

**Think globally,
prepare locally!**

La Mirada now offers CERT classes.



What is CERT?

The Community Emergency Response Team (CERT) program is a 20 hour all-risk, all-hazard training offered by the Los Angeles County Fire Department. This valuable course is designed to help you protect yourself, your family, your neighbors and your neighborhood in an emergency situation.

While people will respond to others in need without the training, CERT is designed to help them do so effectively and efficiently without placing themselves in unnecessary danger.

In the CERT training, participants will learn these life-saving skills:

- Manage utilities and put out small fires
- Treat the three medical killers by opening airways
- Control bleeding, and treat for shock
- Provide basic medical aid
- Search for and rescue victims safely
- Organize themselves and spontaneous volunteers to be effective; and
- Collect disaster intelligence to support first responder efforts

Sept. 5 , 12, 19

Saturdays, 9 a.m. to 4:30 p.m.

**La Mirada Resource Center
13710 La Mirada Blvd.**

Module 1	<i>Disaster Preparedness</i>
Module 2	<i>Fire Safety</i>
Module 3	<i>Disaster Medical Operations Part 1</i>
Module 4	<i>Disaster Medical Operations Part 2</i>
Module 5	<i>Light Search and Rescue Operations</i>
Module 6	<i>CERT Organization</i>
Module 7	<i>Disaster Psychology</i>
Module 8	<i>Terrorism and CERT</i>
Module 9	<i>Course Review and Disaster Simulation</i>



Free classes are now forming- sign up today!



**Call the La Mirada Community Sheriff's Station
to sign up or for more information: (562)902-2960**