

RADIO USE

Check your battery level.
Test radios in your group before going out; make sure they work and that you can communicate.

Receiving

1. Listen carefully, especially with messages.
2. Acknowledge all transmissions coming to you.

Transmitting

1. Don't try to interrupt.
2. Identify yourself when talking.
3. Hold the radio close to mouth, with antenna vertical.
4. Speak slowly, clearly, distinctly.
5. Use phonetic alphabet for spelling out words.
6. Keep transmissions short (10 seconds or so).

PHONETIC ALPHABET

A	Alpha	N	November
B	Bravo	O	Oscar
C	Charlie	P	Papa
D	Delta	Q	Quebec
E	Echo	R	Romeo
F	Foxtrot	S	Sierra
G	Golf	T	Tango
H	Hotel	U	Uniform
I	India	V	Victor
J	Juliet	W	Whiskey
K	Kilo	X	X-ray
L	Lima	Y	Yankee
M	Mike	Z	Zulu

Pro-Words by Category

COMMUNICATIONS

BREAK = Pause in text or "I have high priority traffic"
BREAK BREAK = "I have emergency traffic"
THIS IS <Your Station ID> = Used preceding identification of your station
GO AHEAD <Other Station ID> = Indicates that a station may respond
OVER = Indicates that a station may respond
STAND BY = A temporary interruption of the contact
WAIT = "I must pause for a few seconds"
CLEAR = "End of contact, will be listening"
<Your Station ID> **OUT** = "Leaving the air, will not be listening"

MESSAGE HANDLING

AFFIRMATIVE = "Yes"
NEGATIVE = "No"

ALL AFTER = "Say again all after (word/phrase)"
ALL BEFORE = "Say again all before (word/phrase)"
BETWEEN = "Say again everything between (word) and (word)"
CONFIRM = "Please check me on this"
CORRECTION = "I am going to correct an error"
SAY AGAIN = "Repeat the last transmission"
I SAY AGAIN = Used to repeat a word or phrase

FIGURES = Numerals or numbers follow
INITIALS = Letter or letters follow
I SPELL = "I am going to spell the word phonetically"
SYMBOL FOR = Punctuation "Symbol for Comma"
TIME = Indicates the date/time group of the message
X-RAY = "End of sentence" (a period)

END = "End of message"
COPY = "Message received correctly and in full"
MORE = "Additional messages to follow"
NO MORE = "No additional messages to follow"

Operating a Fire Extinguisher



1. **PULL...** Pull the pin. This will also break the tamper seal.

2. **AIM...** Aim low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire.

Note: Do not touch the plastic discharge horn on CO2 extinguishers, it gets very cold and may damage skin.

