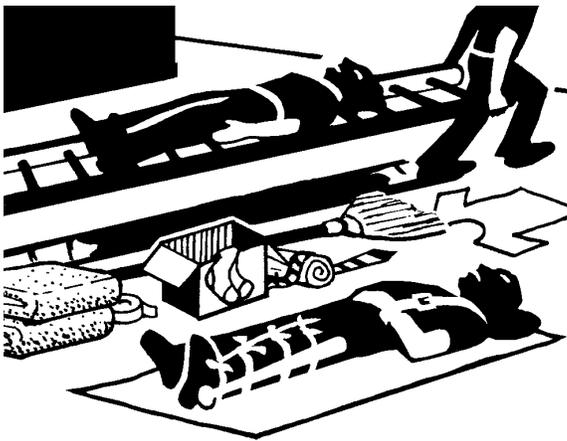


# ESP FOCUS

## Learn First Aid and CPR



### WHY?

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.

A similar earthquake in your area could cause the same type of damage. Although most hospitals are expected to be at least 50-percent functional on the first day after a damaging earthquake, several will have a lot of damage. Modeling projections of the impacts of hypothetical earthquakes on the Elsinore, Rose Canyon, Santa Ynez and Sierra Madre faults are shown in the table below.

Earthquake Impacts	Elsinore Fault	Rose Canyon Fault	Santa Ynez Fault	Sierra Madre Fault
Magnitude	7.5	6.9	7.0	7.0
Hospitals	265	265	191	206
Destroyed	0	0	0	0
Moderate or greater damage	234	89	158	182
>50% Functional on day 1	251	238	175	107

The earthquake 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.

Help your community when it's needed most by forming a First Aid Team as part of your emergency response team. Provide members with up-to-date training.

This ESP Focus Sheet provides information on forming a First Aid Team and providing first aid.



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# SEPTEMBER

## Select a First Aid Team

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

The leader of the First Aid Team 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 will be called to duty at the time of the emergency.)

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

## Pre-quake Responsibilities

Before the next earthquake, the First Aid Team should:

- Find the closest hospital, clinic or other health care facility and learn about that facility's disaster plan.
- Pick a site for a first aid station to treat and evaluate the injured.
- Plan how to transport the seriously injured to medical facilities.
- In your neighborhood: Ask everyone to keep their medications together, along with a list of their medical conditions.
- Ask everyone to store extra eyeglasses, medications and copies of their prescriptions.
- Ask everyone to maintain first aid kits.
- Work with the Supplies Team to obtain large quantities of first aid supplies for your organization.

## Post-quake Responsibilities

After a damaging earthquake, 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 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 them.
- Help people who appear to be traumatized.
- Make a form that includes vital information and write down all activity (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 minor 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. Some suggestions are:

- 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
- 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 in coordination of the campaign.