

Prepping for an Emergency



By Marty Bailey



**Expect the best,
prepare for the worst.**

Muhammad Ali Jinnah

Why?

To be as prepared as possible for increased safety and greater peace of mind.

When?

Before disaster strikes.

Who?

Everyone.

How and What?

Have a plan, get what you need, and stay calm.



Make a Plan, Then Make Another

Why have two plans?

Murphy's Law: anything that can go wrong, will go wrong.

For whom are you preparing?

Yourself, significant other, family, friends.

For how long are you preparing?

Few minutes to a few hours . . . possibly several days.

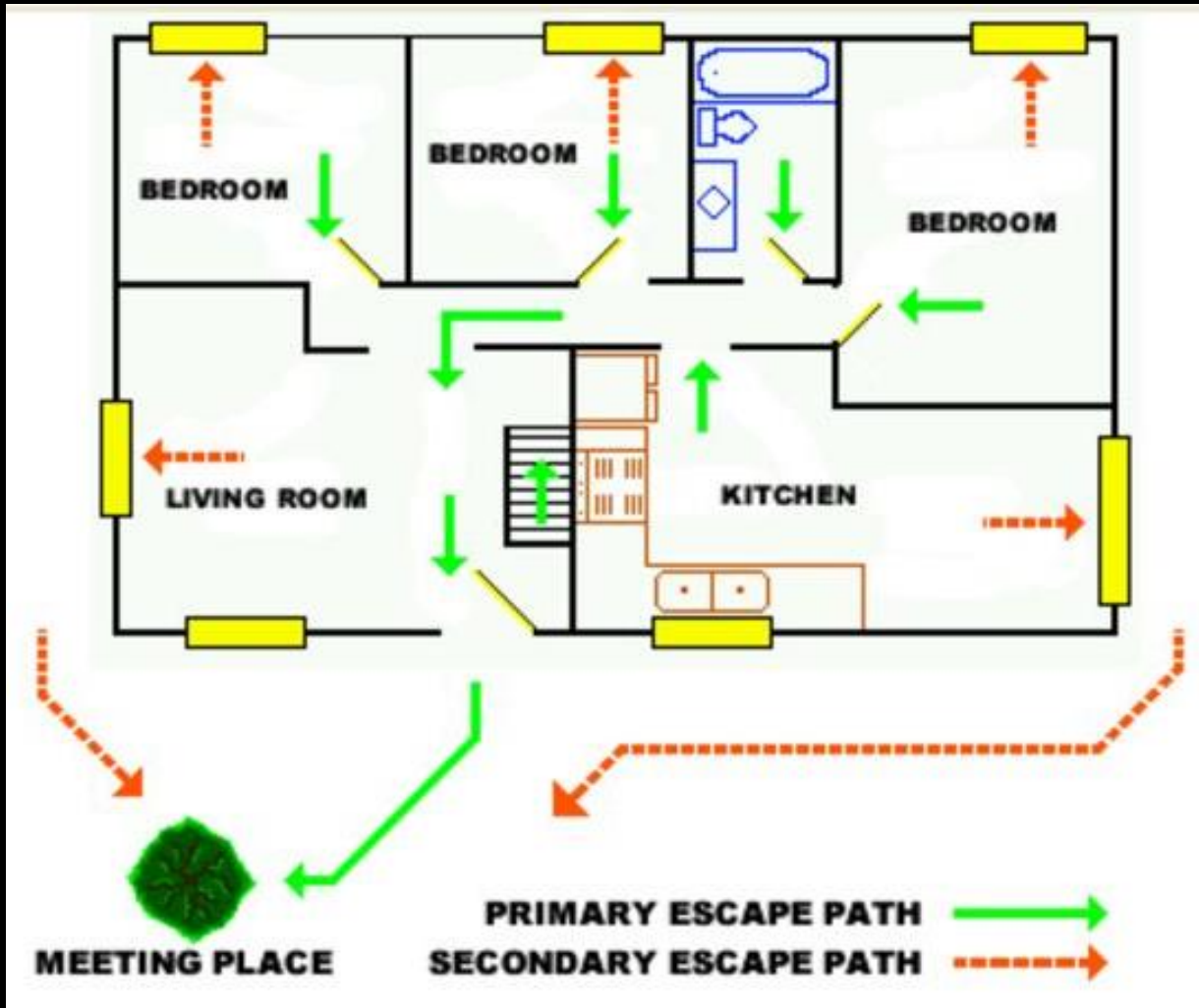
Fire



“Today, if a home fire is reported, occupants are more likely to die than they were 40 years ago due to flammable contents and design plans.”

Roughly one of every three fatal home fire victims are **65** or over.

What's Your Home Fire Plan?



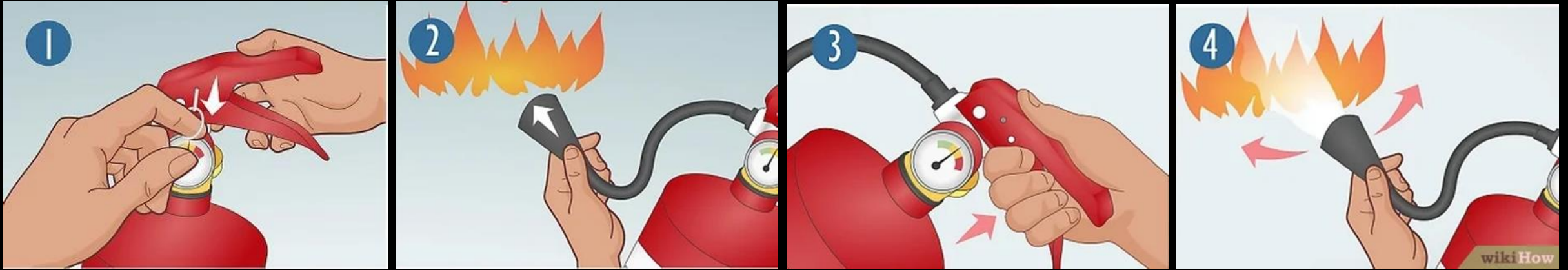
- Create an image of your home.
- Mark all windows and doors.
- Have two ways of egress from each room.
- Conduct fire drills for practice.
- Have a designated meeting place so everyone can be counted.
- **NEVER EVER** re-enter your house in an emergency situation.

What's Your Home Fire Plan?

In the case of a house fire:

1. Learn to properly operate your fire extinguisher or fire blanket.
2. If the fire is small and you're trained and able, put the fire out.

Operating a fire extinguisher:



P **PULL** the pin out of the fire extinguisher's handle.

A **AIM** the nozzle at the base of the flames.

S **SQUEEZE** or press the handles together to activate the extinguisher.

S **SWEEP** or move the nozzle side to side at the base of the flames.

Operating a fire blanket:



Pull It Off

Pull the tabs downwards and outwards



Cover Flames Carefully

Drape the Fire Blanket over the flames to seal off the air.



