

Long Beach Peninsula CERT

Monday, April 07, 2008

FIRST RESPONDER CHECK LIST

Equipment

- Protective clothing
- Hard Hat
- Gloves
- Boots
- Goggles
- Flashlight
- Whistle
- Gas Valve Wrench
- Mask
- Knife
- Radio
- First Aid Kit

Situational Awareness

- 5 W's
 - What happened?
 - Where did it happen?
 - When did it happen?
 - Why did it happen?
 - Who is involved/impacted (do you have any Block Captain info on the address)?
- What does it look like (take the time to stand back and assess the scene)?
- Is there fire/smoke?
- Do you smell gas?
- Is the building/vehicle/etc. structurally sound?
- Can you communicate with any victims?
- Do you hear anything from inside?
- **DO YOU HAVE A PARTNER?**
- **CAN YOU EXPECT PROFESSIONAL HELP?**
- **If not, you're on your own: DON'T BECOME ANOTHER VICTIM!!!**
- **ORGANIZE YOUR NEIGHBORS INTO RESPONSE TEAMS**

Fire

- Determine if there are victims inside.
- Determine the class of fire
 - "A" – wood or paper: Use water to extinguish
 - "B" – Oil or gas: Turn off gas and try to smother the fire.
 - "C" – Electrical: Turn off the electricity, then treat as a Class "A"
- Verify availability of water pressure
- If possible, organize a group to fight the fire.
- Plan your operation, and brief the team
- Attempt to extinguish only if the fire is small
- Try to contain to protect adjacent structures

- People come first.
- Locate any victims
- Assess the extent of injuries of all victims.
- With multiple victims, call for more help.
- Decide whether you have the expertise to help.
- If so, provide assistance to the most needy first.
- Help ambulatory victims egress the building.
- Seek professional (MC/RN/Paramedic) support for treatment.

Collapsed Building

- Assess damage
 - Downed/broken power lines
 - Gas Leaks
 - Water Leaks
 - Structural instability
- Attempt to contact surviving victims
- **DO NOT ENTER ALONE**
- If there is/are victim(s), call for a team to organize a rescue effort
- Plan your operation, and brief your team.
- Extract the victim(s) and proceed with **Triage** steps.

Broken Water Line

- Assess damage and identify safety concerns
- Attempt to identify the shut-off valve location
- Turn off the water supply

Downed Power Lines

- Attempt to create barriers and warning signs to keep people away
- Post an observer to warn passers by of the danger

Records

- Appoint a scribe to keep track of what you are doing
 - Where have you already been?
 - Who have you rescued?
 - What are the conditions of those with medical problems?
- Be prepared to turn over your information to the professionals.

General Guidelines

- **Try to remain calm**
- **Safety trumps heroics**
- **Take charge, and people will follow**
- **Be willing to take suggestions**
- **If you're not sure how: Innovate**
- **Keep hydrated**
- **Take a step back periodically to regain Situational Awareness**