



# Teen CERT Basic Training

Participant Workbook

FEMA P-927 / September 2012



**FEMA**







**DISASTER TEEN TRAINING GUIDE**

## WHAT IS CERT?

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CERT, Community Emergency Response Team, grew out of the natural desire to help others during and after a disaster. The first people on most any scene after a disaster are survivors who want to help. The primary objective of Teen CERT is to keep you and your family safe before and during a disaster, and to help your family and neighbors after a disaster strikes. You do this through learning preparedness, scene assessment, search and rescue, fire safety, disaster triage and treatment, and the Incident Command System that allows you to communicate with professional responders in the most efficient way possible. As a Teen CERT volunteer, you will be prepared to help when disaster strikes until professional responders arrive. Teen CERT moves you from victim to survivor to responder.

## WHY TEEN CERT?

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You may have heard of CERT in your community, but not Teen CERT – Yet! You can be a part of this fast growing trend to train teens as the next generation of prepared citizens across the nation. Teens are an untapped resource in the community. You can help your family in ways that younger siblings or older adults can't. You can supply the energy, enthusiasm, and will power to get things done. Teen CERT recognizes teens as our future and wants to challenge you to be prepared before disaster strikes.

## WHO IS TEEN CERT?

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Any teen who has a desire to be prepared can attend a Teen CERT training. Any group of teens can become a Teen CERT team. Your 4-H group, Scout Troop, Sunday School class or youth group can be trained. \*Check with local trainers for any age restrictions in your area.

## WHAT HAPPENS AFTER TEEN CERT TRAINING?

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After training, teens are encouraged to participate with a local adult CERT group for additional training and opportunities to serve. Some CERT teams organize and staff first aid booths at events, others provide fire fighters with relief items such as water and snacks during a fire, some go on to participate in other Citizen Corps initiatives such as Medical Reserve Corps or Fire Corps.

## WHERE DO I SIGN UP?

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Contact your local Emergency Operations Center about Teen CERT trainings in your area

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\_\_\_\_\_

# CONTENTS

**1) DISASTER PREPAREDNESS**

**2) FIRE SAFETY & SUPPRESSION**

**3) SEARCH & RESCUE**

**4) MEDICAL I: TRIAGE**

**5) MEDICAL II: TREATMENT**

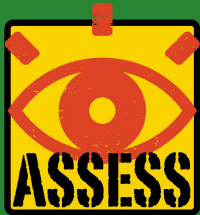
**6) DISASTER PSYCHOLOGY**

**7) TERRORISM & TEEN CERT**

**8) TEEN CERT ORGANIZATION**

# UNIT ONE

## DISASTER PREPAREDNESS



Examine your home for potential hazards & make sure you have basic needs.



Create a family emergency plan.



Assemble disaster/ survival kits & know the process for Teen CERT.

## WHAT IS A DISASTER?

Disasters can be:

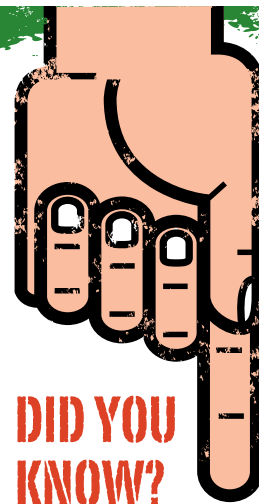
1) \_\_\_\_\_ 2) \_\_\_\_\_ 3) \_\_\_\_\_

All disasters have things in common:

- They are \_\_\_\_\_.
- They can \_\_\_\_\_ the emergency systems in your city.
- They \_\_\_\_\_ lives, health and the environment.

## THE FAMILY PLAN

- Know your limitations! You and \_\_\_\_\_ are your first priority in a disaster.
- Assign out-of-area relative/friend as contact so family members can reconnect.
- Determine how you will care for elder and disabled relatives or neighbors.
- Determine an escape route from \_\_\_\_\_.
- Designate a \_\_\_\_\_.
- Be prepared to \_\_\_\_\_ if you and your family need to.
- Research pet-friendly shelters in your area through the American Red Cross at [www.redcross.org](http://www.redcross.org) or local Emergency Management Office.
- Make sure your parents get annual insurance check ups to ensure adequate coverage on home, vehicles or boats.
- Encourage your parents to gather important documents such as: insurance and investments, credit and bank account numbers (consider using technology to store information).
- Practice your family plan.



## DID YOU KNOW?

Teen CERT  
Volunteers are  
protected under  
the \_\_\_\_\_  
\_\_\_\_\_ Law.

## What items do you have in your home right now?

- |   |  |
|---|--|
| <input type="checkbox"/> Canned meats, fruits and vegetables                      | <input type="checkbox"/> Comfort foods such as chocolate, hard candy and gum |
| <input type="checkbox"/> Canned juices  | <input type="checkbox"/> Insurance papers                                    |
| <input type="checkbox"/> Batteries  | <input type="checkbox"/> Identification                                      |
| <input type="checkbox"/> High-energy foods such as peanut butter                  | <input type="checkbox"/> Medical records                                     |
| <input type="checkbox"/> Any special diets such as baby food or diabetic supplies | <input type="checkbox"/> Water   |
| <input type="checkbox"/> Bleach to purify water                                   |  |

Be sure that you've got \_\_\_\_\_ days  
worth of water  
( \_\_\_\_\_ per person/per day)



