

In 95% of all Emergencies, the victim or bystander provides the first immediate assistance on the scene.

WOULD YOU KNOW WHAT TO DO?



LEARN THE SKILLS YOU NEED AT THE COMMUNITY EMERGENCY PREPAREDNESS CLASS

Learn skills to help take care of yourself, family, neighbors and others in the event of an emergency through the free, training in Community Emergency Preparedness.

Topics include:

- Family and Workplace Preparedness
- Disaster Psychology
- Fire Safety
- Search & Rescue
- Incident Command Systems
- Disaster Triage , Trauma Care & Medical Operations
- Safety Strategies Involved in a Terrorist Incident

**Mondays Jan 20, 27, Feb 3, 10 from 6pm-9pm and Sat Feb 15 from 8am-4pm
Epping Fire Dept 37 Pleasant St Epping Registration from Jan 1st – Jan 15
15 participants needed to hold the class.**

Contact Nancy Parker 603-793-0786 npccmrc@hotmail.com to register.

Seacoast Medical Reserve Corps/CERT is a program of the Seacoast Public Health Network, www.seacoastphn.org. It is an affiliate of the national Citizen Corps, Community Emergency Response Team and Medical Reserve Corps programs.