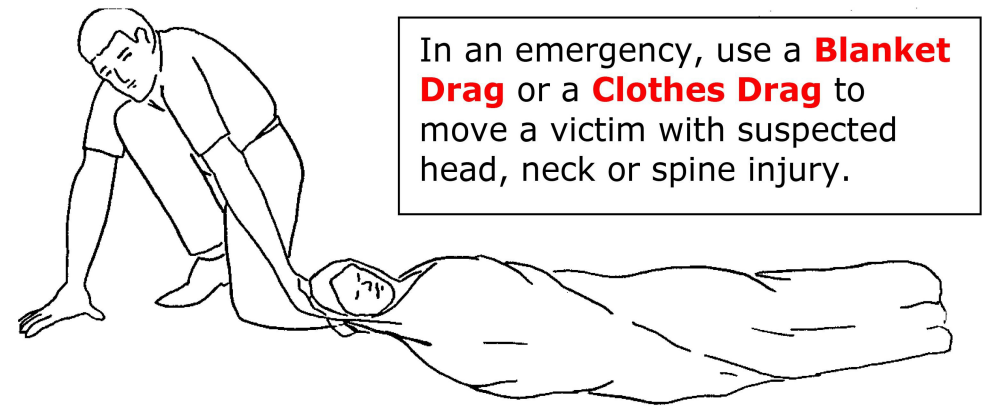
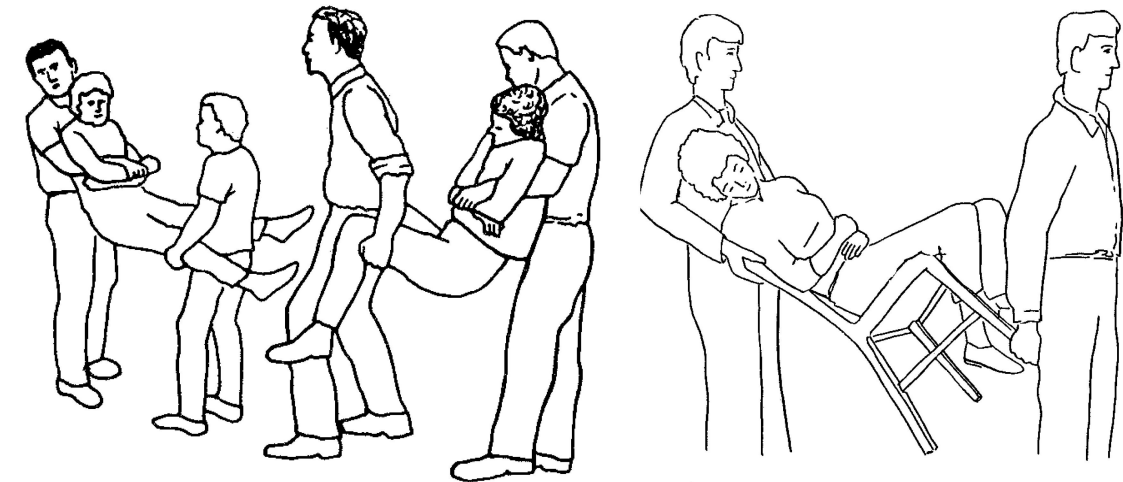
3. **SQUEEZE...** Squeeze the handle to release the extinguishing agent.

4. **SWEEP...** Sweep from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 - 4.

If you have the slightest doubt about your ability to fight a fire....EVACUATE IMMEDIATELY!

Carries and Drags

If safety and time permit, you should not use lifts and drags to remove victims when closed-head or spinal injury is suspected. In such cases, the spine must be stabilized using a backboard. Doors, tables, and similar materials can be used as improvised backboards. The backboard must be able to carry the person and proper lifting techniques must be used.

