## San Clemente CERT Training Program

The City of San Clemente offers a free 20 hour CERT Training Class annually which includes the following skills training:

- Disaster Preparedness
  - Learn how to prepare an emergency kit at home, make a plan with your family, friends, and neighbors, sign up for alert notifications on AlertOC.com, and become familiar with the hazards in your community
- Fire Safety
  - Get hands-on fire extinguisher training and learn how to shut off a gas line valve
- Disaster Medical Operations
  - Learn how to triage disaster victims, set up a medical treatment area and administer first aid
- Light Search and Rescue
  - Practice a technique called "cribbing" to extract trapped victims and learn how to methodically search a disaster area for victims
- Disaster Psychology
  - Learn how to anticipate and treat the emotional toll of a disaster on volunteers and victims
- Terrorism Awareness
  - Recognize the 8 signs of terrorism and who to report information to if you see suspicious behavior
- Team Organization
  - Learn the nationally recognized Incident Command System for volunteer organization

Training takes place over a 6 week period and each day is packed with training and hands on exercises. Attendance at all class sessions is mandatory to graduate from the program and be eligible to join the City's CERT Team.