# DISASTER PREPARATION/ANNUAL HOME CHECKLIST

## SECURE YOUR HOME.....

- ☐ Board up windows and doors
- ☐ Cover vents
- ☐ Label a window shutter with insurance agency name and policy number

## SECURE THE YARD.....

- ☐ Move outdoor furniture inside
- ☐ Remove garden ornaments and store in garage or home
- ☐ Move or secure play equipment and toys

## PROTECT FAMILY DOCUMENTS.....

- |   |  |
|---|--|
| <input type="checkbox"/> Birth certificates                       | <input type="checkbox"/> Social Security Cards   |
| <input type="checkbox"/> Medical records                          | <input type="checkbox"/> Marriage Certificates   |
| <input type="checkbox"/> Identification Cards/<br>Drivers License | <input type="checkbox"/> Life Insurance Policies |
| <input type="checkbox"/> Passports                                | <input type="checkbox"/> Divorce/custody papers  |
|   | <input type="checkbox"/> Pet vaccination records |

## LIST OF PRESCRIPTION MEDICINES

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## SECURE HOME & AUTO PAPERWORK

- ☐ Deeds and titles    ☐ Insurance    ☐ Mortgage

## MONEY MATTERS .....

- ☐ Checking and savings account numbers
- ☐ Credit card numbers
- ☐ Investment documents
- ☐ Monthly bill phone numbers and account numbers
- ☐ Cash
- ☐ Previous year's tax return

## IMPORTANT PHONE NUMBERS.....

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## CHECKLIST ITEM

## CHECKUP DATE

### FAMILY PREPARATION .....

- ☐ Review Family Disaster Plan \_\_\_\_\_
- ☐ Designate Safe Meeting Location \_\_\_\_\_
- ☐ Restock First Aid Kit \_\_\_\_\_
- ☐ Stock 3 days worth of food and water  
for family and pets \_\_\_\_\_
- ☐ Gather one week's supply of medications  
for family and pets \_\_\_\_\_
- ☐ Have an extra charged cell phone battery \_\_\_\_\_
- ☐ Have a supply of different size batteries \_\_\_\_\_
- ☐ Have a map of the area \_\_\_\_\_

### MAINTENANCE .....

#### YARD

- Secure AC unit and raise up around base \_\_\_\_\_
- Anchor shed \_\_\_\_\_
- Prune tree limbs \_\_\_\_\_

#### ROOF

- ☐ Inspect covering \_\_\_\_\_
- ☐ Inspect roof to wall connections \_\_\_\_\_
- ☐ Ensure vents are attached to structure \_\_\_\_\_
- ☐ Inspect gable bracing \_\_\_\_\_
- ☐ Review warranty \_\_\_\_\_

#### OPENINGS

- ☐ Repair wood rot on windows and doors \_\_\_\_\_
- ☐ Caulk/weather strip windows and doors \_\_\_\_\_
- ☐ Check condition of window glass \_\_\_\_\_
- ☐ Check exterior doors for storm resistance  
and reinforce \_\_\_\_\_
- ☐ Check garage door for storm resistance  
and reinforce \_\_\_\_\_
- ☐ Label each shutter for its opening \_\_\_\_\_

## UNIT ONE WORD BANK

**"every room in my home"**  
**one gallon**  
**endangered**  
**man-made**

**family gathering spot**  
**unexpected**  
**shelter in place**  
**technological**  
**three**

**overwhelmed**  
**Good Samaritan Law**  
**natural**  
**your family**

# UNIT TWO

## FIRE SAFETY & SUPPRESSION



Assess rescuer safety, gather facts, consider possibilities.



Communicate. Decide on a plan of action.



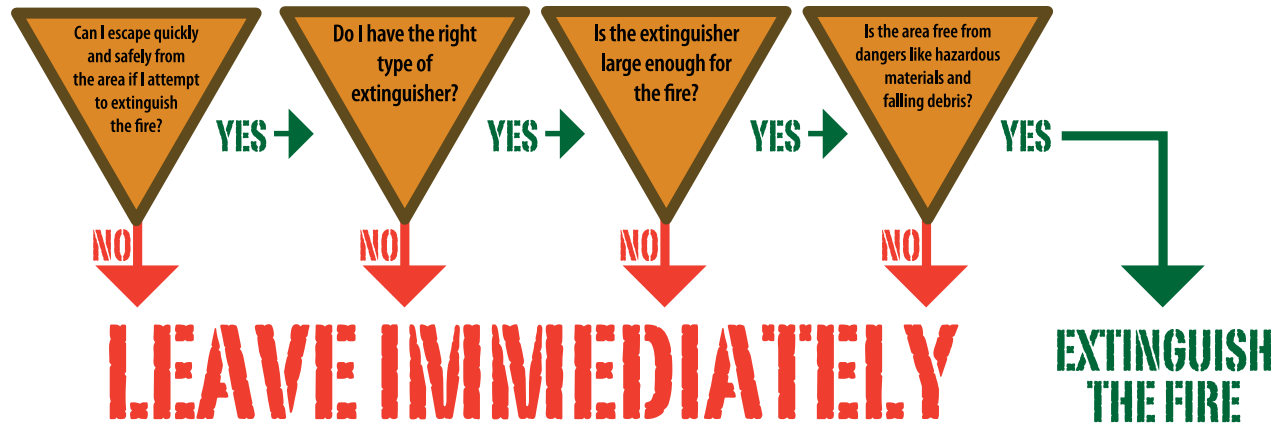
Carry out your plan of action. Evaluate your progress.

