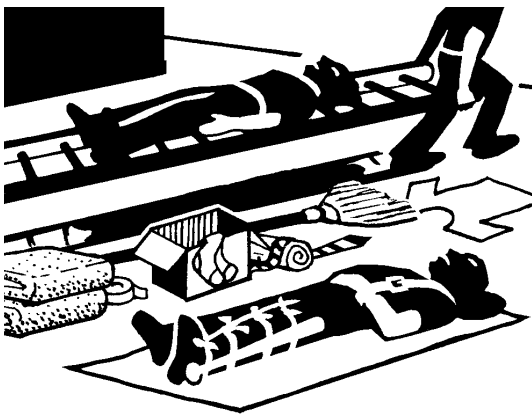


# ESP FOCUS

## Learn First Aid and CPR



## You May Have to Treat Family, Neighbors or Others

The Northridge earthquake caused disruptions at several Southern California hospitals.

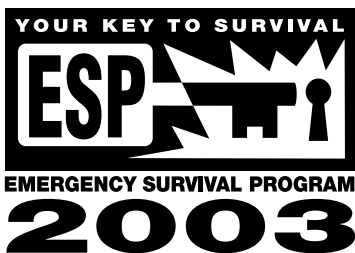
Thirty-two of the 142 acute care hospitals in Los Angeles County and two of the eight in Ventura County were damaged by the magnitude-6.7 quake. Damage at five L.A. County hospitals was so bad, they were closed for several days and patients were evacuated.

A damaging flood, fire, earthquake or other emergency could damage hospitals, clinics and other medical offices that serve your community.

The emergency also could injure doctors, nurses and others who normally treat you.

As a result, you might have to treat family members, friends and co-workers for cuts, scrapes and other minor injuries.

Include a First Aid Team as part of your emergency response team. The reverse side of this ESP Focus sheet provides information on forming a First Aid Team and providing first aid. Help your community when it's needed most by forming a First Aid Team and providing members with up-to-date training.



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# S E P T E M B E R

## Select a First Aid Team

The Planning Committee should work with the Block Captain to select a leader for the First Aid Team and members of the team.

The First Aid Leader can be a retired doctor or nurse or someone who is certified in first aid and cardio pulmonary resuscitation (CPR). (Retired health care professionals are preferable to active professionals since active professionals may be on duty at the time of the emergency or recalled to work.)

A background in health care isn't required, but residents assigned to this team should know basic first aid and CPR. Classes are available through your local chapter of the American Red Cross.

## Pre-Emergency Responsibilities

Before the next emergency, the First Aid Team should:

- Find the closest hospital, clinic or other health care facility.
- Learn about that facility's disaster plan.
- Pick a site for post-emergency injury evaluation and treatment.
- Work with the Transportation Team to plan how to take seriously injured victims to hospitals and other medical facilities.
- Get first aid handbooks and train members of the team in first aid and CPR.
- Ask everyone to store extra eye glasses, medications and copies of their prescriptions.
- Work with the Supplies Team to obtain large quantities of first aid supplies for your organization.
- Ask everyone in the neighborhood to keep their medications together with a list of their conditions in their refrigerator and to place a note on the refrigerator door.
- Ask everyone to obtain and maintain their own first aid kits.
- Schedule "refresher" training sessions annually.

## Post-Emergency Responsibilities

After the emergency, members of the First Aid Team should:

- Meet at the designated location for assignments.
- Find and treat injured persons (team members should try to call an ambulance or the nearest hospital if the victim appears to have a serious injury; if the medical facility is open and the victim can be moved, team members should transport the victim to the hospital).
- Transport people with minor injuries to your designated first aid station and treat the victims.
- Help people who appear to be traumatized.
- Make a form that includes vital information and write down all activities (e.g. "sent Mrs. Jones to General Hospital for treatment of broken arm").

## Creative Solutions

During your response, the First Aid Team should be prepared to treat those with breathing problems, cuts from flying or broken glass, sprained or broken bones, shock and other injuries.

If there's a shortage of first aid supplies and equipment, the First Aid Team might have to find creative ideas to treat people who are injured. They include using:

- Sheets, sanitary napkins and disposable diapers as bandages
- Rolled up magazines, broom handles and pillows as splints
- Doors or other large, flat objects as stretchers
- Aluminum foil, plastic wrap and blankets to provide warmth
- Plastic bags filled with ice cubes to reduce swelling and treat sprains
- Large plastic bags for sanitation



This action sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase emergency preparedness at home, in the community, at work and at school. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Southern California cities and counties assist in the development of campaign materials and coordination of the campaign.