

First Aid after the Ground Stops Shaking



CERT Training



HISTORY OF CERT



CERT is a nationally supported, locally implemented program that teaches people how to better prepare themselves for hazards that may affect their communities.

- Examining civilian response to earthquake disasters in Mexico and Japan 1985.
- Los Angeles Fire Department developed and implemented first CERT 1986.
- 1994 FEMA expanded CERT to ALL HAZARDS and rolled it out nationally.
- Basic CERT Program:
 - Fire and Utilities, First Aid, Light Rescue, Light Search, Disaster Psychology and Preparedness.



Resource Response



Police:

- Kenmore – 4 - 5 officers – King County Sheriff.
- Lake Forest Park PD – 3 – 5 officers.
- Shoreline 5 - 7 officers – King County Sheriff.



Shoreline Fire:

- 6 Stations (4 in Shoreline, 1 Lake Forest Park, 1 Kenmore)
- Staff between 5 – 9 at a station - about 12 response apparatus.

Population ~ 105,000 (~42,150 HH)

- Shoreline 68,000
- Lake Forest Park 13,000
- Kenmore 24,000

Resource Response



Following an incident, resources will be directed to the highest priority need:

- Police, Fire and EMS will address only incidences of grave public safety.



We Need to Know How to Help...



We are likely to be on our own for a while. We need to know how to help ourselves, our family and our neighbors during a major incident.

Incident may last for a few hours, or several days.

Be Prepared!



When the Shaking Stops



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SAFETY FIRST



**First responsibility
is to:**

YOURSELF

**FAMILY
NEIGHBORS
COMMUNITY
CITY
COUNTY
STATE**



First Aid when the Ground Stops Shaking



First Aid



Two things you can do:

- Stabilize any injury so it does not get worse.
- Provide comfort.



Most Common Injuries Following an Earthquake



Falls

Abrasion / Superficial Cuts

Contusion / Bruising

Injury from Falling Objects

Dislocation / Fracture

Laceration / Cut or tear in the skin



Most Common Injuries Following an Earthquake



- Bruising
- Bleeding
- Broken



Safety Considerations



- Prior to initiating aid, ensure that **both YOU and the injured person** are in a safe environment to administer care.
- Some questions to consider:
 - Do I feel safe at this spot?
 - Should I leave and move to a safer location, or am I able to stay and start providing care immediately?
 - If I leave, can I take the injured person with me?

Bruising

From Falling Objects or Falls



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Bruising



Bruising is caused by a forceful contact with the body creating trauma to the small blood vessels under the skin.

The bruising is the sign that trauma has occurred and red blood cells are leaking into the surrounding tissue.

Initially, the area will appear red, after 1 or 2 days, it will discolor to dark blue, or black. Eventually return to normal skin color after 10 – 14 days.



Bruising



Treatment for bruising:

– Initial 24 – 48 hours:

- **Ice it.** Apply a cold pack or ice wrapped in a towel for 10 – 20 minutes several times a day.
- **Elevate it.** Raise the bruised area above the heart, if possible, to reduce the swelling and pressure.
- **Rest it.** Avoid strenuous activity involving the bruised area.

– After 48 hours

- **Apply warmth** with warm compression to promote blood flow and healing.



Bleeding

Superficial Cuts, Scraps and Lacerations



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Types of Bleeding



- **Arterial bleeding:** Arteries transport blood under high pressure.
 - Blood coming from an artery will spurt
- **Venous bleeding:** Veins transport blood under low pressure.
 - Blood coming from a vein will flow
- **Capillary bleeding:** Capillaries also carry blood under low pressure.
 - Blood coming from capillaries will ooze



Controlling Bleeding: Direct Pressure



- Step 1: Find the source(s)
- Step 2: Cover the source
- Step 3: Apply pressure
- Step 4: Maintain pressure until bleeding has stopped

Controlling Bleeding: Direct Pressure



1. Cover the Source using gauze, or clean cloth.
2. Apply firm and direct pressure to the wound.
3. If possible, elevate injured area above the heart.
4. If bleeding continues tough the first layer of cloth, add more on top, DO NOT REMOVE first layer, and continue applying pressure.
5. Once bleeding slows, secure a bandage to hold the pressure in place.
 - This should be tight enough to apply pressure, but not so tight it cuts off all circulation.



Broken

Fractures, Dislocations, Sprains, Strains



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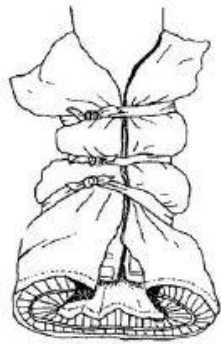
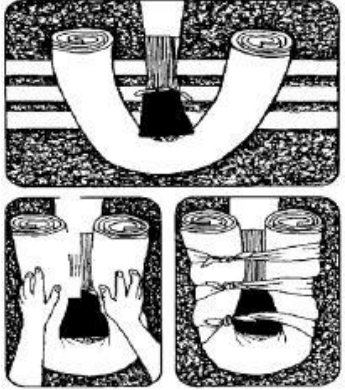
Fractures, Dislocations, Sprains, Strains



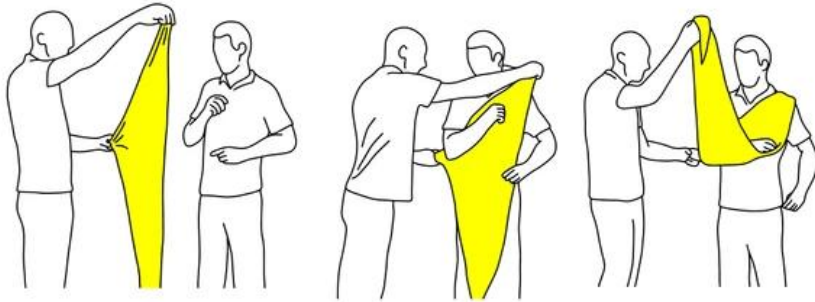
All Fractures, Dislocations, Sprains and Strains are treated the same.