## BASIC FIRE SAFETY

Fire is one of the most \_\_\_\_\_ and \_\_\_\_\_ hazards a responder can face. Always use caution, and remember these basic guidelines when attempting to extinguish a fire:

- Identify \_\_\_\_\_ ways to exit from a fire before you begin suppression.
- Before opening a closed door, feel the door with the back of your hand. Do not touch the handle.
- Extinguish fires from the base.
- Remember that \_\_\_\_\_ is always the TOP PRIORITY.
- Always work with a buddy and wear appropriate safety equipment.

## SHOULD I USE A FIRE EXTINGUISHER?



## FIRES AND EXTINGUISHING AGENTS

The National Fire Protection Association has identified four classes of fire...A, B, C and D based on the type of fuel that keeps the fire burning. Can you match the type of fuel with each class of fire?

CLASS	CLUE	FUEL	EXTINGUISHER
A	"Ash"		Water, foam or dry chemical
B	"Boiling"		Foam, CO <sub>2</sub> or dry chemical
C	"Cords"		CO <sub>2</sub> or dry chemical
D	"Don't use water!"		Special agents - NO WATER!

## THE FIRE TRIANGLE

*Do you know the  
PASS method?  
(how to operate a fire  
extinguisher)*

**P**ULL

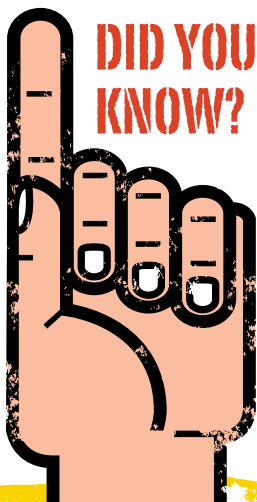
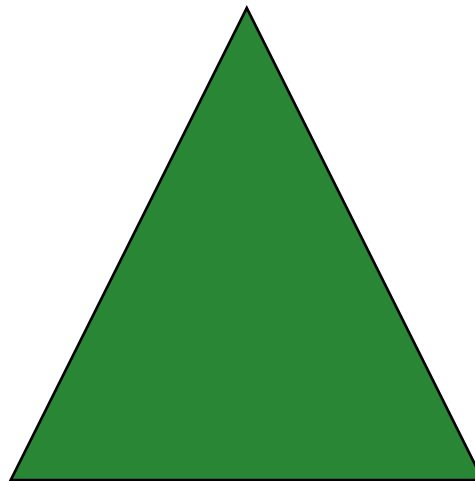
**A**IM

**S**QUEEZE

**S**WEEP

*...And be sure to  
aim at the \_\_\_\_\_  
of the fire!*

A fire needs three things to survive. If you eliminate any one of these three components of the \_\_\_\_\_ then, chances are, you've got the fire under control. Can you name the three things?



**DID YOU  
KNOW?**

## UNIT TWO WORD BANK

heat  
flammable liquids  
dangerous  
fuel

unpredictable  
combustible metals  
oxygen  
"fire triangle"  
solid nonmetallic material

your safety  
two  
electrical equipment  
base



# UNIT THREE

## SEARCH AND RESCUE



Size up scene and develop a plan.  
Never search alone.



Announce your presence and ask those that can to come toward your voice. Alert professional responders to the location and status of survivors.



Triage and evacuate survivors to safety, with a focus on the ABS: Airway, Bleeding and Shock.

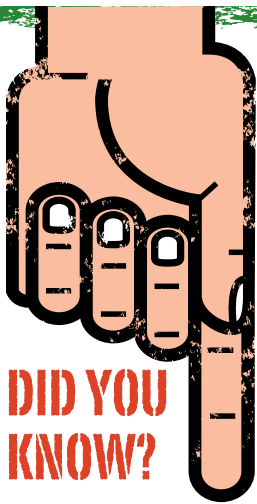
## SEARCH AND RESCUE BASICS

Search and Rescue uses \_\_\_\_\_ of Teen CERT training, and involves three distinctly different actions:

- 1) \_\_\_\_\_ – Assess the situation and build a safe plan of action.
- 2) \_\_\_\_\_ – Locate and document the location of survivors or other items of interest.
- 3) \_\_\_\_\_ – Safely remove survivors from danger.

The goal of every search and rescue operation is to maintain the safety of the rescuer while rescuing the greatest number of people in the shortest amount of time. The most effective way to accomplish this goal is to rescue the (lightly trapped / most severely wounded) survivors first.

Upon entering the building or arriving at the scene, call out in a loud voice, "\_\_\_\_\_."



## DID YOU KNOW?

“\_\_\_\_\_” is the term used to describe raising a heavy object to free a survivor.

## EVALUATING THE SCENE

When arriving at a scene, there is much more to look for than the condition of survivors. Every search and rescue operation must begin by evaluating your surroundings and any dangers that may be present for rescuers.

IF STRUCTURAL DAMAGE IS...	THEN...
LIGHT	Locate, triage and get victims to safety.
MODERATE	Locate, stabilize and get victims out quickly. Keep the number of rescuers inside the structure to a minimum.
HEAVY	Don't go in. Report danger.

## SEARCH METHODS

- Begin the search by calling out to victims, “If you can hear my voice, come to me.”
- Use a systematic search pattern to make sure the whole building is searched.
- Stop and listen often.
- Triangulate with other searchers – form a triangle around the sounds of victims.
- Mark search areas with an “X” and record the time, action taken, number of victims and your initials (use the sample below to practice marking search areas).
- Report results to the professionals.

