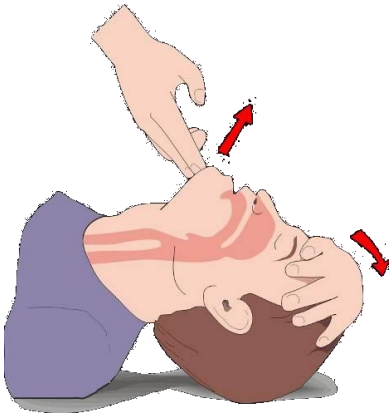
CERT Practical Skills

Your Name _____

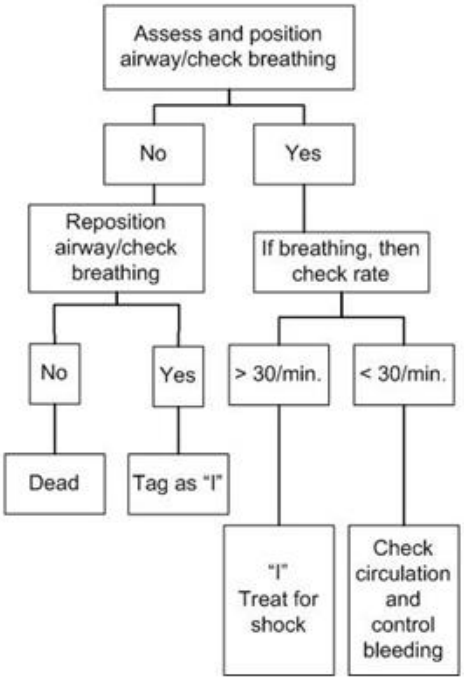
Disaster Medical 1 & 2

Simple Triage And Rapid Treatment

- Proper approach
  - Announce, I am _____ with CERT are you OK?
  - Shake (at arms length) and ask are you OK?
- ***Airway***
  - Look, Listen, Feel
  - Head-tilt/chin-lift
  - Stabilize airway and spine

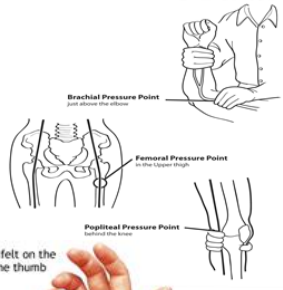


Airway Flow Chart

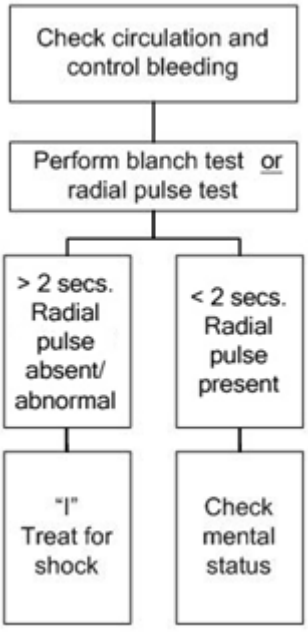


- Check for and treat excessive ***Bleeding***
- Ask for permission to touch
- Quick head-to-toe
- Direct pressure, Elevate, Pressure Points

- Preform Blanch test
- Check radial pulse

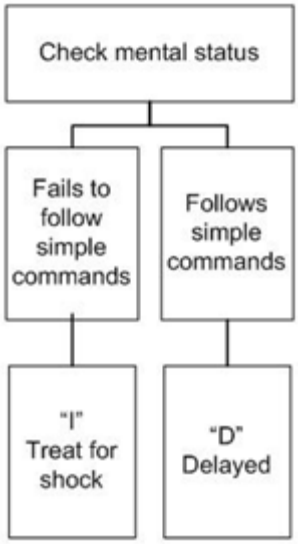


Loss of Volume Flow Chart



- Check for and treat ***Shock***
- Ask are you OK?
- Give a few simple commands
  - Squeeze my fingers
  - Follow my finger or light
- Treat for shock
  - Protect temperature
  - Raise feet 6” to 10” above the heart

Shock Flow Chart

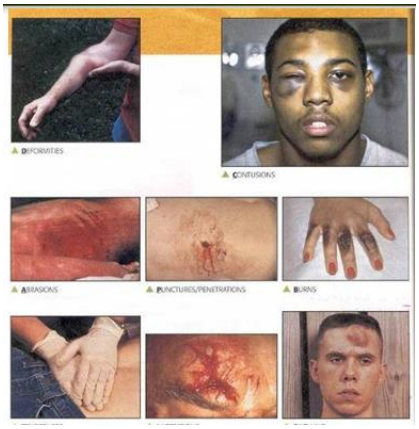


- Everyone gets a tag

- Immediate (I): Victim has life-threatening injuries (airway, bleeding, or shock)
- Delayed (D): Injuries do not jeopardize victim’s life; treatment can be delayed
- Minor (M): Walking wounded and generally ambulatory
- Dead (DEAD): No respiration after two attempts to open airway

