



Depoe Bay Fire District Community Emergency Response Team (CERT)



Operating Guidelines & Annual Recertification Forms

The Depoe Bay Fire District recognizes the need for an organized and trained group of volunteer citizens that can respond safely and effectively in a catastrophic disaster when emergency service personnel are overwhelmed or immediately unavailable due to the magnitude of the disaster. This group of volunteers is known as the Community Emergency Response Team (CERT) and operates under the authority of Depoe Bay Fire District (DBFD) and/or the Lincoln County Sheriff's Office.

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OPERATING GUIDELINES

MEMBERSHIP REQUIREMENTS:

The members of the DBFD CERT shall:

- either reside or work within the fire district boundaries; and
- be 18 years of age or older; and
- pass a background check administered by the Lincoln County Sheriff; and
- successfully complete the required basic CERT training, and
- abide by the DBFD CERT Rules of Conduct. (See Appendix A)

MEMBERSHIP LEVELS:

There are two levels of participation in CERT:

1. CERT Basic: is a citizen who takes the CERT course so they can better understand, prepare for, and respond to disasters in their own surroundings. They will be issued a CERT ID Badge and CERT Gear upon completion of the Basic CERT training. They can retain their CERT ID & Gear as long as they live or work in DBFD and complete the *Annual Recertification* each year. This will keep their skills sharp so they will be safe responders in a disaster.
2. CERT Active: is a citizen who completes all the requirements of CERT Basic and is an active participant in additional CERT training/events. They will be issued a CERT ID Badge, CERT Gear, GMRS Radio, and Jacket upon completion of the Basic CERT training. They can retain their CERT gear as long as they live or work in DBFD, complete the *Annual Recertification* each year and participate in at least 3 additional CERT training/events per year.

CERT members are required to declare the level of their participation upon completion of the basic CERT training. CERT members are encouraged to obtain the highest level of participation with which they are comfortable; however, a member can change their status at any time.

ANNUAL RECERTIFICATION:

The *Annual Recertification* is an opportunity for CERT members to update their information and demonstrate mastery of the basic skills and knowledge required to function safely as a CERT member. CERT members must pass this recertification once per year to keep possession of their CERT gear and participate in CERT activities. This class is offered several times per year.

The *Annual Recertification* includes

- 1) An update of member information;
- 2) A complete gear inventory, and
- 3) A written test and skill demonstration on topics such as: safety, activation, size-up, fire extinguishers, gas shut-off and recognizing & treating the three killers.

ACTIVATION:

CERT members can be activated in two different ways:

1. Self-Activation: CERT members can only self-activate during a catastrophic disaster when emergency service personnel are not readily available. They are trained to help themselves, their family, and their immediate neighbors. CERT members do not self-activate for everyday emergencies when emergency service personnel are available.
2. Agency Activation: CERT members can be agency activated by phone, radio or other means by DBFD or Lincoln County Sheriff's Office in order to provide support to their operations.

CERT members function within the Incident Command System, whether they are doing a self-activation or if they are assisting/supporting an agency.

CREDENTIALING & IDENTIFICATION:

Vests, jackets and ID cards identify CERT members to other responders and the public. They are only to be worn while in an official CERT capacity (training, activation, etc). ID cards are issued by the Lincoln County Sheriff's Office and should be visible at all times when activated.

GEAR:

CERT members will be provided with gear (as funds are available) in order to conduct CERT operations. CERT BASIC's receive an ID badge and Backpack with protective gear. CERT ACTIVE's receive an ID Badge, Backpack with protective gear, GMRS Radio and Jacket.

	Basic	Active
ID Badge	X	X
Backpack with protective gear	X	X
Jacket		X
GMRS Radio		X

All CERT gear provided by the Depoe Bay Fire District remains the property of the Depoe Bay Fire District. CERT members will maintain gear in proper working condition and will report damaged or lost gear to the CERT Coordinator by sending an email to info@depobaycert.org. See Appendix C for a detailed list of gear and costs. CERT members will return gear (provided by the Depoe Bay Fire District) in serviceable condition or will pay a replacement fee to DBFD CERT if they:

- resign from CERT or become inactive; or
- no longer live or work in DBFD; or
- do not complete the *Annual Recertification* and training according to their level; or
- are dismissed from membership.