Time.....7:31 AM

Action Taken.....GAS OFF

Volunteer Initials...DM

Search Team ID

Live Rescuer

Number of Victims.....0



# THE THREE RULES OF RESCUE

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- 1) Rescuer \_\_\_\_\_.
- 2) Triage in \_\_\_\_\_ damaged buildings.
- 3) Evacuate survivors from \_\_\_\_\_ damaged buildings (treatment can take place in lightly damaged buildings if needed).

## CARRYING SAFELY

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- First choice is to assist the removal of survivors that are \_\_\_\_\_.
- Lifts and drags should NEVER be used with survivors in cases where \_\_\_\_\_.
- Always work \_\_\_\_\_.
- Use \_\_\_\_\_ equipment.
- If possible have a \_\_\_\_\_ for relief.
- Search in teams so \_\_\_\_\_.

## UNIT THREE WORD BANK

lightly and moderately  
you don't become a victim  
moderately  
safety  
in teams  
back-up team

brain/spine injury is suspected  
safety  
mobile  
search  
heavy

number of survivors  
every aspect  
date and exit time  
scene size up  
rescue  
cribbing

# UNIT FOUR

## MEDICAL TRIAGE



Size up the scene.



Assist medical team  
by using accurate triage  
in the field.



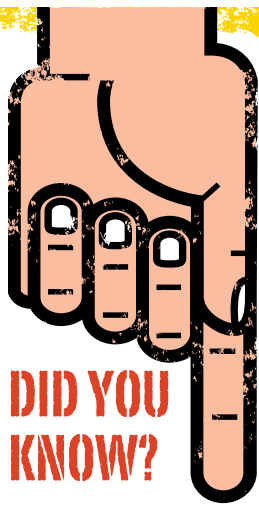
Treat most gravely injured  
first with simple triage and  
rapid treatment (START).

## DEATH FROM TRAUMA

**Trauma** is a body wound or shock produced by sudden physical or psychological injury, as from violence or accident. There are three phases of death that occur from trauma. They are:

- Phase 1: Death within minutes as a result of overwhelming and irreversible damage to \_\_\_\_\_.
- Phase 2: Death within several hours as a result of \_\_\_\_\_.
- Phase 3: Death in several days or weeks as a result of \_\_\_\_\_ or complications of injury.

Research has indicated that more than \_\_\_\_\_ of disaster survivors in the second and third phases of death from trauma could be saved by providing simple medical care.



**DID YOU  
KNOW?**

*The most  
common airway  
obstruction is the  
tongue!*

## HOW TO TAG VICTIMS

MINOR	GREEN	Injuries do not threaten the victim's life
DELAYED	YELLOW	Injuries are serious, but may be safely delayed
IMMEDIATE	RED	Life-threatening
DECEASED	BLACK	Dead

## WHAT IS THE A.B.S.?



**AIRWAY**



**BLEEDING**



**SHOCK**

These are the three killers! Think of the three killers as the body's Antilock Brake System. If one component of the ABS fails, they all fail, resulting in a crash.

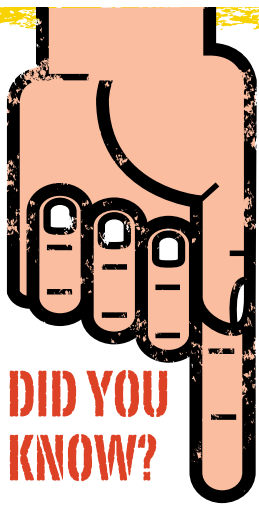
## AIRWAY



### HEAD-TILT/CHIN-LIFT METHOD FOR OPENING AN AIRWAY

1	At an arm's distance, shake the victim by touching the shoulder and shout out, " <b>Can you hear me?</b> "
2	If the victim does <b>NOT</b> respond, place the palm of one hand on the victim's forehead.
3	Place two fingers of your other hand under the <b>CHIN</b> and <b>TILT</b> the jaw upward while tilting the head back slightly.
4	Place your <b>EAR</b> over the victim's mouth, looking toward the victim's feet and place a hand on the victim's abdomen.
5	<b>LOOK</b> for <b>CHEST RISE</b>
6	<b>LISTEN</b> for <b>AIR EXCHANGE</b>
7	<b>FEEL</b> for <b>ABDOMINAL MOVEMENT</b>





**DID YOU  
KNOW?**

*Direct pressure combined with elevation will address most bleeding...This can take 5-7 minutes to stop the bleeding completely.*

## BLEEDING

There are three main ways to control or stop bleeding, based on the nature and type of the injury being treated. These are detailed below:

TYPE	SYMPTOM	TREATMENT
Arterial		Direct pressure on site and firm pressure on pressure point.
Venous		Direct pressure and elevation.
Capillary		Direct pressure and elevation.

### PROCEDURES FOR CONTROLLING BLEEDING

<b>DIRECT PRESSURE</b>	Place direct pressure over the wound by putting a clean dressing over the wound and pressing firmly.  Maintain pressure on the dressing over the wound by wrapping the wound firmly with a pressure bandage. A pressure bandage should be tied with a bow.
<b>ELEVATION</b>	Elevate the wound above the level of the heart.
<b>PRESSURE POINTS</b>	Put pressure on the nearest pressure point: <ul style="list-style-type: none"><li>- Brachial point for bleeding in the arm</li><li>- Femoral point for bleeding in the leg</li></ul>

# SHOCK



**Shock** is a disorder resulting from ineffective circulation of blood.

## SIGNS OF SHOCK

- Rapid and shallow breathing. Greater than 30 per minute.
- Capillary refill of greater than 2 seconds. Assess with the "Blanch Test."
- Absent radial pulse.
- Failure to follow simple commands, such as, "Squeeze my hand."
- Changes in skin color.

