

**TAKE A CLASS  
SIGN UP**



**COMMUNITY EMERGENCY RESPONSE TRAINING (C.E.R.T.)**

Come join us in this interactive and informative class and learn how to take better care of yourself, your family, your loved ones and neighbors when a disaster does happen. Floods, wildfires, mudslides, earthquake, airline crash, terrorism – Disasters come in all forms and severity, are unpredictable and cause disruptions to emergency services.

The cities of Belmont and San Carlos know a disaster can easily overwhelm emergency response resources, Police Officers, Firefighters and Emergency Medical Services. The C.E.R.T. program will provide citizens with basic training in disaster survival and rescue skills to help reduce loss and protect property during the most critical timeframe, until emergency responders can arrive.

During the C.E.R.T. course, students will receive training in emergency preparedness, fire suppression, medical operations, light search and rescue, disaster psychology, team organization and terrorism. Upon course completion students will receive a Certificate of Completion and basic disaster response equipment (hard hat, work gloves, goggles, vest and more). Don't miss a night of this critical training. For additional information or to register by phone, please call Belmont – San Carlos Fire Department, Christy Adonis at 802-4254, or by email at [christya@bscfd.org](mailto:christya@bscfd.org)

AGE: 18 +

FEE: FREE

INSTRUCTORS:

Belmont-San Carlos Fire Department staff and Belmont Police Officers

Tuesday February 23<sup>rd</sup>, 6:30pm to 9:00pm

Saturday February 26<sup>th</sup>, 8:30am to 5pm

Saturday March 12<sup>th</sup>, 8:30am to 5pm

All classes are held at:

Belmont-San Carlos Fire Station 14, 911 Granada Street, Belmont

# CPR, AED, and First Aid Training

Presented By

## **Belmont-San Carlos Fire Department**

This low stress course is taught by Firefighter Paramedics, EMTs and designed for all community members or non-Health Care providers. The course will provide CPR training for the adult patient and proper use of personal protective equipment. Students will receive hands-on training with an Automated External Defibrillator (AED). The course instruction includes, instructor input, video-based lessons and practice on manikins. Students will also learn the proper steps in rendering First Aid, the legal aspects of First Aid, scene assessment and patient assessment. The core of the class will cover basic medical emergencies including treating burns, wounds, bleeding, shock, bone/muscle/joint injuries, poisoning, bites and stings, environmental emergencies and much more.

This course meets OSHA and other federal and state regulatory requirements for training employees how to respond and care for medical emergencies at work.

Our goal as instructors at the Belmont –San Carlos Fire Department is to provide a positive comfortable learning environment and give you the confidence and skills to perform CPR and/or provide basic First Aid treatment after you call 911, but before Advanced Life Support Resources arrive on the scene.

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### **CPR/AED and First Aid**

Date: Saturday, February 19<sup>th</sup>

Time: 9am to 5pm

Cost: \$50.00

Location: Belmont – San Carlos Fire Station #14  
911 Granada Ave, Belmont

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### **CPR/AED only (no First Aid)**

Date: Tuesday, March 1<sup>st</sup>

Time: 6pm to 9:30pm

Cost: \$35.00

Location: Belmont – San Carlos Fire Station #14  
911 Granada Ave, Belmont

To sign up, please contact:

Christy Adonis - Disaster Preparedness Officer  
Belmont – San Carlos Fire Department  
802-4254 or christya@bscfd.org