

OHCC

SERT Basic Training

Session 3

Unit 4: Disaster First Aid Operations – Part 2

Unit 5: Disaster Psychology



Session 3 - Unit 4

Objectives



- **Review the role of the SERT volunteer** during a mass casualty incident.
- **Review the functions** of disaster first aid operations.
- **Review** the set-up of a survivor treatment areas.
- Perform **head-to-toe patient assessments**.
- Take appropriate **sanitation and hygiene measures** to protect public health.

PM 4-1

Role of SERT Volunteers



- **Put on PPE** and any SERT affiliated gear.
- Check-in at the SERT staging area.
- Once assigned a specific task ... implement:
 - Document findings;
 - Report back to command.

PM 4: 2-3

Functions of Disaster First Aid Operations



- Triage/Assessment.
- Treatment.
- Arrange Transport.
- Morgue.
- Supply Replacement.



PM 4-4

Safety for Rescuers and Survivors



Individual safety is the number one priority!

- In structures with **light damage**:
 - Assess survivors as they are found,
 - Further medical treatment is performed in a safe location inside the designated treatment area.
- In structures with **moderate damage**:
 - Assess survivors as they are found,
 - Survivors are sent to a medical treatment area a safe distance from the incident.

PM 4-6

Head-to-Toe Assessment



- **Objectives** of head-to-toe assessment:
 - Determine **extent of injuries**,
 - Determine **type of treatment needed**,
 - **Document** injuries.



PM 4-7

Order of Assessment



1. Head
2. Neck
3. Shoulders
4. Chest
5. Arms
6. Abdomen
7. Pelvis
8. Legs



PM 4-8

Closed-Head, Neck, Spinal Injuries



- If injuries to the head or spine are suspected, **do no harm.**
 - Minimize movement of head and neck while treating life-threatening conditions.
- If survivors exhibit signs or are **found under heavy debris**, treat them as having a closed-head, neck, or spinal injury.

PM 4: 8-9

Maintaining Hygiene



- **Wash hands frequently**
 - Or use alcohol-based hand sanitizer.
- **Wear gloves - non-latex.**
- **Keep dressings sterile.**
- **Wash areas** that come in contact with body fluids.
- **Wear a face mask.**



PM 4-11

Session 3

Unit 4 Summary:



- During a mass casualty incident, SERT volunteers should:
 - **Identify self** as SERT volunteer.
 - **Assess and provide** life-saving interventions.
 - Provide **detailed information**:
Communication is key.
- **Head-to-toe assessments** should be:
 - Hands-on and verbal.
- To **safeguard public health**, maintain proper hygiene and sanitation.

PM 4-13

OHCC SERT Basic Training

Session 3

Unit 5: Disaster Psychology



Session 3 - Unit 5

Objectives



- 1. Understand disaster trauma** for survivors and rescuers, including SERT volunteers.
- List steps to take for **personal and team well-being.**
- 3. Review key steps** to apply when providing aid to someone with survivor's trauma.

PM 5-1

Causes of Disaster Reactions



- **Dealing with your own personal losses.**
- Working within OHCC:
 - Assisting neighbors or friends who have also been injured.
 - Feeling unsafe and insecure.

PM 5-2

The Five Fs



- **Freeze:** “Stop, look, and listen,” or be on guard and watchful.
- **Flight:** Flee.
- **Fight:** Attempt to combat the threat.
- **Fright:** Tonic immobility (you freeze) when in contact with a predator or playing dead.
- **Faint:** Fear-induced fainting.

PM 5-2

Psychological Symptoms of Trauma



- Emotional



- Cognitive



- Spiritual

PM 5:2-3

Team Well-Being



- Actions can be taken **before, during, and after** an incident to help manage emotional impact of disaster response work.
- Knowing possible **psychological and physiological symptoms** of disaster trauma helps manage impact.
- Learn to **manage stress**:
 - SERT volunteers for themselves,
 - SERT leaders during response.

PM 5-4

Take Care of Yourself



- **Be aware of trauma** that can follow a disaster.
- **Explain** to family members and friends what you need:
 - **Listen** when you want to talk.
 - **Do not force yourself to talk** until you are ready.

PM 5-4

How ERT Members Reduce Stress



- Brief SERT personnel beforehand.
- Remember SERT is a team.
- Rest and regroup.
- Take breaks away from the incident site.
- Establish a culture of acceptance.
- Eat properly, stay hydrated.
- Be aware of changes in teammates.
- Rotate teams and duties.
- Phase out workers gradually.
- Defuse after shift.

PM 5-7

Traumatic Crisis



- A traumatic crisis is an event experienced or witnessed in which **people's ability to cope is overwhelmed** by:
 - Actual or potential **death or injury to self or others.**
 - **Serious injury.**
 - **Destruction of their homes**, neighborhood, or valued possessions.
 - **Loss of contact** with family or close friends.

PM 5-9

Stabilizing Survivors



- **Assess survivors** for injury or shock.
- Get uninjured **people to help**.
- **Provide support** by listening and empathizing.
- **Help survivors connect** with natural support systems.

PM 5-10

What Not to Say:



- “I understand.”
- “Don’t feel bad.”
- “You’re strong.”
- “You’ll get through this.”
- “Don’t cry.”
- “It’s God’s will.”
- “It could be worse.”
- “At least you still have...”
- “Everything will be okay.”

PM 5-12

Say This Instead:



- “I’m sorry for your pain.”
- “I’m so sorry this has happened.”
- “Is it all right if I help you with...?”
- “I can’t imagine what this is like for you.”
- “What do you need?”

PM 5-12

Managing the Death Scene



- **Cover the body;** treat it with respect.
- Follow local laws and protocols.
- Talk with SERT leadership.

PM 5-12

Session 3

Unit 5 Summary



- **Prepare yourself**, as rescues may be unpleasant and uncomfortable.
- Know the psychological and physiological **symptoms of trauma**.
- Understand the **six emotional phases of a disaster**.
- Take **steps to reduce stress**, which affects cognition, health, and interactions.
- **Stabilize individuals**.
- Listen, protect, and connect to **support survivors**.
- Be an **empathetic listener**.

PM 5-13

Homework Assignment



Prepare for session 4. Read these pages below before you come to class.

SERT Session 4 Readings

- **Unit 6** - Pages 1-3
- **Unit 7** - Pages 1 and 3-18
- **Units 8 & 9** - No Reading Assignments, this material will not be covered in class.

PM 5-13