

Community Emergency Response Team



**Disaster Medical Operations
Part I**

Released: 01 January 2026 **Contra Costa CERT Coalition**

0

Community Emergency Response Team


- 👤 Personal safety is **ALWAYS** the number one priority
- 👤 Show up prepared
 - Wear appropriate clothing and footwear, have **WATER**
 - Wear PPE – your personal protective equipment ...gloves, helmet, goggles, mask, boots, etc.
 - Have at least one communications device: cell, radio, etc.
- 👤 Work as a team
- 👤 Size-up - maintain situational awareness
- 👤 The CERT goal is to do the
Greatest Good for the Greatest Number
- 👤 *Hope for the best but plan for the worst!*

Visual DMO1.1 **Contra Costa CERT Coalition** 66

1

Unit Objectives

- 👤 Identify “**Three Killers**” **ABC**
- 👤 Apply techniques for
 - Opening **Airways**
 - Controlling **Bleeding**
 - Treating (**Circulatory**) **Shock**
- 👤 Conduct triage under simulated emergency conditions



“Logic clearly dictates that the needs of the many outweigh the needs of the few.”
Spock in *The Wrath of Khan* (1982)

Visual DMO1.2**Contra Costa CERT Coalition**66

2

Death from Trauma

- 👤 Overwhelming and irreversible damage to vital organs, death within minutes
- 👤 Excessive bleeding, death within seconds or minutes
- 👤 Infection or multiple organ failure, death in several days or weeks







40% could be saved!


90% of disaster survivors are rescued by other survivors!

Visual DMO1.3**Contra Costa CERT Coalition**66

3

PPE – Personal Protective Equipment

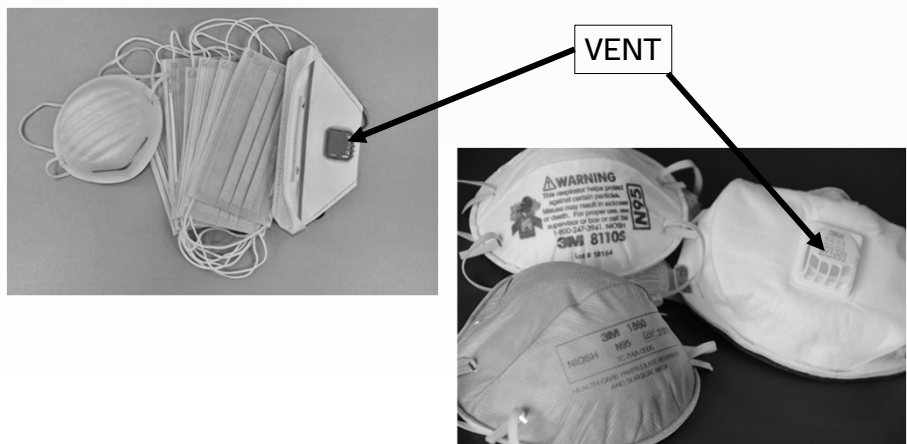
-  Helmet
-  Goggles
-  N95 mask
-  Work gloves
-  Sturdy shoes or boots
-  Non-latex exam gloves



Visual DMO1.4 **Contra Costa CERT Coalition** 66

4

PPE – Types of Masks




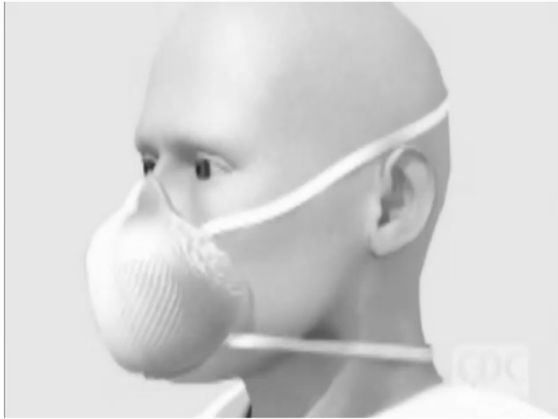
VENT


Visual DMO1.5 **Contra Costa CERT Coalition** 66

5

PPE – N95 mask

 **How to put on / take off an N95 mask**







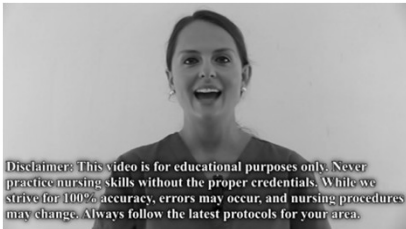


Visual DMO1.6 **Contra Costa CERT Coalition** 66

6


Demo & Practice - PPE – Gloves


-  **How to put on / take off surgical gloves**
-  **Practice !**
-  **New gloves for every patient – if you can**
-  **Wash or sanitize hands after removing gloves**