PRIVACY:

CERT members must respect the privacy of other CERT members and the public and hold in confidence, all sensitive, private, & personal information. This is also vital during radio communications.

INSURANCE & LIABILITY:

Personal safety is the foundation of CERT training. CERT members will exercise all reasonable care while participating in the CERT program. CERT members are required to let their team leader know if they have a disability preventing them from performing a task. Liability and medical insurance for CERT members is only provided in very specific limited situations. And, this coverage is provided only if CERT members are activated at a County level by the County Sheriff or County Emergency Manager. The Depoe Bay Fire District provides no insurance to its CERT members.

HOLD HARMLESS:

In order to protect the volunteers and professionals providing CERT instruction and support, CERT members will review and sign a 'Hold Harmless Agreement.' See Appendix B.

COMMUNICATIONS:

CERT issued GMRS radios are only to be used for official CERT trainings and activations.

INACTIVE STATUS:

CERT members can request to be on an 'Inactive Status' list for health or other reasons. Also, any CERT members who do not complete the *Annual Recertification* will automatically be placed on the 'Inactive Status' list. CERTs must return their gear while on 'Inactive Status' but can remain on the email list and keep informed of CERT activities by referring to the DBFD CERT website calendar at www.depoebaycert.org. Please keep contact information up-to-date.

DISMISSAL:

Persons participating in The Depoe Bay Fire District CERT program agree to abide by the *Rules of Conduct* (see Appendix A) and understand that CERT members will be removed from membership for violation of the following:

- Conviction of a felony,
- A Rules of Conduct violation,
- At the Depoe Bay Fire District Chief's sole discretion.

APPENDIX A: RULES OF CONDUCT

As a volunteer with the Depoe Bay Fire District (DBFD) CERT program, CERT members are expected to comply with the following requirements:

1. CERT members will make **safety their first priority**.
2. When disaster occurs, CERT members' first responsibility is to their own safety and the safety of their family.
3. CERT members are not professional emergency responders. They function as an extension of the DBFD's response to **catastrophic disasters**, or when directed by emergency service officials.
4. CERT members will self-activate only in a **catastrophic disaster** when professional emergency responders are not available.
5. CERT members will only undertake activities within their capabilities, within the scope of their training, and will not take risks that are likely to cause injury to themselves or others.
6. CERT members agree to be courteous and respectful with the DBFD, law enforcement and other professional responders, with fellow CERT members and with the public.
7. CERT members will not use alcohol or incapacitating drugs (including medications) while participating in official CERT activities. If CERT members are impaired when responding they will notify the appropriate supervisor who will decide how or if they may participate.
8. Carrying firearms or other weapons solely intended to cause injury to others is strictly prohibited by any CERT member during official CERT activities.
9. CERT I.D. cards and appropriate safety gear **MUST** be worn during all activations.
10. CERT members will not make statements to the press unless directed by the Incident Commander or sponsoring agency.
11. CERT members will respect the privacy of other CERTs and the public and will hold in confidence all sensitive, private, and personal information. This is also important during radio use.
12. CERT members will not use their membership or their identification cards to gain favors, preferential treatment or to influence others for any purpose other than emergency preparedness.
13. CERT members will not use their participation in CERT to promote politics, religious matters or positions on any issue.
14. CERT members will follow their Chain of Command at all times.
15. CERT members will represent themselves in a manner consistent with their position within the Incident Command System.
16. CERT members will comply with all training requirements as outlined in the Operating Guidelines.
17. CERT I.D. cards, gear and equipment will **ONLY** be used during official CERT activities.
18. Gear issued to CERT members must be maintained in good working condition, and must be stored in a place that will prevent items from being used by unauthorized persons.
19. CERT members will return their ID card and all gear they have received from the Depoe Bay Fire District CERT program if they are removed from service or leave for other reasons as stated in the Operating Guidelines. CERT members agree to reimburse the Depoe Bay Fire District CERT program for the cost to replace any items not returned.

