

OHCC SERT Basic Training

Session 1 Unit 1: Disaster Preparedness



Welcome to OHCC SERT Basic Training. We thank all of you for your commitment to maintaining or becoming an Emergency Response Team (ERT) member. Before we move forward, we want to make sure everyone understands the difference between CERT and SERT. The CERT program is part of FEMA and applies nationally to cover responders across multiple jurisdictions. SERT is customized for OHCC. While SERT follows the general direction of CERT, some areas just do not apply to OHCC.

Course Preview



- **Session 1** Unit 1: Disaster Preparedness;
Unit 2: SERT Organization.
- **Session 2** Unit 3: First Aid Operations, Part 1
- **Session 3** Unit 4: First Aid Operations, Part 2;
Unit 5: Disaster Psychology.
- **Session 4** Unit 6: Fire Safety and Utility Controls;
Unit 7: Light Search and Rescue.



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There will be 4-sessions which are each about 2-hours. During these classes we will be reviewing specific areas in the CERT Basic Training Participant Manual of August 2019. We will not cover all these materials. We have eliminated some of the reading as it does not pertain to us here in OHCC.

Session 1 - Unit 1 Objectives



1. Describe the **functions of SERT**, discuss your role as a SERT volunteer, and explain how SERT fits into our community's emergency preparedness structure.
2. Describe the **types of hazards** most likely to affect our community and their potential impact on people, health, and infrastructure.
3. **Prepare yourself and our family** for potential disasters our community may face, including learning to create a family disaster plan and emergency preparedness kit.

PM 1-1



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As you have read there are many functions to which ERT members can respond. Our focus will be on responding within OHCC.

Describe the types of hazards we could be called upon to help.

Engaging the Whole Community



- **Whole Community approach** to emergency preparedness seeks to engage the full capacity of society.
- **Relationships and social connections** are the foundation for a more resilient community that can bounce back after a disaster.
- **Neighbor-Helping-Neighbor** strengthens relationships and provide a framework for organizing community preparedness efforts.



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PM 1-4

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The best way to make our job easier is to get ourselves, our family and others within OHCC prepared. While the ERT members will respond, the Neighbor-Helping-Neighbor (NHN) team will be the resource to help educate our community members. The Townhall safety presentations will also be another source of community education.

Get Involved



- Preparedness requires **active participation** from all:
 - Talk to friends and family about hazards.
 - Ask about emergency planning outside the home.
 - Make sure those in charge have a plan.
- Training provides skills needed to help others and keeps **skills current**:
 - SERT program provides training, practice, and connection to others.
 - Participate in drills and exercises.
 - Talk to friends and family about volunteering.



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PM 1-5

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ERT members and others within SERT need to be active in the community. ERT members will train and participate in drills for a disaster, so our job requires us to stay current.

Type of Disasters



- **Natural** (e.g., *earthquakes*, wildfires, floods, extreme heat, hurricanes, landslides, thunderstorms, tornadoes, tsunamis, volcanic eruptions, winter storms).
- **Technological & Accidental** (e.g., hazardous material spill, power plant accident), Considering what to expect from disruption of services.

Our training purposes will focus on **earthquakes**. While there are other natural disasters that technically occur, as we prepare for a major earthquake, we will be prepared to handle most other situations.

Technological and Accidental hazards may occur which could result in loss of power or other services, which would be the same type of disruptions that could occur following an earthquake.

Infrastructure Damage



Resources will be applied to the highest priority need:

- **SERT** will address initial damage assessment
- **Police** will address incidences of grave public safety.
- **Firefighters** will suppress major fires.
- **EMS** personnel will handle life-threatening injuries.



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PM 1: 7-8

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ERT members will always be **SECONDARY** to 911 professional responders. ERT members step in when 911 responders are not available.

Home Hazards



- **Gas line ruptures** from water heaters or ranges displaced by shaking, water, or wind.
- **Damage from falling contents** books, dishes, or other cabinet materials.
- Risk of injury or **electric shock** from displaced appliances and office equipment.
- **Fire** from faulty wiring, overloaded plugs, frayed electrical cords.



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PM 1-9

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Hazards following an earthquake may contain all the above. **Our job is to**
#1 Keep ERT members safe and
#2 to help others within OHCC get to safety.

Preparing for a Disaster



- Know local hazards, **alerts, warning systems**, evacuation routes, and sheltering plans.
- Have the skills to **evaluate the situation** quickly and take effective action to protect yourself.
- Get involved by **participating in training** and volunteer programs.