Disclaimer: This video is for educational purposes only. Never practice nursing skills without the proper credentials. While we strive for 100% accuracy, errors may occur, and nursing procedures may change. Always follow the latest protocols for your area.

https://www.youtube.com/watch?v=xTYioOo__6U






Visual DMO1.7 **Contra Costa CERT Coalition** 66

7

PPE – Personal Protective Equipment

**IF IT'S WET or STICKY and
NOT YOURS**




DON'T TOUCH IT!




Visual DMO1.8 Contra Costa CERT Coalition 66

8

The Killers - **ABC**

-  **Airway Obstruction**
 - Lack of oxygen can cause brain damage and death in very few minutes
-  **Excess Bleeding**
 - Tissues die if not supplied with oxygen
 - Can happen in as little as 20 seconds
-  **Shock (Circulatory collapse)**

**Life-threatening conditions must receive
immediate treatment !**



Visual DMO1.9 Contra Costa CERT Coalition 66


9

How to Approach a Patient

- 🧑‍🚒 Size-up: Check the scene for safety
- 🧑‍🚒 Be sure patient can see you
- 🧑‍🚒 Identify yourself
 - Your name, organization and training
- 🧑‍🚒 Request permission to evaluate and treat

"I am _____, from _____. I have first aid training. May I help you?"

- 🧑‍🚒 Respect cultural differences
- 🧑‍🚒 Protect patient privacy




Visual DMO1.10 **Contra Costa CERT Coalition** 66

10

Unconscious Patient

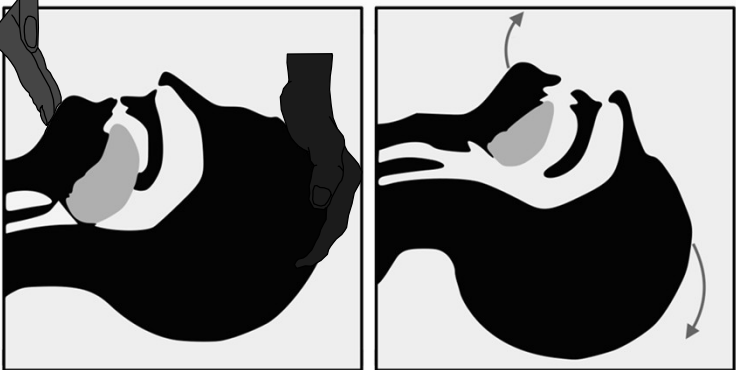
- 🧑‍🚒 You have *implied consent* to treat
- 🧑‍🚒 Tap and shout
- 🧑‍🚒 Check for breathing. Ear over patient's mouth while looking at the chest
 - Look - for chest rise
 - Listen - for air exchange
 - Feel - abdominal movement
- 🧑‍🚒 Evaluate and if necessary, open airway and repeat **once** more



Visual DMO1.11 **Contra Costa CERT Coalition** 66

11

Opening the Airway




Palm on forehead, 2 fingers under chin and pull the jaw upward while tilting the head backwards slightly

Visual DMO1.12 **Contra Costa CERT Coalition** 66

12

Let's Practice!

