
UNIT 7: CERT BASIC TRAINING

UNIT 4 REVIEW

In this unit you will review the following information about *CERT Basic Training* Unit 4:

- **Unit Purpose**
- **Unit Objectives**
- **Key Points to Be Made in the Unit**
- **Training Videos Relevant to the Unit**
- **The Hands-on Activities in the Unit and How to Conduct Them Correctly**
- **How This Unit Connects to the Other Units**

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COMMUNITY EMERGENCY RESPONSE TEAM TRAIN-THE-TRAINER COURSE

UNIT 7: CERT BASIC TRAINING UNIT 4 REVIEW

**LEARNING OBJECTIVES/
PERFORMANCE OUTCOMES**

At the conclusion of this unit, the participants will be able to demonstrate knowledge of the *CERT Basic Training* course Unit 4.

SCOPE

The topics that will be discussed in this unit are:

- *T-T-T* Unit Overview
 - Unit 4 Purpose
 - Unit 4 Learning Objectives
 - Unit 4 Key Topics
 - Training Videos in Unit 4
 - Hands-On Activities in Unit 4
 - Tips for Teaching Unit 4
 - How Unit 4 Connects to Other *Basic Training* Units
 - *T-T-T* Unit Summary
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ESTIMATED COMPLETION TIME

60 minutes

TRAINING METHODS

The instructor begins by asking what the purpose and learning objectives of the *Basic Training* unit are. The instructor then asks participants to identify how the objectives are met in the unit.

Next the instructor reviews the key topics of the *Basic Training* unit and indicates what training videos are recommended for the unit.

The focus of this *T-T-T* unit is on the hands-on activities: their purpose, what latitude instructors have in conducting them, and the correct way to conduct them.

Finally the instructor reviews how the *Basic Training* unit is connected to the other units in the *CERT Basic Training* course.

Please be advised that, as a general rule, the instructor is encouraged to add pertinent information to this guide, but should never subtract material.

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- RESOURCES REQUIRED**
- *Community Emergency Response Team Train-the-Trainer* Instructor Guide (for Train-the-Trainer instructors)
 - *Community Emergency Response Team Train-the-Trainer* Participant Manual (for all participants)
 - *Community Emergency Response Team Basic Training* Instructor Guide (for all participants)
 - PowerPoint slides 7-1 to 7-11

OTHER RESOURCES The 5-6 minute video, *Demonstrating Head-to-Toe Assessment*, should be shown when discussing how to demonstrate technique effectively. The video is available at the National CERT Web site: <http://www.fema.gov/cert>.

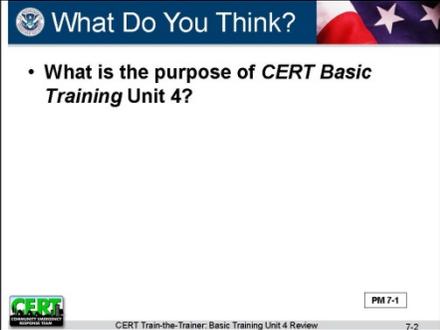
- EQUIPMENT** The following additional equipment is required for this unit:
- A computer with PowerPoint software
 - A computer projector and screen

PREPARATION None required.

NOTES A suggested time plan for this unit is as follows:

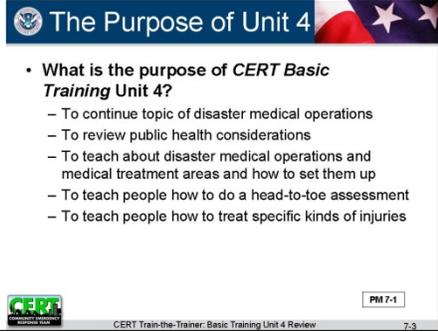
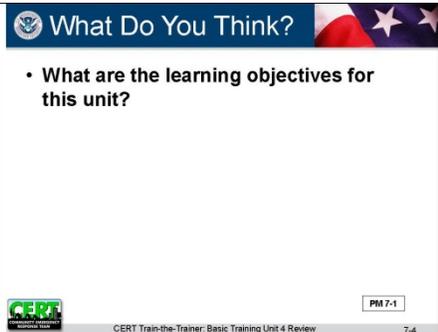
<i>T-T-T</i> Unit Overview	1 minute
Unit 4 Purpose.....	1 minute
Unit 4 Learning Objectives	10 minutes
Unit 4 Key Topics	5 minutes
Training Videos in Unit 4	1 minute
Hands-On Activities in Unit 4.....	30 minutes
Tips for Teaching Unit 4	9 minutes
How Unit 4 Connects to Other <i>Basic Training</i> Units	2 minutes
<i>T-T-T</i> Unit Summary.....	1 minute
Total Time: 60 minutes	

