



# FOCUS: FIRST AID



This action sheet is produced as part of the Southern California Earthquake Survival Program (ESP). ESP is an effort to increase the level of individual and family preparedness in this region. It is coordinated by eight southern California counties and the Southern California Earthquake Preparedness Project.



California Earthquake Preparedness

## WHY

Emergency assistance may not be available for 72 hours or more after a major earthquake. Those who are uninjured will be relied upon to provide aid to family, friends and co-workers who are not so fortunate. Take first aid courses offered by the American Red Cross and other organizations to help you function more effectively in an emergency. Assemble and store an emergency first aid kit.

## FIRST AID SUPPLIES

An alphabetical list of first aid supplies follows. Items considered especially useful after an earthquake are in bold:

### **Adhesive bandage strips**

Antacid

Antibiotic ointment

Anti-diarrhea medication

Antiseptic\*

**Aspirin & acetaminophen\*\***

# JUNE

**Bags** (plastic & resealable)  
**Bandage** (3" elastic)  
**Bandage** (2" roller gauze)  
**Bandage** (4" self-clinging roller gauze)  
 Basin for washing hands  
**Blankets**  
**Butterfly** (adhesive bandage)  
 Calamine lotion  
 Cups (small for drinking)  
 Eye patches  
**Eye wash**  
 First Aid Textbook  
**Flashlight** with extra batteries & bulbs  
**Gauze dressing**  
**Gauze dressing** (8" x 7-1/2" pads)  
**Gloves** (surgical latex ones)  
**Green soap**  
**Ice packs**  
 Matches  
 Needles for splinters

Paper for writing  
 Pencil & small sharpener  
 Petroleum Jelly  
**Pins** (safety)  
 Pitcher  
**Sanitary napkins**  
 Scissors  
**Soap for washing hands**  
**Splints** (can be improvised by tightly rolling newspaper, cardboard or magazines)  
**Sugar cubes/hard candies**  
**Swabs** (cotton alcohol wipes)  
**Tape** (2" & 3" non-allergenic adhesive)  
**Tissue** (facial)  
 Thermometer (oral)  
 Tongue depressor  
**Triangular bandage** (large)  
**Tweezers** (pointed)  
**Wash & wipes**

**It is wise to use bottled water for administering medications and for washing.**

\*Caution: Some people experience allergic reactions to antiseptics. Ask the victim before treatment. Use only green soap and water to cleanse wounds if in doubt.  
 \*\*Caution: Some people experience allergic reactions to aspirin. Ask the victim before treatment. Do not give aspirin to children under 16 years of age. Use acetaminophen if in doubt.

Source: American Red Cross, Los Angeles Chapter

**EXPERIENCE SAYS...**

It also is important to be psychologically ready to meet the crisis of a major earthquake. The following preparedness measures can help minimize the psychological effects:

- Maintain physical care with exercise and sufficient sleep.
- Practice how to respond appropriately during the shaking.
- Have an up-to-date family plan.
- Learn to acknowledge and understand your emotions.
- Talk to others about your feelings.

Training saves lives. Take a First Aid and CPR course. Read the First Aid Handbook.

*Get it done in '91*



**COMMON INJURIES RESULTING FROM AN EARTHQUAKE**

Source: Michael E. Durkin, Michael E. Durkin and Associates

Injuries	Common Causes
<b>Cuts, lacerations</b>	Stepping on broken glass Being hit by sharp objects falling from walls, ceilings, shelves and work surfaces Being cut by broken glass or screens while attempting to open jammed windows
<b>Sprains, dislocations, fractures</b>	Tripping or falling on stairs, off ladders, or jumping off loading docks Slipping on spilled liquids Sudden movements to stand in or get under something Falling against or being thrown against heavy objects Heavy objects (e.g. bookcases or desks) thrown against or falling on you
<b>Abrasions, bruises, contusions</b>	Bumping into, falling against or being thrown against heavy objects such as walls, doorways, coffee tables and kitchen counters Being hit by falling objects
<b>Burns</b>	Boiling water or grease splattering or spilling Containers of hot liquid falling off kitchen stoves Spilled caustic substances
<b>Poisonings, inhalations</b>	Young children eating or drinking cleaning agents that have been spilled on kitchen floors Inhaling fumes from spilled chemicals
<b>Animal bites</b>	Pets and other domestic animals sometimes behave abnormally following earthquakes

Many injuries occur after the shaking has stopped, as people evacuate buildings, inspect damage or sift through rubble to retrieve belongings. Keep this in mind and use caution when responding to the disaster.