

# SANDY COMMUNITY 27 ZONE LEADER TRAINING- 2024

## Slide 1 -Welcome

## Slide 2 - Resources

I have gathered this information from various classes and training that I have been involved in. Some is from the CERT training, EMT training, and speaking with experts in their field.

You may disagree, but ultimately, you need to do what is best for yourself and your own family. Do your own research. Use your own discernment for what you need to do now.

**Disclaimer: I am not a doctor; speak to your own doctor about medical questions.**

You can find all the information and links on our website. Everything we talk about tonight, along with additional links and resources, is on our website. [www.beyondfoodstorage.net](http://www.beyondfoodstorage.net)

## Slide 3- Your Sandy Community 27 And Lone Peak Stake Emergency Preparedness Team

## Slide 4 -How Sandy City Will Operate

## Slide 5 -Immediately After a Disaster

- Everyone, including our emergency workers, hospital personnel, government workers, will all take care of their immediate needs first. Taking care of themselves, their family, and people in the immediate vicinity (neighbors, business, etc.)
- As soon as they can, the Sandy City Emergency Manager will set up an Emergency Operating Center (EOC).
- Sandy City will then operate under the C-FLOP method of crisis management.

*Notes on our last earthquake: It was a small earthquake with minimal damage, but the building inspectors still had to clear the city offices and school buildings before they could enter and ensure they were safe. This all took time.*

## Slide 6 -Sandy City Operations In A Disaster

### C-FLOP

The emergency manager sets up EOC and makes an incident plan.

City departments report to the EOC and provide the status and availability of resources.

If the EOC Manager declares that the city's needs outweigh the city's resources, Sandy City can declare a state of emergency with Salt Lake County.

If Salt Lake County determines that the needs outweigh its resources, it will declare a state of emergency with the state of Utah.

Once the state of Utah has exhausted its resources, it will declare a state of emergency with the Federal Government.

*Note: All our resources don't actually have to be spent to declare an emergency. For example, a state of emergency would immediately be declared in a large-scale earthquake.*

### **Slide 7 - Why Should You Care**

Once you have a basic understanding of how the city works and operates, you can understand the magnitude of their job after an emergency and why resources will be spread so thin.

The good news is that FEMA is usually on the scene within 48 hours after a disaster. The bad news is that transporting goods and services will take time and effort.

Don't assume that all of Sandy City's emergency responders live in Sandy City.

### **Slide 8 -Sandy Community 27 Map and Fire Stations**

Our city is divided into 30 communities.

We have five fire stations

### **Slide 9 -Sandy City (EOC)**

The Sandy City Emergency Manager (Amy DeNeff) will be stationed at the EOC

- The EOC will be located at the Sandy City Hall  
10000 Centennial Parkway

If this building is unsafe or unable to house the EOC, the contingency plan is to operate out of an alternative site.

- First contingency: Public Utilities Building (East Sandy)  
9150 South 150 East
- Second contingency: Public Works Building (West Sandy)  
8775 South 700 West

Do you know where these buildings are? If you had to walk or drive to these locations, would you know how to get there without Google Maps?

### **Slide 10 - If SLV 7.0 Earthquake**

### **Slide 11 - Bottom Line: Prepare To Be On Your Own For 3-21 Days**

In a smaller-scale emergency, the city will have the necessary resources and personnel to recover quickly and efficiently.

Numerous cities and thousands of people will be affected by a large-scale emergency, and it will take considerably more people and resources to respond to the crisis.

Help and resources will not be readily available, and the recovery efforts will be long-term. In short, you will be on your own for at least the first 96 hours after a disaster. You may be on your own for two weeks or more in a widespread, catastrophic event.

You will have to rely on yourself and work together as a community to help fill in the gaps until local government agencies can respond.

**\*\* Priorities of the city will be on road and water. Roads need to be fixed before emergency vehicles can operate.**

### **Slide 12-Prepare to be on your own for 3-21 days (4 months)**

I won't go into detail, but you can find more info; at the very least, be ready with Water, food, and sanitation.

### **Slide 13 - Two-Week Water Supply and Filtration System**

Or more! Whatever your space and budget will allow.

- Water is the most important. You can only survive three days without water.
- There are many ways to store water in your home. Please read the sections on water storage on our website for more information.
- You may need a way to clean dirty water. Knowledge of purifying water and keeping a filtration system on hand.

### **Slide 14 - How Much Water Do I Need?**

Two-week supply.

- One gallon of water per person per day. That is 56 gallons for a family of four.
- Consider more washing, hygiene, cooking, and cleaning.
- Don't forget about your pets.
- Lots of storage options. Use thicker plastic.

### **Slide 15 - Water storage options**

### **Slide 16 - Three-Month Food Supply**

Having a food supply is like insurance.

Don't let it go to waste. Rotate or donate.

Includes other supplies like cleaning supplies, medication, and hygiene items.