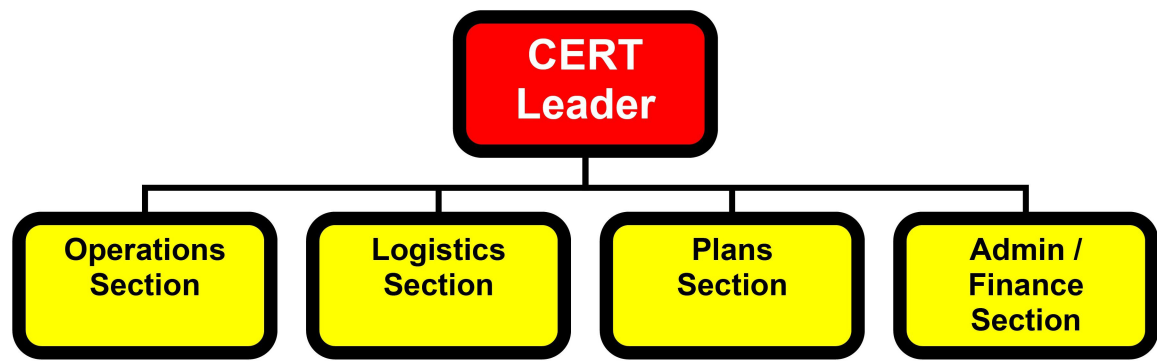


Hazardous Materials

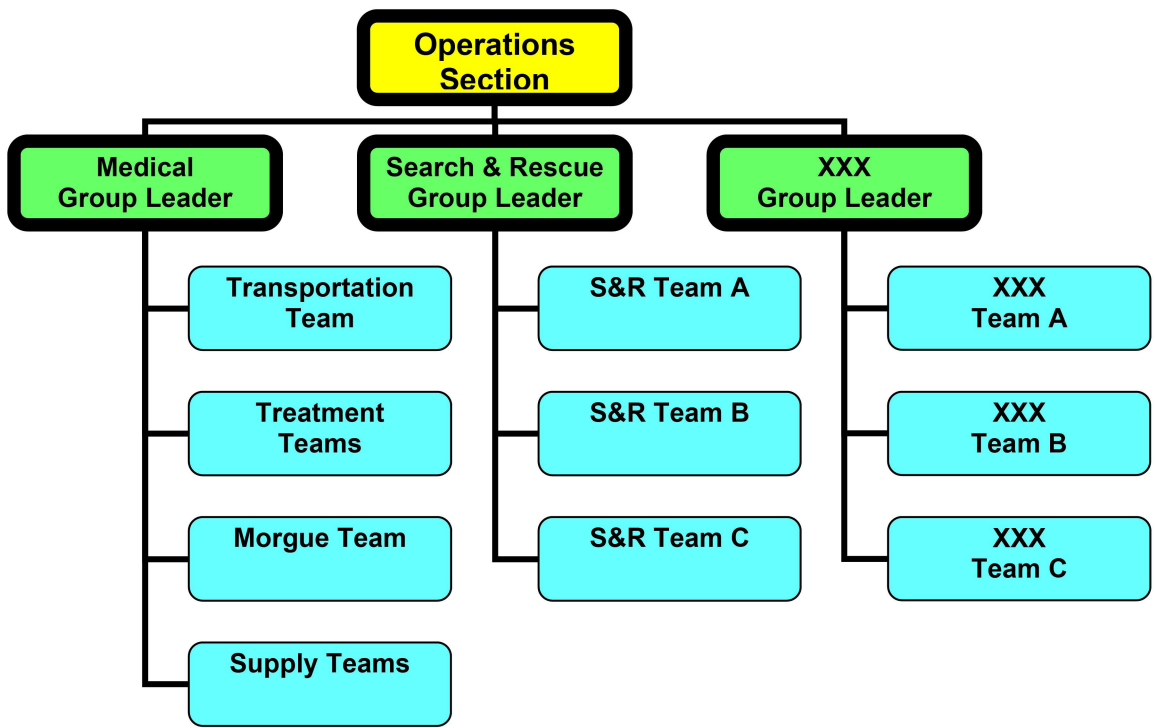


Building Placard OR Vehicle Placard = STOP

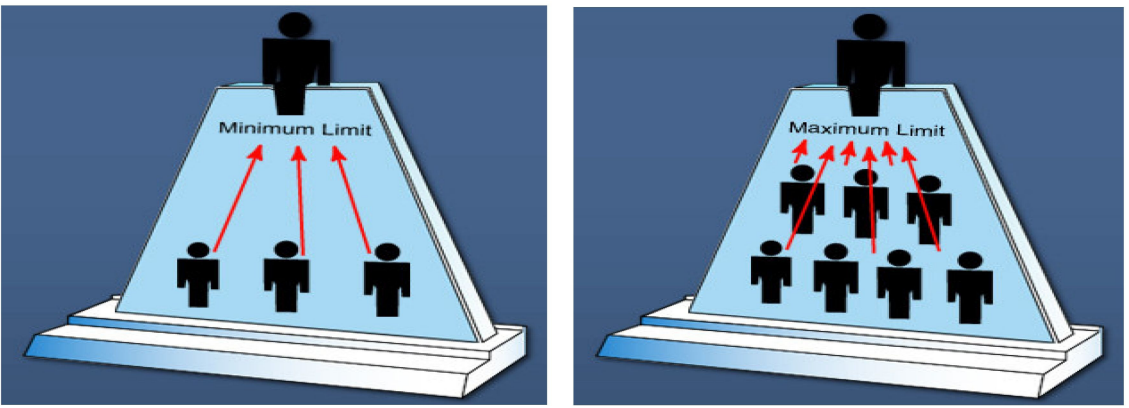
Incident Command System



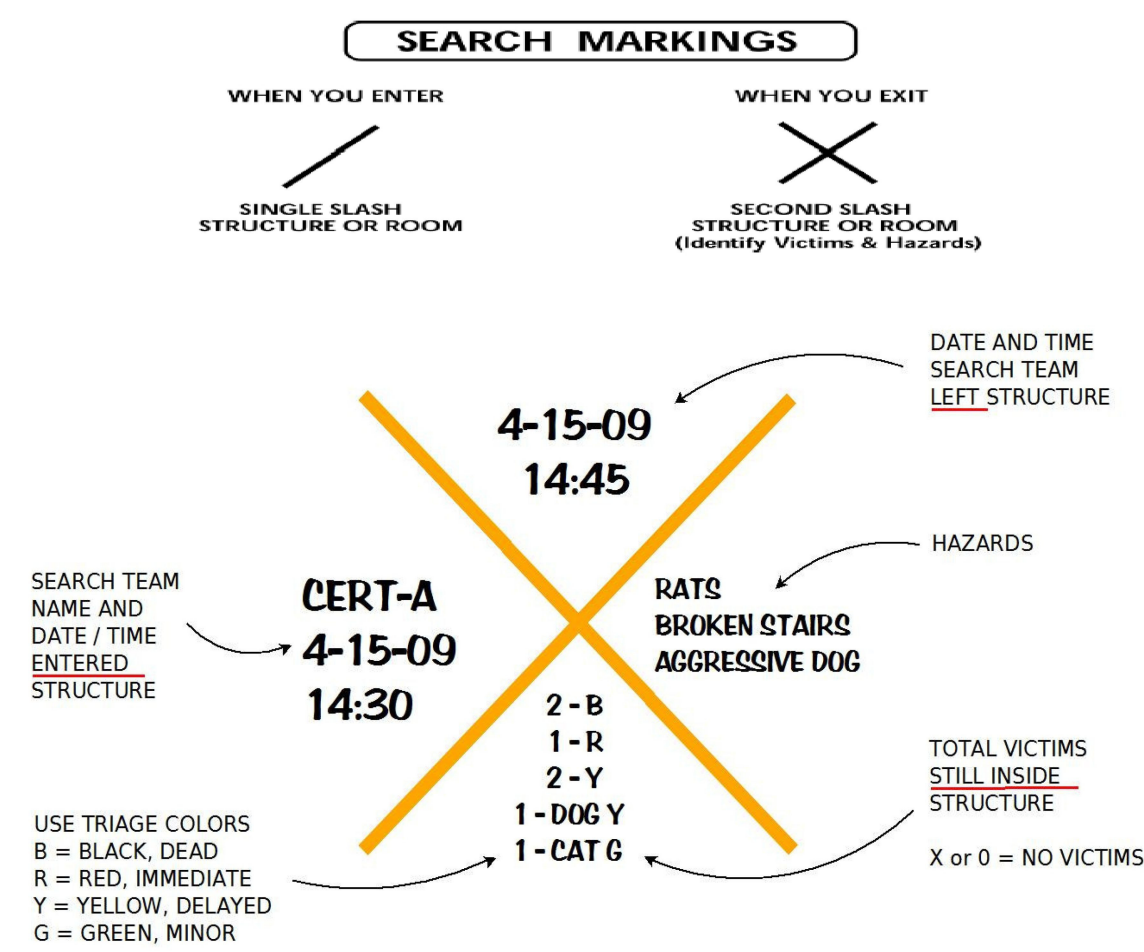
Typical CERT Operations Section



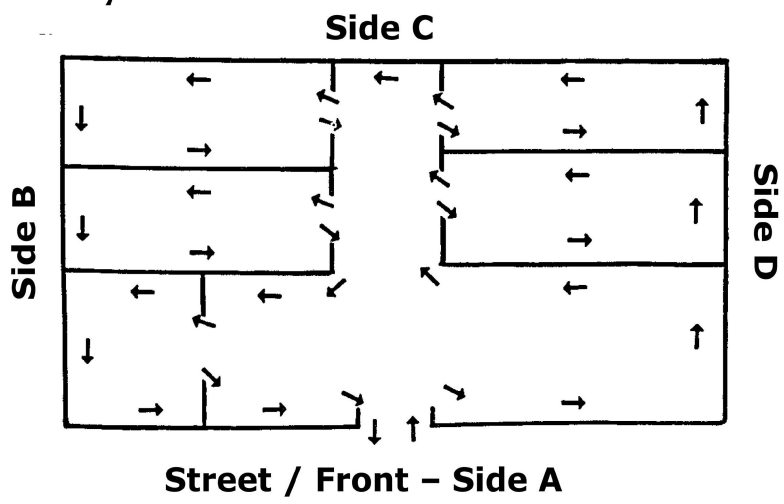
Span of Control



Search Marking System



Systematic Room Search Pattern



Use a top ⇄ bottom or bottom ⇄ top and left wall or right wall method to ensure that the entire building is searched. Pre-plan your method and be consistent.

Victim Marking System

