Hands on training is conducted in the afternoon on the final day. You will use a fire extinguisher, and conduct a search and rescue exercise. Please wear closed toe shoes and long pants on the final day.

CERT is a 5-class series and a final exercise, in order to receive a certificate of completion you must attend all classes.
(PP) Personal Preparedness and Hazard Mitigation
This introductory class provides an overview of the entire series and information on how to prepare your home and your family. We will cover four important steps to take before the next earthquake.

(DM1 & DM2) Disaster Medical 1 & 2 (two classes)
Learn basic triage - the sorting and prioritizing of the sick and injured. Learn how to give initial care, use basic 1st aid techniques, and how to prepare for the extended care of a disaster victim. Learn the elements of critical incident stress.

(FHT) Fire Suppression/Hazardous Materials (HAZMAT) Awareness/Terrorism Response
This class will provide students with basic fire theory, the elements of fire, and extinguishment methods for various fuel types. The course includes discussion of how and when to use a fire extinguisher. The class also provides a basic understanding of hazardous materials, how HAZMAT and Terrorism incidents differ, and what to do to protect yourself and others.

(SAR) Disaster Search Techniques, Basic ICS & Completion Exercise
Students will learn to recognize structural damage, how to make a systematic search for people who are unable to self evacuate and techniques to move heavy objects that impede rescue. An introduction to basic Incident Command System (ICS) will also be taught. The completion exercise includes search and rescue, extinguisher use, size-up, and triage.

Classes are open to anyone 18 years or older who lives or works in Alameda and children ages 14 - 17 accompanied by an adult. Please register for classes by returning the registration form to:
Alameda Fire Department
Disaster Preparedness Office
1300 Park Street
Alameda, CA  94501

For further information please call the CERT hotline at (510) 337-2129 or visit us online at www.alamedaCERT.org