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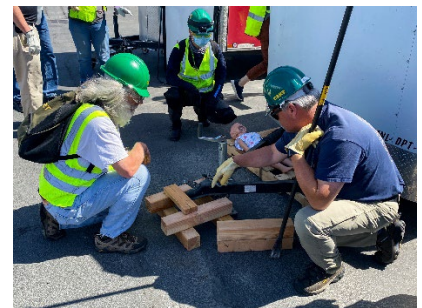
- ✓ DISASTER MEDICAL OPS.
- ✓ EXTREME HEAT
- ✓ PUBLIC HEALTH
- ✓ JOIN OUR TEAM
- ✓ HEAT RELATED EMERGENCIES
- ✓ DISASTER MEDICAL QUIZ



## Disaster Medical Operations (part 2)

### CERT Volunteers Role During MCIs

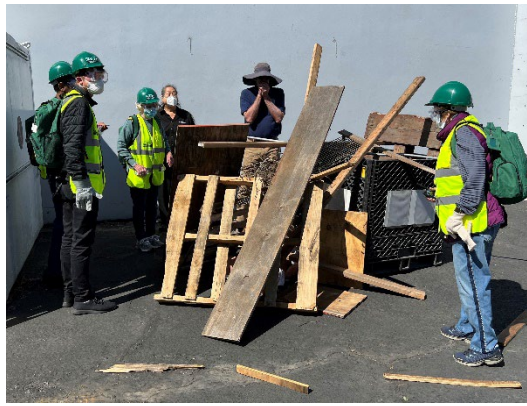
Mass casualty incidents (MCIs) are incidents in which the number of casualties overwhelms local resources. While these incidents are infrequent, CERT volunteers can play an important role by supporting local resources in responding to the incident.



#### CERT Preparedness Actions

- Put on your personal protective equipment (PPE).
- Locate the nearest first responder and identify yourself as a CERT volunteer.
- If a first responder is not available, assess the situation and determine whether you can provide life-saving interventions.
- Once responders have arrived, provide them with detailed information from your size-up, and ask how you may be of assistance.





## National Preparedness Month

### Heat Related Illnesses

In extreme heat your body works extra hard to maintain a normal temperature, which can lead to death. In fact, extreme heat is responsible for the highest number of annual deaths among all weather-related hazards. Heat related illnesses include:

**Heat Stroke** Heat stroke is the most serious heat-related illness. It occurs when the body becomes unable to control its temperature: the body's temperature rises rapidly, the sweating mechanism fails, and the body is unable to cool down.

**Heat Exhaustion** Heat exhaustion is the body's response to an excessive loss of the water and salt.

**Heat Cramps** Heat cramps usually affect workers who sweat a lot during strenuous activity.

[CDC Warning Symptoms of Heat-Related Illness Guide](#)



# TRAINING

CERT members are encouraged to keep learning and seeking out classes that will strengthen their skills.

**BE RESPONSIBLE!**



## JOIN OUR TEAM

We're still looking for volunteers to join our team and help promote emergency preparedness Districtwide!

### **VOLUNTEER SUPPORT OPENINGS!!**

- CERT Logistics Team
- CERT Communications Team
- CERT Area Team Liaisons

Sign-Up at our website

[www.menlofirecert.com](http://www.menlofirecert.com)

## HEAD TO TOE ASSESSMENTS

CERTS should use the acronym DCAP-BTLS to remember what to look for when conducting a rapid assessment. DCAP-BTLS stands for the following:



- Deformities
- Contusions
- Abrasions
- Burns
- Tenderness
- Lacerations
- Swelling

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# CERT DISASTER READY QUIZ

Each month two individual's will be entered into a raffle to win an emergency preparedness prize. In order to be eligible for the raffle, you will need to submit your answers though this online [form](#). You must answer all questions correctly to be eligible for the raffle.

## Disaster Medical Operations

<p>1. The objectives of a head-to-toe assessment are to: a) Determine the extent of injuries, b) Determine the treatment the patient needs, c)_____ injuries</p>	<p>A. Treat B. Determine C. Count D. Document</p>
<p>2. Disaster medical operations include these major functions:</p> <ul style="list-style-type: none"> <li>• Triage</li> <li>• Treatment</li> <li>• _____</li> <li>• Morgue</li> <li>• Supply</li> </ul>	<p>A. Transport B. Safety C. Logistics D. Documentation</p>
<p>3. When using non-perfumed liquid bleach to purify cloudy or dirty water, the bleach to water ratio is __ drops of bleach per gallon of water</p>	<p>A. 8 B. 16 C. 24 D. 32</p>
<p>4. What is the acronym used by medical community to remember what to look for when conducting a rapid assessment?</p>	<p>A. PASS B. ABC C. DCAP-BTLS D. DCAP-ATLS</p>
<p>5. Which of these is not a sign of a closed head injury?</p>	<p>A. Change in consciousness B. Fluid in the ears C. Bruising around eyes D. Insatiable thirst</p>
<p>6. During a head-to-toe assessment you should look for:</p> <ul style="list-style-type: none"> <li>• Severe bleeding</li> <li>• _____</li> <li>• Airway obstruction</li> </ul>	<p>A. High body temperature B. Low body temperature C. Feeling in the toes D. Signs of dehydration</p>

**Raffle**  
Enter to win!

