

CERT FREE TRAINING CLASSES – Winter/Spring 2021

Martinez Area CERT



CERT is offering two FREE Zoom classes.
Each two-hour class is offered twice in Winter/Spring 2021

PERSONAL EMERGENCY PREPAREDNESS “PEP”

Saturday February 20th 10am – noon or

Saturday April 17th 10am – noon

Learn how to prepare yourself and your family for when a major disaster strikes. Topics covered will include:

- **Identifying your disaster risks**
- **Preparing your Go Bag and emergency kits**
- **Secure home and personal data**
- **Shelter-in-place**
- **Fire safety and evacuation**

Register for this free training by emailing your date preference, name and contact phone number to “PEP Class” to martinez.cert@gmail.com



**Build a kit.
Make a plan.
Be prepared.**

EARTHQUAKE HAZARD MITIGATION - Secure Your Space

Saturday March 20th 10am – noon or

Saturday May 15th 10am – noon

Learn how to safely secure your home or workplace for an earthquake. Securing common items like televisions, computers, bookcases, appliances, and furniture will be discussed. Mitigation of non-structural hazards will be emphasized.

- **Assess your home or workplace**
- **No and low-cost prevention options**
- **Identify and select products mitigate hazards**

Register for this free training by emailing your date preference, name and contact phone number to “Secure Your Space” to martinez.cert@gmail.com



**Earthquakes
SHAKE!
Plan ahead.**



For more information visit your Martinez Area Community Emergency Response Team, (CERT) at martinezcet.org

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We have organized a series of topics for you in the *Lunch and Learn* events. Enjoy your own lunch while we share little tidbits from CERT Basic Training. Check it out Tuesdays at noon on Zoom. All are free!

DISASTER DOCUMENTATION

February 9

The ease and importance of documenting what you see.

UTILITY SAFETY

February 16

Secure your gas, electric and water resources, if and when needed.

DEFENSIBLE SPACE

February 23

Make your home safer during fire season.

DROP, COVER, AND HOLD ON

March 2

Personal safety for all during an earthquake.

RESPIRATION, PERFUSION, AND MENTAL STATUS (R.P.M.)

March 9

Recognize someone needing immediate medical care.

BLEEDING MANAGEMENT

March 16

Save someone from excessive bleeding.

FIRE SAFETY

March 23

Safely use a fire extinguisher on small fires.

FRS/GMRS RADIOS

March 30

Communicate what you see.



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