Unit 7: CERT Basic Training Unit 4 Review

INSTRUCTOR GUIDANCE	CONTENT
 <p>Display Slide 7-1</p>	<p><i>T-T-T Unit Overview</i></p> <p>Explain that this unit reviews the content and activities in <i>CERT Basic Training</i> Unit 4. It also looks at how Unit 4 connects to the other units in the <i>CERT Basic Training</i> course.</p>
<p>Encourage participants to use the <i>CERT Basic Training</i> Instructor Guide to find the answers to the questions.</p>  <p>Display Slide 7-2</p> <p>Conduct a class discussion based on this question.</p>	<p><i>Unit 4 Purpose</i></p> <p>What is the purpose of <i>CERT Basic Training</i> Unit 4?</p>

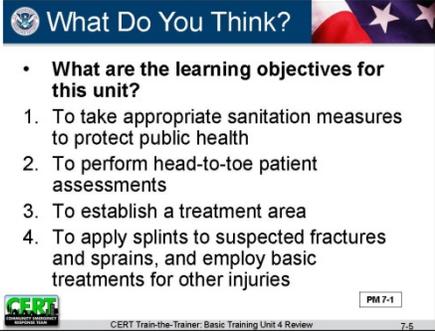
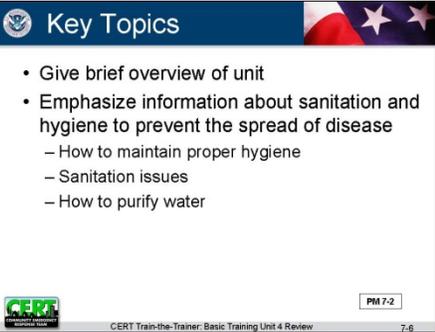
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INSTRUCTOR GUIDANCE	CONTENT
 <p>Display Slide 7-3</p>	<p>Summarize the discussion by reviewing the slide.</p> <p>The purpose of <i>CERT Basic Training Unit 4</i> is:</p> <ul style="list-style-type: none">▪ To continue the topic of disaster medical operations▪ To review public health considerations▪ To teach about disaster medical operations and medical treatment areas and how to set them up▪ To teach people how to do a head-to-toe assessment▪ To teach people how to treat specific kinds of injuries
 <p>Display Slide 7-4</p> <p>Conduct a class discussion based on this question.</p>	<p><i>Unit 4 Learning Objectives</i></p> <p>What are the learning objectives for this unit?</p>

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INSTRUCTOR GUIDANCE	CONTENT
 <p>What Do You Think?</p> <ul style="list-style-type: none">• What are the learning objectives for this unit? <ol style="list-style-type: none">1. To take appropriate sanitation measures to protect public health2. To perform head-to-toe patient assessments3. To establish a treatment area4. To apply splints to suspected fractures and sprains, and employ basic treatments for other injuries <p><small>CERT Train-the-Trainer: Basic Training Unit 4 Review 7-5</small></p> <p>Display Slide 7-5</p>	<p>Summarize the discussion by reviewing the slide.</p> <p>Give the learning objectives for this unit:</p> <ol style="list-style-type: none">1. To take appropriate sanitation measures to protect public health2. To perform head-to-toe patient assessments3. To establish a treatment area4. To apply splints to suspected fractures and sprains, and employ basic treatments for other injuries
 <p>Key Topics</p> <ul style="list-style-type: none">• Give brief overview of unit• Emphasize information about sanitation and hygiene to prevent the spread of disease<ul style="list-style-type: none">– How to maintain proper hygiene– Sanitation issues– How to purify water <p><small>CERT Train-the-Trainer: Basic Training Unit 4 Review 7-6</small></p> <p>Display Slide 7-6</p>	<p>Unit 4 Key Topics</p> <p>Explain that in this unit, the instructor needs to do the following:</p> <ul style="list-style-type: none">▪ Give a brief overview of the unit and the material that will be covered.▪ Emphasize information about sanitation and hygiene to prevent the spread of disease.<ul style="list-style-type: none">• How to maintain proper hygiene• Sanitation issues• How to purify water