### **Slide 17 -No Store for Three Months**

Imagine that you cannot access a grocery store for three months.

- Earthquake
- A pandemic bigger and worse than covid
- Attack on our electrical systems

What would you run out of first?

What could you not live without?

If you have pets, you must also ensure you have food and water for them.

### **Slide 18 - One-week example of how to determine what you need to store.**

[Links to worksheets on our site.](#)

### **Slide 19 - Sanitation And Hygiene in A Disaster**

Prepping ahead of time can literally save your life... and prevent a stinky situation!

[Sandy Community 27 Sanitation Recording](#)

[Sanitation and Waste in an Emergency](#)

[Now What YouTube Videos](#)

## **Slide 20 - How Would Sanitation and Hygiene Save My Life?**

Sanitation supplies are critical in a disaster. If the disaster didn't kill you, the aftereffects might.

After the 2010 **earthquake in Haiti**, the first modern large-scale outbreak of cholera occurred.

Cholera is a disease not seen very often because of modern sanitation practices.

Yet, after the earthquake, 800,000 people were infected, and 9,000 ultimately died.

So why did Haiti suffer from cholera so severely after the 2010 earthquake? WHO discovered that the cholera outbreak was caused by a shelter disposing of its waste improperly.

Cholera is highly contagious. Over one million people got sick after the earthquake because of poor sanitation conditions. 300,000 people were taking up hospital beds due to cholera infections.

## **Slide 21 - Utility Providers, Emergency Personnel, And Government Agencies Will Be Overwhelmed.**

- After the earthquake, you may be without power, water, sewer, and garbage pickup.
- It can take several weeks or months to repair the damage.
- People who have been displaced by natural disasters are at risk of getting sick due to overcrowding, lack of clean water, sanitation facilities, and poor hygiene.
- Outbreaks after disasters can include cholera, salmonella, E. Coli, and hepatitis.
- If you are able to stay in your home after a disaster, or if you move to an emergency shelter, you can keep yourself and your community safer by following good sanitation and waste disposal techniques.

Just understanding the “why” behind sanitation will help.

## **Slide 22 -Separate Solid From Liquid Waste**

The combination of urine with feces is a big concern

Putrefied waste, and yes, it is a biohazard!

How are you going to use the bathroom?

Misconceptions (no garbage pickup).

Short-term latrine vs long-term

## **Slide 23 - Set Up Separate Buckets For Urine And Feces**

Properly bury human waste.

## **Slide 24 - Now What, What Now Printable**

On website. Watch the YouTube Videos – link on website

## **Slide 25 -Handwashing Stations**

Keeping your hands and wounds clean will help spread disease and prevent infection.

Really important to keep everything clean and sanitized.

Prevent death from disease.

Keep on hand:

- Buckets
- Containers

- Extra soap
- Sanitizer

Ideas: Reuse the laundry soap container and fill it with water.

You can also find info on how to stay clean with little water, separate and store garbage, and compost on the website.

### **Slide 26 - Shelter**

[Foam clothing – Fortress keeps heat surrounding body.](#)

### **Slide 27 - Sandy Community 27 – Lone Peak Stake**

We are recognized by Sandy City as Sandy Community 27. Sandy has an emergency preparedness manager and volunteers from our community.

The LDS church also organizes volunteers to help the community prepare for emergencies. They are recognized as the Lone Peak Stake Emergency Preparedness Leaders.

The church calls EPLs to manage the program and encourages all community members to participate as zone leaders and learn from the program.

### **Slide 28 - What Sandy Community 27 Leaders Do**

The Sandy Community 27 emergency response teams will endeavor to help each household prepare in advance for such possibilities by providing information and training, but these are **individual family responsibilities**.

The Emergency Coordinators will also help facilitate a community response until local government authorities can mobilize. We do this with your help and expertise.

We are all volunteers, and this only works if we all contribute our efforts. Everyone needs to be involved to make this work.

**Our goal is to help every member of Sandy Community 27 to become more self-reliant and prepared for emergencies. We are stronger together!**

Ultimately, you are responsible for yourself.

### **Slide 29 - How Community 27 and Lone Peak Stake is organized**

We have seven neighborhoods in our community.

Each neighborhood has an emergency preparedness coordinator.

Each neighborhood is further divided into zones.

### **Slide 30 - Oak Grove Neighborhood**

For example, this is my neighborhood, which is divided into 16 zones. I have 16 zone leaders who will assess every house in their zone and then send me that information. I will then deliver this information to the EOC.