I, (print name) _____, have read, understand and agree to abide by the above Rules of Conduct. Failure on my part to comply with any of the rules could result in the termination of my volunteer service on the Community Emergency Response Team.

Member Signature

Date

**APPENDIX B:
HOLD HARMLESS AGREEMENT &
INSURANCE & LIABILITY ACKNOWLEDGEMENT**

I, *(print name)* _____, hereby request permission to participate in the Depoe Bay Fire District Community Emergency Response Team (CERT) program. I understand that this training and CERT activities will involve active physical participation, which includes a potential risk of personal injury and/or personal property damage. I make this request with full knowledge of the possibility of personal injury and/or personal property damage. Further, I have read and understand the program outline that describes all class sections and the associated activities.

I agree to hold the Depoe Bay Fire District CERT Program, Depoe Bay Fire District, Lincoln County, and Lincoln County Sheriff's Office and their volunteers, agents and personnel, harmless from any and all claims, actions, suits, and/or injury that I may suffer and which may arise as a result of my participation in the above mentioned program.

I agree to follow the rules established by the CERT program instructors and leaders, and to exercise reasonable care while participating in the CERT program. I understand that if I fail to follow the instructor's rules and regulations or if I fail to exercise reasonable care, I can be administratively removed from the program.

I understand that I will **not** be covered by any insurance while participating in CERT activities or training (including any and all training exercises and drills) or while attending meetings. I further understand that my participation in emergency response activities is **not** covered by insurance unless I am activated at a County level by the County Sheriff or County Emergency Manager.

By executing this release I certify that I have read this release in its entirety, understand all of its terms and have had any questions regarding the release or its effect satisfactory answered. I sign this release freely and voluntarily.

_____ Additionally, I authorize the use of my image, photographed in connection with my participation in the program, without prior approval or compensation (Please initial approval).

Member Signature

Date

APPENDIX C:

DBFD CERT GEAR INVENTORY & CHECKOUT FORM

Name: (print) _____

GEAR OWNER: _____

BASIC CERT	Issue	Cost	1	2	3	4	5
Backpack #	1	\$ 15.00					
Batteries: D cell batteries	2	\$ 1.00					
Blanket: Mylar	1	\$ 1.42					
Crayon Marker - Red	1	\$ 0.54					
Crayon Marker - Yellow	1	\$ 1.35					
Ear plugs - foam, pair	1	\$ 1.00					
First aid kit	1	\$ 5.50					
Flashlight	1	\$ 4.75					
Gloves: Leather Gloves, pair	1	\$ 1.50					
Gloves: Medical Gloves, pair	1	\$ 0.06					
Goggles: Safety Glasses	1	\$ 1.95					
Hand sanitizer	1	\$ 0.74					
Helmet	1	\$ 4.50					
Helmet Chin Strap	1	\$ 1.75					
Lanyard	1	\$ 2.00					
Light sticks	2	\$ 2.40					
Mask: Dust mask, training (not N95)	2	\$ 0.16					
Mask: N95 Particulate Respirator	1	\$ 0.50					
Notepad	1	\$ 0.40					
Pen	1	\$ 0.25					
Scissors	1	\$ 2.95					
Tape: Duct tape, roll	1	\$ 3.75					
Tape: Masking tape - 2"	1	\$ 1.69					
Tape: Triage Tape, 4 roll/ 4 color pack	1	\$ 4.85					
Tool: Crescent Wrench	1	\$ 3.95					
Tool: Multi-tool with case	1	\$ 4.95					
Tool: Non-sparking Shutoff Tool	1	\$ 9.95					
Utility Knife	1	\$ 1.97					
Vest Size _____	1	\$ 14.50					
Water purification tablets, bottle	1	\$ 5.08					
Whistle	1	\$ 0.25					
Yellow All-Weather Field Op Guide	1	\$ 10.95					
Yellow All-Weather Forms Book	1	\$ 4.25					
Other:							
Total Backpack/Gear Issue		\$ 115.86					
ACTIVE CERT	Issue	Cost	1	2	3	4	5
Jacket Size _____	1	\$ 58.80					
Radio: GXT 760 # _____	1	\$ 35.00					
Radio Car Charger	1	\$ 12.00					
Radio Earbud w/microphone	1	\$ 6.00					
Radio Two-bay charger	1	\$ 12.00					
Radio GXT 760 Rechargeable batteries	2	\$ 22.00					
Radio Instruction Manual	1	N/C					
Other:							
Total Jacket & Radio Issue		\$ 145.80					
Form Updated 04.23.13	CERT Member: Sign & date column after verifying inventory <i>Signature, Date</i> — — >						

