



GREEN MERIT

EMERGENCY PREPAREDNESS

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Version 06/2010

Emergency



Preparedness

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1. Describe what you would do to prevent injury and possible loss of life to yourself and others at home or around town in each of the following emergencies:
 - a. Fire or explosion at home or in a public building
Install smoke detectors and check them once a month. Change the batteries once a year. Have and practice an escape plan. Install and confirm the location of all fire extinguishers. When the emergency occurs, immediately leave the building and call 911. Use the stairs to escape. Make sure all doors are closed as you exit each room or building. Afterward, give appropriate first aid and follow the directions of emergency services personnel.
 - b. Food poisoning
Seek immediate medical attention. In most instances the victim will vomit on his or her own. If not, do not induce vomiting to reduce the risk of choking.
 - c. Gas leak
Propane and other types of gases can saturate the air so there is not enough oxygen to support life. A bad smell, headache, or dizziness can be signs of a gas leak. Leave the area immediately and get to fresh air, preferably outdoors. Do not turn the lights on or off. This can cause a very small spark that may be sufficient to ignite flammable gases.
 - d. Hazardous materials accident
It is important to contact your local emergency services personnel for detailed information for hazardous materials common to your area. Side effects of contact with hazardous materials may include nausea, headaches, and irritation to the eyes. Be ready to evacuate the building and plan several escape routes. Have an emergency evacuation kit (see Requirement 3) in an established and labeled place in the house or building. If you hear a warning, listen to the radio for instructions. Contact 911 if you suspect a hazardous materials emergency. Stay indoors unless directed to leave by emergency services personnel. While indoors seal all possible openings in the house, e.g., under doorways. Do not give first aid to the injured unless directed by the emergency services personnel and after the material has been positively identified. If someone is exposed to hazardous material, remove all clothing and pour cold water on the skin for at least fifteen minutes. If the chemical is dry, brush it off with a piece of plastic or clothing prior to washing. If gas is suspected, cover your mouth with a dry cloth or towel and take shallow breaths.
2. Explain and demonstrate how you could safely save a person from the following:
 - a. Touching a live electric wire
Call 911 and request a utility company to come and turn off the power. Only after the power is off should you approach someone who is touching a live electric wire.
 - b. A room with toxic levels of carbon monoxide, other fumes, or smoke
If someone is stranded in a room and unconscious due to this kind of an emergency, take several deep breaths of good air yourself and hold your breath before entering the room. If you need to, leave the person, return to good air, and take more deep breaths. You may also hook a belt or rope to him or her and pull the person from the room to minimize your own exposure. Remember, you can do no good if you are a victim yourself. Keep your mouth covered with a dry cloth or towel.
 - c. Clothes on fire
If someone's clothes are on fire, the best way to extinguish him or her is to wrap the person in a blanket, coat, or anything else that will cut off the fire's oxygen supply. Roll him or her on the ground after wrapping, if necessary. If possible, instruct him or her to cover his or her

mouth and face with his or her hands. This procedure can be followed if your own clothes have caught on fire.

3. Assemble a kit (suitcase, box, zippered bag) for use by your family in case an emergency evacuation is needed.

Check the boy's kit or a kit list. It should include the following:

Flashlight and extra batteries, a gallon or two of bottled water, a change of clothes for each family member, a small amount of cash in small bills and change, necessary medications, a ball of twine, twenty feet of rope, a ten- by ten-foot blue tarp, an aluminized space blanket per person, a Swiss army knife or multitool, a method of making fire.

4. Describe what you would do to prevent injury and possible loss of life to yourself and others in each of the following emergencies while traveling:

For all the situations an emergency vehicle kit should be in the vehicle. It should include blankets, warm clothing, jumper cables, tools, water, canned food, fire extinguisher, flashlight and batteries, shovel, snow chains, and ice scrapers (for those situations dealing with snow conditions). Before travel, have the vehicle thoroughly checked. Always keep the gas tank at least half full. Plan trips carefully, and leave the travel plan with at least one other person.

- a. Car stalled in a blizzard

Do not leave the vehicle unless you can see a definite safe place no more than a hundred yards away. If an automobile gets stuck in a blizzard, it is important to retain as much heat as possible. Cover yourself with as much extra clothing as possible, and if possible, run the engine sporadically to conserve fuel and create heat. However, leave a slight opening in the window for gases to escape. Display a trouble sign, like a brightly colored cloth on the antenna, or leave the dome light on. Stay dry.