### **Slide 31 - How Will Sandy Community 27 Operate in An Emergency?**

1. Take care of family first
2. Check on neighbors (5 right and 5 left)
3. Report to Zone Leader
4. Zone Leader gathers information and gives it to EPL

5. EPL reports to the Emergency Preparedness Manager with neighborhood assessment status

### **Slide 32 -Sandy Community 27 Organizational Chart**

Who we each report to

### **Slide 33 - Community 27 Emergency Operation Center (EOC)**

- The managing Emergency Coordinator will set up Emergency Operating Center (EOC) at Lone Peak Elementary (must be CERT certified)
- \*\* First CERT on site is in charge
  - *Secondary location is LDS Stake Building*
- EOC Coordinators will report to Sandy City
- If power/phones/communications are down, we'll use ham radios and runners

**Once Sandy City is made aware of all situations within the city, the sooner they can request resources.**

**State and local officials can use this information to help facilitate a response.**

Sandy City consists of 30 communities. There is not a city-wide plan for each of these communities. Each community has a unique situation, and what works well in one community may not work well in another.

The primary function of EOC:

- Collect, analyze, and share information
- Support resource needs and requests
- Coordinate plant and determine current and future needs

### **Slide 34 - How We Can Help Sandy City In A Disaster**

Sandy City will want the following information from each community:

- The number of individuals injured
- The number of deceased individuals
- The number of homes that are damaged
- The immediate needs of the community
- The state of the community

Provide Coordinates for Drop Zones, Landing Zones, and Distribution Center Locations (THAT ARE NOT DAMAGED)

- Lone Peak Elementary
- Pinecrest Park (LZ)
- Hidden Valley Park
- Country Club Golf Course (LZ and casualty collection point)

FYI, we do have the longitude and latitude

### **Slide 35 - Zone Leaders**

We are all volunteers who feel that the more prepared each member of the community is, the more resilient we will be in a disaster.

We respect that some do not agree and plan to remain solitary in a crisis.

### **Slide 36 - Zone Leaders Before an emergency**

Do the following:

1. Introduce yourself to every person in your zone
2. Tell them about our community
3. Ask them for their phone number and permission to use on a group text
  1. Text only for notices about upcoming trainings and during an actual emergency
4. Ask if they are willing to help during an emergency and if they have special skills
5. Give info to EPL – They keep track

Why is this information you gather before an emergency valuable?

### **Binders**

You should all have a zone leader binder with the following information:

1. Instructions for Zone Leaders
2. Sandy City Emergency Plan
3. Sandy Community 27 Emergency Plan
4. Preparing the Emergency Operating Center After a Disaster
5. Rapid Assessment Plan and Instructions
6. Leaders, Zone Map, and Zone List
7. Rapid Assessment Forms, Check Off List, and Ribbons

### **Slide 37 - Zone Leaders After an Emergency**

You have all the materials you need to begin your rapid assessment. Check with EPL before begin

### **Slide 38 - Conduct the Rapid Assessment**

- Binder with Forms
- Flashlight
- Radio
- Pen paper clipboard
- Gloves
- Safety glasses
- Mask

Go to each house in your zone and fill out the Rapid Assessment Form. Get phone numbers (if working) and tell them about our radio channel, don't talk, just listen.

### **Slide 39 - Description of Colors**

Use your best judgment.

Green

- Minor or no complaints
- Residents can take care of their situation with no outside help needed
- Minor injury i.e., sprains, abrasions, minor laceration, “walking wounded”
- Minor damage to the home and livable

Yellow

- Urgent but condition is stable
- No immediate danger of death, but still needs medical care

- May have a severe injury i.e., severe fractures, dislocations, amputations, but stable vital signs
- High chance of survival with treatment

Red

- Immediate help needed
- Chance of survival with immediate treatment
- Severe wounds, hemorrhage, amputations, severe hypothermia/hyperthermia, dehydration, etc.

Black

- Death is expected or has occurred
- Extensive injuries that are not treatable without medical facilities
- Severe injuries, cardiac arrest, severe burns, septic shock, severe head trauma

#### **Slide 40 - Assessment Status and Scenarios**

This sheet is in your binder

You are doing the best you can

Your job is not to treat but to conduct the assessment

You will have to decide when you stay or walk away

#### **Slide 41 - Scenario 1 - Green**

##### **Situation**

All occupants are physically fine but panicking as they are unable to comprehend what is happening.

The family is asking a lot of questions as they were completely unprepared for an earthquake:

Where are all the emergency responders and ambulances?

What should we do?

Can we go in the house?

Why does the water not work?

Why are the phones not working?

##### **House Damage**

Broken Windows

##### **Questions**

What if they are begging you not to leave?

Start to panic?

##### **Solutions**

Ask them to check on their neighbors and if they can help

Ask them to go to the EOC for updates or volunteer

Tell them you will update them with status reports as soon as you can

#### **Slide 42 - Scenario 2 - yellow**

##### **Situation**

The wife has broken her arm and cannot pick up the crying baby

The father was unconscious and now seems confused and disoriented



No apparent injuries to the baby

### **Home Damage**

Chimney fell away from home

No power

Questions:

Is the baby safe?

Can Dad function?

