



The City of Millbrae and Central County Fire

Present



Community Emergency Response Team Training (CERT)

FREE!

FREE!

Here is your opportunity to become a trained member of “CERT”, the City of Millbrae Community Preparedness Program. Participants in this 20-hour series of classes will learn how to be 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 Chetcuti Room, Millbrae Community Center Great Room and Millbrae Fire Station # 37.

<p>Tuesday, January 22, 2019 <i>Disaster Awareness, Fire Safety & Utility Control</i></p> <ul style="list-style-type: none"> • Disaster types, history and probability • How to prepare before it happens • What to do when a disaster strikes • Natural gas, water and electrical controls • Types of fire & use of extinguishers to put fire out <p>GREAT ROOM 623 Magnolia</p>	<p>Tuesday, January 29, 2019 <i>Medical Part I</i></p> <ul style="list-style-type: none"> • Treat Life – Threatening Conditions • Triage – Public Health Considerations • Disaster Medical Operations • Establishing Treatment Areas
<p>Tuesday, February 5, 2019 <i>Medical Part II</i></p> <ul style="list-style-type: none"> • Head-to-toe assessments • Opening the airway • Stopping bleeding and controlling shock • Triage, burns, fractures and other injuries 	<p>Tuesday, February 12, 2019 <i>Light Search and Rescue</i></p> <ul style="list-style-type: none"> • Different types of construction and where to look for damage; building marking system • Interior search patterns • Lifting heavy objects and mechanical advantage • Victim carries
<p>Tuesday, February 19, 2019 <i>CERT Communications</i></p> <ul style="list-style-type: none"> • Communications 101 • Composing emergency messages • Hands on practice with MURS Radios 	<p>Tuesday, February 26, 2019 <i>Disaster Psychology, CERT Organization and Management</i></p> <ul style="list-style-type: none"> • Disaster Psychology • CERT Incident Command System; managing the disaster and documentation • Disaster plans and where CERT Fits in <p>GREAT ROOM 623 Magnolia</p>
<p>Tuesday, March 5, 2019 <i>Terrorism & Refresh</i></p> <ul style="list-style-type: none"> • What is Terrorism? • Terrorist targets • Preparing at home and work • Refresh for “Skills Day” 	<p>**Saturday, March 16, 2019** <i>Skills Development and Application</i></p> <ul style="list-style-type: none"> • Extinguish fires • Triage and treating victims • Extricating victims trapped by heavy timbers • Interior search for reported missing persons • Course Review-Graduation Ceremony

Classes will be held in Millbrae at the Chetcuti Room, 450 Poplar Ave. or at Millbrae Community Center Great Room, 623 Magnolia from 6:30 to 9:00 PM. The last class, ****Skills Development & Application****, will be held at Fire Station #37, 511 Magnolia Avenue in Millbrae on Saturday, March 16th, 8:00 AM to 3:30 PM.

Please wear comfortable shoes and clothing to the last class

FREE! To register please visit: bit.ly/CERTWINTER19

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