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<p> Key Topics (contd.) </p> <ul style="list-style-type: none">• Teach five functions of disaster medical operations: triage, treatment, transport, morgue, and supply<ul style="list-style-type: none">– How to set them up to maintain good patient flow• Teach how to lay out treatment areas: immediate, delayed, minor• Teach how to evaluate survivors using head-to-toe assessment• Teach how to treat variety of injuries <p> <small>CERT Train-the-Trainer: Basic Training Unit 4 Review 7-7</small> <small>PM 7-2</small></p> <p>Display Slide 7-7</p>	<ul style="list-style-type: none">▪ Teach the five functions of disaster medical operations (triage, treatment, transport, morgue, and supply) and how to set them up to maintain good patient flow.▪ Teach how to lay out treatment areas (immediate, delayed, minor).▪ Teach how to evaluate survivors using a head-to-toe assessment.▪ Teach how to treat a variety of injuries.
	<p><i>Training Videos for Unit 4</i></p> <p>There are no training videos for Unit 4.</p>
<p> Hands-on Activities </p> <ul style="list-style-type: none">• Conducting Head-to-Toe Assessments• Splinting• Demonstrations:<ul style="list-style-type: none">– Head-to-toe assessment– “Creative” in-line stabilization– Procedure for cleaning wounds– Correct procedure for dressing/bandaging a wound– Tying a bandage if no tape is available– Correct procedures for splinting upper and lower leg– Methods for controlling nasal bleeding– How to provide assistance to survivor who needs help retrieving his or her medications <p> <small>CERT Train-the-Trainer: Basic Training Unit 4 Review 7-8</small> <small>PM 7-2</small></p> <p>Display Slide 7-8</p>	<p><i>Hands-on Activities in Unit 4</i></p> <p>Conducting Head-to-Toe Assessments (<i>Basic Training IG p.4-32</i>)</p> <p><u>Purpose</u></p> <p>To practice conducting head-to-toe assessments on each other</p> <p><u>Latitude to Adapt</u></p> <p>The activity should be conducted as it is written.</p>

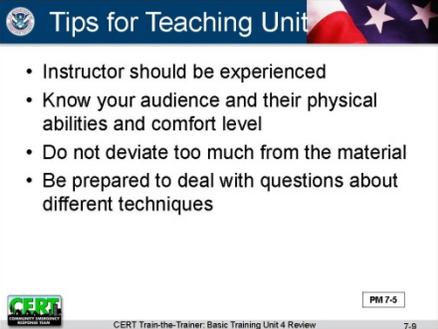
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INSTRUCTOR GUIDANCE	CONTENT
<p>Show the 5-6 minute video on how to demonstrate the head-to-toe assessment.</p> <p>Emphasize how important it is to demonstrate the assessment when teaching <i>CERT Basic Training</i>.</p>	<p><u>How to Do the Activity Correctly</u></p> <ul style="list-style-type: none">▪ As part of this unit review, ask for a volunteer and demonstrate a head-to-toe assessment.<ul style="list-style-type: none">• Put on gloves, goggles, and mask.• Explain who you are.• Ask permission to touch the survivor.• Perform the assessment beginning with the top of the head and working down to the toes, explaining each step as you proceed.▪ Demonstrating and describing where the rescuer should place his or her hands on the survivor to locate injuries will help participants learn the technique. It will also help diminish participants' possible discomfort with touching survivors who need assistance.▪ Break trainees into pairs and walk them through it again.▪ Then have the participants try it on their own without you.▪ This exercise should be completed as many times as possible with different "survivors." <p>Splinting (<i>Basic Training</i> IG p. 4-55)</p> <p><u>Purpose</u></p> <p>To practice the procedures for splinting</p> <p><u>Latitude to Adapt</u></p> <p>Provide a variety of materials that participants might use for splinting.</p> <p>Observe each group and correct improper technique. Be sure to check for bandages that are too tight or too loose.</p>