Conducting Head-to-Toe Assessments

- Look for DCAP-BTLS
  - Deformities
  - Contusions (bruising)
  - Abrasions
  - Punctures
  - Burns
  - Tenderness
  - Lacerations
  - Swelling



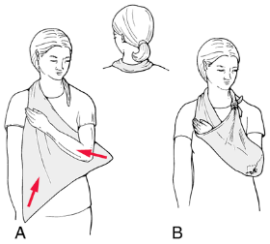
- Head-to-Toe-Assessments
  - Conduct on everyone
  - Ask for permission
  - Pay careful attention
  - Look, listen, and feel for anything unusual
  - Suspect a spinal injury in all unconscious victims and treat accordingly
  - check hands for patient bleeding
  - PMS in all extremities
  - Medical ID emblems on bracelet or on neck chain

Head-to-Toe-Assessments Flow Chart

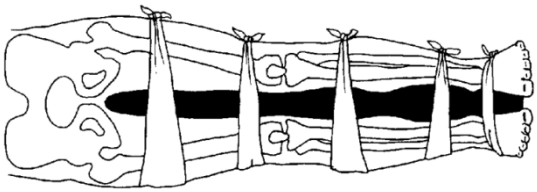
1. Head
   a. Top of head
   b. Face
   c. Eyes
      i. puples equal and recative
      ii. racoon eyes
   d. Nose
      i. blood or fluid in the nose
   e. Mouth
      i. missing teeth
      ii. bleeding
      iii. obstruction
   f. Ears
      i. blood or fluid in ears
      ii. brusing behind ears
   g. back of head
   h. Check gloves for blood
2. Neck
3. Shoulders
   a. Check gloves for blood
4. Chest
   a. Check gloves for blood
5. Arms
   a. Check gloves for blood
6. Abdomen
7. Pelvis
   a. Check gloves for blood
8. Legs
   a. Check gloves for blood
9. Back with log roll when needed

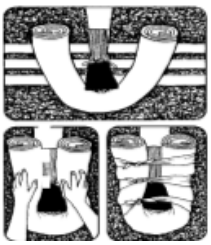
Splints

- Anatomical splints
  - Legs
  - Fingers
  - Arm to torso
- Splint leg
- Splint ankle
- Splint arm and place in sling



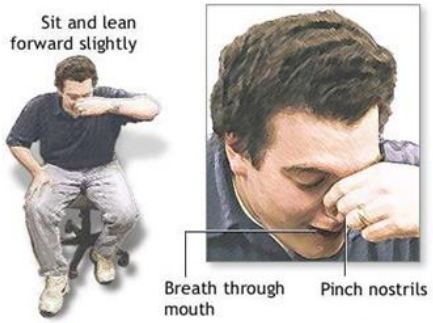
- Assess PMS in the extremity before and after splinting
- Immobilize above and below the join and injury





Nose Bleeds

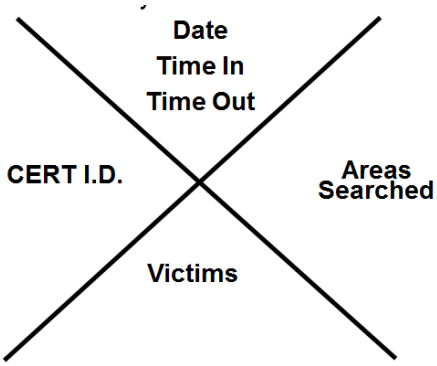
- Stop Nose Bleed
  - Pinch the nostrils together
  - Put pressure on the upper lip just under the nose
  - Ensure that airway remains open
  - Keep victim calm
  - Ice pack to back of neck if needed



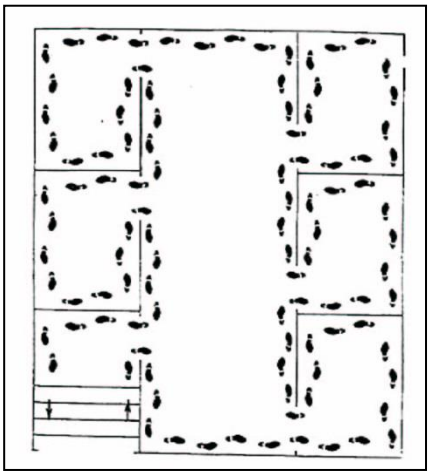
Light Search & Rescue

Search & Rescue

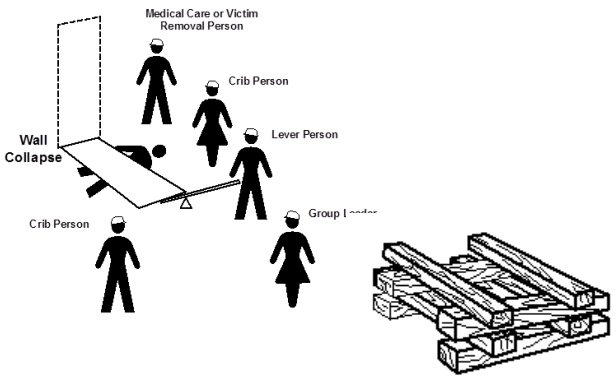
- Search Markings
  - Mark how many victims
    - (M)inor
    - (D)elayed
    - (I)mmediate
    - Where moved to
- Areas Searched
  - Floor
  - Rooms



