

CORE Citywide Emergency Response Functional Exercise

Saturday, April 25, 2009, 9:00am - 11:30am

Helpful Hints #2

Objective:

Run a Disaster First Aid Station & treat victims with various injuries.

ALL Groups:

- Review the Disaster First Aid chapter of the CORE III manual. (Current CORE manuals are now available to be downloaded from the CORE website at <http://www.oaklandnet.com/fire/core/resources.html>.)
- Practice treating members of your neighborhood group for injuries described in the CORE manual. Review and practice the CORE-recommended life-saving treatments for:
 1. Opening the airway
 2. Controlling excessive bleeding
 3. Treating for shock
- Take a basic First Aid class from the American Red Cross, American Heart Association or another agency.
- Evaluate your First Aid supplies (both personal and group supplies), and then add to your supply cache if necessary. A list of recommended First Aid supplies can be found in the 2009 Exercise Support Packet, and in the CORE II manual.
- If you haven't already done so, review Helpful Hints #1.

Average to Advanced Groups:

- Enlist two people to take First Aid training from the American Red Cross. (Note that First Aid and Disaster First Aid differ!)
- With your group members, practice or quiz each other on proper treatment of various injuries, including burns, fractures and various wounds.
- Conduct a triage exercise. Assign most of the people in your group a unique and specific injury to act out or describe, then the remaining group members can practice conducting triage on the injured.
- Prepare a plan for toilet facilities in advance, including gathering supplies (buckets, bags, or digging tools) and agreeing upon locations for set up of toilets and disposal of waste products.

New or Small Groups:

- Set up a group supply cache. Remember that you don't need to purchase all of your supplies ready-made or brand new. Be creative and use supplies found around your homes or purchased at a garage sale or second-hand store to augment your cache.

Groups in Multi-Unit Buildings:

- Meet with building management to find out how they will assist with utility restoration after a disaster, and if they will assist with creating & storing a medical supply cache.
- If your group identifies a central location for a medical supply cache, ensure all residents & staff know where it is and how to access it. Make sure the storage location is fairly close to an exit, so that if the building needs to be evacuated, the supplies can be easily taken with you.



Still have questions?
Contact the CORE Coordinator!



For more information about the CORE Citywide Exercise, please call 510-238-6351 or email core@oaklandnet.com.

Citywide Exercise resources are also available online at <http://www.oaklandnet.com/fire/core/citywide.html>.

