UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

This unit includes:

- **A Review of Key Points from the Course.**
- **A Final Exercise.**

UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

OBJECTIVES	At the conclusion of this unit, the participants should be able to apply the skills and knowledge learned in Units 1 through 8 to a simulated disaster situation.
SCOPE	The scope of this unit will include: ▪ Introduction and Unit Overview. ▪ Final Examination Review. ▪ Course Review. ▪ Disaster Simulation. ▪ Exercise Critique and Summary.
ESTIMATED COMPLETION TIME	2.5 hours
TRAINING METHODS	The lead Instructor will begin this unit by welcoming the participants to Unit 9: Course Review and Disaster Simulation, and will introduce the instructors for the unit. The Instructor will then explain that this unit is the culmination of all that the participants have learned and practiced over the last eight units, and will briefly overview how the unit will proceed. The Instructor will provide a brief review of the key concepts that were covered in earlier sessions and answer questions as necessary. After answering all questions, the Instructor will explain how the disaster simulation will be run and point out that the intent of the simulation is to give the participants a practical perspective on overall team operations, while further improving their skills. The Instructor will emphasize CERT team strategies and will set the stage for conducting the exercise in either a light-damage or moderate-damage scenario. Throughout the simulation, the instructors should stress that the participants must treat the exercise as if it were real and train as if lives were depending on it. The Instructor will point out that mistakes made during training are lessons learned—lessons that may someday save lives and prevent injuries. The Instructor should, therefore, encourage leadership, decisive actions, and assertive behavior during the exercise to maximize the learning experience. At the end of the simulation, the Instructor will lead an interactive discussion about the lessons learned and the difficulties encountered during the exercise.

RESOURCES REQUIRED

- *Community Emergency Response Team* Instructor Guide
- *Community Emergency Response Team* Participant Manual
- Graduation Certificate (to be developed locally)

EQUIPMENT

In addition to the equipment listed at the front of this Instructor Guide, you will need the following equipment for this unit:

- A computer with PowerPoint software
- Computer projector and screen
- Safety equipment
- Pieces of wood, furniture, or other items to simulate debris
- Two or more poles
- Moulage (used to simulate injuries)
- Other equipment items, which may be available from earlier units that may add to the realism of the simulation

PREPARATION

The disaster simulation requires you to set up four stations:

- At Station 1, the participants will receive the disaster simulation. Based on that scenario, the participants will:
  - Determine the extent of damage.
  - Establish team priorities.
  - Determine the resources needed.
  - Identify potential hazards.
- The participants will also select a CERT Leader who will establish a CERT organization based on resources available and established priorities.
- At Station 2, the participants will be required to:
  - Evaluate a fire situation.
  - Select the proper extinguisher.
  - Extinguish a fire.

PREPARATION (CONTINUED)

NOTE: Each participant will extinguish the fire.

- At Station 3, the participants will be required to conduct triage and treat victims with the medical equipment available.
- At Station 4, the participants will perform leveraging and cribbing to extricate victims who are trapped by debris.

Instructor requirements for preparing each station follow:

- Station 1: The disaster simulation should be based on a potential disaster event for your community. Before the session begins, develop a disaster scenario that will meet the participants' needs. A sample disaster scenario is included in the Additional Materials section of this unit so that you can see the type of exercise that will be required.
- Station 2: Set up Station 2 in the same manner as for the fire suppression exercise in Unit 2. Provide multiple types and sizes of extinguishers so that participants must select the proper type of extinguisher for the fire.
- Station 3: Before the session begins, identify several types of injuries that would be commonly incurred as a result of the disaster described in the simulation. Select several assistant instructors as victims and have them apply moulage to indicate wounds.
- Station 4: Select several assistant instructors to serve as victims. Use pieces of wood, furniture, or other items (to simulate debris) to "trap" the victims. Provide additional materials that can be used in a leverage and cribbing operation as well as blankets and other items that could be used if necessary to lift or otherwise move the victim from his or her place of entrapment.

NOTES

A suggested time plan for this unit is as follows:

Introduction and Overview..... 5 minutes
Course Review..... 30 minutes
Disaster Simulation ..... 90 minutes
Exercise Critique and Summary ..... 25 minutes

Total Time: 2 hours 30 minutes

UNIT 9: COURSE REVIEW AND DISASTER SIMULATION

INTRODUCTION AND UNIT OVERVIEW

INTRODUCE UNIT

Welcome the participants to Unit 9 of the CERT training program. Introduce the instructors for this session.

Begin by telling the participants that this unit is the culmination of all that they have learned throughout the course. Tell them that after brief reviews of the final examination and the key points of the course, they will have the opportunity to use their skills and knowledge of CERT organization and operations in a simulated disaster exercise.

Make any administrative announcements that may be required at this time (e.g., make-up classes).

COURSE REVIEW

INSTRUCTOR'S NOTE

Spend approximately 5 minutes reviewing the key points from each unit. Points that should be included in the course review are listed below and on the following pages.

Cover the following points from the emergency preparedness unit:

- Home and workplace preparedness:
  - Assembling a disaster supply kit
  - Developing a disaster plan
  - Developing a safe room
  - Evacuation versus sheltering in place
- Specific preparedness measures for high-risk hazards (including terrorism)

COURSE REVIEW (CONTINUED)

Cover the following points from the fire safety unit:

- Hazardous materials:
  - Identification
  - Defensive strategies
- Utility control:
  - Gas
  - Electric
  - Water
- Sizeup: Stress the importance of CERT sizeup and the steps in the sizeup process.
- Firefighting resources:
  - General resources available
  - Interior wet standpipes, including operation and limitations (if applicable)
  - Portable fire extinguishers, their capabilities and limitations
- Safety considerations:
  - Safety equipment must be used at all times.
  - CERT members must always use the buddy system.
  - Fire suppression group leaders should always have a back-up team available.

