

First Arrivers

SSEPO.org

Knowledge Replaces Fear

1

South Skyline Emergency Preparedness Organization – SSEPO.org

OCTOBER 2020

First Arrivers Workshop - 2020

- **Thomas Hempel**, Mountain Neighbor; President SSEPO; Tech Guru
- **Frances Mann-Craik** – Mountain Neighbor; SSEPO Board; NO professional credentials –happy to share research
- **Dr. Rich Lee** – Mountain Neighbor; SSEPO Board; MD
- **Judith Watson** – Mountain Neighbor; SSEPO Board; RN
- **YOU & YOU & YOU & YOU** – you good people who stop to help!

Agenda – First Arrivers Workshop – 3 Parts

- **Part 1:**
 - Incident control “First on Scene”
 - 911 – what to know before you call
 - Where am I???
- **Part 2:**
 - `First Aid for First Arrivers – Rich
 - Scenario Reviews
- **Part 3:** (in person... some day)
 - Role playing

Part 1: Incident control “First on Scene”

- <https://community.fema.gov/until-help-arrives>. (Minute 0 to 6.20)

Learn five simple steps that may save a life

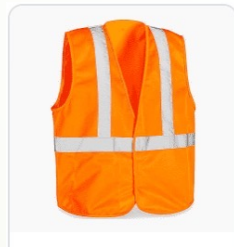
- Call 911... but first...
- Stay Safe
- Stop the Bleeding
- Position the Injured
- Provide Comfort

KEEP THEM ALIVE UNTIL EMTS ARRIVE!

Incident Control – First on Scene

➤ Your safety comes first

- Park in a safe location and turn on your blinkers
- Put on your safety vest and mask / grab your Trunk Kit
- Breathe and prepare



Incident Control

- **Check out the accident**
 - If in harms way, move victims to safety
- **Recruit volunteers**
 - Traffic control
 - Communications

Incident Control – First on Scene

▶ **Volunteers to control traffic**

- ▶ Instruct helpers to park safely and come to help
- ▶ Give helpers a safety vest
- ▶ Give them flares / caution triangles to set up 50 feet out in oncoming lane
- ▶ Ask them to flag / stop traffic

Incident Control

- **Call or ask volunteer to call 911** – be ready with this information:
 - Personal info
 - Injuries – number of people hurt and extent of injuries
 - **Where the accident is located**
 - Fire?
 - # of vehicles involved

Incident Control -

▶ Assistance at the scene

- ▶ Be calm and controlled
- ▶ Tell each person your name and let them know help is on the way
- ▶ Make sure all occupants of vehicles are accounted for and in a safe place
- ▶ Don't attempt to remove anyone with injuries from the vehicle, unless their life is being threatened (by fire for example)

Incident Control

➤ Assistance at the scene

- If accident victim is unconscious, check for breathing and airway obstructions. If not breathing start CPR (if you are trained)
- If conscious... but looking iffy – ask for their information while conscious (name, age, medical conditions, allergies), give this info to EMTs
- If breathing – leave them where they are and watch them
- Don't get between an undeployed airbag and injured or trapped person
- If it is safe, turn off the ignition
- Provide first aid (more from Rich next week)

Incident Control

➤ Assistance at the Scene:

- Stay calm, reassure help is on the way (Deadman's curve – 38 minutes; John Nicholas trail – 90 minutes)
- Remain until EMTs arrives (Note EMTs will start from scratch, as if you didn't exist)
- If asked, identify yourself as "the reporting party" – "I'm the one who called 911"
- Provide additional info if requested

Incident Control

- **Gather Trunk Kit materials**
- **Quietly slip away**
- **Replace used supplies from Trunk Kit**
- **Breathe!**

FEMA Video

- ▶ **Course Overview / Call 911** <https://community.fema.gov/until-help-arrive>
(8 min - 10:25)

Once safe, call 911

Agenda – First Arrivers Workshop – 3 Parts

- **Part 1:**
 - Incident control “First on Scene”
 - 911 – what to know before you call
 - Where am I???
- **Part 2:**
 - First Aid for First Arrivers – Rich
 - Scenario Reviews
- **Part 3:** (in person... some day)
 - Role playing

Other Good Things to Do

- Volunteer:
 - South Skyline Association: southskyline.org
 - South Skyline Emergency Preparedness Organization: SSEPO.org
 - South Skyline Firesafe Council: SouthSkylineFiresafe.org
 - Volunteer Fire Departments: La Honda, Las Cumbres
- Become a CERT
- Join the HAM radio group
- Monitor your neighborhood:
 - New or replacement road signs: Contact CalTrans <https://csr.dot.ca.gov/>
 - Clogged drainage ditches (prevent washouts): Contact CalTrans
 - Call Box not working: Contact Metropolitan Transportation Commission info@bayareametro.gov

... done

- Questions
- Map or presentation updates: manncraik@gmail.com
- Copy of map, PowerPoint and video presentation: SSEPO.org

Thank You kind mountain friends – You are the Good Guys!