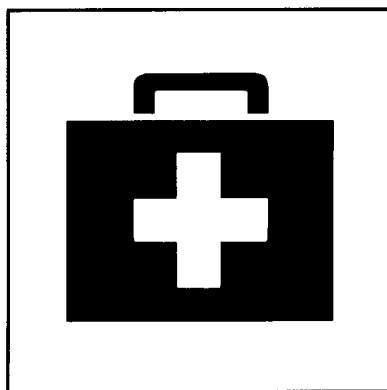


# ESP FOCUS



## LEARN FIRST AID



### WHY

Emergency medical assistance may not be available for at least 72 hours after a major earthquake. Consequently, volunteers may have to provide aid to family, friends, neighbors and co-workers who sustain earthquake-related injuries such as abrasions, blisters, cuts, material in the eye and puncture wounds.

### PREPARE

Assemble and store an emergency first aid kit in order to treat those who suffer the aforementioned injuries. Your kit should include: bandages, adhesive strips, butterfly bandages, 3" elastic bandage, roller bandages, a dust mask, 4x4 sterile gauze dressings (individually wrapped), a magnifying glass, non-allergenic adhesive tape, safety pins, scissors, a triangular bandage, antiseptic wipes, blunt-tipped scissors, latex gloves, eye cup or small plastic cup, space blanket, thermometer, antibiotic salve and at least two pairs of tweezers. A mask or a wet handkerchief can help reduce dust inhalation. Tweezers and a magnifying glass will be helpful in removing debris and glass slivers.

Printed Courtesy of

**KNX 10.70™ NEWSRADIO**

# FEBRUARY

## TAKE COURSES

Take time to learn cardiopulmonary resuscitation (CPR) and first aid techniques. Courses for adults and children are available through local American Red Cross chapters, hospitals and community centers.

Some basic first aid tips to follow:

**Check for Breathing:** If victim appears to be unconscious, tap and shout, "Are you okay?" and proceed with the following:

- Open the airway; use head-tilt/chin-lift and check breathing 3-5 seconds (unless you suspect a spinal injury).
- No breathing, give 2 breaths 1--1-1/2 seconds per breath.
- Check breathing and pulse at side of neck for 5-10 seconds.
- Pulse but no breathing, give 1 breath every 5 seconds for an adult.
- No pulse, begin CPR. Get medical help.

**Stop Bleeding:** Using a sterile dressing or clean cloth, apply firm, steady pressure. Elevate the wound if you don't suspect a broken bone. If bleeding continues, press harder with a new dressing on top of the old one.

**Immobilize Injuries:** Do not allow victims to move body parts that may be fractured, dislocated or sprained. Have the victims remain quiet; use splints or slings to immobilize such injuries.

**Treat for Shock:** Keep victim lying down. Elevate feet if no spinal injury. Keep victim from chilling; obtain medical help as soon as possible.

Sources: "American Red Cross Training Catalog," American Red Cross, Los Angeles Chapter, and "Student Workbook for Standard First Aid," American National Red Cross

**February 1991 Action:**  
**Store a Portable Radio and Batteries**  
*Contact a SCEPP office or a county ESP coordinator for a February 1991 Focus Sheet.*

This action sheet is produced as part of the Earthquake Survival Program (ESP). ESP is an awareness campaign designed to increase individual and home earthquake preparedness. ESP was developed by the county of Los Angeles and is coordinated by the Southern California Earthquake Preparedness Project and representatives from Kern, Imperial, Los Angeles, Orange, Riverside, San Bernardino, San Diego, San Luis Obispo, Santa Barbara and Ventura counties.

The aforementioned first aid information is not intended to replace first aid training. Neither the Southern California Earthquake Preparedness Project, the California Office of Emergency Services, the counties participating in the Earthquake Survival Program, the Los Angeles Chapter of the American Red Cross, nor the American National Red Cross assumes any responsibility or liability for any actions undertaken by any persons using the aforementioned information.



*Things to do in '92*



Published by:  
Southern California Earthquake Preparedness Project/Governor's Office of Emergency Services