Homework – Units 3 & 4 – Disaster Medical Operations 1 & 2

1. Practice putting a family member in the recovery position (imagine that you’re the rescuer who’s rolling the victim while your partner stabilizes the head and neck)
   See this video: https://www.youtube.com/watch?v=DXafn3j5zGw

2. Practice immobilizing the head and neck of a family member
   https://www.youtube.com/watch?v=NLTfOXqpl34&t=37s and stop at 1m 27 sec

3. Do the triage homework handout. Dale will send the answer key in email. When she does, correct your work and e-mail her with your score before 9/13. This will help us prepare for the 9/14 class. If you don’t understand an answer, bring your homework to the 9/14 class.

4. Review videos (and practice skills) as needed:
   a. Degloving https://www.youtube.com/watch?v=AmHzLAXHdrA&t=35s
   
   b. N95 mask https://www.youtube.com/watch?v=0d_RaKdqeck
      Here is a list of CDC/NIOSH-approved N95 surgical masks. Be sure to purchase yours from a reliable supplier because counterfeiting is a potential issue. If you are working in SAR or Med-Ops you should stick to the N95 surgical masks, which are certified to provide body fluid splash protection. Other N95 masks may provide protection from particulates, but not body fluid splashes.
      https://www.cdc.gov/niosh/npptl/topics/respirators/disp_part/respsource3surgicaln95.html

   c. Bandaging around an impaled object
      https://www.youtube.com/watch?v=--TTkmDPCdc

   d. HTTA
      https://www.youtube.com/watch?v=P3MUhF48zi8&t=35

   e. Triage
      https://www.youtube.com/watch?v=MDLla8JtcXc
      https://www.youtube.com/watch?v=--uahsgmpvfs

   f. Epi-pen (Red Cross)
      https://www.youtube.com/watch?v=Ask5kh97veU