**APPENDIX D:
ANNUAL RECERTIFICATION RECORD**

DBFD CERT ANNUAL RECERTIFICATION RECORD

CERT Member Name (print)

Date

Mailing Address

Physical Address

City, State Zip

City, State Zip

Home Phone

Work Phone

Cell Phone

Email Address

Emergency Contact Name

Relationship

Emergency Contact Address

Emergency Contact Phone Number(s)

Ham Radio Call Sign

Ham Radio Level (Tech, General, Extra)

<div style="text-align: center; font-size: small;">Instructor Initials</div> <div style="text-align: center;">_____ Contact Information Updated</div> <div style="text-align: center;">_____ Membership Level Declared:</div> <div style="text-align: center;"><input type="checkbox"/> Basic <input type="checkbox"/> Active</div> <div style="text-align: center;">_____ Gear Inventory Complete</div> <div style="text-align: center;">_____ Written Test Complete</div> <div style="text-align: center;">_____ Rules of Conduct signed</div> <div style="text-align: center;">_____ Hold harmless agreement signed</div>	<div style="text-align: center; font-size: small;">Instructor Initials</div> <div style="text-align: center;">_____ Skills Demonstration Complete</div> <div style="text-align: center;"><input type="checkbox"/> Safety Gear Check <input type="checkbox"/> Gas Meter Shut-off <input type="checkbox"/> Fire Extinguisher Operation <input type="checkbox"/> Open Airway <input type="checkbox"/> Control Excessive Bleeding <input type="checkbox"/> Treat for Shock</div>
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Signature of CERT Member

Signature of CERT Leader

Date

Date

APPENDIX E:
ANNUAL RECERTIFICATION WRITTEN TEST

Name _____ **Date** _____

1. When should CERTs self-activate?
 - a. When they hear sirens, indicating that emergency personnel could use their help.
 - b. Only during a catastrophic disaster that overwhelms emergency personnel.
 - c. When they see anyone who needs their help.
 - d. All of the above.
2. When CERTs self-activate, what is their first responsibility?
 - a. To report to a fire station with all CERT equipment.
 - b. To call the CERT Program Director to find out where to go.
 - c. To help themselves, their family, and their immediate neighbors.
 - d. To perform a size-up of their neighborhood.
3. When are you protected by Lincoln County insurance during a CERT activity?
 - a. When activated by the Depoe Bay Fire District Fire Chief.
 - b. When officially activated by the Lincoln County Sheriff or County Emergency Manager.
 - c. During monthly training meetings.
 - d. During activities such as the Gleneden Beach 4th of July parade.
4. What is the most important thing to remember during CERT activities?
 - a. Use the 9-step Size-Up process before proceeding.
 - b. Perform a monthly check on your CERT equipment.
 - c. Your safety, the safety of fellow CERT members, and safety for others, in that order.
 - d. During a Search and Rescue effort, perform a quick three-killer triage first.
5. What is the purpose of the CERT Buddy System?
 - a. To make sure one CERT from each buddy team is in town at all times.
 - b. To allow one CERT to talk on the radio & fill out forms, while the other performs CERT tasks.
 - c. To provide a unified appearance during CERT events.
 - d. To strive for the safety of CERT personnel.
6. What are the three main steps of the CERT Size-Up process?
 - a. Assess the situation, make a plan, and act.
 - b. Select qualified team members, search for necessary resources, and begin Search & Rescue.
 - c. Establish a CERT organization tree, secure authorization from the sheriff; check all equipment before entering a building.
 - d. Gather facts, assess damage, and consider what "might go wrong."
7. What is NOT associated with "Light Damage"?
 - a. Broken windows.
 - b. Some damage to interior contents.
 - c. Superficial cracks.
 - d. Breaks in walls.
8. What is NOT associated with "Moderate Damage"?
 - a. Major damage to interior contents.
 - b. Tilting.
 - c. Many visible cracks or breaks in walls.
 - d. Decorative work damaged or fallen.