Switch off the heat

Leave Fire Blanket in place until cool

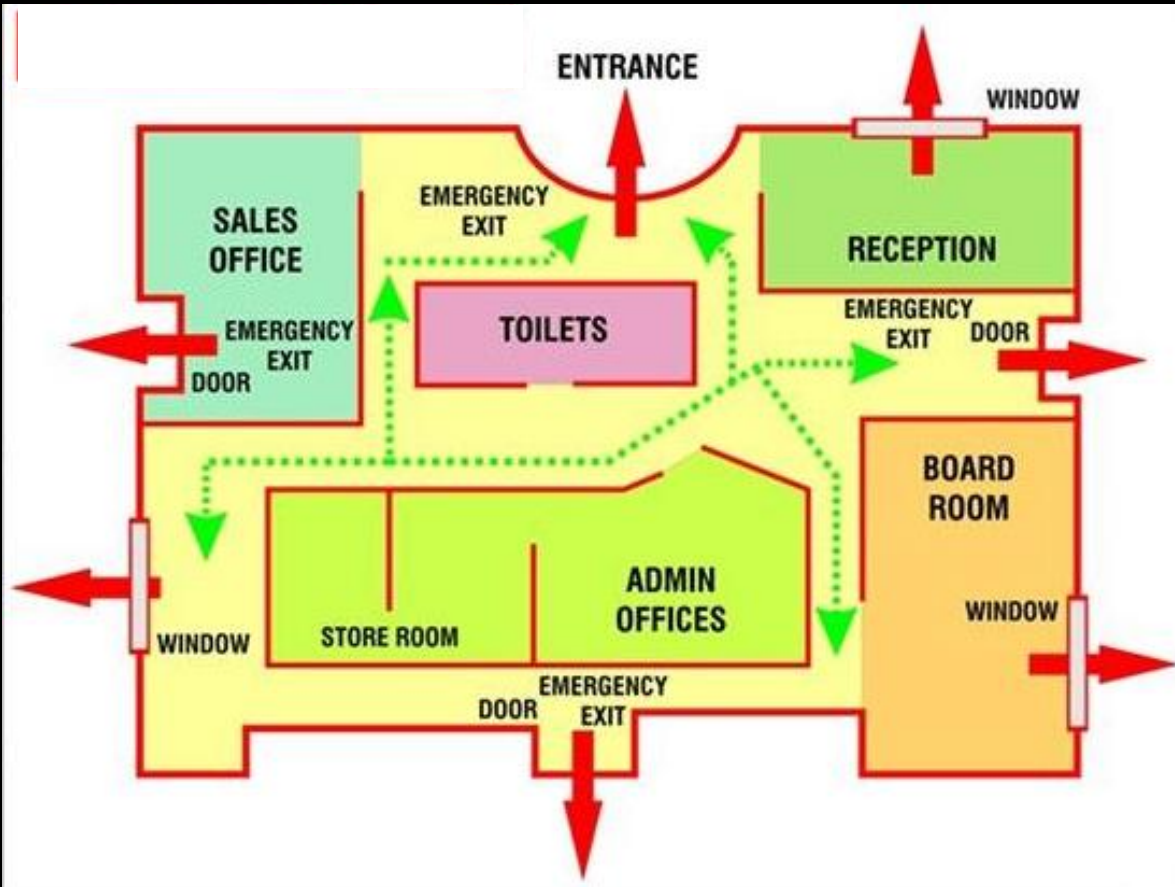
- This can be used on someone whose clothes are on fire.
- You will need to call 9-1-1 for someone who was burned.
- It's advisable to call 9-1-1 to check your home for hot spots.

What's Your Home Fire Plan?

In the case of a house fire:

1. Learn to properly operate your fire extinguisher.
 2. If the fire is small and you're trained and able, put the fire out.
 3. Evacuate your home as quickly as possible, crawling if necessary.
 4. Before opening a door, feel the door and knob with the back of your hand. If it's hot, find another exit.
 5. When you leave, close the door behind you leaving it unlocked.
 6. Report to your designated spot and call 9-1-1.
- **NEVER EVER** re-enter your house in an emergency situation.

What's Your Work Fire Plan?



- Report the fire to the designated individual and pull the fire alarm.
- Evacuate to the emergency exit as outlined by your company.
- **DO NOT** use elevators.
- Follow evacuation procedures as outlined by your company.
- Proceed to your assembly point.

What's Your Work Fire Plan?

During an office fire:

1. Know and follow company protocol.
2. When escaping a fire, never open a closed door without feeling it first. If the door is hot, try another exit.
3. If none exists, seal the cracks around the doors and vents with anything available. Use wet towels to seal the space under the door and prevent the entry of smoke. Cracks around the door can be sealed with masking tape if necessary.
4. If there's a patio or balcony, get on it if it's safe and possible.