This is the ICS Standard Victim Marking System. When you find victims during a search and you have to leave them for a rescue team, mark their location as follows:

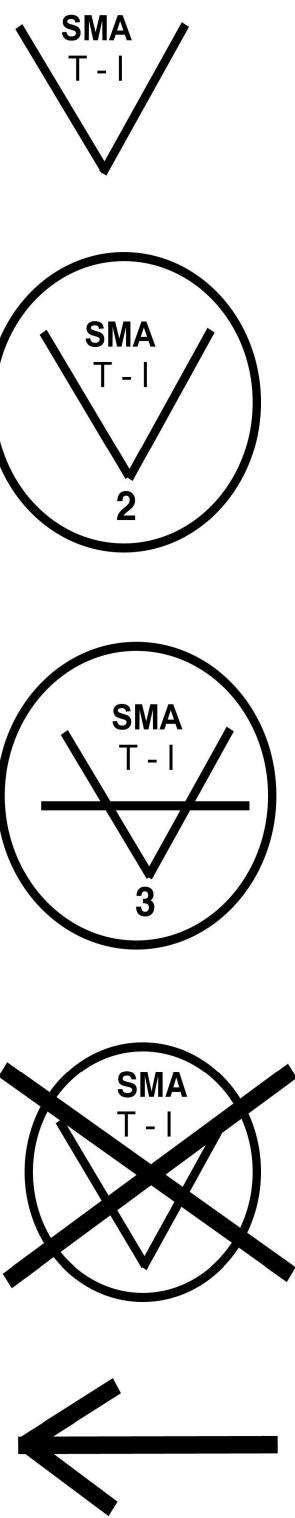
Make a large (2' x 2') "V" with orange spray paint near the location of a **potential** victim. Mark the name of the Search Team or Crew identifier in the top part of the "V" with paint or a lumber marker type device.

Paint a circle around the "V" when a potential victim is **confirmed** to be **alive** either visually, vocally, or hearing specific sounds that would indicate a high probability of a live victim. If more than one confirmed live victim, mark the total number of victims under the "V".

Paint a horizontal line through the middle of the "V" when a **confirmed** victim is determined to be **deceased**. If more than one confirmed deceased victim, mark the total number of victims under the "V". Use both the live and deceased victim-marking symbols when a combination of live and deceased victims are determined to be in the same location.

Paint an "X" through the confirmed victim symbol after **all** victim(s) have been removed from the specific location identified by the marking.

