



Life Threatening Bleeding, Basic 1st Aid, Home Maintenance & Emergencies



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Welcome my name is Tom Porter, and I am the President of the OHCC SERT Club. I will address these areas and SERT will answer your questions regarding these topics.



<https://www.youtube.com/watch?v=kVUdLnDjKF4>

FREE 40-minute course, 18-minute video. Applying direct pressure is quickly reviewed as it has already been trained in the American Red Cross Adult First Aid, CPR, AED course. While the video show you about the program for skills practice on packing a cut, bandaging, and how to apply a tourniquet please sign up for this class by sending an email to ARC.OHCCSERT@gmail.com.

Basic Items for a First Aid Kit



Here's a breakdown of 15 essential items: [🔗](#)

1. **Adhesive Bandages (Assorted Sizes):** For small cuts and blisters.
2. **Gauze Pads (Sterile):** For larger wounds or to hold dressings.
3. **Medical Tape:** To secure gauze or bandages.
4. **Antiseptic Wipes:** To clean wounds and skin.
5. **Antibiotic Ointment:** To prevent infection.
6. **Instant Cold Pack:** For sprains, swelling, and pain.
7. **Blunt-Tip Scissors:** For cutting tape, gauze, or clothing.
8. **Fine-Point Tweezers:** For removing splinters or ticks.
9. **Disposable Gloves (Non-Latex):** To protect yourself and the injured person.
10. **Elastic Bandage (e.g., Ace Wrap):** For sprains and support.
11. **Triangular Bandage:** Can be used as a sling or large dressing.
12. **Pain Reliever (e.g., Ibuprofen/Acetaminophen):** For pain and fever.
13. **Hand Sanitizer:** For cleaning hands when soap/water aren't available.
14. **Safety Pins:** To secure bandages or slings.
15. **First Aid Manual:** To guide you on how to use supplies.

- Do you have a 1st Aid kit?
 - In your home?
 - In your vehicle(s)?
- Do you know what items are in your kit?

Basic Items for a Disaster Supply Kit

Ready
Prepare. Plan. Stay Informed.

**Visual Checklist for your
Disaster Supply Kit**

 Water	 Food	 Medications	 First Aid Kit	 Baby Supplies	 Pet Supplies	 Bleach & Eye-Dropper
 Emergency Blanket	 Blankets	 Sleeping Bags	 Glasses & Eye Protection	 Extra Clothing	 Personal Hygiene Items	 Sani-Wipes
 Towels	 5-Gallon Bucket	 Trash Bags/Plastic Sheets	 Tent	 Backpack	 N95 Mask	 Work Gloves
 Flashlight	 Batteries	 Matches	 Candles	 Lightsticks	 Medical Gloves	 Multi-purpose Tool w/ Knife
 Wrench, Pliers & Crowbar	 Rope/Cord	 Duct Tape	 Can Opener	 Kitchen Items	 Scissors	 Fire Extinguisher
 Games	 Pen & Paper	 Radio	 Cell Phone & Charger	 Whistle	 Signal Mirror	 2-Way Radios
 Paper Towels	 Toilet Paper	 WD-40	 Hard Candy	 Trail Mix	 Bug Spray	 Sun Screen
 Emergency Plan	 Family ID Documents	 Maps	 Compass	 Extra Keys	 Cash & Bank Checks	 Phonebook

References

www.redcross.org
www.fccomm.com
www.ready.gov
www.fema.gov

Check your kit every 6 months and replace outdated supplies, just like you would your smoke detector batteries.

This Kit Last Checked: _____ **Next Due:** _____

This shows a wide variety of items you may wish to consider having on hand in case of an emergency. We will briefly touch on many of these.

Basic Tools



First let's start with a list of some basic tools I think everyone should have in their house.

- **Screwdriver** that has a reversible head with both a straight blade and a Phillips head.
- A set of **pliers** – Needle nose of tight spaces, regular adjustable pliers, side cutters for cutting wire, and a larger adjustable pair for larger openings.
- **Channel Lock pliers** – one pair is fine, when adjusted when closed these lock tight around the item.
- **Crescent wrench** – a middle size that will open to $\frac{3}{4}$ ". These wrenches are adjustable so they can fit a variety of nuts.
- **Standard hammer** – drive a nail, drive a stick in the ground for a plant, etc.
- **WD-40** – general all-purpose lubricant. These come in various sizes, get the one with the flexible nozzle.
- **Duct Tape** – it is water resistant just about the most user-friendly item you will ever find. Good for emergency repairs and sometimes I even use it to remove lint from clothing.

Related to Emergencies

- Water
- Electrical
- Smoke and Carbon Monoxide Detectors
- Natural Gas
- Fire Extinguisher
- Electric Garage Door Release

During an emergency you may need to deal with one of these items listed here. We will review them briefly now.

Water – you need 1-gallon per person per day at a minimum.

Electrical – now how to turn off, on and reset circuit breakers.

Smoke/Carbon Monoxide Detectors – these may go off in an earthquake as dust will be in the air. Don't panic if you see no fire just move outside until they reset themselves.