Is there a nearby neighbor that can help?

Will you take a minute to sling the arm and soothe the crying baby?

### **Slide 43 - Scenario 3 - yellow**

#### **Situation**

Elderly couple

Running low on oxygen in tank

Wife uses a walker

Spouse is scared and crying and cannot find the dog

#### **Home Damage**

The front door is blocked by a downed tree

Questions

What can you control?

You can get a description and name of the and keep an eye out

Solutions

Make a note to check back and help them stay calm

### **Slide 44 - Scenario 4 - red**

#### **Situation**

Family is trapped inside the home.

A tree has fallen on the house and caved in the roof.

The home may have shifted on the foundation.

You yell if anyone is inside

Someone yells back that they are stuck under debris, and their spouse is somewhere in the house, but they cannot hear them

#### **House Damage**

Roof has collapsed

Collapsed walls

Broken windows

Questions

Is it safe for you to go inside the house?

Can you do a physical assessment from outside?

Can you determine who should be in the home?

## Solutions

Ask what is on the person and determine how heavy it is.

Can they move their extremities?

Can they breathe, ok?

Aftershocks can cause further damage

## **Slide 45 - Scenario 5 - Red**

### **Situation**

Adult/Parent is lying in the front yard and having difficulty breathing

Muttering that some family members are still inside and not answering

The child is sitting next to the Parent and has a dislocated shoulder and appears to be in shock

### **House Damage**

It appears that the house has shifted as the walls are leaning

### Questions

Is it safe to go inside?

Can you determine the cause of breathing difficulty? Maybe anxiety attack?

Was there a chest injury

Are there health indications that could suggest a heart problem?

### Solutions

Sling the arm and cover with blanket

Ask neighbors to assist

Get info to EOC/get help from specialized volunteers

## **Slide 46 - SCENARIO 6 - Black**

### **Situation**

The parent is clearly dead under the rubble.

Two children are sitting on the front porch crying. They appear to be under the age of 10.

The children do not know where the other parent is.

### **House Damage**

A section of the home has collapsed and is the apparent cause of the death of the parent.

### Questions

What are you going to do with the children?

Do you take the time to cover the body?

### Solutions

Ask a trusted neighbor to help

Take with you to EOC

If you take the children, leave a note and inform the neighbors

## **Slide 47 - Safety**

### **The importance of staying in groups of two:**

- Safety
- Help work through issues/scenarios
- Does not need to be spouse; find another responsible adult

**Stop to assess the situation – watch out for danger.**

Rushing in without evaluating the scene may put you at risk. Take a moment to evaluate what you see and your surroundings.

**Make sure it is safe to approach the scene.**

When evaluating the area, look for hazards. Do you see power lines down? What is around or near an unconscious person? Do you smell natural gas?

**Make the area safe.**

After identifying hazards, attempt to remove them if possible. Take a moment to make the area safer for rendering aid by removing hazardous objects and turning off electricity/gas.

**Ask for permission.**

Good Samaritan Act: Ask an adult for permission before you touch or help them. Can be implied/non-verbal (be able to justify).

**Slide 48 - Report to EOC**

Once the rapid assessment is complete – report to the EOC

Walk through the process and report

You can then

- Man a table
- Could take another zone
- Specialized Skills
  - Send out to red/yellow zones

Based on the situation, we may set up medical station

**Slide 49 - Emergency Operating Center**

It will take time to get our community EOC up and running

We will take care of our families and neighbors first

**Staffing and Running the EOC**

In a perfect world – all the people involved and trained would be available to set up and manage the EOC.

If you are the first one there, you will start the process by removing the box located in the bishop's office or the neighborhood box at Lone Peak Elementary.

\*Note: your neighborhood may store the box in another location. The Lone Peak box boundaries are different.

The CEVs, EPLs, and Zone Leaders will run the show.

LDS Ward leaders are not responsible for running the EOC. Bishops will communicate with Stake/Area leadership and take care of the spiritual and physical needs.

**Meeting Locations and Staff**

Lone Peak – Steve McKinnon – will communicate with Sandy City Emergency Manager  
Neighborhood

1. Hidden Valley 3rd
2. Hidden Oaks
3. Crescent 8th

#### 4. Pinecrest

Stake Center – John Manning – will send our data to Lone Peak

1. Oak Grove
2. Crescent 21
3. Mountain Oaks

We will use other buildings or set up outdoor EOC if needed.

#### **Slide 50 - Neighborhood Rapid Assessment Emergency Boxes**

We have created neighborhood emergency boxes  
Maps of every neighborhood and zones

Each Neighborhood/Ward will have their own station  
Set up 4 tables

Check with your EPL or Leaders on where your box is stored

#### **Slide 51 - Table 1**

##### **Volunteer Director**

Table Sign: “Start Here – Check in to Volunteer”

The first person to arrive will be the **Volunteer Director**, who is responsible for setting up the neighborhood station.

