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# UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

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**This unit includes:**

- **A Review of Key Points from the Course.**
- **A Final Exercise.**



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**INTRODUCTION AND UNIT OVERVIEW**

This unit is the culmination of all that you have learned throughout the course. After a brief review of 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.

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**COURSE REVIEW**

The following are key points of the disaster preparedness unit:

- Home and workplace preparedness:
  - Assembling a disaster supply kit
  - Developing a disaster 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
- Head-to-toe assessments
- Wound care
- 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:

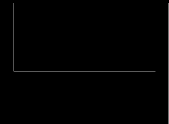
- Organizational structure:
  - Well-defined management structure
  - Effective communications among agency personnel
  - Accountability
- Command objectives:
  - Identify the scope of the incident through damage assessment
  - Determine an overall strategy and logistical requirements
  - Deploy resources 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
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**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.
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