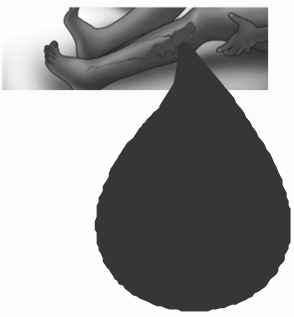


Head Tilt / Chin Lift

Visual DMO1.13 **Contra Costa CERT Coalition** 66

13

Bleeding



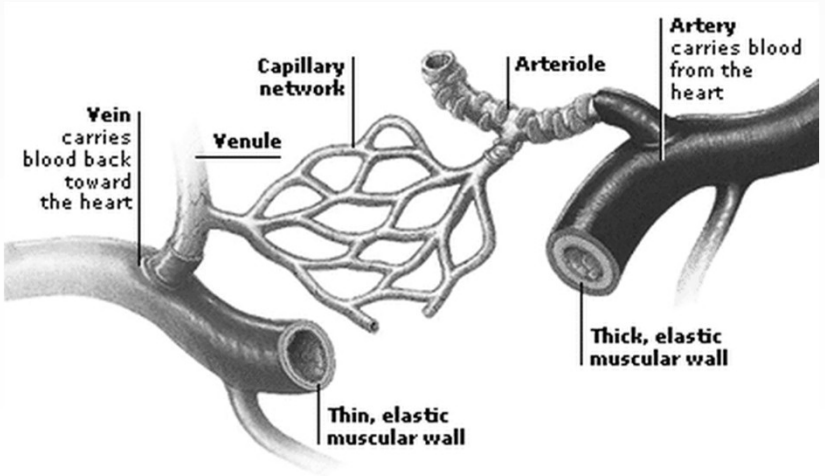
- 👉 Arterial ... spurting
- 👉 Venous ... flowing
- 👉 Capillary ... oozing

Losing one liter can be life-threatening

Visual DMO1.14 **Contra Costa CERT Coalition** 66

14

Blood Flow



Vein carries blood back toward the heart

Thin, elastic muscular wall

Capillary network

Venule

Arteriole

Thick, elastic muscular wall

Artery carries blood from the heart

Visual DMO1.15 **Contra Costa CERT Coalition** 66

15

Life-Threatening Bleeding


- 👤 Spurting
- 👤 Pooling
- 👤 Soaking through clothes or bandages
- 👤 Amputation

Visual DMO1.16 **Contra Costa CERT Coalition** 66

16

Bleeding Control – Direct Pressure

- 👤 Wear PPE (gloves, goggles, mask)
- 👤 Locate the bleeding source
- 👤 Apply firm pressure directly to the source until the bleeding stops
- 👤 Bulky layers between the bleeding source and your hands decrease effectiveness of pressure



Visual DMO1.17 **Contra Costa CERT Coalition** 66

17

Bleeding Control – Tourniquet

- 👤 Tourniquets can stop life-threatening bleeding from limb injury
- 👤 Their use remains a subject of debate. Tourniquets stop all blood flow so all tissue below the tourniquet will die if patient doesn't get advanced care
- 👤 Tourniquets have low incidence of adverse events provided that patient receives prompt advanced care
- 👤 Tourniquets are now recommended for **uncontrollable life-threatening** limb bleeding. Better to lose a limb than a life
- 👤 Tourniquet training will be in Disaster Medical Operations - Part 2

Visual DMO1.18

Contra Costa CERT Coalition

66

18

Shock

- 👤 Result of ineffective circulation of blood
 - Sufficient oxygen not delivered to cells
- 👤 Remaining in shock will lead to death of:
 - Cells ➢ Entire organs
 - Tissues ➢ Patient
- 👤 Types of shock
 - Hypovolemic shock – blood loss
 - Cardiogenic shock – heart not pumping
 - Septic shock – infection in bloodstream

Visual DMO1.19


Contra Costa CERT Coalition

66

19

Signs of Shock

- ☹ Confused or unconscious
- ☹ Weak, dizzy, restless or irritable
- ☹ Weak, rapid pulse
- ☹ Shallow, rapid breathing
- ☹ Pale, cool, moist skin
- ☹ Blue lips or fingernails
- ☹ Nausea and vomiting




***Treat any unconscious victims for
SHOCK***

Visual DMO1.20 **Contra Costa CERT Coalition** 66

20

Shock Treatment

- ☹ Control major bleeding
- ☹ Place in Recovery Position
- ☹ Maintain body temperature
 - Replace wet clothing with dry layers
 - Place something between survivor and ground
 - Shield from elements
- ☹ Loosen restrictive clothing



