Stay Safe, Stay Secure!
2019
Series of FREE safety classes in the TOWN OF LOS ALTOS HILLS

Medical Emergencies
Emergency Preparedness
Fall Prevention
Crime Prevention & Safety

Preparing Caregivers for Medical Emergencies
January 8, 2019 • Tuesday, 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 15, 2019 • 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 do fall & about exercises and activities that can help prevent falls. Instructors: Stanford Healthcare & Fire Dept.

Be Ready: Senior Adults Prepared!
April 25, 2019 • 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 7, 2019 • 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, Stanford Healthcare, Santa Clara County Sheriff’s Office and Los Altos Hills Parks & Recreation Department

To Register:
www.losaltoshills.ca.gov
Class Location:
Los Altos Hills Town Hall
More Information:
650.947.2518
srobustelli@losaltoshills.ca.gov

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