



# Public Service Announcement

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**PORT COQUITLAM RESIDENTS: GET PREPARED IN A DAY**

Port Coquitlam residents can now receive free comprehensive emergency preparedness (EP) training in a single day. As of 2012, the City has changed the format for its free community EP courses to provide information on four different topics in a single Saturday session.

Personal preparedness is a key component of the City's EP program. Residents should be prepared to survive on their own for at least three days if disaster strikes, such as a power outage, severe storm, flood or earthquake.

The more residents can take care of themselves after a major emergency, the more the City's resources can be directed to restoring services.

The new one-day format provides participants age 16 and older with training in personal preparedness, rapid damage assessment, basic fire suppression, and light urban search and rescue (see below for details). Previously, each of these courses was offered separately during the evenings.

Registration is now being accepted for 2012. Sign up for one of the courses, being offered Mar. 3, May 26, Sept. 22 and Nov. 24. All courses are held on Saturdays from 9 a.m. to early afternoon at No. 1 Fire Hall, 1725 Broadway St., and will include refreshments. *(Please note that the Feb. 25 course noted in the 2012 Community Calendar has been moved to Mar. 3.)*

Early registration is recommended as seating is limited. Priority will be given to Port Coquitlam residents. The sessions include hands-on components so please dress in comfortable clothing.

More information about the courses is available at [www.portcoquitlam.ca/ep](http://www.portcoquitlam.ca/ep). To register, call 604.927.5466.

Emergency preparedness tips and information – including a list of items to include in kits for your home, car and office – can be found at [www.portcoquitlam.ca/ep](http://www.portcoquitlam.ca/ep).

**One-day EP Training covers:**

- Personal Preparedness – Help yourself, your family, your co-workers and your neighbours in those first 72 hours and beyond.
- Basic Fire Suppression – Learn basic fire chemistry and classes of fire, how to use a fire extinguisher, and basic steps for fire response and intervention in the event of water, gas and electrical problems. Includes hands-on extinguisher training.

- Rapid Damage Assessment – Identify unsafe conditions in a single-family dwelling to help determine if your home is safe to occupy after an earthquake. Information is provided as general building/safety information; it does not certify you to be qualified to perform post-earthquake damage assessment.
- Light Urban Search and Rescue – If someone is trapped in a home during a disaster, do you know how to identify if and how you can help? Learn what to do. Includes a hands-on component.

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