During an office fire:

5. If trapped, look for a nearby phone and call the fire department, giving them your exact location.
6. If breathing becomes difficult, try to ventilate the room, but don't wait for an emergency to discover that a window can't be opened.
7. If on an upper floor and your window cannot be opened, don't break it - you can rain glass down on rescuers and people exiting the building.
8. If you can't contact the fire department by phone, wave for attention at the window. Don't panic.



Handling an Emergency

1. Learn First Aid to know how best to care for bites, cuts, burns, etc.
2. If spectators gather as you tend to the emergency, keep calm and get others around you to help.
 - it keeps spectators busy so they won't gawk
 - it frees you to focus on what you're doing
3. Keep printed directions for basic first aid so others can tend to you, if necessary.
4. If the emergency is serious or too large, call 9-1-1.

Basic Travel First Aid Kit

Allergies

Bug bites

Cough

Cuts

Fever

Gastrointestinal problems

Mild pain

Nasal congestion

Sore throat

Basic Home First Aid Kit

Bites

Burns

Cuts

Falls that Break

Falls that Sprain

Splinters

Allergies, Cough, Fever,

Gastrointestinal problems

Mild pain, Nasal congestion, Sore throat

Tips for Your First Aid Kit

- If your kit will be on the move, a water-resistant, drop-proof container is best.
- No need for an expensive medical bag; an inexpensive personal kit, fanny pack, or make-up case serves well.
- Use resealable sandwich bags to group and compartmentalize items.
- Put wound supplies in one bag and medications in another.
- Put scissors and tweezers in their own separate bag.
- Keep a bag, preferably resealable, for contaminated/soiled materials.

Where to Keep the First Aid Kit

- The best place to keep your first aid kit is in the kitchen where most family activities take place.
- The bathroom is not a great place because of too much humidity, which can shorten the shelf life of items.
- The travel kit is for true trips away from home. Keep it in a suitcase or backpack or drybag (for example, a zip lock plastic bag).
- A first aid kit for everyday use in the car should be just like the home kit. You could keep similar kits in your boat (in a waterproof bag), travel trailer, camper, vacation home, or wherever you spend time.



Basic First Aid Treatments



Treating a minor burn:

- Place the burned area under running water slightly colder than room temperature until the pain eases or put a cool, clean, damp cloth on the burn.
- Because the burned area may swell, remove tight items, such as rings or clothing, from the burned area as quickly as possible.
- Do not break a blister if it's bigger than your little fingernail. If the blister does break, clean it with mild soap and water, apply an antibiotic ointment, and cover the area with a bandage or gauze.
- Apply pain relief gel to provide temporary relief. **DO NOT** use butter; it retains heat and could be contaminated with bacteria.



Treating a minor burn:

- Keep the wound covered with a loose dressing to help decrease pain.
- Ease the pain with an over-the-counter pain reliever, such as Ibuprofen or naproxen (if you're able to take aspirin products), if not, take acetaminophen.
- Make sure you've had a tetanus shot within the last 10 years because you can get tetanus through an open wound in the skin.



Treating a minor cut:

- **Note whether the blood is squirting or oozing.**
- Wash the wound with soap and water. Although disinfectants are available, soap and warm water are very effective.
- Encourage the blood to ooze out of the cut for a few minutes by gently squeezing out a bit more. Slight bleeding flushes out bacteria. Then, rinse the blood under running water.
- Control the bleeding by putting a bandage, a towel, or similar cloth material over the cut and apply pressure until the bleeding stops. Elevating the finger will help, as well.



Treating a minor cut:

- Apply antibiotic ointment or cream, then cover with an adhesive bandage.
- If the cut is a half-inch or deeper and you can see tissue, it may need stitches.
- If the person who's cut feels weak or dizzy, call 911 and treat for shock. It's better to be safe, but it's likely not life-threatening. Some faint from pain or the sight of blood. Have them lie down before they fall.