Left Lateral Recovery Position

Visual DMO1.21 **Contra Costa CERT Coalition** 66

21

Recovery Position

- 🧑‍🚒 Airway better defended in the “recovery position”
- 🧑‍🚒 Two rescuers if possible
- 🧑‍🚒 Minimize movement of severely injured patients
- 🧑‍🚒 Place pregnant women left side down if possible
- 🧑‍🚒 Check for breathing before moving on

Visual DMO1.22

Contra Costa CERT Coalition

66

22

Recovery Position Demo



Visual DMO1.23

Contra Costa CERT Coalition

66

23

Break

Let's take a 5 minute break



Visual DMO1.24 **Contra Costa CERT Coalition** 66

24

Break

5

4

3

2


1

Visual DMO1.25 **Contra Costa CERT Coalition** 66

25

Break

Break is almost OVER




Visual DMO1.26 **Contra Costa CERT Coalition** 66

26

Break

Break is OVER
Let's get back to learning



Visual DMO1.27 **Contra Costa CERT Coalition** 66

27

Multi-Casualty Incident Definition

- 🧑 A Multi-Casualty Incident (MCI) is any situation that overwhelms the normal emergency response capability



An MCI is also known as a Mass Casualty Incident or a Mass Casualty Event

Visual DMO1.28

Contra Costa CERT Coalition

66

28

Typical Multi-Casualty Incidents

- 🧑 Earthquakes
- 🧑 Terrorist Events
- 🧑 Urban Wild Lands Fires
- 🧑 Motor Vehicle Accidents
- 🧑 Floods
- 🧑 Tornadoes
- 🧑 Hurricanes
- 🧑 Explosions
- 🧑 Train derailments
- 🧑 Hazmat



Visual DMO1.29

Contra Costa CERT Coalition


66

29

CERT Size-Up

1. Gather Facts
2. Assess Damage
3. Consider Probabilities
4. Assess Your Situation
5. Establish Priorities
6. Make Decisions
7. Develop Plan of Action
8. Take Action
9. Evaluate Progress

**REMEMBER:
ALL CERT
SIZE-UP IS A
CONTINUAL
PROCESS**



Visual DMO1.30 Contra Costa CERT Coalition 66

30

Triage

TRIAGE - French term meaning "to sort"


- 👤 During triage, survivors are evaluated and prioritized according to the urgency of treatment needed
- 👤 Spending a lot of time trying to save one life may prevent a number of other patients from receiving the treatment they need
- 👤 Triage is a *Perishable Skill* and must be practiced regularly



Visual DMO1.31 Contra Costa CERT Coalition 66

31

The START Triage System



**Simple
Triage
And
Rapid
Treatment**

Visual DMO1.32 **Contra Costa CERT Coalition** 66

32

START Categories

-  **GREEN**
-  **RED**
-  **YELLOW**
-  **BLACK** or stripe



Visual DMO1.33 **Contra Costa CERT Coalition** 66

33

The START Triage System

Effective January 1, 2019,
in Contra Costa County,
the Triage names will
NOT be used,
only the **COLORS**



Visual DMO1.34 **Contra Costa CERT Coalition** 66


34

Triage Steps

1. Size-up
2. Conduct voice triage
3. Follow a systematic route
4. Start where you stand
5. Treatment doesn't start until you and patient are safe
6. Evaluate and tag each patient
7. Document Triage results

Treat ONLY "Killers"... airway, bleeding, shock

REDS are "Immediates"
and will be transported to higher level of care ASAP



Visual DMO1.35 **Contra Costa CERT Coalition** 66

35

Triage Pitfalls

- 👤 No team plan, organization, or goal
- 👤 Indecisive leadership
- 👤 Ignoring personal safety
- 👤 Too much focus on one patient or the “loudest” (screamer) patient
- 👤 Treatment of non-“killer” injuries (rather than triage) performed

Visual DMO1.36 **Contra Costa CERT Coalition** 66

36

Triage - **GREEN**

- 👤 Walking wounded
- 👤 Do not require immediate/urgent care
- 👤 Use as helpers to care for others
- 👤 Direct **GREEN** patients to the casualty collection point (CCP) or treatment area for detailed assessment and medical care

Visual DMO1.37 **Contra Costa CERT Coalition** 66

37

Triage Patient Assessment

If life-threatening bleeding is detected at any time in a patient,

treat the life-threatening bleeding before proceeding with other steps in the triage assessment

Visual DMO1.38 **Contra Costa CERT Coalition** 66

38

Triage Patient Assessment - **RPM**

Three things to check ...