The **Volunteer Director** will remove their Neighborhood Assessment Box from storage and set up four (4) tables in the cultural hall.

The **Volunteer Director** will sit at the first table with the Rapid Assessment Box and assign zone sections to Rapid Assessment Volunteers as they arrive.

The **Volunteer Director** will also record any residents that walk into the EOC to check in and give their family and residence status on the *Walk-In Check-In Sheet*.

The **Volunteer Director** will distribute and create volunteer name tags with lanyards.

#### **Slide 52 - Table 2**

The **Rapid Assessment Processor** Volunteer

Table Sign: “Returning Volunteers - Rapid Assessment Report Drop Off”

The second person to arrive will be the **Rapid Assessment Processor**. They will sit at the second table and record the information from the Rapid Assessment Volunteers on the *Assessment Summary Sheet*.

The **Rapid Assessment Processor** will mark the Return Time on the *Volunteer Tracking Sheet (located on Table 1)*.

The **Rapid Assessment Processor** will ensure all Rapid Assessment Volunteers return and notify the EPL if there is a problem.

The **Rapid Assessment Processor** will assist the **Volunteer Director** at Table 1 when necessary.

### **Slide 53 - Table 3**

#### **The Information Officer**

Table Sign: “Report Here Last - Finalizing Volunteer Report”

The third person to arrive will be the **Information Officer**. They will sit at the third table and interview the Rapid Assessment Volunteers as they return from their assessments.

The **Information Officer** will manage and post the results of the Rapid Assessments.

### **Slide 54 - Table 4**

#### **The Neighborhood Emergency Preparedness Leader (EPL)**

Table Sign: “Specialized Volunteers Check-In”

The **EPL** will be responsible for organizing a response to “Black,” “Red,” and “Yellow” residences with Specialized Volunteers in the event Sandy Community 27 is without government assistance or emergency services.

### **Slide 55 - Zone Leaders Role, Health, and Mental Stability**

#### **Slide 56 - Leadership**

Leaders are those who use advanced skills such as communication, organizational, problem-solving, analytical, and interpersonal abilities to influence the actions of others.

We may not want this responsibility, but we know that we will need leaders who are willing to take on the role and collaborate with others.

#### **Slide 57 - Leaders in a Disaster Set the Tone**

During a disaster event, zone leaders must set the tone for their community. Most of you have been leaders at some point, whether in business, as teachers, or as parents. Think about how you will need to conduct yourself.

- Zone leaders should maintain a calm, organized manner that offers hope, answers questions, and continually works to reduce anxiety.
- Be ready for the unexpected and respond in a calm, controlled manner.
- Keep your responses simple and to the point. Do not overcomplicate any issue.
- Do not lie, justify, collude, or argue with people.
- Acknowledge that you are scared too: lead with calm, strength, humor, compassion, and hope.
- Be creative in your problem solutions, try new methods, use the information available at the time to make the best decision possible.
- Be open, honest, transparent, and frequent to stay ahead of the rumors which can anxiety and promote bad behavior.
- Recognize that people will look to you for help and guidance: Role model respect, portray calm and empathy for all others.
  - Look at people and tell them what to do \*helps people stay in control
  - Staying composed and in control by using a calm and authoritative voice

It may be really hard to stay in control but recognize that you have a job to do, and you can download it later.

### **Slide 58 - Take Care of Yourself First**

Adopting a prepared life, you'll become more capable of navigating exogenous shocks, you'll be more comfortable when crisis strikes, and when your community is in chaos, you'll be executing a simple, rehearsed, and understood plan.

If you don't take care of yourself first, you will be ineffective in chaotic times. You will not be helpful to others until you do. You become a liability to your future self, family, and community.

You take care of yourself first, then your family, and then your community.

Prepare your spirit, body, and mind.

### **Slide 59 -How To Adopt a Prepared Life**

Subscribe to emergency preparedness sites, newsletters, and classes. Work through scenarios and think about what you would do.

YouTube videos

Read dystopian fiction novels:

[One Second After by William R. Forstchen](#)

[Brother Series by Chris Stewart](#)

Movies

World War Z

[After Armageddon DVD](#)

### **Slide 60 - Premeditation of Evils**

### **Slide 61 -Mental Health**

Physical health leads to mental health

All leaders must practice self-care and maintain proper habits, including a healthy diet, exercise, sleep hygiene, and mental health.

[Resilience by Eric Greitens](#)

[Mindset by Carol S. Dweck](#)

[Grit by Angela Duckworth](#)

[Atomic Habits by James Clear](#)

### **Slide 62 - Physical Health**

It is important to take care of your own personal health. When things go wrong, you will have to be able to do physical tasks that normally exceed your normal abilities. Extra stress and pressure will affect your sleep. You may not get as much sleep as you used to, and you may not have a solid nutritional profile.

