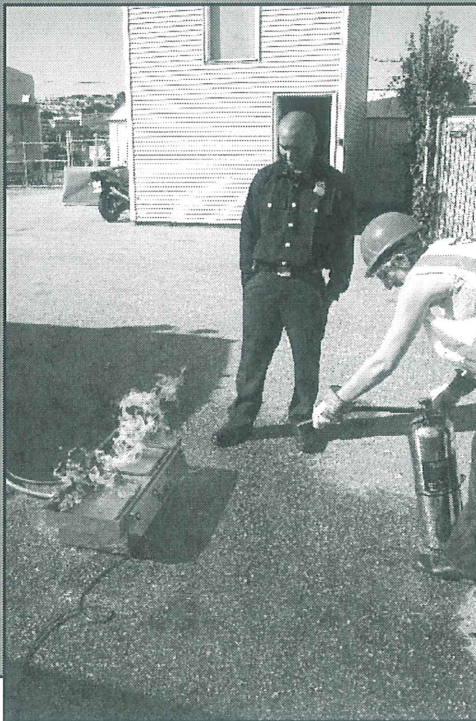


# FREE Preparedness Training from the Colma Fire Protection District



## What would happen to your Family if there was a disaster tomorrow?

The best *protection* is to be *prepared* to take care of yourself, your family, and those nearby **before** an emergency arises. After a major disaster, services such as the fire department, Red Cross, and hospitals may not be able to help you right away. To help you prepare at home, it's helpful to imagine that you have no telephone service, no electricity, no gas, no water, and no sanitation service. Imagine that all businesses are closed and all services are shut down. What will you do? What will you need at home until help arrives?

The following classes are offered

**FREE OF CHARGE!!**

Through the  
**Colma Fire District**

**Get Ready!** is a two-hour basic disaster preparedness training offered in Colma and Broadmoor. You will learn the basics of what to do to prepare and protect yourself, your loved ones, neighbors and community when disaster strikes. ***We need and want your partnership*** – please take this class and you can start getting ready today!

**The Community Emergency Response Team (CERT)** program has been the national model for helping people respond to emergencies. When emergencies happen, trained CERT members can provide immediate assistance to their family and neighbors, assist first responders, and organize spontaneous volunteers in a disaster. Join your neighbors and be a part of CERT!



**CERT training is 20 hours**, delivered over several weekly evenings or weekend days.

**The CERT training class modules include:**

- Disaster preparedness*
- Fire safety, Disaster medical operations*
- Light search and rescue operations*
- CERT organization*
- Disaster psychology*

Call Sean O'Connor, 650-636-5341 for more Info!

# FREE TRAINING FROM THE COLMA FIRE DISTRICT



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