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PM 1-10

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Being prepared will help in saving life and to help minimize property damage. You should all have the San Diego County Emergency, Quake Feed and the American Red Cross emergency apps on your cellular device. If you do NOT have these, please let us know and we will arrange to help you download these.

You maybe called upon to quickly evaluate a situation; this will require practice. ERT members will have a Practice Drill annually as well as a safety class throughout the year so we can keep our skills current. Also remember every 2-years you need to re-certify for the Red Cross Adult First Aid, CPR/AED and the Stop-the-Bleed courses.

Protective Actions



- **Assess situation.**
- **Decide to stay or change locations.**
 - This is a critical early decision in disasters.
- **Seek clean air and protect breathing passages.**
- **Protect from debris and signal if trapped.**
- **Remove contaminants.**
- **Practice good hygiene.**



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PM 1: 18-19

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First and foremost is to maintain your personal safety. Here are just some of the areas we will cover during our training sessions.

Sheltering



- **Shelter in place: sealing a room**
 - Identify internal room.
 - Stay for several hours.
 - Store supplies.
- **Shelter for extended stay:**
 - Stay for several days or up to 2 weeks.
 - Store emergency supplies.
- **Mass care or community shelter:**
 - Take 3-day disaster kits.
 - Shelters provide most supplies.



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PM 1: 19-20

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Within OHCC, sheltering is something the residents often ask about. They always want to know the location of where they should evacuate and how to get there. **WE DO NOT KNOW!** This question is situational and will be made by San Diego County or Oceanside Fire/Police. If SERT can get everyone in OHCC to be prepared to self-sustain for 72-hours (3-days), it will make our job so much easier.

SERT Disaster Response



- SERT members respond post-disaster by:
 - **Treating life-threatening injuries** until professional assistance is available.
 - **Helping disaster survivors** cope with their emotional stressors.
 - **Locating and turning off utilities**, *if safe to do so.*
 - Conducting **light search and rescue** operations.



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PM 1: 23

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SERT ERT members will be able to help in many ways. Treating injuries and helping survivors will be covered in Session 2 & 3. Utilities and Light Search and Rescue will be covered in Session 4.

A special note here: SERT members primary role is **NOT** to turn off utilities. This is the homeowner's responsibility!

Personal Protective Equipment (PPE)



- Dress in layers
- Sturdy shoes or work boots

OHCC SERT Back-Pack Inventory List

Weight of backpack/supplies 6 lbs +/-
SERT Vest
Duct Tape
Work Gloves
Goggles
Helmet - Hard Hat
Red Cross Hand Crank Flashlight
Pen & Pad
N-95 Masks (3)
Scissors
Personal First Aid Kit
Whistle
Yellow Caution Tape
Nitrile Gloves (10-Pairs)
Stop the Bleed Kit Tourniquet -1
16 oz Water Bottle - 2
Stretch Gauze Bandage -4
4x4 Sterile Gauze Pads - 4
Triangular Bandage -2
Utility Knife
Space Blanket-2
CPR Face Shields - 2
Blue Tape - 1
4x4 Stop-the-Bleed Gauze -1



White-Command Green-ERT Members Orange-Drivers



Red-First Aid Blue-Reservists Yellow-Safety Coordinator

PM 1: 25



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If you have not already received your SERT backpack with your PPE, you will shortly. Every ERT member--at a minimum--will have the **SAME resources** in their backpack. It is your responsibility to maintain these items. If items need to be replaced, please contact SERT via the OHCCSERT@gmail.com. You can add more to your backpack, if you wish, just know that this will add weight, and you may be carrying your pack for several hours.

Protection for Disaster Workers



- SERT members are generally protected by:
 - “Good Samaritan”** laws.
 - Volunteer Protection Act of 1997.**
 - Relevant State statutes.**



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PM 1: 25

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In California, the Good Samaritan laws covers CERT/SERT responders. The law is posted on the SERT website ohccsert.com, and you should read it to fully understand the law.

Session 1

Unit 1 Summary



- You should now be able to:
 - Identify roles and responsibilities for our community preparedness;
 - Describe types of hazards that affect our community, people, health, and infrastructure;
 - Undertake personal and organizational preparedness actions;
 - Describe functions of SERT.



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PM 1: 28

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We are off to a great start. This is what we have already learned.

