

**Instructor Guide to Unit Four:
Disaster Medical Operations
Part One**

1. The goal of this unit is to understand how certain medical conditions are grave and need to be treated immediately through the understanding and implementation of a triage system.

2. This is the content for Unit Four:

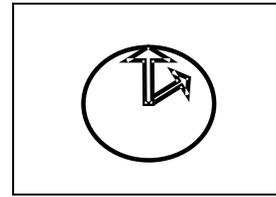
- a. Treatment of life-threatening conditions
- b. Opening the airway exercise
- c. Controlling bleeding exercise
- d. Controlling shock exercise
- e. Triage
- f. Conducting Triage exercise

3. Supplies needed for Unit Four:

- LCD projector
- Computer linked to LCD projector
- Computer disk containing Unit Four power point presentation
- Instructor Guide for Unit Four
- Participant's Manual for CERT

4. Instructional staffing requirements:

One instructor is required for this unit. Team teaching is encouraged.



5. Unit Four is scheduled for two hours.

This is the suggested time-line:

- a. 30 minutes
- b. 20 minutes
- c. 20 minutes
- d. 20 minutes
- e. 15 minutes
- f. 15 minutes

120 minutes



The clock is found throughout the instructor guide it indicates how many minutes it is suggested be spent on each subject area.

Time spent on each unit can be maneuvered by dropping content and referring to its placement in the take-home materials. This permits flexibility on the part of the instructor and encourages participants to question or discuss course matters. It also holds the instructor to the time limit for the unit without expecting participants to stay overtime or to have instructors who follow to give up their time.



The need for disaster medical operations is based on two assumptions. First, the number of victims will exceed the local capacity for treatment. Second, survivors will assist others, they will do whatever they know how to do. If they are going to do the greatest good, they need to know lifesaving or post-disaster survival techniques.

In a disaster, there may be more victims than rescuers and immediate help will not always be available. People who have Community Emergency Response training will be able to function quickly and efficiently to save lives.

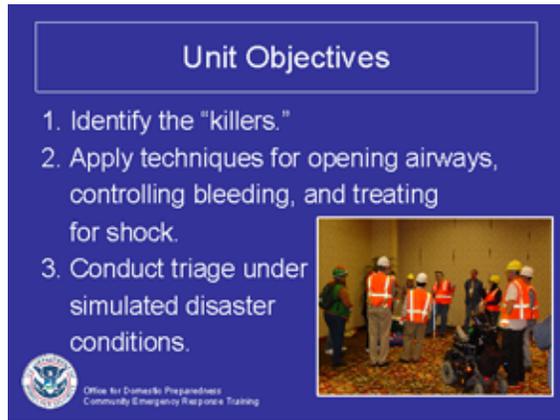
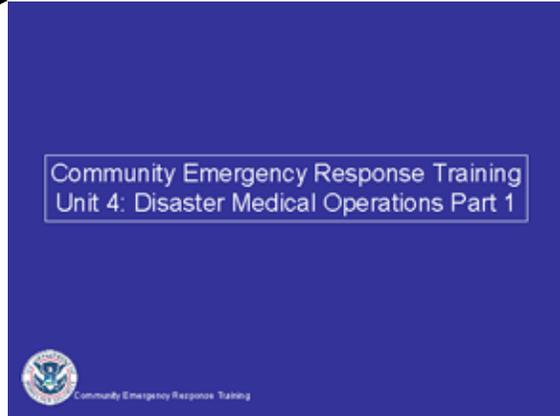
There are three phases of death from trauma.

1. Death within minutes as a result of overwhelming and irreversible damage to vital organs.
2. Death within several hours as a result of excessive bleeding
3. Death in several days or weeks as a result of infection or multiple-system failure

The goal of disaster medical operations is to do the greatest good for the greatest number. In a disaster with many victims, time will be critical. CERT members will need to work quickly and efficiently to help as many victims as possible.

