UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

This unit includes:

• A Review of Key Points from the Course.

• A Final Exercise.
UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

INTRODUCTION AND UNIT OVERVIEW
This unit is the culmination of all that you have learned throughout the course. After a brief review of the final examination and the key points of the course, you will have the opportunity to use your skills and knowledge of CERT organization and operations in a simulated disaster exercise.

COURSE REVIEW
The following are key points of the emergency preparedness unit:

- **Home and workplace preparedness:**
  - Assembling an disaster supply kit
  - Developing an emergency plan
  - Developing a safe room
  - Evacuation versus sheltering in place

- **Specific preparedness measures for high-risk hazards** (including terrorism)

The following are key points from the fire safety unit:

- **Hazardous materials:**
  - Identification
  - Defensive strategies

- **Utility control:**
  - Gas
  - Electric
  - Water

- **Sizeup:** Stress the importance of CERT sizeup and the steps in the sizeup process.

- **Firefighting resources:**
  - General resources available
  - Interior wet standpipes, including operation and limitations (if applicable)
  - Portable fire extinguishers, their capabilities and limitations
COURSE REVIEW (CONTINUED)

- Safety considerations:
  - Safety equipment must be used at all times.
  - CERT members must always use the buddy system.
  - Fire suppression group leaders should always have a back-up team available.

The following are key points for disaster medical operations:

- The “killers”
- Head-Tilt/Chin-Lift method of opening an airway
- Methods for controlling bleeding:
  - Direct pressure
  - Elevation
  - Pressure points
- Treatment for shock:
  - Patient position
  - Maintenance of body temperature
  - No food or drink
- Conducting triage evaluations
- Head-to-toe patient assessments
- Special considerations when head, neck, or spinal injuries are suspected
- Treatment area considerations
- Splinting and bandaging
COURSE REVIEW (CONTINUED)

The following are key points for light search and rescue:

- **Search and rescue are really two functions.**

- **Goals of search and rescue:**
  - Rescuing the greatest number of people in the shortest amount of time
  - Rescuing the lightly trapped victims first

- **Sizeup:**
  - Construction types
  - Related hazards

- **Structural damage:**
  - Light damage
  - Moderate damage
  - Heavy damage

- **Search techniques:**
  - Be systematic and thorough
  - Mark areas searched
  - Document search results

- **Rescue techniques:**
  - Leverage and cribbing
  - Lifts and drags
COURSE REVIEW (CONTINUED)

The following are key points for CERT organization:

- **Organizational structure:**
  - Well-defined management structure
  - Effective communications among agency personnel
  - Accountability

- **Command objectives:**
  - Identify the scope of the incident through damage assessment
  - Determine an overall strategy and logistical requirements
  - Deploy resources efficiently but safely

The following are key points for disaster psychology:

- In the aftermath of disasters, survivors and disaster workers can experience psychological and physiological symptoms.
- The steps CERT leaders should take to reduce stress on team members.
- The steps CERT members can take to reduce their own stress levels.
- Strategies for helping survivors work through their trauma.

The following are key points for terrorism:

- **B-NICE indicators**
- **CERT protocols** for terrorist incidents
- **Protective actions** following a terrorist incident
EXERCISE CRITIQUE AND SUMMARY

It is important to continue education and training to maintain and improve your skills and knowledge. You should attend:

- Periodic refresher training that is offered locally.
- Standard and advanced first aid courses that are offered through The American Red Cross.
- Cardiopulmonary resuscitation classes that are offered through the American Heart Association.