OHCC SERT Basic Training

Unit 2: SERT Organization



Session 1 - Unit 2 Objectives



- Describe the **SERT organizational structure**.
- Explain the Incident Command System (ICS) and how SERT operates within this structure.
- Describe the **9-step on-scene size-up process**.
- Describe how to use **OHCC SERT documents**.



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PM 2-1

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The SERT organization is very similar to the CERT organization, with SERT being customized for OHCC. In this Unit we will review: the SERT organization, the structure, and the duties and responsibilities of SERT members. We will also review how to size-up a disaster situation and what documents you will need to be familiar with to properly record what you discover and report accurately.

Objectives for On-Scene Management



- **Maintain the safety** of SERT ERT members.
- Provide **clear leadership** and organizational structure.
- Improve **effectiveness of rescue** efforts
- **Identify scope** of incident.
- Determine **overall strategy**.
- Deploy **resources**.
- **Document actions and results**.

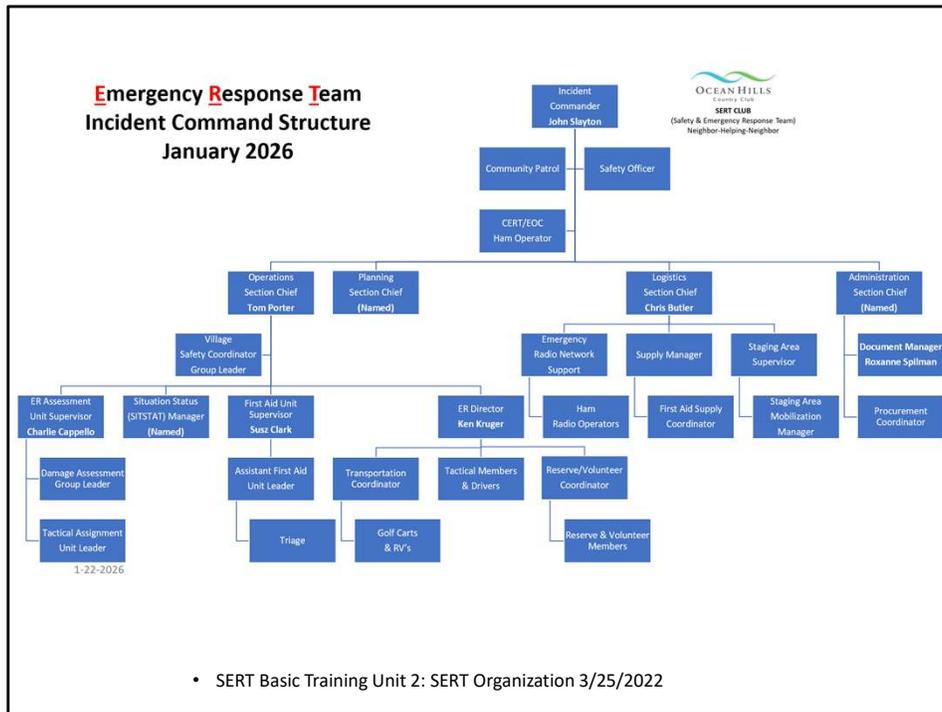


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PM 2-2

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When disaster strikes, we all will be shaken. Our training will help us all be more prepared than most in OHCC. **Remember our #1 priority is your individual safety!** SERT--as you will see--has a specific organizational structure. Through these training sessions you will see: the overall strategy for providing aid, the resources available to ERT members, how to document actions, and the results we should accomplish.



The SERT Incident Command Structure is “Command & Control” for a very good reason. In an emergency we need to be disciplined and follow instructions as seconds matter in providing first aid. In your binders is a job descriptions of all these positions. You need to familiarize yourself with all of these. In an emergency you may be called upon to step into another role.

NIMS Implementation

(National Incident Management System)

Ability to work together:

- **IS-100:** Introduction to ICS.
- **IS-200:** Basic Incident Command System for Initial Response.
- **IS-700:** Introduction to NIMS.



Within FEMA the CERT program has very clear guidelines for everyone to follow in an emergency. It is CRITICAL that we all understand these guidelines. **IS-100** is Required for all ERT Members. **IS-200** is required for all Command, Director, and Supervisors and strongly recommended for all ERT members. **IS-700** is required for Command Staff and recommended for Director and Supervisors.

SERT Mobilization



- SERT - **First** take care of ourselves, your families and your home.
- **Proceed to staging area.**
- SERT is **flexible** and evolves based on new information.



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PM 2-8

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During a mobilization you will “probably” receive a text message to turn on your radio and to report to the staging area. If for some reason the text message system is down, and you feel a relatively strong earthquake (4.5+), turn on your radio and someone will respond.

