

Learning Objective #13 First Aid and Sanitation

Disclaimer

- The medical information provided in this training material is, at best, of a general nature and cannot substitute for the advice of a **medical professional** i.e. a qualified doctor/ physician, nurse, pharmacist/ chemist or such. *Emergency Action Planning is not a doctor.*

- Watch** Learning Objective Video #12
- Review** pages 65-68 of the Emergency Action Planning Workbook
- Review** page 30 of “Are You Ready”
- Review** pages 51-69 of The Survival Medicine Handbook
- Review** pages 344-365 and 245-265 of When All Hell Breaks Loose
- Review** pages 85-88 and 91-95 of Urban Emergency Survival Plan
- Review** pages 2-22 through 2-35FM 21-10
- Review** Appendix B: pages 195-196 First Aid Supplies “Are you ready?”
- Write** your answers to the Following Questions:

1. Who in your group has current First Aid & CPR training?

2. Who in your group needs First Aid & CPR training?

3. Where is the closest First Aid & CPR training facility?

Expectations

- Illnesses
- Injuries

First Aid

- First Aid Training
- CPR
- Special Considerations
- First Aid Kits
- Non-Prescription Drugs
- Prescription Drugs
- Sanitation
- Resources
- To Do

First Aid Training

- Basic Aid Training (BAT)
- First Aid
- Skill Upgrades
- Keeping Current

Cardio Pulmonary Resuscitation (CPR)

- Infant
- Child
- Adult

Special Considerations

- Special Needs Individuals
- Pets

First Aid Kits

- Personal
- Home
- Car

- Special Needs

Non-Prescription Drugs (OTC's)

- Doctor Recommended
- Label, Date, & Rotate

Prescription Drugs

- Doctor Recommended
- Label, Date, & Rotate

Sanitation

- Mental & Physical Health
- Keeping Clean
- Waste Disposal
- Disaster Illnesses

Resources

- Local
- County
- State
- Federal
- NPO's
- Private Industry

Practical Exercises

- More Fun
- Everybody Gets Trained

Review

- First Aid Training
- CPR
- Special Considerations
- First Aid Kits

- Non-Prescription Drugs
- Prescription Drugs
- Sanitation
- Resources
- Practical Exercises
- Learning Objective 14 Communications

Go to Learning Objective #14

Communications