## PROCEDURES FOR CONTROLLING SHOCK

1	Lay the victim on back Elevate feet 6 to 10 inches above heart Maintain open airway
2	Control obvious bleeding
3	Maintain body temperature
4	Avoid rough or excessive handling unless the rescuer and victim are in immediate danger

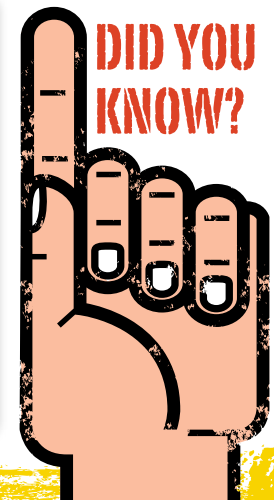
*Shock victims may be thirsty... Don't give them food or drink, though, because they may vomit.*

## UNIT FOUR WORD BANK

40%  
immediate  
minor  
direct pressure  
excessive bleeding  
flowing  
5-7 minutes

spurting  
elevation  
vital organs  
dead  
pressure points  
oozing  
crash  
capacity

resources  
shock  
infection  
delayed  
bleeding  
airway  
trauma



# UNIT FIVE

## MEDICAL II: TREATMENT



Size up scene and develop a plan.  
Never search alone.



Announce your presence and ask those that can to come toward your voice. Alert professional responders to the location and status of survivors.



Triage and evacuate survivors to safety, with a focus on the ABS: Airway, Bleeding and Shock.

## THE MEDICAL TREATMENT AREA

### YOUR MEDICAL TREATMENT AREA SHOULD BE:

- In a safe area, free of hazards and debris
- Close to, but upwind and uphill from the location of the disaster
- Accessible by vehicles
- Expandable

Also, keep in mind that \_\_\_\_\_ should be separated from your treatment area. Place survivors in a \_\_\_\_\_ layout to allow for easier access and treatment. When injured survivors are treated in close quarters, it is even more crucial that you establish and use \_\_\_\_\_ to avoid cross-contamination between survivors or between survivors and rescuers.

# MAINTAINING PUBLIC HEALTH

## PRIMARY PUBLIC HEALTH MEASURES:

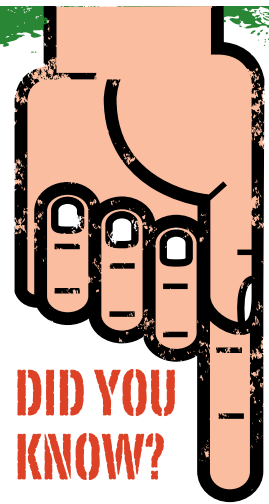
- Maintain proper hygiene
- Maintain proper sanitation
- Purify water (if necessary)
  - 1 quart – add \_\_\_\_\_ of bleach
  - 1 gallon – add \_\_\_\_\_ of bleach
  - 5 gallons – add \_\_\_\_\_ of bleachAfter adding bleach, shake water and wait 30 minutes before drinking.

## PANDEMIC HEALTH EVENTS

In an average year, in the United States, 5-20% of the population get the seasonal flu, more than 200,000 people are hospitalized, and 36,000 people die from \_\_\_\_\_. Older people, young children, and people with certain health conditions such as \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ are at high risk for serious flu complications. The main way influenza viruses are spread is through \_\_\_\_\_, or coughs and sneezes. Respiratory droplets can easily travel \_\_\_\_\_, and at speeds up to \_\_\_\_\_.

Flu germs can survive on surfaces outside the body as long as \_\_\_\_\_. Consider a person contagious from one day before symptoms develop, to five days after symptoms present. Take precautions during every \_\_\_\_\_.

In a pandemic situation, do not transport all survivors to area hospitals. Survivors experiencing life threatening complications should be considered \_\_\_\_\_. Report status of additional survivors to local agency for instructions on treatment and transport when available.



*A clearly marked medical treatment area will help with transporting victims to the right location and avoiding confusion.*

## COMMON SYMPTOMS

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- Fever, usually high
- Headache
- Fatigue
- Dry cough
- Sore throat
- Runny or stuffy nose
- Muscle aches
- Stomach symptoms – nausea, vomiting, diarrhea

## PREVENTION

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- Avoid close contact with people who are sick
- Don't drink after others or share food
- Stay home when you are sick
- Cover your mouth and nose when you sneeze or cough
- Keep your hands clean
- Avoid touching your eyes, nose, or mouth

## CARING FOR PANDEMIC SURVIVORS

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Similar to other disasters, Pandemic Influenza can be life threatening, and may overwhelm traditional resources.

- The first priority is to keep yourself and your team members well.
- Isolate influenza patients from other patients and caregivers as much as possible.
- If a Teen CERT member is ill, do not let them care for others.
- Teen CERT members with high risk of complications should avoid caring for influenza patients.
- Use disposable items when touching, serving, or coming in contact with influenza patients.
- Wear a mask when in direct contact with influenza patients.
- Avoid being face to face with possible influenza patients.
- Wash your hands often, use alcohol based hand sanitizers if soap and water is not available.
- Monitor your team members constantly for influenza symptoms.