The OHCC staging area will be in the Overflow Parking Lot across the street from the clubhouse. This is the “plan” however we must be flexible to respond to current situations.

SERT Radio Control



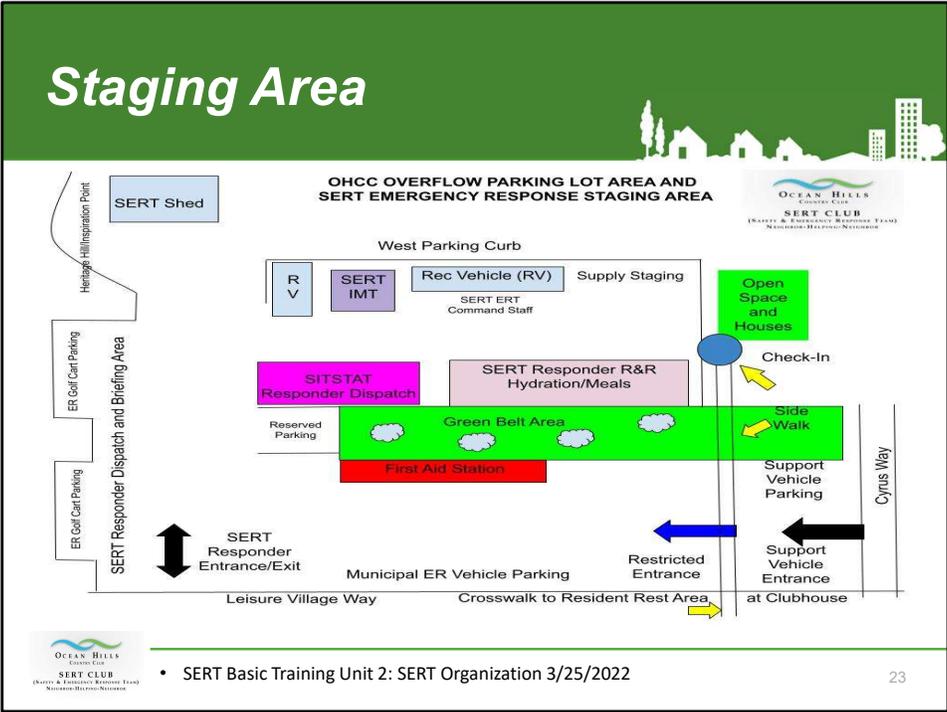
- **Ability to communicate in an emergency**
- **Process SERT follows**
- **Radio Control**
- **Radio Operations**
- **Radio Practice**
- **Radio Etiquette**
- **Oceanside EOC Communications**



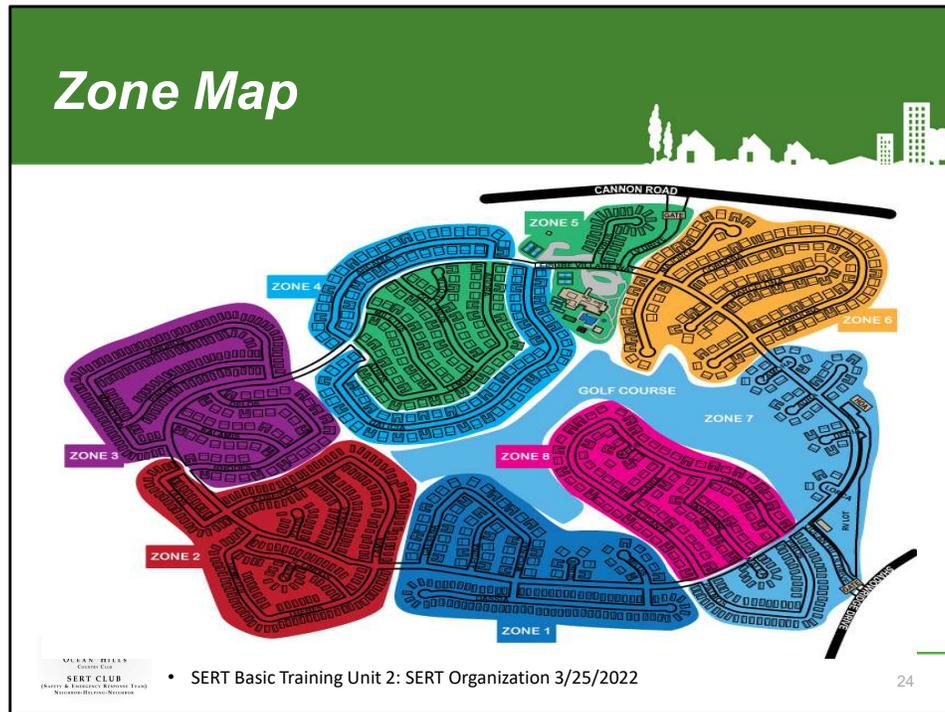
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Following a major earthquake land lines and cell towers may be offline. As SERT responds, your 2-way radio is the way we will communicate. So, when an emergency of significant incident occurs, ERT will be activated. When ERT members are available, they check into the radio control operator. The radio control operator checks-in the members and has them report to the staging area. The radio is programmed with multiple operating frequencies, but the Primary channel 1 is used for the main communications. This is the channel that we use for our monthly check-ins. This gives us radio practice for a real emergency. The radio use has limitations. Only one person can talk at one time, so when someone is talking and finishes, he/she says **“over”**. The radio control operator helps coordinate the conversations. Additionally, SERT can communicate with Oceanside EOC on OHCC status via a Ham Radio.



