Emergency Disaster First Aid Training

- Washington Disasters
- City Plan and Volunteer Organization
- Communication in a disaster – radio procedures
- Upcoming Training Dates
- Disaster First Aid Training

Emergency Preparedness Website
www.mercergov.org/emergencyprep
Disasters that can affect our area.

- Disasters are relatively unexpected, emergency personnel may be overwhelmed, lives, health, and the environment are endangered.
- Disasters consist of Natural, Manmade, Technological.

**Natural:** Earthquakes, winter storms, landslides, Seiche, volcanoes, flooding, (pandemics), power outages.

**Manmade:** Terrorist attacks, hazardous material spills, large scale accidents, etc.

**Technological**
Issues to be aware of.....

• No hospital on the Island, medical clinics only.
• No airport, only way off the Island if boats are compromised is helicopter, kyaks, rafts.
• After business hours 3 police officers and 8 fire fighters are the only public safety employees on duty.
• 6 City staff live on the Island.
• Interruption to the flow of needed supplies due to bridge closure
• Victims unable to call for help due to lack of phone service / power.
• Loss of utilities
• Increased risk of fire or electrical shock
• Loss of contact between victims and service providers
• Currently one shelter site at Community Center at MercerView
  – Animal shelter located in Annex A of CCMV

• Most preschools do not have generators or supplies for 7 days.
• We do not have the resources for reunification of individuals that want to leave the Island or individuals that want to get back on the Island.
CITY OF MERCER ISLAND
EMERGENCY VOLUNTEER ORGANIZATIONAL CHART and CALL SIGNS BY DEPT.

HR
Volunteer Admin.
Sue Robboy / Angela Decker / Helen Martin / Lynn Meyer
ADMIN 1

EPO
Volunteer Leads
Jason King / Lee Glass
Carv Zwingle / Larry McWilliams
LEAD 1

EPO
Volunteer EOC Liaison
LIAISON 1

FIRE / Medical
Dr. Carter Hill
Patti Darling / Annie Osnis

MAINT
Well Operation
Jim Kroeger / Charles Bruhl

FIRE
Search & Rescue
Abraham Dunn

PARKS
Sheltering
John Frazier / Joan Belady
Food Svcs
Dave Anderson

YFS
Mental Health
John Dunne / Kim Lampson Reiff

YFS
Child Care
Erin Koehler / Barbara Luther

MEDICAL
Medical 1
Medical 2
Medical 3
Medical 4
Medical 5
Medical 6
Medical 7
Medical 8

WELL 1

SEARCH & RESCUE
Search & Rescue 1
Search & Rescue 2
Search & Rescue 3
Search & Rescue 4
Search & Rescue 5

Shelter
SHELTER 1

SHELTER 1

Medical Health
MENTAL HEALTH 1

MOUNTAIN HEALTH

YFS
Senior Care
Beth Cordova / Jim Hunt / Roberta Wyde

PARKS
Animal Shelter
Bonnie Miller / Kere Kemp

DSG
Damage Assessment
John Nielsen

POLICE
Communications
Dave Cook / Bill Ellis / Woody House

FINANCE
Resources
Bob Ewing

MAINT
Transportation
Bob Bersos / Sandy Yollin

Shelter
SENIOR 1

CCMV Annex A
ANIMAL 1

Courtroom
WINDSHIELD SURVEY
Windshield Survey 1
Windshield Survey 2
Windshield Survey 3
Windshield Survey 4
INSPECTOR 1
Inspector 2

HAM Room in police Lobby
Shelter
Mobile locations

Courtroom

TRANSPORTATION
Transportation 1
Transportation 2
Transportation 3
Transportation 4
Transportation 5
Transportation 6
Transportation 7

Business Liaison – Tina Jackson / Joel Wachs
Faith Community – Baron Dickey

09/01/2008 Updated
BE PREPARED TO TAKE CARE OF YOURSELF, YOUR FAMILY AND YOUR EMPLOYEES FOR 7 DAYS

If you have not prepared yourself, your family and your business you become part of the problem and not the solution.

Prepare before a disaster: 7 days (House Kit, Car Kit, Work Kit)

Know where your water shut off is, how to turn off your gas, circuit box and most of all – Know your neighbors!

Mercer Island www.mercergov.org/emergencyprep

Take safety precautions during a disaster.

Drop/ Cover/ Hold

Take care of yourself, family, home and Pets.

Dress for safety: Heavy soled shoes, leather gloves, hard hat, flashlight.
If you smell gas shut off gas. (make sure you have a wrench, know how and where the meter is at)
Turn off electrical at circuit box
Shut off water at main house valve or at main valve at street
Call out of state contact to check on family members if phone systems are disrupted locally.
Tune into KIRO radio station (KIRO 710AM) or MIHS Radio station 88.9FM with battery operated radio for info.
Check on neighbors to see if OK
If willing, volunteer at your city to assist those in need. (206-275-7600)

if you are off Island, have you planned for someone to take care of your kids/ family if you can't get back on the Island?

