

# ESP FOCUS

## Provide Training



## Proper Training Could be the Difference Between Life & Death

Paramedics, firefighters and police will not be able to get to everyone immediately after a major disaster. This means you must be more self-sufficient. You must be able to respond quickly and correctly to a disaster, and this requires teamwork and training.

The success of your response may depend on your team's knowledge and skills. Properly trained members can make the difference between life and death by treating medical emergencies quickly, putting out small fires, searching for victims, rescuing those who are trapped and implementing safety procedures in your area.

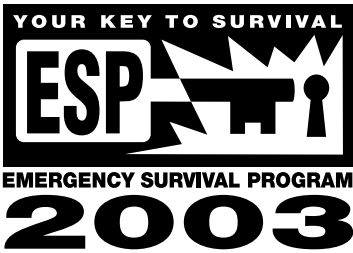
Team members should learn basic first aid and cardio-pulmonary resuscitation (CPR), as well as how to recognize hazards, assess damage and conduct light search and rescue.

The reverse side of this ESP Focus sheet provides a general overview of what your training should include and the sources available within your community. Use this information to help you implement a training program.

## Select a Training Leader

The Planning Committee should select a Training Leader. The Training Leader reports to the Block Captain and will:

- Determine training needs for each position and/or function.
- Look at the experience, training and needs of each person based on their assignments.
- Identify sources and organize training.
- Conduct drills and exercises.
- Keep a record of training and results of drills.



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# M A Y

## Look at Training Needs

The Training Leader should find out who has training or experience in first aid and other functions. Each person's training needs depend on their functions in your response plan and the number of people you have available. At a minimum, everyone should receive training in first aid and cardio pulmonary resuscitation (CPR). Other areas of training include:

- Hazard identification and reduction
- Fire suppression
- Light search and rescue
- Damage assessment
- Communications (amateur radio)

Depending on the number of people on the emergency response team, the Training Leader might want to include everyone in training outside their assignment. This will provide the team with extra trained people in case someone is unavailable.

## Training Sources

You can probably find the following sources for training within or near your community:

- Chapters of the American Red Cross provide classes on first aid and CPR
- Home improvement stores may provide workshops on structural and nonstructural hazard reduction
- Local fire departments may provide classes on fire suppression and light search and rescue
- Local building and safety departments may provide training on damage assessment
- Local emergency agencies
- Local police and sheriff's departments
- Local Community Emergency Response Teams (CERT), Neighborhood Emergency Response Teams (NERT) or other community teams.

## Coordinate Training

The Training Leader can make training sessions part of regularly scheduled or special meetings. The leader also can link the training session with a particular theme or event. For example, training on fire suppression could be held during October when fire agencies host fire preparedness fairs to commemorate "National Fire Prevention Week". Your leader also might consider organizing training sessions with response teams from other organizations.

## Test Skills through Training

The Training Leader should plan drills to see if the training has been helpful. These drills might be as simple as asking members of the First Aid Team to practice first aid on mock victims, members of other teams to practice operating fire extinguishers with the assistance of your local fire department or fire extinguisher servicing company, and members of the Damage Assessment Team to view photos from previous floods, fires and earthquakes to learn the difference among light, moderate and heavy damage.

## Track Training

The Training Leader should use a form similar to the one below to track the training received by each team member.

<b>Training Record</b>	
Name: _____	
Position: _____	
Training	Date Completed
<input type="checkbox"/> First Aid/CPR _____	
<input type="checkbox"/> Fire Suppression _____	
<input type="checkbox"/> Light Search and Rescue _____	
<input type="checkbox"/> Damage Assessment _____	
<input type="checkbox"/> Communications _____	
<input type="checkbox"/> Supplies _____	
<input type="checkbox"/> Shelter _____	
<input type="checkbox"/> Hazard Reduction _____	



This action sheet is produced as part of the Emergency Survival Program (ESP). ESP is an awareness campaign designed to increase emergency preparedness at home, in the community, at work and at school. ESP was developed by the County of Los Angeles. The California Governor's Office of Emergency Services (OES) and representatives from Southern California cities and counties assist in the development of campaign materials and coordination of the campaign.