ANNUAL RECERTIFICATION WRITTEN TEST

Name _____ **Date** _____

9. When is it safe to enter a building with "Heavy Damage"?
 - a. Only when the life of a victim is endangered.
 - b. Only when the life of a CERT team member is endangered.
 - c. Only when your CERT team leader authorizes the entry.
 - d. Never.
10. What is NOT advisable for Search and Rescue in a building with Moderate Damage?
 - a. Enter only to save lives.
 - b. Perform three-killer triage.
 - c. Splint broken arms or legs before removal.
 - d. Evacuate victims quickly.
11. What kind of a tool is best for shutting off a gas meter valve?
 - a) Screw Driver.
 - b) Non-sparking tool.
 - c) Wrench.
 - d) Pliers.
12. What does natural gas smell like?
 - a) Gasoline.
 - b) A dead animal.
 - c) Rotten eggs.
 - d) Paint.
13. What is the best reason to shut-off the gas during a disaster?
 - a) Because you smell rotten eggs, indicating a gas leak.
 - b) If there is a fire at a house down the road.
 - c) It's the safe thing to do.
 - d) Because there has been an earthquake, suggesting potential damage to gas lines.
14. Who is qualified to turn the gas meter back on?
 - a) CERT member that has passed the basic training.
 - b) Home owner.
 - c) Any person with a non-sparking tool.
 - d) A professional from the gas company.
15. What does P.A.S.S. stand for?
P _____
A _____
S _____
S _____
16. What size of fire is ok for a CERT member to attempt to put out?
 - a) Dumpster.
 - b) Couch.
 - c) Waste Basket.
 - d) Trailer.

**APPENDIX F:
ANNUAL RECERTIFICATION SKILLS DEMONSTRATION**

Name _____ **Date** _____

	Safety Gear Check SKILL DEMONSTRATION	Instructor Sign-off
1	Helmet & Chin Strap	
2	Medical Gloves	
3	Leather Gloves	
4	Goggles	
5	Mask	

	Opening the Airway: Head-tilt, Chin-lift Method SKILL DEMONSTRATION	Instructor Sign-off
1	Make sure the scene is safe. At an arm's distance, make contact with the victim by touching the shoulder. Identify yourself and ask for permission to treat the individual.	
2	If the victim does not or cannot respond, place the palm of one hand on the forehead.	
3	Place two fingers of the other hand under the chin and tilt the jaw upward while tilting the head back slightly.	
4	Place your ear close to the victim's mouth, looking toward the victim's feet, and place a hand on the victim's abdomen.	
5	<i>Look</i> for chest rise. <i>Listen</i> for air exchange. <i>Feel</i> for abdominal movement.	
6	If breathing is restored, <i>maintain airway</i> . Tag red and move on.	
7	If breathing is not restored, reposition head and do "Head-tilt/Chin-lift" a second time.	
8	If breathing is restored, <i>maintain airway</i> . Tag red and move on.	
9	If breathing is still not restored, tag black and move on.	

	Controlling Excessive Bleeding SKILL DEMONSTRATION	Instructor Sign-off
1	Make sure the scene is safe. Get the victim's attention, identify yourself and request permission to treat the individual.	
2	Place direct pressure over the wound by putting a clean dressing over the wound and pressing firmly.	
3	Maintain pressure on the dressing over the wound by wrapping the wound <u>firmly</u> with a pressure bandage and tying with a bow.	
4	Elevate the wound above the level of the heart. Maintain this position.	
5	Tag red and move on.	
6	Demonstrate how to remove medical gloves	