The first priority of medical operations is to attend to those potential killers by:

- Opening the airway
- Controlling excessive bleeding
- Treating for shock



Always wear safety equipment: Helmet, goggles, gloves, mask, and boots. A timesaving technique is to wear latex gloves under your work gloves. Then, when you find a victim, you can remove your work gloves and are ready to work with the victim



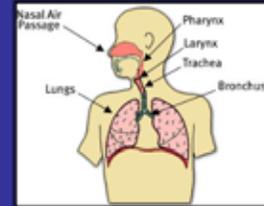
Exercise: Opening the Airway

- a. Purpose: This exercise allows you to practice using the Head-Tilt/Chin-Lift method on each other.
- b. Instructions: Follow the steps below to complete this exercise:
- c. Work in pairs—one person will be the victim and the other person the rescuer.
- d. Victims should lie on the floor on their backs or stay in their wheelchairs and close their eyes.
- e. The rescuer should use the Head-Tilt/Chin-Lift method on the victim to open the airway.
- f. After the rescuer has made two or three attempts at using the Head-Tilt/Chin-Lift method, the victim and the rescuer should change roles

Treatment of Life-Threatening Conditions

Components of a respiratory system:

- Lung
- Bronchus
- Larynx
- Pharynx
- Nasal Air Passage
- Trachea



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Exercise: Controlling Bleeding

Purpose: This exercise allows you to practice the techniques for controlling bleeding. Bleeding must be controlled as quickly as possible so as not to endanger the victim's life from blood loss.

Instructions: Follow the steps below to conduct this exercise:

You should always wear your rubber gloves, goggles, and a mask as a protection against blood-borne pathogens, such as hepatitis and human immunodeficiency virus (HIV).

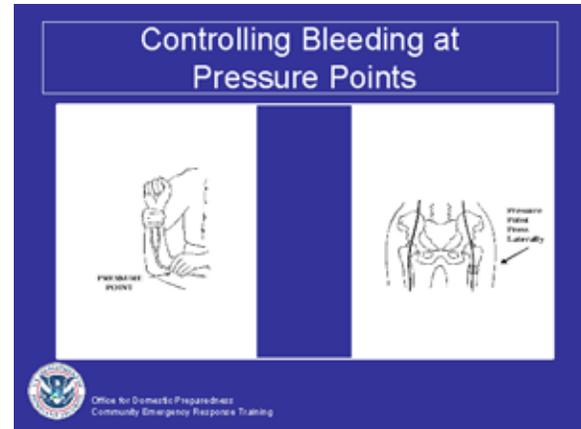
Work in pairs – one person will be the victim and the other the rescuer.

Victims should lie on the floor on their backs and close their eyes.

The rescuer should use direct pressure to control bleeding from a simulated wound on the right forearm just below the elbow. The rescuer should:

- Apply a pressure bandage.
- Elevate the arm.
- Repeat these two steps.
- Repeat the two steps for speed.

3. After the rescuer has made at least three attempts at using each technique, the victim and the rescuer should change roles.





Exercise: Treating Shock

1. **Purpose:** This exercise allows you to practice the steps for treating shock.

2. **Instructions:** Follow the steps below to complete this exercise:

- a. Work in pairs of victim and rescuer.
- b. The victims should lie on the floor on their backs if possible (or stay in their wheelchairs) and close their eyes.
- c. The rescuer should treat the victim based on the scenario given by the Instructor.
- d. The victim and the rescuer should then switch roles.

Procedures for Controlling Shock	
Step	Action
1	Lay the victim on his or her back. Elevate the feet 6-10 inches above the level of the heart. Maintain an open airway.
2	Control obvious bleeding.
3	Maintain body temperature (e.g., cover the ground and the victim with a blanket if necessary).
4	Avoid rough or excessive handling unless the rescuer and victim are in immediate danger.

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Triage is a French term meaning “to sort.” During triage, victims are evaluated, sorted by the urgency of the treatment needed, and set up for immediate or delayed treatment. Triage occurs as quickly as possible after a victim is located or rescued. During triage, victims’ conditions are evaluated and the victims are prioritized and labeled (tagged) into three categories: immediate, delayed, or dead



Triage

- Immediate (I)
- Delayed (D)
- Dead (DEAD)

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Exercise: Conducting Triage

1. Purpose: This exercise is intended to allow you to practice conducting triage a high-pressure situation.



2. Instructions: Follow the steps below to complete this exercise:

- a. Work in 6-person groups. In each group, three participants will act as victims, and three will act as search and rescue team members, two rescuers and one runner.
- b. The “victims” should select a card from the Instructor and tape it to their shirts.
- c. The victims should arrange themselves within the designated “disaster” area.
- d. The three “rescuers” will have 5 minutes to:
 - Conduct triage on each of the victims and determine how each should be tagged and treated.
 - Document the number of victims in each category of triage: immediate, delayed, dead.

Triage Pitfalls

- No team plan, organization, or goal
- Indecisive leadership
- Too much focus on one injury
- Treatment (rather than triage) performed

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If your CERT class continues on the same day, take your break and return to this classroom. Or

If your CERT class continues on another day (next week or next month) Your **Homework Assignment** is to read Unit Five: Disaster Medical Operations Part Two.

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