

CERT TRAINING

Target Audiences

Neighborhoods Businesses
Communities of Faith
Scouting Organizations
School Staff/Students
Clubs/Organizations

CERT TRAINING

Class Subjects

Class 1- Disaster
Preparedness
Class 2- Fire Safety
Class 3- Medical Operations 1
Class 4- Medical Operations 2
Class 5- Light Search &
Rescue
Class 6- CERT Organization
Class 7- Disaster Psychology
Class 8- CERT & Terrorism



For more information or to register for the CERT class contact the Pacifica Police Department:

cert@pacificapolice.org

or call **(650) 738-7314**

Ask for the
CERT Coordinator,
Capt. Joe Spanheimer



North County CERT Training



CERT classes are held twice a year beginning in August and in January.

They are held on Thursday evenings 6:30 pm until 9:00 pm at the Pacifica Police Department 2075 Coast Hwy. Pacifica, CA 94044

Classes consist of 7 Thursday night sessions followed by one Saturday morning session which is a final review and exercise.

PREDICTION OR PREPAREDNESS

Earthquakes, flash floods, tornadoes, or winter storms are just some examples of unpredictable disasters.

Where will your family be when disaster strikes? At work, school, shopping or in the car? How will you find each other or know if your children are safe?

Disasters occur suddenly, without warning and can force you to evacuate your neighborhood or be confined to your home.

While very few people have the ability to predict disasters, everyone has the ability to prepare for them. Knowing what to do is your best protection. Families can and do cope with disasters by preparing in advance and working together as a team.

Would you be prepared if basic services such as water, gas electricity or telephones were cut off?

Local officials and emergency workers would be on scene after a disaster, but it would be impossible to help everyone immediately. You should keep enough supplies in your home to meet your needs for at least 72 hours.

PREPARE FOR ALL EMERGENCIES

Pacifica is prone to many disasters. Any preparedness measures taken will help dealing with most emergencies. Some key things you can do:

- Make copies of important personal/business documents and store them in a safe place.
- Identify a local and out of state contact so family and friends can communicate with you during an emergency.
- Develop an individual / family / business emergency plan.
- Plan for a meeting place if you cannot meet at home
- Discuss what children should do if at school
- Coordinate with neighbors for pick-up if children attend the same school
- Designate a surrogate parent for your children if you are not able to tend to them
- Provide this information to your child's school
- Learn how to locate and shut-off (if necessary) power, water, and gas.
- Stockpile emergency supplies for at least three days, including food, water and a first aid kit.
- Know your community resources.

CERT TRAINING OBJECTIVES

1. Learn the types of hazards and emergencies most likely to affect your home and community.
2. Understand the CERT function and role in response to a disaster.
3. Learn how to take steps to prepare for disasters and to be self-reliant for at least 72 hours.
4. Identify and reduce potential earthquake and fire hazards in your home, at work and away.
5. Learn how to work as a team while applying basic fire suppression strategies, resources, and safety measures to extinguish small fires.
6. Apply techniques for opening airways, controlling bleeding, and treating shock.
7. Conduct triage under simulated conditions.
8. Perform head-to-toe assessments.
9. Select and set up a treatment area.
10. Employ basic treatments for various wounds.
11. Identify planning and size-up requirements for potential search and rescue situations.
12. Describe the most common techniques for searching a structure.
13. Use safe techniques for debris removal and victim extrication.
14. Describe ways to protect rescuers during search and rescue operations.