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. Keep enough supplies in your home to meet your needs for at least 72 hours.

PREPARE FOR ALL EMERGENCIES

Daly City is prone to many disasters. Any preparedness measures taken will work for any kind or 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.

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- Terrorism and CERT

Class 9- Review & Simulation

Total Class Time: Approx. 20 hours



For more information or to register for the CERT class contact the North County Fire Authority at:

www.northcountyfire.org

or call Matt Lucett at (650) 991-8139



North County CERT

(Community Emergency Response Team)

TRAINING







March 26th- May 14th
(Thursday Evenings)
6:30pm-9:00pm
Pacifica Police Department
2075 Coast Highway

