



Community Emergency Response Team Hybrid Training 2021.2

Contact Info: Brianna Horton – (510) 701-9234 [TEXT OK]

CSTI Learning Management System Credentials:

LMS Website: <https://csti-ca.csod.com/client/Csti-Ca/default.aspx>

----- **!!!!Zoom Meeting!!!** -----

- **Every Wednesday** [6pm – 7:30pm]

**This link should be the same for all sessions.*

**This link should be included in the body of the calendar invitation.*

**All sessions are automatically recorded to ensure quality training delivery and to accurately capture program feedback.*

[Continue to next page →](#)



**Agenda – CERT Unit 3 & 4: Disaster Medical Operations [Wednesday, September 15th]:**

Item/Topic	Details	Timing//Lead
Welcome	- Digital Sign In: Full Name & Email Address	Check the Chat
Announcements	<ul style="list-style-type: none">- CERT Instructors:<ul style="list-style-type: none">a. CA. Buell, Lt. Pagani, Lt. Fountaine- Office Hour Admins:<ul style="list-style-type: none">a. Brianna- Share CERT with a friend!- Don't forget to sign in!- Don't forget to use your Zoom reactions!- Drop all questions in the chat!- Alternate Dates Confirmed → CERT Skills Training & Assessment<ul style="list-style-type: none">a. 11/13 & 11/14- CERT Participant Manuals Delivered- Units 3, 4, 6, 7 will be focused on making sure that you understand the concepts and theory. 11/13 & 11/14 dates will dive deeper into the How-to's once in the Hands-on.- Your feedback is always welcome!	5 Minutes//BH
Unit 3 [Disaster Medical Operations]	<ul style="list-style-type: none">- Unit 3: Refresher Questions/Opener – Disaster Medical Ops.<ul style="list-style-type: none">o Rapid Review! /Unit 2 Pop quiz!<ol style="list-style-type: none">1. Question: The CERT organization is based on a “proven management system” used by emergency responders. What is the name of this system?<ul style="list-style-type: none">• Answer: The Incident Command System (ICS)2. Question: Who becomes the CERT Team Leader (TL)? What does that person do?<ul style="list-style-type: none">• Answer: The first person to arrive on the scene and establishes the basic ICS structure for the incident.3. Question: What is name of the place where the TL is located?<ul style="list-style-type: none">• Answer: The Command Post.4. Question: What is the key question that CERT Team Leaders must always ask?<ul style="list-style-type: none">• Answer: Is it safe for CERT members to attempt this rescue?5. Question: Documentation is an essential part of the CERT's job. What kinds of information should a CERT document?<ul style="list-style-type: none">• Correct Answers: Damage assessment, Status of personnel resources,	40 Minutes//ALL





Communications between command levels and groups, Incident status, Survivor treatment provided

- **Rapid Review! /Unit 3 Pop quiz!**
 1. What techniques are available to aid in the control of bleeding?
 - Direct pressure
 - Tourniquet
 2. What is the first action to take when approaching a survivor?
 - Survey the area [ask participants to list what they should be looking for when surveying the area?]
 3. When approaching a survivor, you should always do three things before treatment. What should you do?
 - Introduce yourself
 - Name your affiliation
 - Ask permission to treat
 4. How should you position an unconscious person to keep their airway clear?
 - The recovery position
- **Review the main points from Unit 3:**
 1. Severe bleeding, airway obstruction, and low body temperature can be life-threatening conditions.
 2. Survivors with signs of these conditions must receive **immediate** treatment.
 3. Remind the participants that, as always, size-up is a critical component of any disaster operation and should be used during disaster medical operations.
 - The size-up process consists of the following nine steps [see if they can list all 9 steps. Extra kudos if they can get it in order.]:
 - Step 1: Gather Facts
 - Step 2: Assess and Communicate
 - Step 3: Consider Probabilities
 - Step 4: Assess Your Own Situation
 - Step 5: Establish Priorities
 - Step 6: Make Decisions
 - Step 7: Develop Plan of Action
 - Step 8: Take Action
 - Step 9: Evaluate Progress
- **Unit 3 Discussion Topics/Questions:**





- Scenario: In the aftermath of a magnitude 7.7 earthquake, you have ensured your safety and your family's safety, and you grab your CERT kit and PPE. As you are making your way to your CERT's established meeting point, you come across a woman lying by the side of the road. You call out your name and affiliation and ask, "Are you okay?" There is no response.

1. Based on what you know thus far, how should you proceed?

Answer: Assess for airway obstruction, excessive bleeding, and low body temperature.

- You move closer to the survivor. Once again, you ask, "Can you hear me? Are you okay?" As you approach, you hear a very faint "help me," and now that you are closer, you notice that the survivor is bleeding heavily from a wound on her thigh. You immediately attempt to call 9-1-1 on your cell phone but the system is down.