## "START" TRIAGE FOR PANDEMIC SURVIVORS

Influenza survivors with no obvious complications should be labeled \_\_\_\_\_. Monitor high risk patients for any sign of complications. At the first sign of flu related complications, repeat assessment and consider changing status to \_\_\_\_\_.

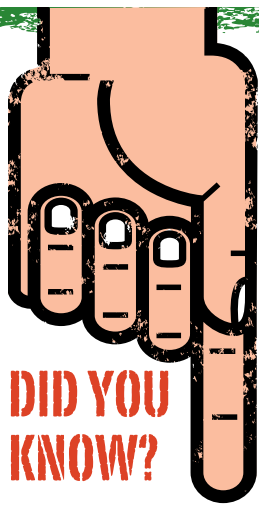
Emergency warning signs of severe complications:

ADULTS	CHILDREN
Difficulty breathing or shortness of breath	Rapid breathing or difficulty breathing
Pain or pressure in chest or abdomen	Severe or persistent vomiting
Change in mental status	Not awaking when aroused
Sudden dizziness	No communication efforts
Severe or persistent vomiting	Severe irritability

## DOCUMENTING VICTIMS

### WHAT IS USED TO PROPERLY IDENTIFY AND DOCUMENT VICTIMS?

- Identification
- Injuries
- Clothing
- Treatment
- Status
- Transfer location



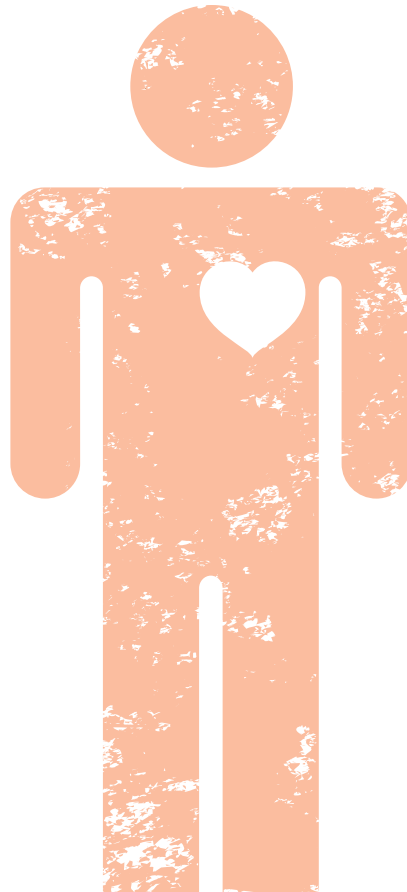
## DID YOU KNOW?

*As you are working, watch the victim's face for signs of discomfort and check your hands often for blood.*

# THE "HEAD TO TOE" ASSESSMENT

## WHAT IS THE HEAD TO TOE ASSESSMENT?

The head to toe assessment is a great opportunity to gather information. You are looking for bruising, swelling, pain or disfigurement. Pay close attention as you look, listen and feel from head to toe.



## ACTIVITY: HEAD TO TOE

List the correct order of a Head to Toe Assessment:

**ABDOMEN**

---

**PELVIS**

---

**LEGS**

---

**ARMS**

---

**HEAD**

---

**CHEST**

---

**NECK**

---

**BACK**

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**SHOULDERS**

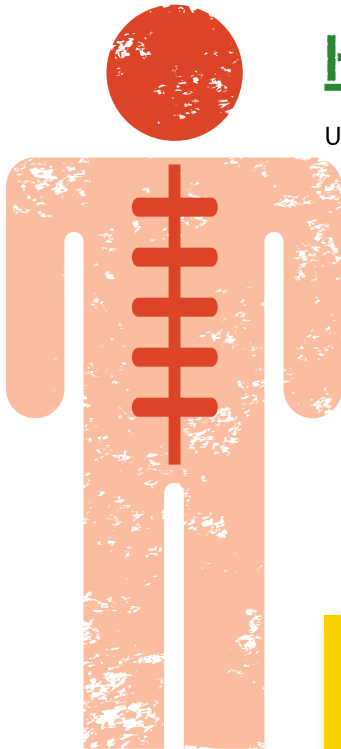
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## ACTIVITY: MEDICAL TREATMENT MATCHING

INJURY	TREATMENT
	Cool the affected area and cover with a sterile cloth. Elevate above heart if possible.
	Control bleeding, irrigate with purified water if needed and prevent secondary infection by covering with dressing.
	Control bleeding and treat for shock. Place amputated limb wrapped in cloth and placed in plastic bag in cool area. Keep severed body part with survivor.
	Immobilize affected body part, control bleeding, and do not attempt to remove object unless it is obstructing the airway. Wrap bulky dressing around object to keep it from moving.
	Immobilize the injury and the joints above and below the injury, then elevate.
	Presents similar to a fracture. Treat as a fracture.
	Immobilize and stabilize. Elevate.
	Pinch the nasal passages together, apply pressure to the lip just under the nose, have survivor sit with head forward to avoid swallowing blood.
	Remove wet clothing, protect survivor from the elements, provide warm, sweet drinks, and if conscious, place in a warm bath. Do not offer alcohol or massage area.

