

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: COMMUNITY EMERGENCY PREPAREDNESS**

Learn skills to help you take care of yourself, family, neighbors and others in the event of an emergency through the free, eight week Strafford County Citizen Corps training in Community Emergency Preparedness. Topics include:

- Family and Workplace Preparedness
- Disaster Psychology
- Safety Strategies Involved in a Terror Attack
- Fire Safety
- Search & Rescue
- First Aid/CPR (certification from the American Heart Association)

**TUESDAYS APRIL 6-JUNE 1** (no class April 20)

**6:30-8:30pm**

**DOVER HIGH SCHOOL**

For more information, or to register, contact the Health and Safety Council of Strafford County at 335-0168 or [sbrann@hscstrafford.org](mailto:sbrann@hscstrafford.org).