Stay Safe, Stay Secure!

2020 FREE Safety Classes in LOS ALTOS

Crime Prevention & Safety
Emergency Preparedness
Fall Prevention
Medical Emergencies

Be Ready: Be Prepared!
March 4, 2020 • Wednesday, 12:45 - 1:45pm
Learn about Bay Area disaster risks, how to plan and prepare for a disaster, including how to build a disaster supply kit, and how to stay informed during and after a disaster. Learn about important communication systems and how to communicate with your support network during a disaster. Instructor: Fire Dept.

Fall Prevention
July 29, 2020 • Wednesday, 12:45 - 1:45pm
Identify fall risks and learn simple and effective home modifications to prevent falls. Get connected with community resources to maintain safety and wellness. Learn what to do if you fall and exercises and activities that can help prevent falls. Instructors: Stanford Health Care & Fire Dept.

Crime Prevention & Home Fire Safety
May 27, 2020 • Wednesday, 12:45 - 2:15pm
Protect against fraud and identity theft. Discuss personal safety and home security protection methods. Identify suspicious activity and know when to report it. Understand fire risks and practice safety habits to prevent fires. Develop a home escape plan. Instructors: Los Altos Police Dept. & Fire Dept.

Preparing for Medical Emergencies
December 2, 2020 • Wednesday, 12:45 - 1:45pm
Recognize medical emergencies and when to call 9-1-1. Learn how to report 9-1-1 emergencies and what to do before help arrives. Be prepared with completed medical documents and explore resources for caregivers. Instructor: Fire Dept.

Offered in partnership by Santa Clara County Fire Department, Los Altos Police Department, Stanford Health Care, and the Grant Park Community Senior Center

To Register:
650.947.2797

Class Location:
Grant Park Community Center
1575 Holt Ave, Los Altos

For more information:
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www.sccfd.org
www.losaltosca.gov/police

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