- b. Car stalled in a desert

If an automobile becomes inoperable in the desert, it is important to remain as cool as you can. Orient the vehicle so it provides as much shade as possible. Use a space blanket to reflect sunlight away during the day and as a basin to collect water at night. Do not leave the vehicle unless a safe place is within a short walking distance. Conserve water and energy.

- c. Motor vehicle accident

If a car accident occurs, check the scene for safety. It is necessary to call the police and trade insurance company information with other drivers. If there is an injury, and if the vehicles no longer function, alternate means of travel will be needed. Disconnect the battery cable from the battery. Give appropriate first aid.

- d. Capsized boat

Stay with the boat and await rescue.

- e. Person falls out of a boat

If the person is within reach, extend your hand or oar. If he or she is out of reach, throw a rope. Approach the person carefully and slowly with the boat to prevent injury.

- f. Boat hits a sandbar or rock

The greatest danger is that the boat will capsize. Most boats are constructed so that they will float even when they are full of water, so sinking is not a serious threat. If the boat gets stuck, try rocking it out or pushing off with an oar.

- g. Water rescue in warm weather using nonswimming rescues

Use the reach, throw, row, and go technique of rescue. Reach for the person first. Then throw a rope. If you are out of range, row to the person. As a last resort, go; swim to the person, extending only a piece of rope, clothing, etc. Never allow the victim to grab you. You may grab him or her if he or she has become unconscious.

- h. Water rescue after breaking through ice

Send someone to call emergency services or 911. (If the person goes under the water, the cold water will prolong the time available to revive him or her.) Carefully and quickly move away

from the opening in the ice. If possible, reach out to the person with a long pole or branch. Or throw small stout branches or anything with a pick-type end to the person. Instruct him or her to stab at the ice, pulling himself or herself forward and up onto the ice while kicking with his or her feet. Once the person has been removed from the water and is away from the unsafe conditions, remove his or her wet clothes and get the person into dry clothes. Depending upon the time frame, transport him or her to a hospital for medical attention or wait for emergency medical services to arrive. If EMS has not been contacted yet, transport him or her immediately and attempt to contact EMS.

5. Show three ways of attracting and communicating with rescue planes.
Use a signal mirror, spell out a message with rocks or logs, or build a smoky fire.
6. Describe what you would do to prevent injury and possible loss of life to yourself and others in the case of each of the following natural emergencies:

- a. Earthquake

If you are caught outside in an earthquake, get away from trees, hills, cliffs, or anything else that is higher or taller than you are. The safest place is in the middle of a field. Lie down on the ground so you don't fall down. If you are indoors, identify a safe place, like a doorway, or under a heavy piece of furniture, like a desk. Stay away from glass and exterior walls. After the emergency has passed, turn off all services: water, gas, and electric. Stay indoors. Be prepared for aftershocks. Stay out of damaged buildings.

- b. Flood

If you encounter a flood, simply get away. Do not stay around to see how high the water gets. If you become trapped by rising water, find the highest ground you can and wait it out. If the flood overtakes you, try to stay afloat using your pants as a flotation device. If you are in a vehicle, go to dry ground. If the vehicle stalls, get out of the vehicle and get to higher ground. Do not attempt to cross rushing water more than six inches deep. If you are indoors, listen to the radio for instructions. Do not drink water that may have been contaminated by floodwaters. Watch for downed power lines or structures weakened by the flood.

- c. Tornado

If you are at home, go to a windowless interior room, basement, interior hallway, or storm cellar. Get away from windows and get under a sturdy piece of furniture. Cover your head with your arms and hands. If you are in a mobile home or outside, find a sturdy shelter, a ditch, or a low-lying area and lie or crouch down. If you're in a car, do not attempt to outride a tornado. Stop and get out of the car and get inside a sturdy building or a low-lying area. After a tornado, inspect the building for damage and turn off all major utilities.

- d. Hurricane

Listen to the radio and evacuate when instructed. Prior to leaving home, turn off all utilities and cover windows with permanent shutters or secured plywood. Bring in all outdoor equipment. If you are caught inside, stay away from windows. If you are caught outside, stay away from the lowest areas since these will flood the quickest. Stay away from trees since they can be blown down. A small cave would be a good shelter if it is not in the path that water would take.

- e. Avalanche, rockslide, or mudslide

If you are trapped in your home after a mudslide, avalanche, or rockslide, the most important thing to do is secure a source of air. Get as high in the building as possible. This will provide you with air and, hopefully, a means of escape. If you are not able to find a way to get air, this will be your primary concern since asphyxiation will occur when the oxygen is used up. The second most important thing is to find a way to let emergency responders know where you are. If these emergencies are possible in your area, have a good family emergency kit ready at all times.