Included in your reading material is a diagram of the staging area, how it will be set up and the functions within each areas.



Following an activation, we may be called upon to complete a Life and Property Damage Assessment of OHCC. We have divided OHCC into 8-Zones. Each Zone is color coded and have the similar number of structures and/or areas to check. Based on the type of event the Zones that will be assessed may vary.

If you are assigned to do the assessment for a Zone, you will be provided will a clip board that will have a map of the Zone you are to assess and a list of all street addresses within the Zone.

Note in the case of Zone 5 they will assess the Clubhouse, sport courts and the front gate. Zone 7 will also assess the Golf Course, back gate, RV lot and HOA Office area.

Damage Assessment Form Instructions

OHCC - SERT Damage Assessment Form

Date: _____ Event: _____ Person(s) Recording: _____ Page: _____ of _____

Zone # _____ **First 3 Hours** **Complete Within 6 Hours**

Time A/P	Street #	Street	None	OK	Help	Time A/P	N	F	G	W	E	C	N	L	M	H	OK	Trapped	Displaced	N	I	D	M	X	Comments
Definitions First 3 Hours Help Sign Enter "1" for Help Sign display None No sign visible OK Resident(s) say they are OK Help Resident(s) say they need HELP Road Blockage Enter short description					Hazard (All that apply) Enter "1" for all that apply N=None No hazards observed F=Fire Fire/Smoke observed at this address G=Gas Natural Gas Pipe to Meter is broken or you smell gas W=Water Flowing water observed from the street E=Electrical No power at this address C=Chemical Chemical spill visible (Gasoline, etc.) Building Damage Enter "1" N=None Nothing visible L=Light Broken Windows, Cracked/Fallen Plaster M=Moderate Visible Cracks, Major damage to interior contents H=Heavy Partial/Total collapse or tilting, heavy smoke or fire People (State # of each) Enter "1" for all that apply OK # of residents that report no problems Trapped # of residents trapped within the structure Displaced # of residents that can no longer live at address Injured (State # of each) Enter "1" for all that apply N=None No one is injured I=Immediate # of people needing IMMEDIATE medical attention for life-threatening injuries (airway, bleeding, or shock) D=Delayed # of people needing medical attention NOT life-threatening (broken limb, severe sprain, etc.) M=Minor # of people are "walking wounded" and generally ambulatory X=Dead # of people with NO respiration or heart beat Comments Enter "brief" important information										Search and Rescue "X-code" <div style="border: 1px solid black; padding: 10px; text-align: center;"> <p>Date</p> <p>Search Unit Hazards & Notes</p> <p># of people found alive and dead. 0 indicates nobody found</p> </div> <p><small>IF BLUE TAPE "X" IS USED ON GARAGE DOORS ADDITIONAL INFORMATION CAN BE ADDED USING ABOVE TEMPLATE.</small></p>										

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In the front of your manual, you received a copy of instructions of how to fill out the SERT Damage Assessment Form. We will cover how to fill out this form during an upcoming "tabletop" training exercise. You will note there are two parts of the assessment form. The first part is to be filled out within the first 3-hours of the assignment. Basically, to assess if the street is SAFE, are there any road blockages, fires, downed streetlights, and later record if the OK/Help sign is visible and where the HELP is shown. You then report your results to the SitSat.

