NAME: _________________________________

CERT UNIT 4 – DISASTER MEDICAL OPERATIONS – PART 2
HOMEWORK ASSIGNMENT

Read Unit 4 in the CERT Participants Manual and fill in the blanks below.

MAINTAINING HYGIENE

Maintenance of proper hygiene is critical even under makeshift conditions.

Some steps that individual workers can take to maintain hygiene are to:

- Wash hands frequently _______________. Hand washing should be thorough (at least 12 to 15 seconds) with an antibacterial scrub if possible.
- Wear _________________. Change or disinfect gloves after examining and/or treating each patient.
- Wear a ______ goggles. If possible, wear a mask that is rated “N95.”
- Keep dressings sterile. Do not remove the overwrap from ________________ until use. After opening, use the entire dressing or bandage, if possible.
- Avoid contact with body fluids. Thoroughly wash areas that ________________ with soap and water or diluted bleach as soon as possible.

MAINTAINING SANITATION

Poor sanitation is also a major cause of illness, disease, and death.

WATER PURIFICATION

Potable water supplies are often in short supply or are not available in a disaster. Purify water for drinking, cooking, and medical use by heating it to a rolling boil for 1 minute, or by using water purification tablets or unscented liquid bleach ¹.

Rescuers should not put anything on wounds other than ________________. The use of other solutions (e.g., hydrogen peroxide) on wounds must be the decision of trained medical personnel.

STABILIZING THE HEAD

In a disaster environment, ideal equipment is rarely available. CERT members may need to be creative by:

- Looking for materials that can be used as a backboard — ________________ — anything that might be available.
- Looking for items that can be used to stabilize the head on the board — ________________ ______ — by tucking them snugly on either side of the head to immobilize it.

Remember: Moving survivors with suspected head, neck, or spinal injury requires sufficient survivor stabilization. If the rescuer or survivor is in immediate danger, however, ________________, and the rescuer should move the survivor from the area as quickly as possible.

¹ Check your bleach manufacturer’s web site for further details such as expiration date of bleach and concentration recommendation for the bleach concentration. The characteristics of bleach products can vary between manufacturers.