R espirations	30
P erfusion	2
M ental Status	Can do

*Anyone who is **unconscious** is a **RED** by definition!*

Visual DMO1.39 **Contra Costa CERT Coalition** 66

39

RPM ... Respirations


 **Target Range:**

- Adults: under 30 breaths per minute
- Children to 12 years: 15 – 45 breaths per minute
 - Depends on the size of the child
 - Infants breath faster than larger children
 - Go by body size, not age


Visual DMO1.40 Contra Costa CERT Coalition 66


40

RPM ... Respirations


 **No breathing**

- Open airway, if still not breathing, try a second time
- If still not breathing, tag as **BLACK** and move on to next person

 **If breathing, count breaths**

 **Out of range for breaths per minute**

- Place in recovery position
- Tag as **RED**, move on to next person

 **Within range for breaths per minute**

- Go to the next step... **Perfusion**

30

2

Can do

Visual DMO1.41 Contra Costa CERT Coalition 66

41

RPM ... Perfusion

- 👤 Target: Reperfusion in under 2 seconds
- 👤 Blanch test
- 👤 If capillary refill takes more than 2 seconds
OR no radial pulse
 - Treat obvious severe bleeding
 - Place in recovery position
 - Tag as **RED**,
and move on to next person
- 👤 Less than 2 seconds
 - Go to the next step... **Mental Status**

30

2

Can do

Visual DMO1.42
Contra Costa CERT Coalition
66

42

RPM ... Mental Status

- 👤 Target: Follow simple command
- 👤 Cannot follow directions
 - Tag as **RED**, place in recovery position
and move on to next person
- 👤 Can follow directions
 - Tag as **YELLOW** ,
and move on to next person

30

2




Can do

Visual DMO1.43
Contra Costa CERT Coalition
66

43

RPM Mnemonic

30
2
Can do



-  Under **30** Respirations / minute
-  Under **2** Seconds - Cap refill
-  **Can Do** Follows simple commands

*If fail any test, patient is **RED***

Visual DMO1.44
Contra Costa CERT Coalition
66

44

Triage - Putting it Together - GREEN


-  Voice-triaged, “walking wounded”
-  May be injured but can walk away from scene to treatment area

Visual DMO1.45
Contra Costa CERT Coalition
66

45

Triage – Putting it Together - **BLACK**

- ☠ Other terms: **DECEASED, MORGUE** or **NON-SALVAGEABLE**
- ☠ Obviously dead
- ☠ Pulseless
- ☠ Not breathing after two attempts to open airway
- ☠ Mortal injuries
 - Cannot be saved with available care facilities
- ☠ Do not move **BLACK** casualties from mass casualty site




Visual DMO1.46 **Contra Costa CERT Coalition** 66

46

Triage – Putting it Together - **RED**

- ☠ Alive with life-threatening injuries
- ☠ Patient requires **immediate** care
- ☠ Fails *any* **RPM** check
 - Adult > 30 respirations per minute
 - Child outside 15 – 45 respirations per minute
 - Capillary refill > 2 seconds or no radial pulse
 - Cannot follow simple commands



Visual DMO1.47 **Contra Costa CERT Coalition** 66

47

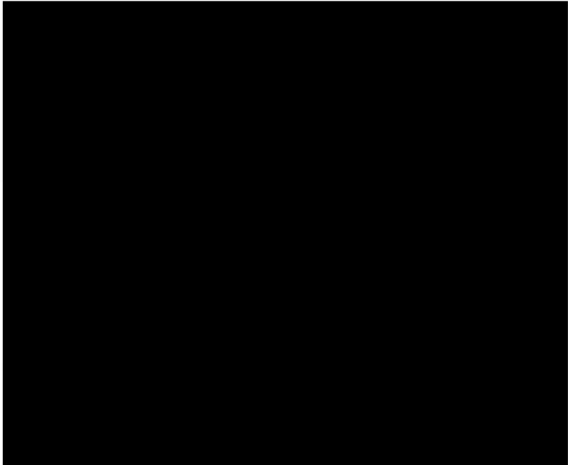
Triage - Putting it Together - YELLOW

- 👤 Serious non life-threatening injuries
- 👤 *Did not walk* out of scene
- 👤 **RPM** (all three) within acceptable limits
- 👤 May have broken bones
- 👤 May be extrication problem
- 👤 May have chest pains, etc.

