Stay Active, Stay Safe!

2020 FREE Safety Classes in the LOS ALTOS HILLS

Prepared for Medical Emergencies
February 13, 2020 • Thursday, 11:00 - 12:00pm
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.

Fall Prevention
August 13, 2020 • Thursday, 11:00 - 12:00pm
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.

Be Ready: Be Prepared!
May 14, 2020 • Thursday, 11:00 - 12:00pm
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.

Crime Prevention & Home Fire Safety
November 12, 2020 • Thursday, 11:00 - 12:30pm
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: Sheriff’s Office & Fire Dept.

Offered in partnership by Santa Clara County Fire Department, Santa Clara County Sheriff’s Office, Stanford Health Care, and the Los Altos Hills Parks & Recreation Department

To Register:
www.losaltoshills.ca.gov

Class Location:
Los Altos Hills Town Hall

More Information:
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