Natural Gas – if you smell it GET OUT immediately. Don't turn on any electrical switches as the small flash could cause an explosion.

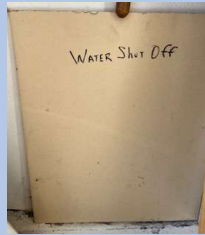
Fire Extinguisher – one in the kitchen and one in the garage. Better to have ones with gauges so you can easily see if they are charged.

Electric Garage Door Release – In an emergency if the power is out and release the door and the manually open the garage. Move your vehicle into the driveway.

Water Valves



Water Main



House Water



Washer



Sink



Toilet

The water main shut off the water to EVERYTHING. The house water valve shuts water off to the house and may not shut off landscape water. Every water line in the house has a shut off valve; Dish Washer, Washing Machine, Sinks, and Toilets.

Hot Water Heater – Electrical



Gas Valve

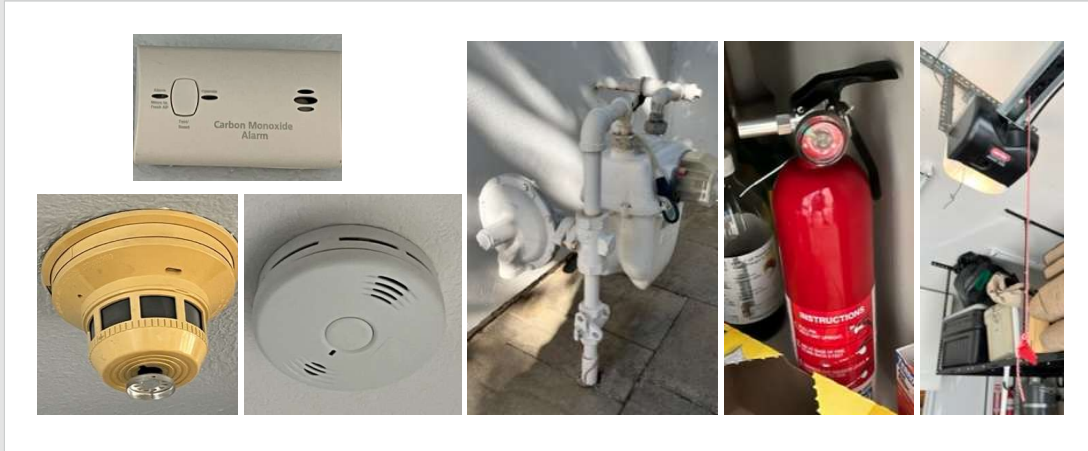


Water Valve



A GAS hot water heater has a gas valve shut off and a water shut off valve at the top. Electrical panels are usually located on the side of the house. Open the panel to see the breaker panel. Open the panel door on the RIGHT to see the circuit breakers. All breakers should be labeled. If a circuit breaker is “tripped” it will not be flush with the other switches. To reset a circuit breaker, push the switch all the way to the LEFT and then click it back in place to the RIGHT. If it trips again leave it in the OFF position and call an electrician for assistance.

Alarms – Gas Meter – Fire Extinguisher - Garage



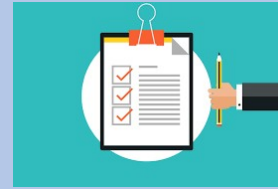
Every house should have smoke alarms and at least one carbon monoxide detector. If you have a smoke detector that is part of the HOA Emergency Medical System you call the front gate to have them “test” the unit. If you do not use the HOA system, your detector should be tested at least twice per year. Older units require that you change the battery once a year, newer units have 10-year lithium batteries.

The gas meter is usually located close to the electrical panel. Unless you detect a natural gas leak DO NOT shut off valve. Natural gas is very explosive and can ignite with the small spark, even from static electricity.

It is strongly recommended that everyone have a fire extinguisher under the kitchen sink and in the garage.

The manual garage door release for an electric opener is the chord hanging down. Just pull it down and it releases the mechanism, and you can open your garage door. Once open the mechanism will click back in place.

What SERT includes in Safety Survey



- Location of all water valves
 - Street Main, House Main, Sinks, toilets, washer, dish washer, hot water heater
- Main electrical panel and operation of circuit breakers
- Gas Meter location and shut-off valve (do NOT demonstrate shut-off)
- Electric Garage Door emergency release
- Location of smoke alarm(s) and Carbon Monoxide detector
- Discuss emergency exit route planning
- Check for Fire Extinguishers (Kitchen & Garage)
- Best location to display HELP/OK sign
- Vial of Life & SMART911, location and updates
- Handout with Disaster Preparedness Information

If you are a member of the OHCC SERT Club, with your membership we are offering to come out to your home and provide you with a home educational safety survey. If you are interest in joining SERT the front desk has the application form or on the SERT website www.ohccsert.com under Join Us.

We are a Team – OHCC & SERT



Thank you all for your participation. Your comments and suggestions help make OHCC safer place to live.