Visual DMO1.48 **Contra Costa CERT Coalition** 66

48





START Video



Visual DMO1.49 **Contra Costa CERT Coalition** 66

49

Triage Operations Review

-  **Size Up ... *What's happening?***
 - Check the scene
 - Stop, look, listen and think
-  **Assess your situation ... *What could happen?***
-  **Develop a plan of action ... *What will we do?***
 - Conduct voice triage, get walking wounded out
 - Start where you stand
 - Follow a systematic route
 - Use **RPM** to evaluate and tag each patient
 - **Only** allowed treatments in triage are:
Open airway; Stop major bleeding; Recovery position
 - Call for **REDS** to be urgently transported to advanced care!
-  **Document Triage results**

Visual DMO1.50 **Contra Costa CERT Coalition** 66

50

START Triage Exercise

SCENARIO: December 23rd, 1700 hrs. A bus has gone out of control at the Walnut Creek BART station. It careened through the lower BART plaza, hitting commuters and Christmas shoppers. The bus continued downhill finally crashing into rush hour traffic on Ygnacio Valley Rd. Several smashed cars have caught fire.

*The first arriving fire engine has already tried once to remove all patients who can walk (**Greens**) to the South parking lot.*

Begin triaging the remaining patients using START triage principles. Identify the category of the patients (GREEN, BLACK, RED, and YELLOW) and what treatment you might render according to START (opening of airways, application of direct pressure for bleeding). Write answers below each patient.

30

2

Can do

Visual DMO1.51 **Contra Costa CERT Coalition** 66

51

START Triage Exercise

<p>1. 30yo male with a compound fracture of left tibia, bleeding moderately. Resp. rate is 24, cap refill < 2 sec. Follows simple commands.</p>	<p>8. 7yo old female lying on the ground, left leg amputated below the knee. Moderate bleeding. Resp. rate is 38. Cap refill < 2 sec. Follows simple commands.</p>
<p>2. 18yo female sitting feeling faint with abrasion to forehead and a bloody nose. Resp. rate is 28. Cap refill < 2 sec. Follows simple commands.</p>	<p>9. 42yo female with an open fracture left ankle. Resp. rate is 28. Cap refill < 2 sec. Follows simple commands.</p>
<p>3. 18yo male complaining of chest pain and SOB. Resp. rate is 40. Cap refill 4 sec. Follows simple commands.</p>	<p>10. 21yo female with abrasion to forehead, is 8 months pregnant and in labor. Resp. rate is 36. Cap refill < 2 sec. Follows simple commands.</p>
<p>4. 23yo male with impaled metal pole through right chest. Resp. rate is 26. Cap refill < 2 sec. Follows simple commands.</p>	<p>11. 12yo male with 3rd degree burns over 50% of body. Resp. rate is 28. Cap refill < 2 sec. Follows simple commands.</p>
<p>5. 50yo male with 2nd/3rd degree burns over 70% of body. Resp. rate is 26. Cap refill < 2 sec. Follows simple commands.</p>	<p>12. 64yo female walking around crying. No injuries seen. Resp. rate is 24. Cap refill < 2 sec. Follows simple commands.</p>
<p>6. 75yo male lying on the ground. Gurgling respirations after 2 attempts to open airway. Capillary refill > 2 secs. Unconscious, unresponsive.</p>	<p>13. 65yo male bus driver slumped over in seat. Resp. rate is 0. No radial pulse. Unconscious and unresponsive.</p>
<p>7. 40yo male lying on the ground with blood coming out of ears and nose. Resp. rate is 0. No radial pulse.</p>	<p>14. 28yo female walking around with abrasion to forehead. Repeatedly asking "Where's Billy?" Resp. rate is 18. Cap. Refill < 2 secs. Does not follow "squeeze my fingers" command.</p>