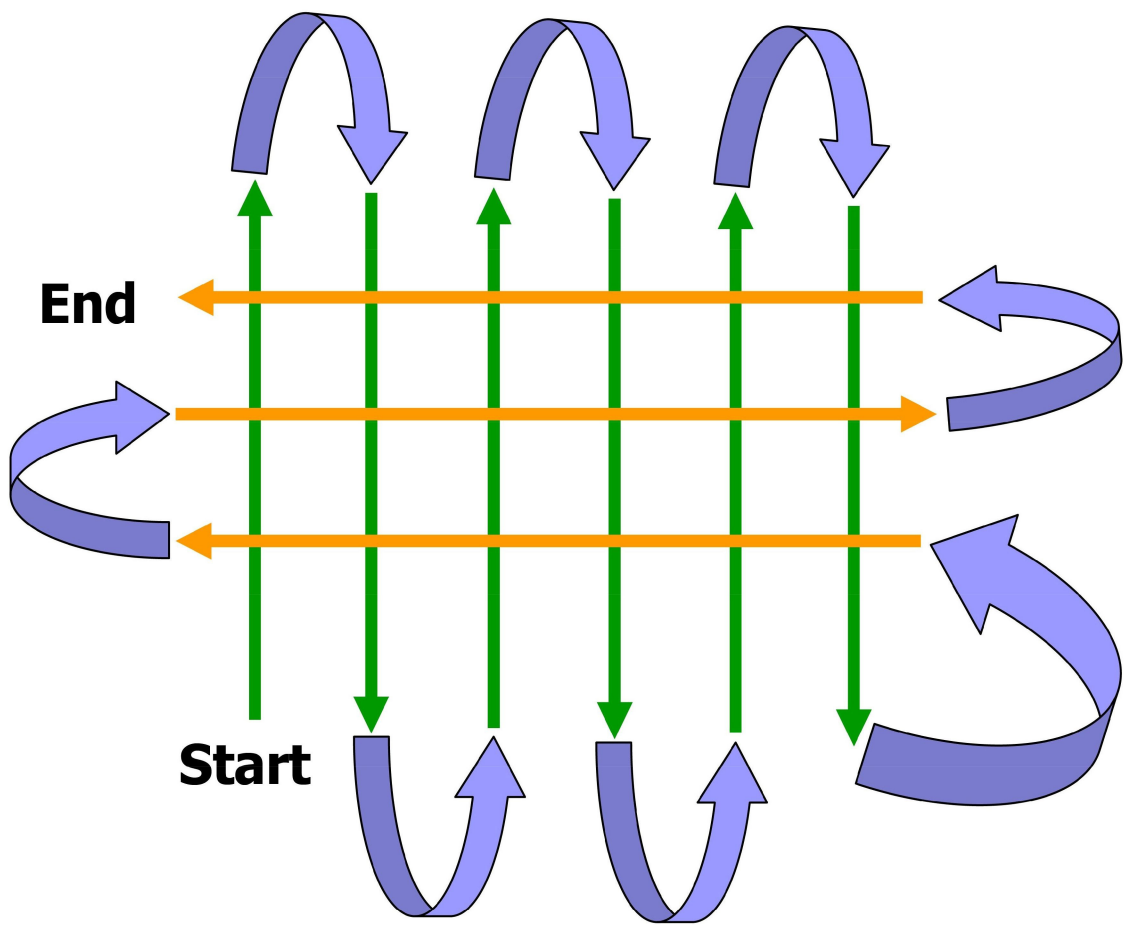
An arrow may need to be painted next to the "V" pointing towards the victim when the victim's location is not immediately near where the "V" is painted.



Outdoor Search

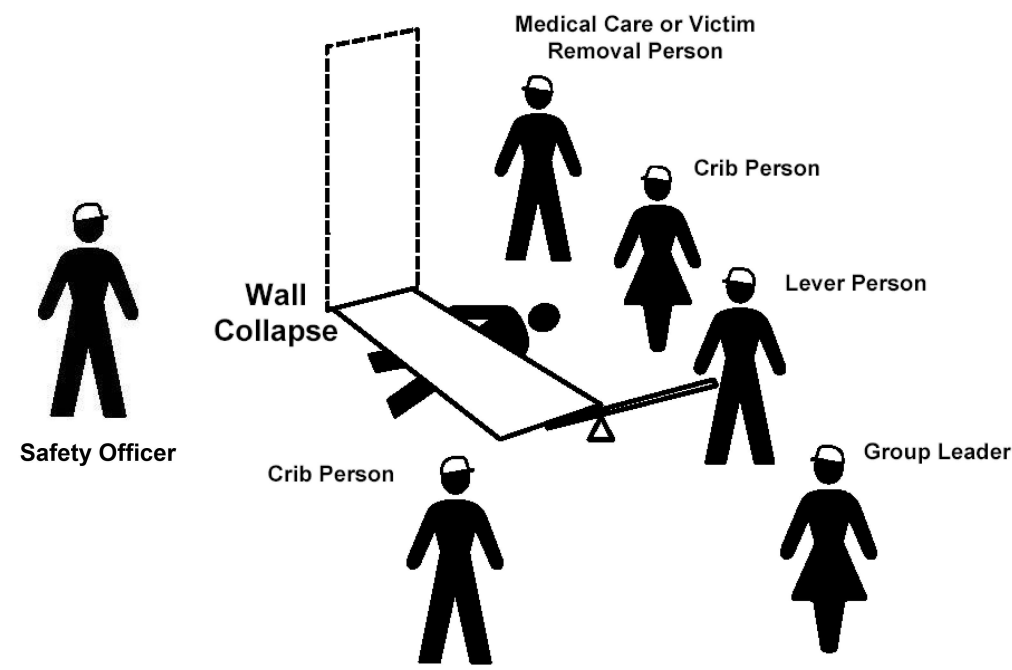
- Set up a search grid
- Set distance between searchers according to visibility and debris
- Overlap patterns for full coverage
- Search in as straight a line as possible
- Mark areas that have been searched