- Search one room
  - Upon entering: Shout "If anyone can hear my voice, come here." Ask for any information about the building, then give directions such as, "Stay here" or "Wait outside"
  - Systematic search pattern
  - Every interior space has six sides — 4 Walls, floor and ceiling
  - Stop frequently to listen for:
    - Tapping
    - Movement
    - voices
  - Report results

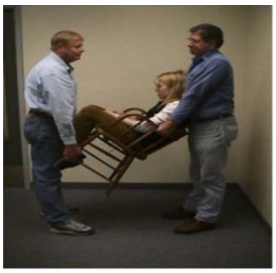


- Extract victim using leverage device and cribbing
  - Size up
  - Build leverage tool
  - Lift heavy object
  - Secure with cribbing
  - Remove victim
  - Lower heavy object to safe position



Carries	
• Pack-Strap Carry	

• Two-Person Carry
  ○ Person at the head in charge
  ○ Grab under armpits
  ○ Leg person can face either way	

• Chair Carry
  ○ Person at the head in charge
  ○ Person at the back of the chair puts foot on chair leg to hold it in place
  ○ Arms need to be placed on chest and lap
	

• Log roll
  ○ Person at the head in charge
  ○ Keep head stabilized
  ○ Check back while on side	

• Blanket drag
  ○ Person at the head in charge
  ○ Roll 1/3 blanket and tuck under backside after log roll
  ○ Lay victim on blanket and pull rolled blanket through
  ○ Put arms on chest and wrap	

CERT Sizeup

*** Rescuer safety is always number one priority ***

There are 9 steps of the ***continual*** sizeup process:

1. Gather facts
    a. What time of day and day of the week is it?
    b. What type of structures are involved and how are they constructed?
    c. What kind of terrain is involved?
    d. How many people are likely to be affected overall and in each structure?
    e. Are there special considerations such as children, elderly, handicapped, special medical equipment or needs (oxygen, wheelchairs, etc.)?
    f. Will weather conditions affect your safety or methods of operations including S&R?
    g. Are hazardous materials or any other types of hazards involved?

2. Assess and Communicate the Damage
    a. For structural searches, complete a 360o size up by, taking a lap around the entire building gathering information on: damage, victims, main shut off valves, tools that may be needed and any hazards.
    b. Assess the level of damage to the structure: **H**eavy, **M**edium, **L**ight
    c. Report the facts and initial damage assessment to the appropriate person(s).

3. Consider probabilities
    a. Is the situation stable or is there potential for more disaster activity that could impact personal safety?

4. Assess your situation
5. Establish priorities
6. Make decisions
7. Develop a plan of action
8. Take action
9. Evaluate progress

CERT Practical Skills Sign Off Sheet

Disaster Medical 1 & 2

Simple Triage And Rapid Treatment

#	Victim Name	Date	Time	Rating	Approved
1					
2					
3					
4					
5					
6					
7					
8					

Conducting Head-to-Toe Assessments

#	Victim Name	Date	Time	Rating	Approved
1					
2					
3					
4					
5					
6					
7					
8					

Arm & Fingers Sling and Splints

#	Victim Name	Date	Time	Rating	Approved
1					
2					
3					

Ankle, Legs & Toe Splints

#	Victim Name	Date	Time	Rating	Approved
1					
2					
3					
4					

Nose Bleeds

#	Victim Name	Date	Time	Rating	Approved
1					
2					

Box Elder County CERT Program

Participant's Name _____ Date Completed _____

Light Search & Rescue

Search					
#	Victim Name	Date	Time	Rating	Approved
1					
2					
Search Markings					
#	Location	Date	Time	Rating	Approved
1					
2					
Extract victim using leverage device and cribbing					
#	Victim Name	Date	Time	Rating	Approved
1					
2					
Carries					
#	Victim Name	Date	Time	Rating	Approved
1					
2					
3					
4					
5					
1					
2					
3					
4					
5					
9 Step continual Size-Up Process					
#	Location	Date	Time	Rating	Approved
1					
2					
360º Walk Around Size-Up					
#	Location	Date	Time	Rating	Approved
1					
2					

Participant's Name _____ Date Completed _____