Visual DMO1.52
Contra Costa CERT Coalition
66

52

START Triage Exercise

<p>15. 28yo male lying on ground with abdominal pain. Resp. rate is 24. Cap refill > 2 sec. Follows simple commands.</p>	<p>23. 20yo male sitting up with large scalp laceration bleeding heavily. Resp. rate is 24. Cap refill < 2 sec. Follows simple commands.</p>
<p>16. 44yo male sitting up with dislocated shoulder. Resp. rate is 36. Cap refill is < 2 secs. Follows simple commands.</p>	<p>24. 44yo male sitting up with chest pain. Resp. rate is 24. Cap refill < 2 sec. Follows simple commands.</p>
<p>17. 25yo female with large abdominal evisceration. Resp. rate is 0. No radial pulse. Unconscious and unresponsive.</p>	<p>25. 56yo female bilateral femur fractures. Resp. rate is 28. Cap. Refill is > 2 seconds. Conscious and follows commands.</p>
<p>18. 11yo female partial amputation left arm, blood spurting from wound. Resp. rate is 28. Cap refill > 2 seconds. Unconscious.</p>	<p>26. 58yo male with massive facial trauma. Resp. rate is 0. Reposition Airway, resp. = 0. Cap refill < 2 sec. Unconscious and unresponsive.</p>
<p>19. 67yo male lying on ground. No obvious injuries. Resp. rate is 0 after 2 attempts to open airway. Cap. Refill is > 2 secs.</p>	<p>27. 11yo female lying on ground, with abrasions to face. Resp. rate is 20. Cap refill < 2 secs. Conscious but does not follow commands.</p>
<p>20. 28yo female with fracture to left wrist. Resp. rate is 28. Cap refill is < 2 seconds. Follows simple commands.</p>	<p>28. 76yo male with deep laceration to left thigh. Heavy bleeding. Resp. rate is 24. Cap refill > 2 sec. Follows simple commands.</p>
<p>21. 36yo male with neck pain. Can't feel legs. Resp. rate is 24. Cap refill < 2 sec. Follows simple commands.</p>	<p>29. 51yo male with abdominal pain. Resp. rate is 28. Cap. Refill > 2 secs. Follows simple commands.</p>
<p>22. 24yo female with back pain. Resp. rate is 28. Cap refill < 2 sec. Follows simple commands.</p>	<p>30. 85yo male with deep cuts to both forearms. Resp. rate is 24. Capillary refill > 2 secs. Follows simple commands.</p>

Visual DMO1.53
Contra Costa CERT Coalition
66

53

Change

- The following slides have been moved to Disaster Medical Operations Part I from Disaster Medical Operations Part II to accommodate classroom timing.
- You can follow along in the Participant Manual by going to MED II Slide 78 - 86

Visual DMO2.54

Contra Costa CERT Coalition

88

54

Bites and Stings

- 👤 If a bite or sting is suspected, and the situation is non-emergency:
 - Remove stinger if still present by scraping edge of a credit card or other stiff, straight-edged object across stinger
 - Wash site thoroughly with soap and water
 - Place ice on site:
10 minutes on,
10 minutes off



Visual DMO2.55

Contra Costa CERT Coalition

88

55

Anaphylaxis

- 👤 Anaphylaxis is a serious, life-threatening allergic reaction. The most common anaphylactic reactions are to foods, insect stings, medications and latex
- 👤 Check airway and breathing
- 👤 Remove constrictive clothing and jewelry
- 👤 Find and help administer victim's auto-injector following package instructions
- 👤 Write time administered on victim's skin
- 👤 Watch for signs of shock and treat appropriately



Visual DMO2.56

Contra Costa CERT Coalition

88

56

HypOthermia

Primary signs and symptoms:

- 👤 Body temperature of 95° Fahrenheit (35° Celsius) or less
- 👤 Redness or blueness of the skin
- 👤 Numbness accompanied by shivering

Later stages of HypOthermia:

- 👤 Slurred speech
- 👤 Unpredictable behavior
- 👤 Listlessness and confusion

Visual DMO2.57

Contra Costa CERT Coalition

88

57

Treating HypOthermia

- 👤 Remove wet clothing
- 👤 Wrap victim in a blanket or sleeping bag and cover head and neck *or*
- 👤 Place victim in warm bath
- 👤 Protect victim from weather
- 👤 Provide warm fluids to conscious victims
 - No alcohol, caffeine or soda
- 👤 Place unconscious victim in recovery position



Even mild degrees of hypOthermia can have serious consequences

Visual DMO2.58 Contra Costa CERT Coalition 88

58

Frostbite

- 👤 Frostbite is an injury caused by freezing of the skin and underlying tissues
- 👤 Symptoms include:
 - Skin discoloration
 - Burning or tingling sensation
 - Partial or complete numbness

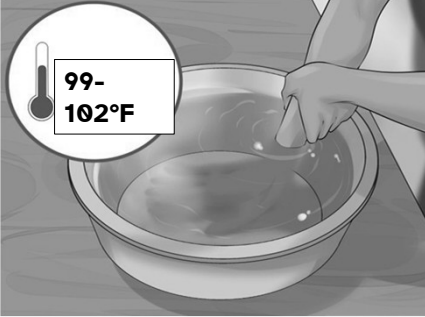


Visual DMO2.59 Contra Costa CERT Coalition 88

59

Treating Frostbite

- 👤 Immerse injured area in warm (NOT hot) water until tissue is soft, red or purple
- 👤 Warm slowly!
- 👤 Do NOT allow part to re-freeze
- 👤 Do NOT massage
- 👤 Wrap affected body parts in bulky dry, sterile dressing




wikiHow

Visual DMO2.60 **Contra Costa CERT Coalition** 88

60

Stages of Hyperthermia

- 👤 Hyperthermia comes in many stages, from heat stress through heat stroke
- 👤 **Heat cramps** are muscle spasms brought on by over-exertion in extreme heat
- 👤 **Heat exhaustion** results from exercising or working in extreme heat, resulting in loss of bodily fluids
- 👤 **Heat stroke** occurs when the body's temperature regulation system shuts down and the body temperature rises so that brain damage or death may result
- 👤 Special attention is needed when wearing PPE in heated environments



Visual DMO2.61 **Contra Costa CERT Coalition** 88

61

Symptoms of HypERthermia	
<u>Heat Exhaustion</u>	<u>Heat Stroke</u>
Heavy sweating	Red, hot, dry skin (no sweating)
Not Confused	Confusion
Tiredness	Unconsciousness
Cold, pale, clammy	Body temperature over 103°F
Rapid, strong pulse	Fast, weak pulse
Muscle cramps	Throbbing headache
Dizziness or headache	Dizziness
Nausea or vomiting	Nausea
<i>Heat Stroke is the most severe form of hypERthermia and is a life-threatening emergency!</i>	
Visual DMO2.62	Contra Costa CERT Coalition
	88

62

Treating Severe HypERthermia
<ul style="list-style-type: none"> ☞ Remove from heat to cool environment ☞ Cool body – immediate water immersion/shower/ garden hose/evaporative cooling if heat stroke suspected – before transport ☞ Sports drink (not salt tablets) or water, if sports drink-like solution not available – slowly, avoid vomiting ☞ No food or drink if patient is experiencing vomiting, abdominal cramping, or is losing consciousness ☞ If heat exhaustion does not improve in 15-20 min or if there are signs of heat stroke, triage status is red, patient requires immediate transport to advanced care ☞ Must be symptom-free for 24 hours before returning to work and may need to stay out of heat for a while
Visual DMO2.63
Contra Costa CERT Coalition
88

63


Questions ?




Visual DMO1.64 **Contra Costa CERT Coalition** 66

64

Takeaways

 **YOUR SAFETY IS PARAMOUNT!**



- Wear PPE
- Medical treatment doesn't start until you (and your patient) are safe


 **THE KILLERS**

- Airway
- Bleeding
- Shock

Visual DMO1.65 **Contra Costa CERT Coalition** 66

65

To Do	
	Look into taking a CPR and/or Stop the Bleed class
	Put a couple pairs of non-latex gloves in your everyday carry bag



Visual DMO1.66 **Contra Costa CERT Coalition** 66