People (including your family) are going to look to you for guidance and leadership in times of stress and challenging situations.

### **Slide 63 - Fitness and Health**

1. Diet – eat good nutritional food
  - a. Get rid of sugar, manufactured processed food
2. Sleep – minimum of 8 hours of sleep
  - a. To operate normally without reduced capacity you need a minimum of 6
  - b. Set up your life so you can wake up early, be physically active in the day, stay away from caffeine in the afternoon, and sleep will come.
3. Exercise
  - a. Doesn't need to cost money
  - b. Take a walk for 45 minutes a day. Outside good for the mind
  - c. Body weight exercises like pushups, planks, sit-ups, stretches, and flexibility
  - d. Free weights

Why physical health?

You will need to walk a lot in a disaster

You will do more physical and manual labor

Long-term building shelters, garden

Leadership position within your family, you don't become a liability.

### **Slide 64**

The more prepared you and your family are, the better you will be able to serve your community and neighbors.

We all get frustrated when people don't take preparing seriously. But put yourself in the situation, are you really going to turn your back and lock yourself in your house and let everyone else fend for themselves?

Are you going to be the person asking for help because you didn't prepare?

The following slides are to help you prepare for yourselves and provide some knowledge on how you will be able to help your neighbors.

Remember, in a disaster, you will have to take on roles you would not normally have to do. You will be your family's first responder. Make sure you are stocking up on the supplies you may need in an earthquake or grid-down situation.

### **Slide 65 - Basic First Aid**

We are working under the assumption that we do not have access to ambulances, hospitals, etc. If you need medical treatment, you will have to find your own way to a hospital.

Hospitals will be short-staffed and overwhelmed. They will have their own triage system:

“Most good for the most people”

ER will not run codes unless they are younger and see them go down. They have a good chance of coming back or knowing why they crashed.

Greens get sent away (walk/talk/breathe)

Yellow wait for hours

Work on Reds first (shortness of breath, collapsed lung, major bleeding)

“BSI, Scene is Safe”

Body substance isolation – gloves, mask, safety goggles

Am I safe to help?

### **Slide 66 - Possible Heart Attack and Unconscious Person**

**You won't restart the heart.** The purpose of CPR isn't to restart the victim's heart. CPR is performed to keep blood flowing to the brain and other organs until an AED is available or an ambulance arrives.

If you come across someone who is having a heart attack, you don't feel a pulse, the person is not breathing, you have to make a decision.

CPR provides oxygen to the brain until the ambulance arrives and can take over with modern equipment. That person will then be taken to a hospital with doctors and medications to stabilize etc.

We won't have that luxury.

**\*\*Exceptions:**

Children

AED is available

If a child has a cardiac arrest, it is usually because they had a respiratory issue first (drowning, choking, allergic reaction, croup, injury to chest).

If the child is down for more than 10 minutes, CPR usually won't restart the heart.

If you come across an unconscious person, try:

A head tilt or chin lift will open the airway. The tongue is the most common airway obstruction.

It is a muscle that relaxes and blocks the airway when a person is unconscious.

Maybe the person was knocked out or hit on the head.

We used to look, listen, and feel, but you can see an “agonal” Breath, which is an end-of-life breath or a final exhalation of air.

If the chest is not rising and falling, they are not breathing.

### **Slide 67 - Recovery Position**

If you find someone unconscious and breathing, then roll the person to a recovery position

Or follow these steps:

With the person lying on their back, kneel on the floor at their side.

Extend the arm nearest you at a right angle to their body with their palm facing up.

Take their other arm and fold it so the back of their hand rests on the cheek closest to you, and hold it in place.

Use your free hand to bend the person's knee farthest away from you to a right angle.

Carefully roll the person onto their side by pulling on the bent knee towards you.

Their bent arm should be supporting the head, and their extended arm will stop you from rolling them too far.

Make sure their bent leg is at a right angle.

Open their airway by gently tilting their head back and lifting their chin, and check that nothing is blocking their airway.



This will also help if the person vomits to prevent aspiration.

The goal of using the recovery position is to allow anything that is regurgitated to drain out of the mouth. The top of the esophagus (food pipe) is right next to the top of the trachea (windpipe). If matter comes up from the esophagus, it could easily find its way into the lungs. This could effectively drown the person or cause what is known as aspiration pneumonia, which is an infection of the lungs caused by foreign material.

### [Video of Recovery Position](#)

#### **Slide 68 - Wound Care Goal**

The biggest concern is to stop the bleeding, prevent infection, and then promote healing

#### **Slide 69 – Cleaning Wounds**

Because we will not have access to hospitals, you want to clean the wound before stopping bleeding.

Irrigate with pressure and water

Irrigation and cleaning out will be painful. Gallons of water will be needed to clean out, and any foreign objects will need to be removed. If it goes down to the bone, be really concerned about infection.