2. You know this woman is seriously injured. How would you help her?

Answer: Focus immediately on the most critical threat, the heavy bleeding.

3. You notice that the blood is spurting from the wound on the survivor's inner thigh. What type of bleeding is this?

Answer: Arterial

4. What is the first thing you do to stop the bleeding?

Answer: Using the sterile dressings in your supply kit, apply pressure directly to the wound.

- After a few moments, the bleeding slows considerably. You ask the woman, "Are you okay? Squeeze my hand if you can hear me." She is only able to groan unintelligibly in response. You notice that her fingers are cold — despite soaring temperatures — when she tries to squeeze your hand.

5. The signs and symptoms that you witness tell you that this woman is suffering from what?

Answer: Shock due to inadequate blood flow

6. How would you treat the woman based on your findings? **Answer: Wrap her in something warm**

- You arrive at the meeting point and your CERT Team Leader assigns you to help with the survivors. A woman runs into the





	<p>treatment area holding a little boy and frantically calling out, “Someone please help my son, he’s turning blue! I don’t think he can breathe!” You turn and run to help the woman. You ask her to put her son down, so you can help.</p> <p>7. What is the first thing that you should do? Answer: Assess for airway, bleeding, and low body temperature.</p> <ul style="list-style-type: none">• While listening for lung sounds, you notice that the boy is wheezing, and his lips are blue. You cannot find anything obvious obstructing his airway. As you glance down quickly at the rest of the boy’s body, you notice an angry red welt on his inner arm. <p>8. You have reason to suspect that this boy is suffering from: Answer: Anaphylaxis</p> <p>- General Q&A/Participant Discussion</p>	
Unit 4 [Disaster Medical Operations]	<ul style="list-style-type: none">○ Unit 4 Discussion Topics/Questions:<ul style="list-style-type: none">• Sensitivity Warning: This unit discusses death & physical contact/touching re: Head-to-toe Assessments. When we meet for the in-person skills assessment, please let us know if you have any issues with these topics.○ Scenario: A wildfire has ravaged your town. You are assigned by your Team Leader to the treatment area. You are directed to help with the survivors. A fellow team member asks you to get some clean water to wash soiled gloves. You know the supply team is on its way but could be several hours away. Grabbing a bucket, you run to a nearby stream for water.<ol style="list-style-type: none">1. What should you do to sterilize the water for medical use?<ul style="list-style-type: none">• Mix 1-part bleach and 10 parts water○ Scenario: Once you arrive back at the treatment area with the water, the team leader explains that a survivor has died. The team leader puts you in charge of establishing the morgue.<ol style="list-style-type: none">2. How and where will you set up the morgue?<ul style="list-style-type: none">• Away from the treatment areas○ Scenario: A few hours later, you return to the treatment area and ask your Team Leader for a new assignment. She quickly explains that the area is overflowing with survivors	





	<p>and asks you to help perform rapid head-to-toe assessments.</p> <p>3. What acronym does the medical community use to remember what to look for when conducting a rapid assessment?</p> <ul style="list-style-type: none"> • DCAP-BTLS • Ask participants what each letter in the acronym stands for. <p>○ Scenario: While performing your first assessment on a young adult male, you notice bruising around the eyes and blood in the nose. The survivor says his hands feel numb and he is unable to move them.</p> <p>4. While it is impossible to be sure out in the field, you should assume that:</p> <ul style="list-style-type: none"> • The survivor has a closed-head, neck, or spinal injury 	
Roundtable/Closing	<p>- <u>Next Session Dates/Times</u></p> <p>- Independent Study Assignment</p> <ul style="list-style-type: none"> ○ CERT Unit 5: Disaster Psychology ○ CERT Unit 6: Fire Science, Suppression, & Utility Safety <p>- Reminders!</p> <ul style="list-style-type: none"> ○ Share CERT with your neighbors! Invite CORE to your next community meeting! – email BHorton@Oaklandca.gov ○ Free COVID-19 Testing & Vaccination Clinic available <ul style="list-style-type: none"> 1. When: 9/17 – 10/17 2. Friday, Saturday & Sunday of each week 3. 9am – 5pm 4. Location: 250 Frank H. Ogawa Plaza – 1st Floor Lobby ○ Upcoming <u>Meetings</u> & <u>Events</u> <ul style="list-style-type: none"> 1. <u>1 Year Anniversary of Akoma Market</u> – 9/19 2. <u>Community Comeback & Lake Temescal</u> – 10/17 3. Akoma Market Emergency Preparedness Scavenger Hunt – Tentatively, 10/17 ○ Golden Eagle Exercise Drill – <u>Keep an eye out for updates!</u> 	5 Minutes//BH