ANNUAL RECERTIFICATION SKILLS DEMONSTRATION

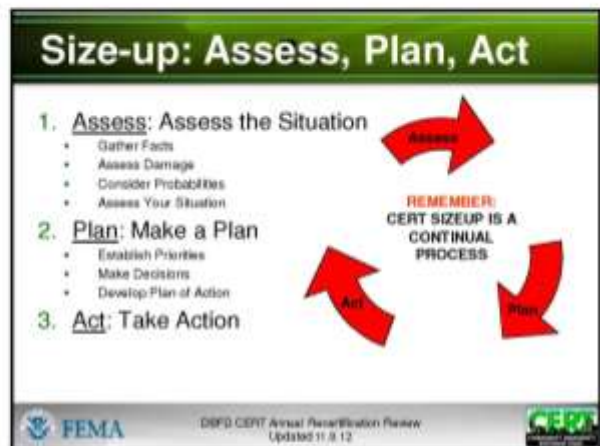
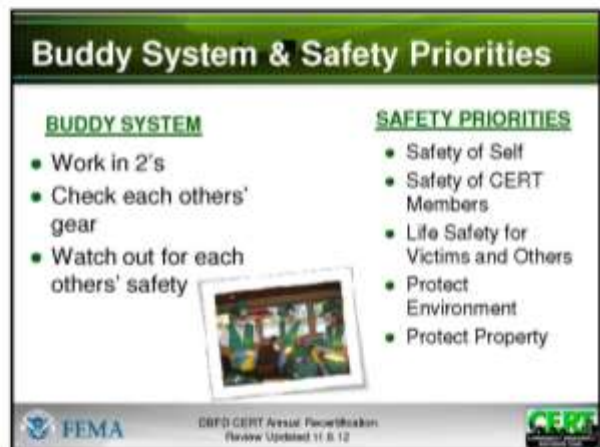
Name _____ **Date** _____

	Recognizing & Treating Shock SKILL DEMONSTRATION	Instructor Sign-off
1	Make sure the scene is safe. Get the victim's attention, identify yourself and request permission to treat the individual.	
2	Evaluate Mental Status: Ask: "What is your name?", and ask them to squeeze your hand. If the person does not squeeze back, treat for shock.	
3	Evaluate Breathing: If the victim's breathing is rapid and shallow (more than 30 breaths per minute) treat for shock.	
4	Evaluate Circulation: Do a blanch test on the palm of one hand or a fingernail to test capillary refill. If the color does not return to the tested area within 2 seconds, treat for shock.	
5	Treat for Shock: Position the victim on his or her back and elevate the feet 6 to 10 inches above the level of the heart.	
6	Maintain Body Temperature with a blanket over (and possibly even under) the victim if necessary.	
7	Tag red and move on.	

	Operating a Fire Extinguisher SKILL DEMONSTRATION	Instructor Sign-off
1	Wear Safety Gear	
2	Test the extinguisher before approaching the fire	
3	Use extinguisher in an upright position	
4	Demonstrate the three primary commands: Ready, Going in, Backing out	
5	Aim at the base of the fire	
6	Sweep in a back & forth motion	
7	After the fire appears to be out, watch for the fire to flare back up again	
8	Buddy: Demonstrate proper hand placement	
9	Buddy: Watch for hazards behind and around you and your buddy	
10	Buddy: Look backwards as you both back away from the fire	

	Gas Meter Shut-Off SKILL DEMONSTRATION	Instructor Sign-off
1	Identify the appropriate gas shut-off valve	
2	State if the valve is opened or closed	
3	Demonstrate how to shut-off the valve	

APPENDIX G: ANNUAL RECERTIFICATION REVIEW



Light Damage

- Superficial
- Broken windows
- Superficial cracks
- Minor damage to the interior contents



Can enter and treat injuries inside



DBFD CERT Annual Recertification Review
Updated 11 & 12



Moderate Damage

- Visible signs of damage
- Decorative work damaged or fallen
- Many visible cracks or breaks in wall
- Major damage to interior contents
- Building still on foundation



Enter only to save lives



DBFD CERT Annual Recertification Review
Updated 11 & 12



Heavy Damage

- Partial or total collapse
- Tilting
- Obvious structural instability
- Building off foundation



