CERT UNIT 3 – DISASTER MEDICAL OPERATIONS – PART 1
HOMEWORK ASSIGNMENT

THE HEAD-TILT/CHIN-LIFT METHOD
When an airway obstruction is suspected because a survivor is ____________________________, CERT members should __________ using the Head-Tilt/Chin-Lift method.

In addition to opening the airway, this method causes little or no cervical-spine manipulation because only the head is manipulated.

CONTROLLING BLEEDING
Uncontrolled bleeding initially causes weakness. If bleeding is not controlled, the survivor will go into shock within a short period of time and finally will die. An adult has about 5 liters of blood. Losing 1 liter can result in death.

There are three types of bleeding and the type can usually be identified by how fast the blood flows:

- **Arterial bleeding.** Arteries transport blood under high pressure. ________________ ________________ ________.
- **Venous bleeding.** Veins transport blood under low pressure. ________________ ________________ ________.
- **Capillary bleeding.** Capillaries also carry blood under low pressure. ________________ ________________ ________.

There are three main methods for controlling bleeding:

- __________
- __________
- __________

Direct pressure and elevation will control bleeding in 95% of cases.

TOURNIQUETS
CERTs will use direct pressure on pressure points and elevation to manage most bleeding. However, if bleeding cannot be stopped using these methods and professionals are delayed in responding, a **tourniquet may be a viable option to save a person from bleeding to death.** However, a tourniquet is absolutely a last resort (life or limb) when other preferred means have failed to control bleeding in an arm or a leg.

While the use of a tourniquet is extremely rare, it may have a use when part of an extremity is amputated or crushed and bleeding cannot be stopped by any other preferred means.

- **A tourniquet is a tight bandage which, when placed around a limb and tightened, __________.**
- A tourniquet __________________________, but it can halt severe blood loss when all other means have failed and professional help will not arrive in time __________________________ __________________________.
- Use any long, flat, soft material (bandage, neck tie, belt, or stocking). Do not use materials like ________________ that can cut into the patient’s flesh.