Kit in your house, car, workplace?

Wrench on gas meter? Know how to turn off your utilities, water?

Fire Extinguishers in house? Smoke detectors working?

Currently One shelter site, the community center at Mercer View 8236 SE 24th

Faith community may assist with additional shelters – signs will be posted at intersections for further information.

10 Clinics north, 1 clinic south which may be used for potential treatment sites.

3 pharmacies north 1 south.

Medical volunteers staffed at shelters, city hall for intake, north and south fire for walk ins and clinics if they become potential treatment sites.
## RADIO PROCEDURES

<table>
<thead>
<tr>
<th>Channel 1</th>
<th>Maintenance</th>
</tr>
</thead>
<tbody>
<tr>
<td>Channel 2</td>
<td>Emergency Operations (channel designated for volunteers)</td>
</tr>
<tr>
<td>Channel 3</td>
<td>MI Schools</td>
</tr>
<tr>
<td>Channel 4</td>
<td>Direct in EOC</td>
</tr>
</tbody>
</table>

The aim of the operator should be to get the message through with complete accuracy and minimum delay, so that the least possible time is spent occupying the frequency.

- Radio traffic is restricted to official messages and emergency traffic only.
- Radio traffic (conversation) should be kept as brief as possible (4 to 5 words – 2-3 seconds). Break up long conversations with the word “break” so that people know you are continuing but allows for emergency traffic to interrupt.
- **Call signs/names** – It is essential that everyone know who is talking to whom on the air. The call sign of the person transmitting is always used **BEFORE** that of the person you are trying to contact. *“EOC to Inspector Cole”* *“SAR 1 to EOC”*
- Wait for the person you are calling to respond “EOC to SAR 1 go ahead”
- “**SAR 1 to EOC I am at Islander Middle School with 2 trapped students minor injuries**” **Give location first, than incident.**
- EOC will respond with either further questions for you or a “received” which means she has received your message. Update EOC if situation changes. You may have someone interrupt your transmission with “Break Emergency” if they have emergency traffic that needs to get through – when two people are attempting to talk at the same time it comes across garbled and fuzzy on the air, so let the emergency traffic have the air.
- **Listen before you call** – Someone else may be using the air.
- **Speak Clearly** – Use your normal voice and do not speak fast – you will just have to repeat yourself. Hold the microphone close to your mouth but at right angles and talk across the face of the microphone. This reduces distortion and wind noise.
- **Think before you speak** – Know what you are going to say before you press the microphone button. Divide your message into natural phrases instead of individual words so that it flows smoothly.
- **Prompt replies** – When called, reply immediately – to not do so causes the transmitter to have to resend the message wasting valuable time and space on the air.
206-275-7905 or jennifer.franklin@mercergov.org
www.mercergov.org/emergencyprep

2011 Volunteer Training

Saturday March 19, 2011
*Basic Disaster Prep  0900-1200  Council Chambers
Saturday April 16, 2011
Well operation  0900-1200  Well site (4320 88th
Saturday May 14, 2011
Communications  0900-1200  Council Chambers
Saturday June 18, 2011
*Disaster First Aid  0900-1200  Council Chambers
Saturday July 23, 2011
Damage Assessment  0900-1200  Council Chambers
Saturday August 20, 2011
*Search & Rescue  0900-1200  North Fire Station
Wed. September 21, 2010
City Wide Drill  0900-1200  Council Chambers
Saturday October 15, 2011
*Fire Suppression Training  0900-1200  North Fire Station
Saturday November 12, 2011
*Disaster Mental Health  0900-1200  Council Chambers
Saturday December 10, 2011
*Terrorism Response Training  0900-1200  Council Chambers
Saturday January 21, 2012
*Final Test / Graduation  0900-1200  Council Chambers
February  2012
Shelter Training  Red Cross (TBA)

* Denotes Class needed for CERT Certification, other classes are optional and specific to MI.
Unit Objectives
Page 4-2 in the Student Manual

1. Identify the “killers.”
2. Apply techniques for opening airways, controlling bleeding, and treating for shock.
3. Conduct triage under simulated disaster conditions.
The “Killers”:

- Airway obstruction
- Excessive bleeding
- Shock
Components of a respiratory system:

- Lung
- Bronchus
- Larynx
- Pharynx
- Nasal Air Passage
- Trachea
Triage
Page 4-13 in the Student Manual

• Immediate (I)
• Delayed (D)
• Dead (DEAD)
• No team plan, organization, or goal
• Indecisive leadership
• Too much focus on one injury
• Treatment (rather than triage) performed
The “Killers”:

- Airway obstruction
- Excessive bleeding
- Shock

All “immediates” receive airway control, bleeding control, and treatment for shock.
Triage involves:

- Rapid assessment.
- Rapid treatment.
Unit 4-2 Introduction
Page 4-21 in the Student Manual

