

Sacramento Metropolitan Fire District is offering

## CERT Training!



Metro Fire offers citizens the full FEMA Community Emergency Response Team training. The CERT training consists of 24 hours of lecture and hands-on skill training to assist in preparing citizens to take care of themselves, their family, and their neighborhood during a catastrophic event. Metro Fire CERT members volunteer for their community by offering training, participating in public awareness events, and offering stand-by first aid.



The CERT training includes:

- What your local risks are and what you need to do to prepare
- How to manage utilities, hazardous materials, and put out small fires using the appropriate Fire Extinguisher
- How to use "START Triage" and how to treat the "Three Medical Killers" by: opening airways, controlling bleeding, and treating for shock
- How to provide basic medical aid
- How to effectively search for and rescue victims safely
- How to organize yourself and spontaneous volunteers to be effective as a team and collect disaster intelligence to support first responder efforts
- Disaster Psychology
- Terrorism

The CERT training is held over the course of two weeks – two Thursday evenings and two Saturdays and is offered free to all citizens who live or work in the unincorporated areas of Sacramento County including the cities of Citrus Heights and Rancho Cordova. Teenagers age 13-17 are welcome with an adult or guardian.

### Dates:

#### February Class

- Thursday, February 1: 6 PM to 10 PM
- Saturday, February 3: 8 AM to 5 PM
- Thursday, February 8: 6 PM to 10 PM
- Saturday, February 10: 8 AM to 5 PM

#### October Class

- Thursday, October 18: 6 PM to 10 PM
- Saturday, October 20: 8 AM to 5 PM
- Thursday, October 25: 6 PM to 10 PM
- Saturday, October 27: 8 AM to 5 PM

Location: 7641 Greenback Lane, Citrus Heights (behind Metro Fire Station 21)

*Participants must attend all of the classes in order to receive a Certificate of Completion.*

Classroom space is limited, so email [metrofirecert@gmail.com](mailto:metrofirecert@gmail.com) as soon as possible to sign up for the course. If you have any questions, please contact Christine Smith, the Metro Fire CERT Volunteer Coordinator, at (916) 616-2581.