\* - **IMPORTANT NOTE ON FRACTURES:** There are two distinct types of fractures: open and closed. Open fractures occur when the bone breaks through the skin, leaving it exposed and susceptible to infection. In the case of an open fracture, do not put bone back in place. Cover the injury with a moist dressing to keep bone from drying out. Splinting material can be a creative use of \_\_\_\_\_

\_\_\_\_\_.



## HEAD, NECK OR SPINAL INJURY ALERT!

Until you rule it out – treat any unconscious victims as if they have a neck or spinal injury. Signs to look for:

- Change in consciousness
- Inability to move one or more body parts
- Severe pain or pressure in the head, neck or back
- Tingling or numbness in extremities
- Difficulty breathing or seeing
- Heavy bleeding, bruising or deformity of the head or spine
- Blood or fluid in the nose or ears
- Bruising behind the ear
- “Raccoon” eyes
- Uneven pupils
- Seizures
- Nausea or vomiting
- Victim found under collapsed building or heavy debris

### UNIT FIVE WORD BANK

head to toe  
wind  
four drops  
diabetes  
treatment site  
hazard  
delayed  
respiratory droplets  
proper hygiene & sanitation  
16 drops  
face

one teaspoon  
morgue  
easy access  
immediate  
12 feet  
flu-related complications  
two days  
heat disease  
asthma  
100 mph  
flu season  
burns

anything you have on-hand  
dislocations  
sprains and strains  
amputation  
wounds  
impaled object  
hypothermia  
fractures  
nosebleeds  
possible closed-head, neck  
or spinal injury

# UNIT SIX

## DISASTER PSYCHOLOGY



Monitor the victims, yourself  
and the team for signs of stress.



Communicate as much as  
possible with your team.



Be prepared to  
assist survivors.

## UNDERSTANDING STRESS & TRAUMA

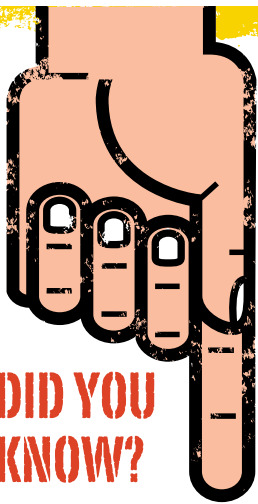
### PSYCHOLOGICAL SYMPTOMS OF DISASTER RELATED STRESS

- Irritability
- Self blame
- Memory problems or concentration issues

### PHYSIOLOGICAL SYMPTOMS OF DISASTER RELATED STRESS

- Fatigue or low energy
- Stomach pain
- Headaches
- Chest pain

Name three stress-reducers: \_\_\_\_\_



## DID YOU KNOW?

*Rescuers should avoid saying the following because they may not convey understanding of the victim's feelings: "I understand", "Don't feel bad", "You're strong", "Don't cry", "It was God's will", "It could always be worse."*

### THE EMOTIONAL PHASES OF A CRISIS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Little or no emotion, calm.

Survivors assess damages and try to locate other survivors.

Survivors are willing to take direction from rescuers without protest.

Survivors pull together, sometimes against the rescuers.

## SURVIVOR'S TRAUMA

- Assess survivors for injury and \_\_\_\_\_ - treat immediate medical needs first.
- Get uninjured people involved by giving them \_\_\_\_\_ to accomplish.
- Help survivors connect to their natural \_\_\_\_\_ - family, friends and church.

## VICARIOUS TRAUMA

Vicarious trauma is a rescuer adopting the feeling and stress of the victims. Vicarious trauma is an occupational hazard for \_\_\_\_\_. Don't over-identify with survivors. Express empathy without \_\_\_\_\_ and stress. Be alert to signs of disaster trauma in yourself and your team members as you do the same for survivors.

## KNOW YOUR LIMITATIONS

When additional help is needed to cope, Critical Incident Stress Debriefing (CISD) is available to all rescue personnel after a disaster. Participation is strictly voluntary and confidential. For more information, contact your local Red Cross, Emergency Management Agency, or local mental health agency.

## UNIT SIX WORD BANK

rescuers  
inventory phase  
rest  
support system  
vicarious

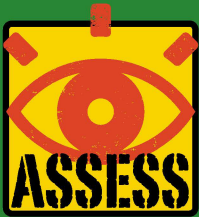
a few deep breaths  
impact phase  
eating well  
your team  
tasks

adopting their feelings  
you  
shock  
rescue phase  
recovery phase



# UNIT SEVEN

## TERRORISM AND TEEN CERT



Always be aware of your surroundings.



Alert authorities of any suspicious behavior.

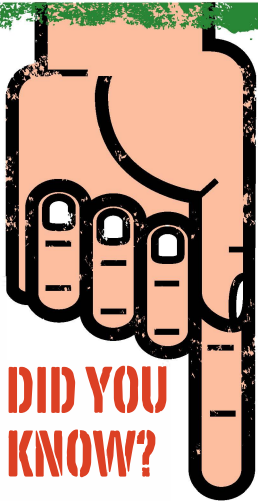


Calm others by remaining calm.

