedness Program. Participants in this 18-hour series of classes will learn how to be a part of neighborhood response teams, cross-trained in basic emergency skills. Each class emphasizes skills that will be practiced during a hands-on session at the Fire Department Training Center.

**Course Number: 46095**



**Tuesday January 26, 2010**

**Disaster Awareness and Preparedness**

- Disaster types, history and probability.
- How to prepare before it happens.
- What to do when a disaster strikes.

**Tuesday February 2, 2010**

**Basic Disaster Skills**

- Natural gas, water and electrical controls: why, when, and how to shut them off.
- Types of fire, how and when to use an extinguisher.
- Hazardous materials in the home, on the road, and in the workplace.

**Tuesday February 9, 2010**

**Medical**

- Health considerations for the rescuer.
- Opening the airway.
- Stopping bleeding and controlling shock.
- START triage.
- Burns, fractures, and other injuries.

**Tuesday February 16, 2010**

**Light Search and Rescue**

- Different types of construction and where to look for damage.
- How to classify damaged buildings.
- Building marking system.
- Interior search patterns.
- Lifting heavy objects and mechanical advantage.
- Victim carries.

**Tuesday February 23, 2010**

**Team Organization and Management**

- Documentation.
- CERT Incident Command System; managing the disaster.
- Disaster psychology.
- Communications

**Saturday February 27, 2010**

**Skills Development and Application**

- Extinguishing fires.
- Triaging and treating victims.
- Extricating victims trapped by heavy timbers.
- Interior search for reported missing persons.
- Course Review.
- Graduation Ceremony.



All classes will be held at the San Mateo Senior Center, 2645 Alameda de las Pulgas, from 6:30 PM to 9:00 PM. Please note: the Skills Development & Application Class, will be held at Fire Station 23, 31 W. 27<sup>th</sup> Avenue, San Mateo from 9:00 AM to 3:30 PM.

**Please wear comfortable shoes and clothing to the last class.**



**To register in person, visit the recreation center front counter, or register online at [www.erecreg.com](http://www.erecreg.com)  
For more information about CERT classes, please call (650) 522-7960 or visit [www.sanmateocert.org](http://www.sanmateocert.org).**