COURSE REVIEW (CONTINUED)

Cover the following points for disaster medical operations:

- The "killers"
- Head-Tilt/Chin-Lift method of opening an airway
- Methods for controlling bleeding:
  - Direct pressure
  - Elevation
  - Pressure points
- Treatment for shock:
  - Patient position
  - Maintenance of body temperature
  - No food or drink
- Conducting triage
- Head-to-toe assessments
- Wound care
- Special considerations when head, neck, or spinal injuries are suspected
- Treatment area considerations
- Splinting and bandaging

COURSE REVIEW (CONTINUED)

Cover the following points for light search and rescue:

- Search and rescue are really two functions.
- Goals of search and rescue:
  - Rescuing the greatest number of people in the shortest amount of time
  - Rescuing the lightly trapped victims first
- Sizeup:
  - Construction types
  - Related hazards
- Structural damage:
  - Light damage
  - Moderate damage
  - Heavy damage
- Search techniques:
  - Be systematic and thorough
  - Mark areas searched
  - Document search results
- Rescue techniques:
  - Leverage and cribbing
  - Lifts and drags

COURSE REVIEW (CONTINUED)

Cover the following points for CERT organization:

- Organizational structure:
  - Well-defined management structure
  - Effective communications among agency personnel
  - Accountability
- Command objectives:
  - Identify the scope of the incident through damage assessment
  - Determine an overall strategy and logistical requirements
  - Deploy resources efficiently but safely

Cover the following points for disaster psychology:

- In the aftermath of disasters, survivors and disaster workers can experience psychological and physiological symptoms.
- The steps CERT leaders should take to reduce stress on team members.
- The steps CERT members can take to reduce their own stress levels.
- Strategies for helping survivors work through their trauma.

Cover the following points for terrorism:

- B-NICE indicators
- CERT protocols for terrorist incidents
- Protective actions following a terrorist incident

DISASTER SIMULATION

This exercise will allow the participants to use the skills and knowledge that they have learned throughout their CERT training. A great deal of preparation is required before beginning this exercise, however. Use the guidelines below as preparation steps.

PREPARATION

Preparing for the Disaster Simulation requires the following steps:

1. Develop a disaster scenario that would be realistic for your community.

2. Identify four areas—three indoors and one outdoors (weather permitting)—to serve as exercise stations.

3. Select nine assistant instructors to serve at the following stations:

   - Two at Station 2 to monitor the fire suppression exercise.
   - Four at Station 3 to serve as victims for triage and treatment.
   - Three at Station 4 to serve as trapped victims for the leverage and cribbing/victim removal exercise.

DISASTER SIMULATION (CONTINUED)

4. Ask one instructor at each station to serve as the lead instructor for that station. The lead instructor will oversee the station setup, monitor safety during the exercise, provide feedback to the participants, and oversee station teardown. Setup for each station is as follows:

   - Station 1: Station 1 should include one round table with four chairs. Place one copy of the disaster scenario on the table at each chair.
   - Station 2: Set up Station 2 in the same way as for the fire suppression exercise in Unit 2. Provide different types and sizes of fire extinguishers at the station so that the participants can select the appropriate extinguisher for the fire.
   - Station 3: After applying moulage to simulate injuries that would be common for the disaster scenario, instructors at Station 3 should place themselves in sitting or lying positions around the station. It may be desirable to *not* have all instructors in clear view or easy reach of the participants.
   - Station 4: Using pieces of wood, furniture, or other items to simulate debris, cover each of the victims so that participants will need to use leverage and cribbing to remove each victim.

INTRODUCE EXERCISE

DISASTER SIMULATION (CONTINUED)

5. Assign the participants to groups of four.

6. Explain that the simulation will provide each group with the opportunity to apply many of the skills that they learned during the earlier sessions. Elaborate by telling the participants that the disaster simulation will be conducted at four stations:

   - At Station 1, each group will receive the disaster simulation. Based on that scenario, the participants will:

     - Determine the extent of damage.
     - Establish team priorities.
     - Determine the resources needed.
     - Identify potential hazards.

     Explain that, while at Station 1, the participants will select a CERT Leader who will establish a CERT organization based on resources available and established priorities.

   - At Station 2, the participants will be required to:

     - Evaluate a fire situation.
     - Select the proper extinguisher for the situation.
     - Extinguish the fire.

   - Remind the participants that <u>each</u> of them will be required to extinguish the fire.

   - At Station 3, the participants will be required to conduct triage and treat victims with the medical equipment available.

   - At Station 4, the participants will perform leveraging and cribbing to extricate victims who are trapped by debris.

7. Explain that the participants will have approximately 15 minutes at each station. After 10 minutes, the Instructors will provide feedback. Point out that at the end of the exercise, all of the groups will meet for feedback and a question-and-answer session.

SIMULATION

Conduct the simulated disaster exercise.

DEBRIEF EXERCISE

EXERCISE CRITIQUE AND SUMMARY

At the end of the exercise, conduct an interactive discussion on the points learned and the difficulties encountered during the exercise. Provide the participants with feedback on their performance, including:

- Overall operations.
- Communications.
- Safety.
- Teamwork.

Ask the participants if anyone has any comments or questions about the exercise.

Stress the importance of continuing education and training to maintain and improve the participants' skills and knowledge. Suggest that the participants attend:

- Periodic refresher training that is offered locally.
- Standard and advanced first aid courses that are offered through The American Red Cross.
- Cardiopulmonary resuscitation classes that are offered through the American Heart Association.

Thank all of the participants for attending the CERT training.

GRADUATION

Distribute a certificate of completion to each participant and thank each personally for attending the course.