Do not enter a building with heavy damage under any circumstances



DBFD CERT Annual Recertification Review
Updated 11 & 12



Gas Shutoff Essentials

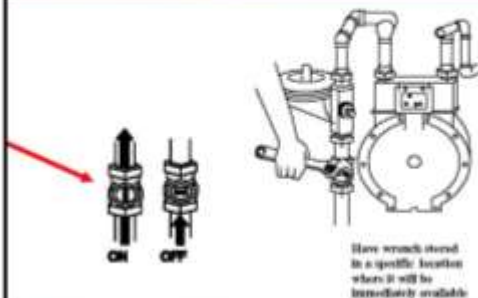
- Turn off gas if you smell rotten eggs or see a fire nearby
- Use non-sparking tool or wrench
- Turn off at the valve closest to the ground, if feasible



DBFD CERT Annual Recertification Review
Updated 11 & 12



Gas Meter & Shutoff Valve



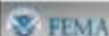
DBFD CERT Annual Recertification Review
Updated 11 & 12



Gas Shutoff Don'ts

Do NOT Turn Gas Meter Back on.

This Must Be Left To Professionals








DBFD CERT Annual Recertification Review
Updated 11 & 12



Using a Fire Extinguisher

P.A.S.S.

- PULL** → 
- AIM** → 
- SQUEEZE** → 
- SWEEP** → 



FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Fire Suppression Safety


- Wear Safety Gear
- Test the extinguisher before approaching any fire
- Maintain a safe distance.
- Always use extinguisher in an upright position



FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Work with a Buddy


- Hand Placement
- Communicate
 - "Ready" (repeat command)
 - "Going In" (repeat)
 - "Backing Out" (repeat)
- Back up Team/Extinguisher

FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Fire Suppression Safety

- Aim at the base of the fire
- Sweep in a back & forth motion
- After fire appears to be out, watch for it to flare back up



FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Fire Suppression Don'ts

- DON'T try to suppress large fires.
 - About the size of waste basket is OK
 - Can be extinguished with 1 fire extinguisher
- DON'T fight it alone.
- DON'T enter smoke-filled areas.



FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Recognize & Treat the Three "Killers"

1. Airway obstruction 
2. Bleeding (uncontrolled) 
3. Shock (circulation) 

<http://www.citizencorps.gov/cert/videos/Triage/index.shtml>

FEMA DBFD CERT Annual Recertification Review Updated 11 & 12

Approaching a Victim

- Be sure victim can see you
- Identify yourself
 - "I'm Sue from the Community Emergency Response Team"
- Request permission to treat
 - "May I treat you?"



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12

Open Airway: Head-Tilt/Chin-Lift Method

- HAND POSITIONS**
 - Palm of hand on forehead
 - 2 fingers of other hand under chin
 - Tilt jaw upward while tilting head back slightly
- HEAD POSITION**
 - Ear down to victim's mouth
 - Look toward victim's feet
 - Place hand on abdomen
- SENSES**
 - Look for chest rise
 - Listen/Feel for air exchange
 - Feel for abdominal movement



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12

Opening Airway

- If Breathing is Restored:**
 - Maintain Airway
 - Tag Red
- If Breathing is Not Restored:**
 - Reposition Head & Try again
- If Breathing is Still Not Restored after second try:**
 - Tag Black
 - Move on



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12

Control Bleeding

- Direct Pressure**
 - Apply a Clean Dressing if available
 - Press firmly
- Wrap & Tie**
 - Wrap wound firmly
 - Tie with bow
- Elevate**
- Tag Red**



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12

Recognizing Shock

- Mental Status**
 - Can they follow simple commands
 - If they can't squeeze your hand, treat for shock
 - "What is your name?"
 - "Squeeze my hand"
- Breathing**
 - Rapid and shallow
 - If more than 30 breaths per minute, treat for shock
- Circulation**
 - Blanch Test on palm of hand or fingernail to test Capillary Refill
 - If color does not return in 2 seconds, treat for shock


What is an obvious form of shock? (unconscious)



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12

Treating Shock

- Position victim on his/her back
- Elevate feet 6 to 10 inches above heart
- Maintain body temperature
- Tag red



FEMA DBFD CERT Annual Recertification Review Updated 11.8.12