#### **Slide 70 - Pressure clean promotes healing**

Foot image: The foot was not healing. Was treated with negative vacuum pressure on the diabetic foot ulcer, but nothing was working. The patient used home tap water irrigation and mechanical debridement. Water plus the force of the water made the skin want to heal itself. Promotes healing response.

#### **Slide 71- When to use Hydrogen Peroxide and Alcohol**

In first aid, we are told not to use hydrogen peroxide. Teach to the layman/general population, someone who does not really need the think because they have access to the hospital. Most people use too much.

Use a squeeze bottle b/c can also be used as irrigation/pressure to clean out.

#### **Slide 72 - Stop the Bleed**

Direct Pressure  
Pressure points  
Elevate above heart

If the dressing is soaked, apply more dressing over top.

DO NOT USE:

Duct tape - toxic  
Superglue – seals in infection

Gauze can stick to the wound, so when pulled off, it opens the wound. Do not use sticky gauze or cover it with Aquaphor or Neosporin.

But don't want to keep the wound in a wet environment – too wet breeds bacteria.  
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## [Stop the Bleed Booklet](#)

### **Slide 73 - Wound Seal**

Only for non-serious bleeding

Waterproof after 3 hours

Disinfects with potassium ferrate

Work on people using blood thinners

Non-toxic

Acts as an artificial protective scab

Safe for all ages and animals

Can heal better than stitches

Powder – dehydrates the blood it clots

Apply powder then apply pressure

Once it stops bleeding – your done

Pull skin together and heal naturally from inside out

Debris in wound, flush it out and let bleed to help clean

Not designed for arterial bleed, about a six-inch length of wound – apply pressure

## [Wound Seal](#)

### **Slide 7 - Quik Clot**

Femoral bleed 90 seconds before bleed out

Arterial Bleed – quik clot, military uses/swat/police

Life-threatening bleeding

Impregnated with kalein

Disinfects

Does not cauterize wound

Allows circulation

## [QuikClot](#)

## [Video on how to use QuikClot](#)

## [Stop the Bleed Wound Packing Video](#)

### **Slide 75 - Cover and Keep Clean**

Cover with non-adherent non-stick gauze – apply Aquaphor, Vaseline, or Neosporin (if not sensitive), so does not remove blot clot when the dressing is changed

Wrap it with gauze, ace bandage, or Coban to keep it in place and apply gentle pressure. Check capillary refill.

### **Slide 76 - Antibiotics – Jase Medical**

## [Jase Medical](#)

Disclaimer – not medical advice, simply get you thinking about options.

5 antibiotics in the case that covers the widest variety of cases, skin infections, respiratory illness, UTIs, Guardia, malaria, sinusitis.

Other items to consider stocking up on:

Fluconazole 150 mg – yeast infection

Moxifloxacin drops .5% eyedrops conjunctivitis.

Triamcinolone cream – steroid cream

Cetirizine/loratadine/fexofenadine – antihistamines (not Benadryl b/c secondary effects can shut down urinary) these are safe in kids

Loperamide – antidiarrheal

Expiration dates – The FDA did study on shelf-life on average at least 5.5 years beyond the expiration date if stored in dry, cool place.

They do not degrade into toxic substances but may lose some of their potency after 20 years.

### **Slide 77 - When to use Preemptively**

Antibiotic with wound – **proactive** b/c chances of infection are good

What caused the wound?

Where is the wound?

### **Slide 78 - Burns**

Infection and dehydration

Burns blister b/c body is drawing water to the area to help cool it down- need to keep person hydrated – 2<sup>nd</sup> degree

Prevent infection

Draw heat out

Prevent shock

Treat for dehydration

And pain relief

Petroleum-based products seal in the heat. We want to get the heat out.

### **Slide 79 - Cool Blaze Burn Gel**

Sterile non-toxic

Draws heat out

Pain relief and cooling

Don't rub in

Aloe vera – best natural antiseptic that helps with healing but doesn't draw heat out

Cover a larger area outside of the burn to get heat out.

[CoolBlaze](#)

### **Slide 80 - Dehydration and Heat Exhaustion**

Signs and Symptoms:

Confusion

Dry cracked lips

Dark urine  
Dizziness  
Fainting  
Fatigue  
Headache  
Muscle cramps  
Nausea /vomiting  
Pale skin  
Profuse sweating  
Rapid heartbeat

Causes  
Lack of electrolytes  
Calcium, potassium, sodium, magnesium

Muscles cannot function without electrolytes

Sweating takes out the electrolytes – organs can't function without electrolytes

Careful that electrolytes that are not high in sugar

Too much water flushes out electrolytes.

