



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. All classes are held on Wednesdays at the Foster City Fire Department, 1040 E. Hillsdale Blvd., from 6:30 to 9:00pm, except for Skills Development & Application, which will be held on Saturdays from 8:00am to 12:15pm and the **Earthquake Drill, held on September 25**. Students can choose either (first come, first serve) the AM drill (8:00am to 12:15pm) or the PM drill (1:00 to 5:00pm). CERT Training is **FREE** and open to residents of Foster City.

**For more information about CERT or to register, please call (650) 286-3350 or email [fire@fostercity.org](mailto:fire@fostercity.org)**



## 2010 CERT Class Schedule

### Session One

February 3, 10, 17, 24, March 3, 10, 17 & 20

### Session Two

April 7, 14, 21, 28, May 5, 12, 19 & 22

### Session Three

June 23, 30, July 7, 14, 21, 28, August 4 & 7

### 2010 Earthquake Drill

September 25

# CERT Class Program

## Class 1: Earthquake Awareness

- Earthquake type, magnitude, history and probability
- What to do when the earth starts to shake

## Class 2: Basic Disaster Skills

- Natural gas, water and electrical controls: why, when, and how to shut them off
- Types of fire and use of extinguishers to put the fire out

## Class 3: Disaster Medical Part I

- Health considerations for the rescuer
- Opening airways, stopping bleeding and controlling shock
- START triage
- Disaster Psychology

## Class 4: Disaster Medical Part II

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

## Class 5: Light Search and Rescue

- Conducting search and rescue operations
- Lifting heavy objects and mechanical advantage
- Victim carries
- Hazardous materials WMD/Terrorism

## Class 6: CERT Communications

- Proper use of FRS Radios
- Composing emergency messages
- Hands-on practice with FRS Radios

## Class 7: Team Organization & Management

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

## Class 8: Skills Development & Application

- Extinguishing fires
- Triage and treating victims
- Search and rescue
- Extricating a victim trapped by heavy timbers
- Interior search for reported missing persons
- Award of achievement and course evaluation

## Class 9: 2010 Class Earthquake Drill

- Held on Saturday, September 25, 2010
- AM Drill runs from 8:00am to 12:15pm
- PM Drill runs from 1:00pm to 5:00pm
- All 2010 New CERT members will participate