Topics:
• Public health concerns
• Organization of disaster medical operations
• Establishing treatment areas
• Conducting head-to-toe assessments
• Treating injuries
Unit 4-2 Objectives
Page 4-21 in the Student Manual

• Take appropriate measures to protect public health.
• Perform head-to-toe patient assessments.
• Establish a treatment area.
• Apply splints to suspected fractures and sprains, and employ basic treatments for other wounds.
Public Health Considerations
Page 4-22 in the Student Manual

• Maintain proper hygiene.
• Maintain proper sanitation.
• Purify water (if necessary).
Steps to Maintain Hygiene
Page 4-22 in the Student Manual

• Wash hands frequently using soap and water.
• Wear latex gloves; change or disinfect after each patient.
• Wear a mask and goggles.
• Keep dressings sterile.
• Avoid contact with body fluids.
• Control disposal of bacterial sources.
• Put waste products in plastic bags, tie off, and mark as medical waste.
• Bury human waste.
Functions of Disaster Medical Operations

Page 4-24 in the Student Manual

- Triage
- Treatment
- Transport
- Morgue
Establish Treatment Areas
Page 4-26 in the Student Manual

The site selected should be:

• In a safe area.
• Close to (but upwind and uphill from) the hazard.
• Accessible by transportation vehicles.
• Expandable.
Indicators of Injury

Page 4-29 in the Student Manual

• Bruising
• Swelling
• Severe pain
• Disfigurement

Provide immediate treatment for life-threatening injuries!
Conducting Victim Assessment

Page 4-29 in the Student Manual

A head-to-toe assessment:

• Determines the extent of injuries and treatment.
• Determines the type of treatment needed.
• Documents injuries.
Head-to-Toe Assessment

1. Head
2. Neck
3. Shoulders
4. Chest
5. Arms
6. Abdomen
7. Pelvis
8. Legs
9. Back
Treating Burns

Page 4-33 in the Student Manual

- Cool the burned area.
- Cover to reduce infection.
Layers of Skin

Page 4-34 in the Student Manual

• Epidermis
• Dermis
• Subcutaneous layer
Classification of Burns

Page 4-34 in the Student Manual

- First degree
- Second degree
- Third degree
Wound Care
Page 4-35 in the Student Manual

• Control bleeding
• Prevent secondary infection
• Clean wound—don’t scrub
• Apply dressing and bandage
1. In the absence of active bleeding, remove dressing and flush, check wound at least every 4-6 hours.

2. If there is active bleeding, redress over existing dressing and maintain pressure and elevation.
Treating Amputations
Page 4-36 in the Student Manual

- Control bleeding
- Treat for shock
- Save tissue parts, wrapped in clean cloth
- Keep tissue cool
- Keep tissue with the victim
Treating Impaled Objects

Impaled Objects:

• Immobilize.
• Don’t move or remove.
• Control bleeding.
• Clean and dress wound.
• Wrap.
Treating Fractures, Dislocations, Sprains, and Strains

Page 4-37 in the Student Manual

- Objective: Immobilize the injury and joints above and below the injury.
- If questionable, treat as a fracture.
Treating an Open Fracture

Page 4-37 in the Student Manual

• Do not draw exposed bones back into tissue.
• Do not irrigate wound.
Treating an Open Fracture

Page 4-38 in the Student Manual

**DO:**

- Cover wound.
- Splint fracture without disturbing wound.
- Place a moist 4" x 4" dressing over bone end to prevent drying.
Signs of Sprain
Page 4-39 in the Student Manual

• Tenderness at injury site
• Swelling and/or bruising
• Restricted use or loss of use
Guidelines for Splinting
Page 4-40 in the Student Manual

1. Support the injured area.
2. Splint injury in the position that you find it.
3. Don’t try to realign bones.
4. Check for color, warmth, and sensation.
5. Immobilize above and below the injury.
Nasal Bleeding
Page 4-42 in the Student Manual

• Causes:
  – Blunt force
  – Skull fracture
  – Nontrauma-related conditions

• Blood loss can lead to shock.

• Victims may become nauseated and vomit if they swallow blood.
Symptoms of Hypothermia

Primary signs and symptoms:

• A body temperature of 95° Fahrenheit (37° Celsius) or less
• Redness or blueness of the skin
• Numbness accompanied by shivering
Symptoms of Hypothermia
Page 4-43 in the Student Manual

At later stages, hypothermia will be accompanied by:

• Slurred speech.
• Unpredictable behavior.
• Listlessness.
A Heat Wave Is . . .

A prolonged period of excessive heat, often combined with excessive humidity.
Risks Associated With a Heat Wave

• Heat cramps
• Heat exhaustion
• Heat/Sun stroke
Actions to Take During a Heat Wave

• Seek air conditioning.
• Avoid strenuous activities during the heat of the day.
• Wear lightweight, light-colored clothing.
• Check on family members and neighbors.
• Drink plenty of fluids.
Preparing the Home

• Install additional insulation.
• Protect windows.
• Use attic fans.
Summary & Questions

Page 4-45 in the Student Manual