We assume there is a broken bone and **immobilize** the joints immediately above and below the injured area.

Splinting



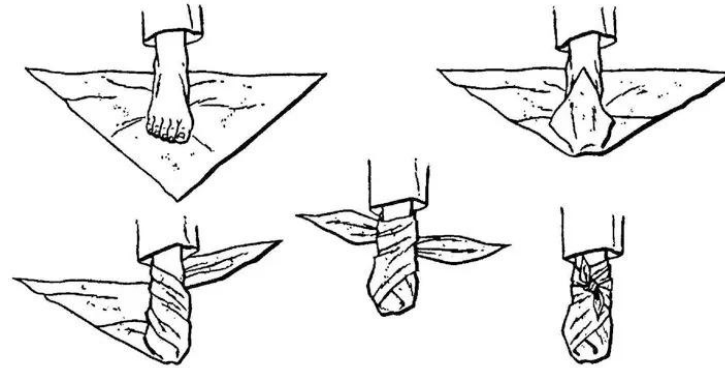
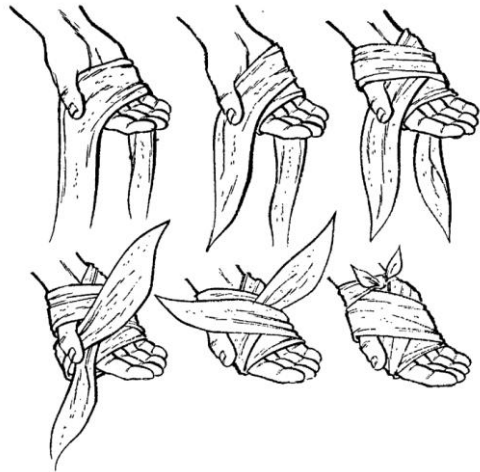
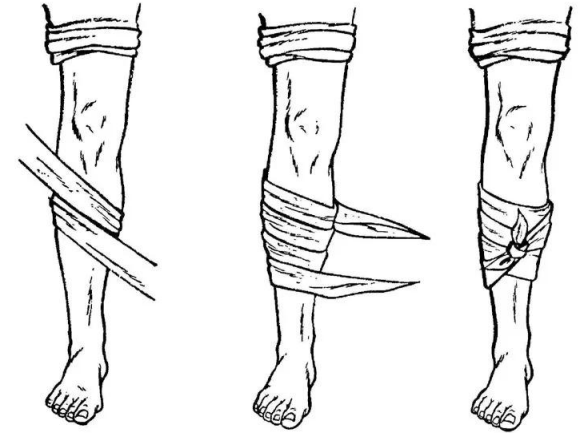
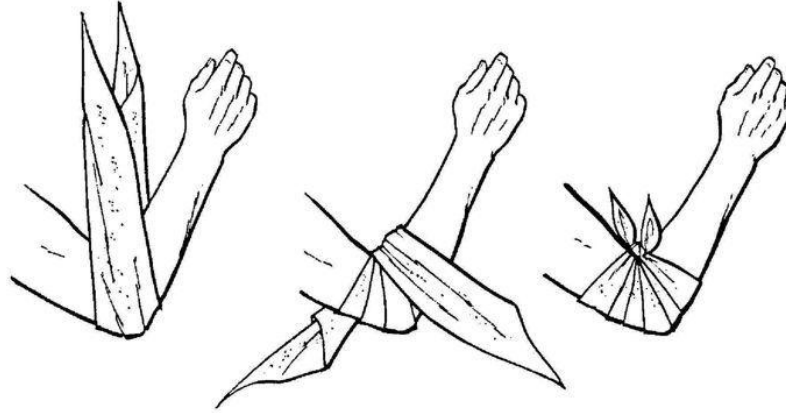
Cravat (Triangle Bandage)



First aid : How to sling an injured arm



Cravat (Triangle Bandage)



Prepared Items for a First Aid Kit



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First Aid Supply Kit



- After disaster strikes, you will not have time to shop or search for supplies.
- If you gather supplies in advance, you and your family will be better equipped for helping yourself and others.
- Many of the items needed for your kits are already in your household.
 - These items can be assembled in appropriate locations for quick access in an emergency but used under normal circumstances whenever needed.



First Aid Supplies for Bruises, Bleeding and Broken



- Non-Latex Gloves
- Gauze
 - Rolls and Pads
- Triangle Bandages
- Adhesive Bandages
- Medical Tape
- Scissors / Tweezers / Safety Pins
- Popsicle sticks / Old Starbucks Cards
- Ziplock Bags
- Emergency Blanket



Exercise



- Break into teams of 2 – 3.
- Each team member treat a bleeding condition.
 - Identify, Pressure, Bandage
- Each team member uses a triangle bandage to treat and immobilization injury.



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