If you are assigned to perform and complete assessment, you use the same form as was originally used and complete the further assessment within 6-hours of the assignment. As some of the situations you encounter may be serious you will be to radio in these observations to radio control so they can be prioritized for further assistance.

Damage Assessment Form (Sample)



OHCC - SERT Damage Assessment Form																												
Date:		Event:			Person(s) Recording:										Page:		of											
First 3 Hours					Complete Within 6 Hours																							
Zone 7		Help Signs			Road Blockage	Hazard (All that apply)					Building Damage			People (State # of each)		Injured (State # of each)			Comments									
Time AP	Street #	Street	None	OK	Help	Yes	Time AP	None	Fire	Gas	Water	Electrical	Chemical	None	Light	Moderate	Severe	OK		Trapped	Displaced	None	Immediate	Delayed	Minor	Dead		
	6004	Piros																										
	6005	Piros																										
	6008	Piros																										
	6009	Piros																										
	6012	Piros																										
	6013	Piros																										
	6016	Piros																										
	6017	Piros																										
	6020	Piros																										
	6024	Piros																										
	6025	Piros																										

Note forms are printed display the actual street address based on the Zone Map.



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This is a copy of a portion of the Damage Assessment form for Piros in Zone 7. As you can see each street address has its own row so you can easily record your assessment.

On-Scene Size-up



1. Gather Facts.
2. Assess and Communicate Damage.
3. Consider Probabilities.
4. Assess Your Own Situation.
5. Establish Priorities.
6. Make Decisions.
7. Develop Plan of Action.
8. Take Action.
9. Evaluate Progress.

PM 2: 8-10



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Sizing up the situation is very important. While this is a 9-step process, it can be achieved very rapidly with practice. In the manual on pages 2-9 & 2-10 are the questions you will need ask yourself.

Rescuer Safety



- **Rescuer safety = 1st priority.**
- **Heavy damage** = No rescue.
- **Moderate damage** = Locate, assess, evacuate.
- **Light damage** = Locate, assess, continue size-up, and document.



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PM 2:10-11

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We cannot say this enough; **YOUR SAFETY is the #1 priority for all ERT members.** There will be times when the best decision will be to do nothing!

If a structure is highly damaged and you think it is unsafe ... then it is UNSAFE! You cannot help others if you are injured or trapped in the process.

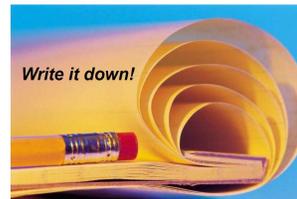
Documentation



- **Command Staff**

- Document's situation status:

- Incident locations;
 - Access routes;
 - Identified hazards;
 - Support locations.



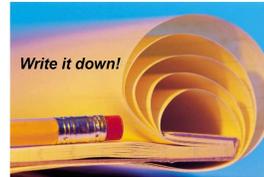
- **Section Chiefs**

- Provide Incident Commander with information.

Command staff will need your reports to communicate with emergency responders. Command will have access--even if the power is out and cell towers are down--via the HAM radio system. Information is key and it must be reported in the same format that responders will process the information. It will help everyone prioritize the situation for the proper response.

Documentation Forms

- Damage Assessment.
- Personnel Resources Sign-In.
- SERT Assignment Tracking Log.
- Communications Log.
- Equipment Inventory.



There are several documents that will be utilized during a response. **WRITE IT DOWN!**

When you get to the staging area, check-in so we know you are here. Wait for your assignment. Report back upon assignment completion so we know you have returned. We don't want to have to implement a search & rescue for you unless warranted.

Documentation Flow



PM 2-13

Documents will flow in multiple directions. Everything ultimately flows up to the Incident Commander who will always have the final say on what action is required. The Incident Commander's word is always FINAL!

Session 1 Unit 2 Summary



- ICS provides flexible means of organization.
- Ask “**Is it safe to attempt the rescue?**”
- Document and communicate information to all SERT levels.
- Provide Command Post with ongoing information about damage assessment, group status, and needs.
- Command Post documents and tracks situation status.



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PM 2-25

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Today we have learned the following.

Homework Assignment



- **Review** the detailed information in Unit 1 and Unit 2 of the Participant Manual.
- **Examine your home** for hazards and identify ways to prevent potential injury.
- **Read Session 2**
 - Unit 3 First Aid Operations, Part 1.



Before the next Session, please briefly review what we covered today and look at your own home for potential hazards. Then read the materials for Session 2. Thank you and have a great week!