



### Primary Responsibilities

- ▼ Establish a neighborhood First Aid Station.
- ▼ Treat those who have been injured.
- ▼ Identify those who require skilled medical care.

### Before the Disaster

- Take a basic first aid class.
- Take a Disaster First Aid class offered through Seattle Office of Emergency Management.
- Identify two neighborhood locations that could be used as a neighborhood First Aid Station.

### After the Disaster

#### Priority #1: Take care of yourself, your family and your home

- Check yourself and your family members for injuries.
- Take care of your house by:
  - Putting out small fires using a portable fire extinguisher.
  - Turning off your natural gas at the valve outside the house, **only if you smell natural gas, hear or see a problem, or if you suspect a leak.**
  - Turn off your water at the main house valve and, if necessary, your electricity at the main electrical panel.
- Dress for safety and go to your meeting site:
  - Put your Help/OK sign in the window or on the door where it can be seen from the street.
  - Wear comfortable clothing, hardhat, safety glasses, gloves, sturdy shoes.
  - Bring a flashlight and your first aid kit.
  - Put your fire extinguisher at the end of the driveway for others to use if necessary.

#### Priority #2: Take Care of Others

- Go to your neighborhood Meeting Site. Always work in teams of two.
- Your Neighborhood Coordinator will ask you to set up a neighborhood First Aid Station. Post a large sign designating the site as the First Aid Station.
- As best as you are able, treat those with injuries using basic first aid.
- Identify those who will need more skilled medical care and give that information to the Neighborhood Coordinator.
- Write down the names and addresses of the injured and the treatment they were given.
- If someone needs advanced medical treatment and needs to be transported to a medical facility, listen to the radio for routes to take or avoid. Before leaving, notify the Neighborhood Coordinator of your plan.
- Maintain a list of who is being taken to which medical facility.
- Summarize the treatment you provided and send it with the patient being transported.

**First Aid Treatment Log** \_\_\_\_\_ **Completed by:** \_\_\_\_\_

Date	Person's name (include age, sex)	Injuries	Treatment	Transported to	Time