### [Solid Electrolyte Tablets](#)

#### **Slide 81 - ColdFire**

Fire extinguishers are great but, toxic and corrosive – can kill human  
Will destroy car motor – NASCAR used coldfire  
Fire extinguishers need to be checked- recharged  
80% fail in the home

### [ColdFire](#)

### [ColdFire Demonstration News Video Demonstration](#)

Extinguishes by cooling down fire, Can be used on people, Cools 21 times faster, and Prevents re-ignition. UL certification class A and B fires.

#### **Slide 82 - Fire Blanket**

Non-toxic/biodegradable  
Noncorrosive  
No recharging  
No expiration date  
K fires-grease fires  
Magnesium fires

### [Ready Hour Fire Blanket](#)

#### **Slide 83 - Stabilizing Fractures**

Scissors to cut away clothing (trauma sheers with blunt end)  
Use anything to stabilize.

Sans splints with coban or ace wrap – check capillary refill.  
Make sure the wrap is not too tight and swelling will happen, check pulse.  
Firm and tight and compressed but capillary refill under 2 seconds

### **Slide 84 - Sprains and Strains**

RICE method: rest, ice, compression, elevate

Ice only on the skin for 15 minutes; otherwise, you can get cryogenic burn.

15 min every hour for 72 hours – will be hard to get ice for that long.

### [Wrap-it-Cool](#)

### **Slide 85 - Moving Injured People Carrying Techniques**

Be careful not to injure yourself.

If you are a stronger person carrying a smaller person, you can use different techniques.

If you are alone, you can use a blanket to drag someone who is bigger than you.

### **Slide 86-87**

**If you have a partner**

### **Slide 88 - You won't be able to help everyone**

Many things will be out of your control.

### **Slide 89 - Mental Health after a Trauma**

Common reactions in adults after a disaster

- Trouble falling asleep or staying asleep
- Sadness, depression, hyperactivity, irritability or anger
- Having no feelings at all or feeling numb
- A lack of energy or feeling exhausted all the time
- Lack of appetite or the opposite, eating all the time
- Trouble concentrating or feeling confused
- Social isolation, reduced or restricted activities
- Thinking no one else is having the same reactions as you
- Headaches, stomachaches, or other body pains
- Misusing alcohol, tobacco, drugs, or prescription medications to cope

### **Slide 90**

#### **Helpful steps for adults after a disaster**

- Eat, hydrate, exercise, and get rest on a regular basis; taking care of your body reduces the negative effects of stress.
- Avoid using alcohol, tobacco and other drugs to manage distressing emotions; these substances often make things harder in the long-run and can cause problems.
- Find healthy ways to relax, such as breathing exercises, meditation, mindfulness, calming self-talk, soothing music.
- Engage in fun and restoring activities, including exercise, hobbies and social activities.
- Keep informed about new information and developments. Use credible sources of information to avoid speculation and rumors.
- Limit exposure to television and social media content about the disaster; overexposure can increase distress.

- Stay connected with friends, family, neighbors and colleagues to give and receive support. Helping one another aids in healing.
- Learn what local health care and other resources are available; use and share this information to help yourself and others.
- Remind yourself and others that its normal to have many different feelings as well as “good days” and “bad days” as a natural part of recovery.
- Seek assistance from a health care professional if your distress remains high after several weeks, you are having persistent trouble functioning at work or home, or thinking about hurting yourself or someone else.

### Coping After Disaster

#### **Slide 91 - BOTTOM LINE**

This is not to scare anyone but to better prepare for emergencies.

**We don’t want to be victims.**

We don’t want to hope that someone else will come to our rescue.

I would rather feel stressed and overwhelmed in a controlled environment than try to figure out a plan in the middle of a huge disaster.

#### **Slide 92 - HOW YOU CAN INCREASE YOUR EMERGENCY SKILLS**

How to get involved – increase your knowledge!

- Sandy Meetings
  - Every third Wednesday at 7:00 p.m. at Sandy City Hall
- CERT Training
  - Sign up on Sandy’s Website
  - Online Programs
- Community 27 Classes
  - Join our newsletter and social media platforms to stay updated
- Learn New Skills
  - CPR
  - Wilderness Training Course
- Share Your Skills
  - Share your knowledge and experience with your community and volunteer to help during an emergency.
  - Tell your Neighborhood EPLs if you have special skills:
    - Medical
    - Dental
    - CERT Certified
    - FEMA Trained
    - Engineer/contractor/building

#### **Slide 93 - SANDY COMMUNITY 27 WEBSITE**

Beyond Food Storage

- Community plan and zone leaders
- Create your own binder - printables
- Lots of links to articles, items to purchase, books, and other websites
- Upcoming classes and events
- Follow our Facebook page for outside events and classes
- Sign up for newsletter

## **ADDITIONAL LINKS**

[Shield Safety First Aid, Training, and Supplies](#)

[Food Storage Depot Emergency Prep and Classes](#)

[Sandy City Cert Class](#)

[Draper City CERT](#)

[University of Utah Online CERT](#)

[Online Wilderness First Aid Course - Paid](#)