If you are outside during an avalanche, rockslide, or mudslide, try to get out of the way as fast

as possible in a direction that is 90 degrees from the direction of movement. These disasters will uproot trees and large rocks, so do not take shelter behind them. If you are caught, try to stay on top or close to the surface so the emergency responders can find you more easily. If you become trapped, try to poke something up through the surface that they could see.

7. Describe the things a group of Royal Rangers should be prepared to do, the training required, and the safety precautions to be taken for the following emergency services:

a. Crowd and traffic control

Learn hand signals used to direct traffic. Wear some item that identifies you as a traffic controller. Keep your focus on where the crowd or traffic has to go. Some people will ask for an exception to the plan; most of them won't really need it. Encourage them to follow the plan.

b. Messenger service and communication

The Royal Rangers group should be familiar with the responsibilities of a trained emergency responder. It is important that the boys understand that their role as a mobilized group is only one of support. The outpost mobilization plan must include how the group will implement collection and distribution points for communication services and messages. The plan should account for radio communications, as well as hand-carried messenger service. Adequate safety guidelines, defined by the emergency situation, need to be provided to the boys so that they understand the point they should not go beyond.

c. Collection and distribution services

Listen to and carefully follow instructions of those in charge of collection and distribution services. This type of work is labor intensive. After a period of time, items may begin to feel very heavy. Take breaks as needed. In prolonged distribution, supplies may become limited. Special requests may not be able to be filled. Work as a team with others involved with this task.

d. Group feeding, shelter, and sanitation

Listen to and carefully follow the instructions of those in charge of the tasks. Be a Christian example regardless of how you may be treated by those you are serving. Have a servant's heart and expect to give and not receive.

e. How to interact with the professionally trained emergency personnel

In all cases, orders from trained emergency responders should be obeyed since they have more knowledge and experience. Assist where needed.

8. Prepare a written plan for mobilizing your group when needed to do emergency service. If there is already a plan, explain it. Tell your part in making it work.

Plans will vary. Following is a sample plan for a tornado that can be used as a guide when checking the boy's work.

Mobilizing a Group During a Tornado Warning

- *During a tornado watch, close all windows and doors. When the tornado alarm sounds or a tornado is spotted, move quickly to the designated safe areas. No one should be in areas such as the gymnasium, cafeteria, auditorium, or portable classrooms during a tornado warning. Take the class roster along. Have everyone move against a wall, kneel down, bow heads, and cover heads with hands. Leaders are to verify that everyone is present and then also kneel in position.*
- *If a tornado strikes the building, the leader or other administrator will determine when and where the group should be evacuated. A person should be designated to call the emergency services or 911. Leaders should evaluate injuries, administer first aid, and take other appropriate action.*

9. Assemble a personal emergency pack you would use during an emergency mobilization.

Before any emergency, assemble an emergency pack. Here are suggested items.

- *Portable radio with extra batteries*
- *Flashlight and extra batteries*
- *First aid kit*

- *Toilet tissue*
- *Premoistened wipes*
- *Change for telephone*
- *Blanket*
- *Canned food*
- *Bottled water*
- *Extra clothing*
- *Walking shoes*
- *Gloves*

10. Take part in an emergency service project, either real or a practice drill.

Verify completion of the requirement. You may suggest that the boy contact your local fire department, emergency medical services team, local Office of Emergency Services (OES), Federal Emergency Management Agency (FEMA), or police department for assistance or simulation ideas.



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b. Food poisoning

c. Gas leak

d. Hazardous materials accident

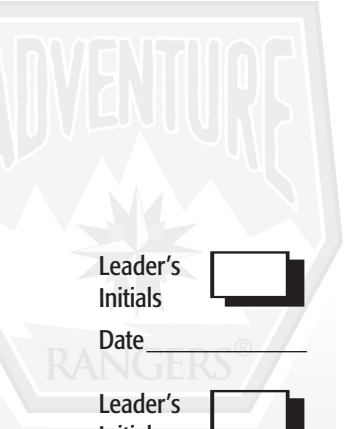
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a. Touching a live electric wire



Leader's Initials

Date _____



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Date _____

Leader's Initials

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b. A room with toxic levels of carbon monoxide, other fumes, or smoke

c. Clothes on fire

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b. Car stalled in a desert

c. Motor vehicle accident

d. Capsized boat

e. Person falls out of a boat

f. Boat hits a sandbar or rock

g. Water rescue in warm weather using nonswimming rescues

h. Water rescue after breaking through ice

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Leader's Initials

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b. Flood

c. Tornado

d. Hurricane

e. Avalanche, rockslide, or mudslide

Leader's
Initials

Date



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