Line Grid Search Pattern



Leveraging with Cribbing

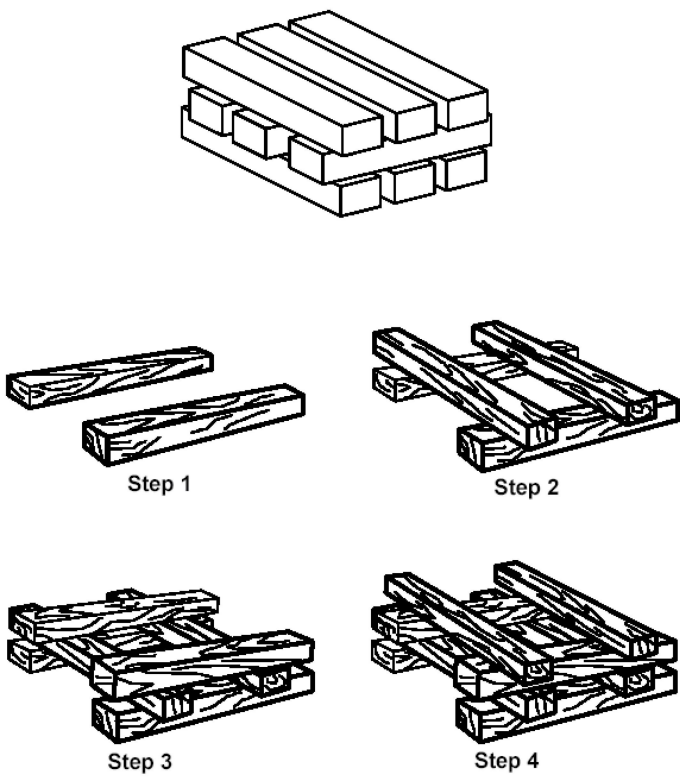
Arrangement For Leveraging/Cribbing Operation



- Stabilize the object to be lifted
- Shims are used to match the angle of a surface
- Wedges are used as variable height crib members
- Wedges are inserted only as Married Pairs
- Initiate the lift using the lever and fulcrum for mechanical advantage
- **Have someone available to handle the victim**
- As the object is lifted, add cribbing as needed; build on the foundation of the box crib
- When the object is adequately supported, the victim may be removed

Lift an inch, Crib an inch

Box Cribbing



Four steps for building box cribbing:

Step 1: Position two pieces of wood parallel to each other.

Step 2: Place two pieces of wood perpendicularly across the base pieces. Make sure the ends overlap at least 4".

Steps 3 & 4: Add additional layers of wood.

Don't crib higher than three times the length of the lumber being used.

Support the load by as many intersections as possible. A box of 4" x 4" Douglas Fir will hold 6,000 pounds per intersection. A 2x2 box of 4x4's will have 4 intersections, 24,000 lb. capacity. A 3x3 box holds 54,000 lbs.

Fulcrums are like other crib boxes. If you are using 4x4s and 2x4s and 1x4s to build your fulcrum box, always have a 4x4 as the top layer for your lever.