## UNDERSTANDING TERRORISM

Terrorism is the unlawful use of force or violence to intimidate others for political or social objectives. Generally, the goals of terrorism are to inflict mass casualties, loss of critical resources, disruption of vital services, disruption of the economy and individual /mass panic. In any terrorist incident, you should:

- Have a plan - for all disasters, natural and man-made
- Limit your exposure - to an incident
- Shelter in place - if you are in a safe place or if it's unsafe to leave
- Decontaminate - if needed



**DID YOU  
KNOW?**

*"CBRNE" indicators can be a large number of sick or dead animals for environmental agents or many victims with similar symptoms and/or items not common in the area for physical agents.*

## TOOLS OF TERRORISM

You can remember the primary tools of terrorism with the acronym CBRNE, which stands for

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

### Weapons

- Blister Agents – cause blisters, burns or tissue damage, usually liquid or vapor on exposed skin, inhalation or ingestion
- Blood Agents – absorbed into bloodstream through liquid or vapor on exposed skin, inhalation or ingestion and deprive cells of oxygen, survivors may appear bluish around the mouth, nose and cheeks.
- Choking Agents – attack the lungs through inhalation
- Nerve Agents – affect the central nervous system, act quickly and are usually lethal
- Riot Control Agents – cause respiratory distress and tearing. Designed to incapacitate rather than kill.

### Weapons

- Inhalation, Ingestion, Absorption
- Delicate, easily destroyed by heat, light, and environmental factors

### Dispersal Devices and

### Weapons

- Nuclear threat seen as low risk
- Radiological materials readily available, seen as higher threat

### Devices

- Usually seen as the "weapon of choice" for terrorists, used in over 80% of attacks
- Incendiary Devices
- Initiate combustion and start a fire
- Easy to make
- All need: igniter or fuse, container or body, incendiary material or fiber

## UNIT SEVEN WORD BANK

**chemical  
biological  
goals**

**nuclear  
radiological  
terrorist incidents**

**explosive  
crime scenes  
terrorism**

# UNIT EIGHT

## TEEN CERT ORGANIZATION



Assess the needs and number of volunteers available.



Alert Teen CERT members of their assigned tasks.



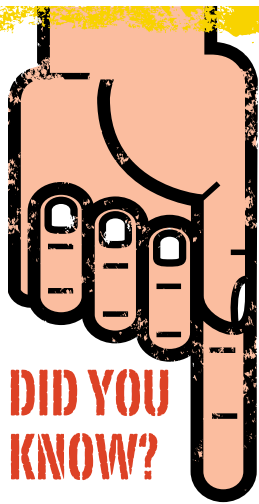
Take care of your specific duties before helping in other areas.

## THE INCIDENT COMMAND SYSTEM (ICS)

Teen CERT is part of the ICS system in a disaster, under the direction of the \_\_\_\_\_ Section Chief. Teen CERTs are considered a community \_\_\_\_\_ that can be utilized as needed. ICS is not limited to disasters, in fact the system is used in many everyday situations.

### **WHAT IS THE BASIC INCIDENT COMMAND SYSTEM (ICS)?**

The ICS is the system used by fire and law enforcement agencies to manage emergency operations.



*At the time that professional responders arrive, volunteer command is relinquished to professionals. If needed and requested, teen volunteers would fit in the Operations Section.*

## INCIDENT COMMAND SYSTEM STRUCTURE

\_\_\_\_\_ Is appointed to direct team activities and is usually the first person to the scene

\_\_\_\_\_ **Section Chief**

Develops a plan to achieve the scene objectives

\_\_\_\_\_ **Section Chief**

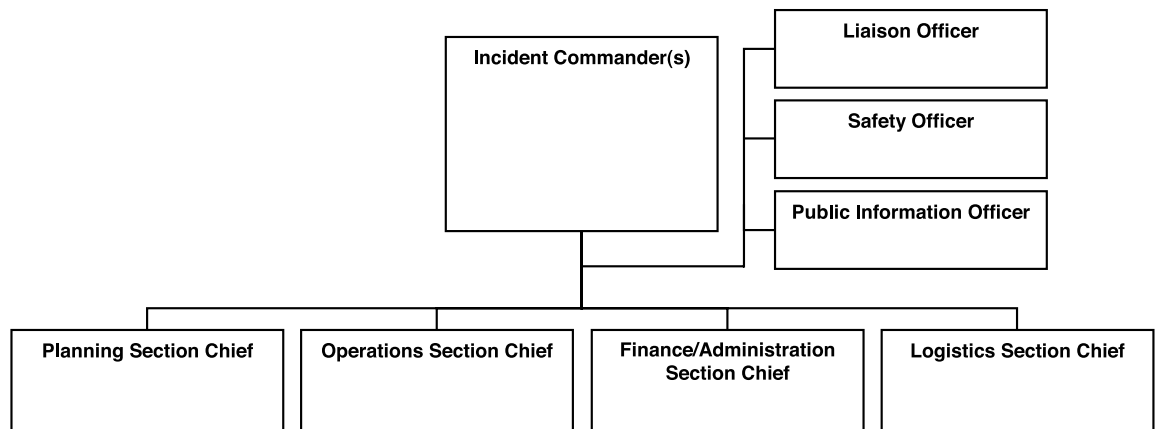
Responsible for communications, supplies and facilities

\_\_\_\_\_ **Section Chief**

Manages the planning process

\_\_\_\_\_ **Section Chief**

Responsible for the financial aspect of the rescue



## UNIT EIGHT WORD BANK

resource  
incident commander

operations  
planning  
finance/administration

logistics  
operations

This document was created by Volunteer USA Foundation with funding from the Emergency Management Performance Grant provided by the Florida Division of Emergency Management. Learn more about the Florida Division of Emergency Management's Teen CERT program by visiting the Division's Teen CERT Web site at:  
*[www.floridadisaster.org/CitizenCorps/TeenCert](http://www.floridadisaster.org/CitizenCorps/TeenCert).*









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