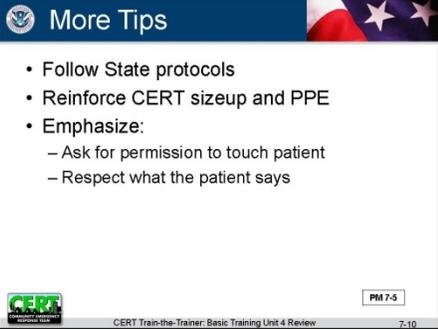
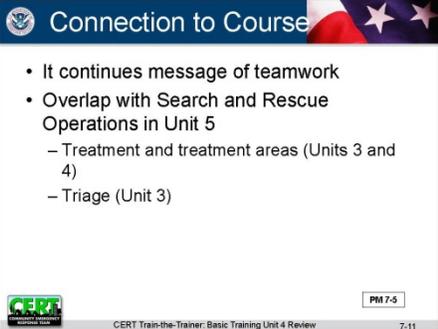
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INSTRUCTOR GUIDANCE	CONTENT
	<p>Demonstrations</p> <p>There are a number of demonstrations in this unit. Prepare for them and practice them:</p> <ul style="list-style-type: none">▪ Head-to-toe assessment▪ “Creative” in-line stabilization▪ Procedure for cleaning wounds▪ Correct procedure for dressing/bandaging a wound▪ Tying a bandage if no tape is available▪ Correct procedures for splinting upper and lower leg▪ Methods for controlling nasal bleeding▪ How to provide assistance to a survivor who needs help retrieving his or her medications
 <p>Display Slide 7-9</p>	<p><i>Tips for Teaching Unit 4</i></p> <ul style="list-style-type: none">▪ This unit should be taught by someone with experience.▪ It is important to know your audience and their physical abilities and comfort level. It is important, however, to encourage participants to push their limits and at least to try an activity once. Note: Encouraging is different from requiring. If a participant adamantly refuses, you must respect that decision.▪ Do not deviate too much from the material. There are different techniques that serve the same purpose, but stick with what is in the <i>CERT Basic Training</i> Instructor Guide.▪ Be prepared to deal with questions about different techniques (e.g., do you treat burns with wet or dry bandages).

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 <p>More Tips</p> <ul style="list-style-type: none">• Follow State protocols• Reinforce CERT sizeup and PPE• Emphasize:<ul style="list-style-type: none">– Ask for permission to touch patient– Respect what the patient says <p>Display Slide 7-10</p>  <p>Conduct brief discussion.</p>	<ul style="list-style-type: none">▪ Follow State protocols.▪ Reinforce CERT sizeup and personal protective equipment (PPE).▪ Emphasize that you need to ask for permission to touch the patient and you need to respect what the patient says. If the patient is conscious and says, “Don’t touch me,” do not touch them.<ul style="list-style-type: none">• Document as much as possible, including witnesses present. <p>Do you have any other tips?</p>
 <p>Connection to Course</p> <ul style="list-style-type: none">• It continues message of teamwork• Overlap with Search and Rescue Operations in Unit 5<ul style="list-style-type: none">– Treatment and treatment areas (Units 3 and 4)– Triage (Unit 3) <p>Display Slide 7-11</p>	<p><i>How Unit 4 Connects to Other CERT Basic Training Units</i></p> <ul style="list-style-type: none">▪ It continues the message of teamwork.▪ Treatment and treatment areas (Units 3 and 4), as well as triage (Unit 3), overlap with Search and Rescue Operations in Unit 5.

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	<p><i>T-T-T Unit Summary</i></p> <p>This unit has provided information on <i>CERT Basic Training</i> Unit 4.</p> <p>Do you have any questions about anything covered in this unit?</p> <p>Transition</p> <p>The next unit will review Unit 6 of the <i>CERT Basic Training</i> course. Unit 5 will be reviewed this afternoon.</p>