Heat exhaustion vs. heat stroke:

HEAT EXHAUSTION OR HEAT STROKE?

HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

Treating heat exhaustion:

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition.



- Move the person out of the heat and into a shady or air-conditioned place.
- Lay the person down and raise the legs and feet slightly.
- Remove tight or heavy clothing.
- Have the person sip chilled water, a sports drink containing electrolytes or another nonalcoholic beverage without caffeine.

Treating heat exhaustion:

Untreated, heat exhaustion can lead to heatstroke, which is a life-threatening condition.



- Cool the person by spraying or sponging with cool water and fanning.
- Cold compresses/ice packs can also be placed on the back of the neck, arm pits, back of the knees, crook of the arm, and the groin for optimum treatment.
- Monitor the person carefully.
- Contact a healthcare professional if symptoms get worse or if the person doesn't improve after taking first-aid measures.

Treating a minor animal bite:

To care for a minor animal bite or claw wound, such as one that only breaks the skin:

- Wash the wound with soap and water as you would a minor cut.
- Apply an antibiotic cream or ointment and cover the bite with a clean bandage.
- If the wound begins to itch or swell slightly at the site, take an antihistamine.



Treating a major animal bite:

Seek prompt medical care if:

- The wound is a deep puncture or you're not sure how serious it is.
- The skin is badly torn, crushed or bleeding severely. First apply pressure with a bandage or clean cloth to stop the bleeding.
- You notice increased swelling, skin color changes, pain or oozing; these are signs of infection.
- If the wound was caused by a cat or a dog that is not yours, try to confirm that its rabies vaccination is up to date.



Treating a major animal bite:

Seek prompt medical care if:

- If it was caused by a wild animal, seek advice from your doctor about which animals are most likely to carry rabies.
- If you haven't had a tetanus shot in the past five years and the wound is deep or dirty, your healthcare professional may recommend a booster and get the booster within 48 hours of your injury.



Treating for shock:

If you suspect the person is in shock, call 9-1-1



- Shock symptoms vary depending on circumstances.
 - cool clammy skin
 - pale or ashen skin
 - a gray or bluish tinge to lips or fingertips
 - rapid pulse
 - changes in mental status; agitation, anxious
 - rapid breathing
 - nausea or vomiting
 - enlarged pupils
 - weakness or fatigue
 - dizziness or fainting
- Lay the person down and elevate their legs slightly as long it doesn't cause pain or further injury.
- Keep the person still.
- Loosen tight clothing, and if needed, keep them warm with a blanket.

Treating for shock:

- If the person vomits or is bleeding from the mouth, and no spinal injury is suspected, turn the person onto a side to prevent choking.
- Keep the person still.
- Begin CPR immediately if the person shows no sign of life, such as not breathing.



What to avoid:

- Don't let the person eat or drink anything.
- Don't move the person unless it's needed.

Training for First Aid and CPR:

cprcare.com

redcross.org

360training.com

aikenregional.com/events-and-programs/first-aid-and-cpr-training/

- **BUY** a first aid/cpr book -

- **ASSEMBLE** a first aid/cpr binder -

www.mayoclinic.org/first-aid

U.S. National Poison Control Center 1-800-222-1222

South Carolina Department of Natural Resources (803) 755-1822

Aiken County Animal Control (803) 642-1537

City of Aiken Animal Control (803) 642-7620

Aiken County EMA (803) 642-1624

South Carolina EMA (803) 737-8500

Prepare
and prevent,
don't repair
and repent.

Author Unknown

Resources

<https://financebuzz.com/extreme-weather-preparedness>

<https://www.wikihow.com/Escape-from-a-Fire>

<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/anatomy-of-a-first-aid-kit.html>

https://www.emedicinehealth.com/first_aid_kits/article_em.htm

<https://www.mayoclinic.org/first-aid>

<https://www.cityofaikensc.gov/animals-pets/>