
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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T-T-T UNIT OVERVIEW

This unit reviews the content and activities in *CERT Basic Training* Unit 4. It also looks at how Unit 4 connects to the other units in the *CERT Basic Training* course.

UNIT 4 PURPOSE

The purpose of *CERT Basic Training* Unit 4 is:

- 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

UNIT 4 LEARNING OBJECTIVES

Unit 4 learning objectives are:

1. To take appropriate sanitation measures to protect public health
2. To perform head-to-toe patient assessments
3. To establish a treatment area
4. To apply splints to suspected fractures and sprains, and employ basic treatments for other injuries

UNIT 4 KEY TOPICS

In this unit, the instructor needs to do the following:

- 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
 - How to maintain proper hygiene
 - Sanitation issues
 - How to purify water
- 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 victims using a head-to-toe assessment
- Teach how to treat a variety of injuries

TRAINING VIDEOS FOR UNIT 4

There are no training videos for Unit 4.

HANDS-ON ACTIVITIES IN UNIT 4

CONDUCTING HEAD-TO-TOE ASSESSMENTS (*BASIC TRAINING IG P. 4-32*)

Purpose

To practice conducting head-to-toe assessments on each other

Latitude to Adapt

The activity should be conducted as it is written.

HANDS-ON ACTIVITIES IN UNIT 4 (CONTINUED)

How to Do the Activity Correctly

- As part of this unit review, ask for a volunteer and demonstrate a head-to-toe assessment.
 - Put on gloves, goggles, and mask.
 - Explain who you are.
 - Ask permission to touch the victim.
 - 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."

SPLINTING (*BASIC TRAINING IG P. 4-55*)

Purpose

To practice conducting head-to-toe assessments on each other

Latitude to Adapt

The activity should be conducted as it is written.

How to Do the Activity Correctly

Observe each group and correct improper technique. Be sure to check for bandages that are too tight or too loose.

HANDS-ON ACTIVITIES IN UNIT 4 (CONTINUED)

DEMONSTRATIONS

There are a number of demonstrations in this unit. Prepare for them and practice them:

- 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

TIPS FOR TEACHING UNIT 4

- 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 *CERT Basic Training* Instructor Guide.
- Be prepared to deal with questions about different techniques (e.g., do you treat burns with wet or dry bandages).
- 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.
 - Document as much as possible, including witnesses present.

HOW UNIT 4 CONNECTS TO OTHER *CERT BASIC TRAINING* UNITS

- 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.

T-T-T UNIT SUMMARY

This unit has provided information on *CERT Basic Training* Unit 4.

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