

# ***PROTECTING YOURSELF, YOUR HOME, AND FAMILY...***

**Rico Gross, Captain II**

**Disaster Preparedness Officer  
Homeland Security Division**

**Firefighter/Paramedic  
EMS Captain  
Captain II**

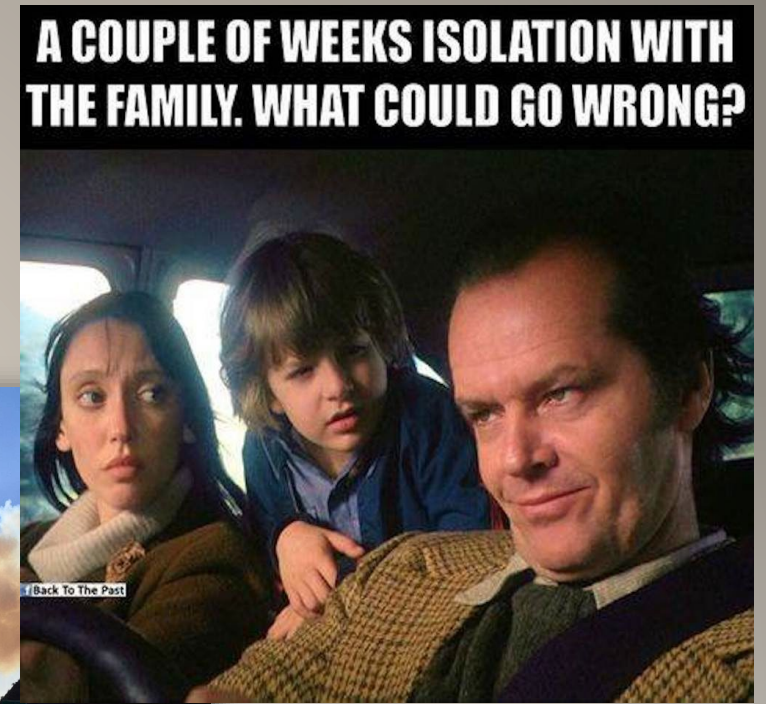
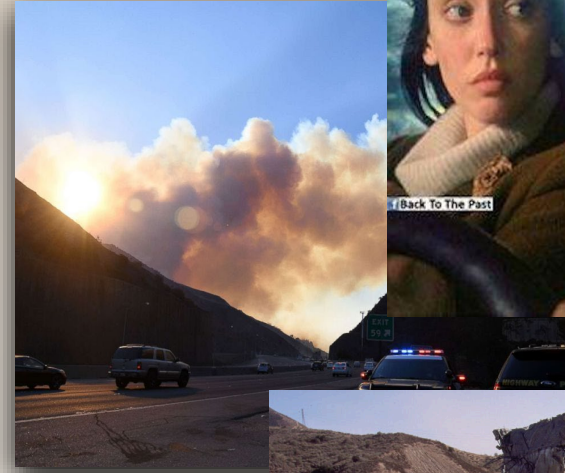


***“How do we  
prepare, protect,  
or provide... for  
ourselves?”***



# WHY PREPARE? AWARENESS...

- **Wildfires:**
  - *California - Largest Recorded Wildfires in History*
- **Earthquakes:**
  - *100 Years Overdue For A Magnitude 6+quake..  
Northridge '94 – 6.7*
- **Pandemic:**
  - *Decreased Retail and Services,  
Telecommunicating, Self-health, Mental Health*



# WHY PREPARE?

**-AWARENESS... SCARETISTICS...**

---

- ***HOUSE FIRES EACH YEAR?***
  - 5 Year Period
    - US Fire Departments **346,800 Home Structure Fires** (160K/yr.)
      - 2,620 Civilian Deaths (500/yr.)
      - 11,070 Civilian Fire Injuries (2,200/yr.)
      - \$7.3 Billion - Property Damage (1.5Mill/yr., 4,000day)



# WHY PREPARE?

-AWARENESS... SCARETISTICS...

---

- *WHAT IS THE #1 CAUSE OF HOUSE FIRES?*

- **Cooking**
  - **Per NFPA: Unattended cooking**
- **Heating Equipment**
- **Faulty Wiring**



# WHY PREPARE?

*-AWARENESS... SCARETISTICS...*

---

## • *ACCIDENTS?*

- In 2020
  - **Estimated 156,300 Preventable Injury-related Deaths In Homes and Communities**
    - About 78% Of All Preventable Injury-related Deaths That Year.



# WHY PREPARE?

*-AWARENESS.... SCARETISTICS...*

## • The Top 5 Fatal Household Injuries in the US



1. Poisoning



2. Falling



3. Choking



4. Drowning



5. Fires or Burns



# FAMILY FIRST AID



# FAMILY FIRST AID



1

**GET INFORMED**

pg. 1



2

**HAVE A PLAN**

pg. 31



3

**GET INVOLVED**

pg. 51



4

**RESOURCES**

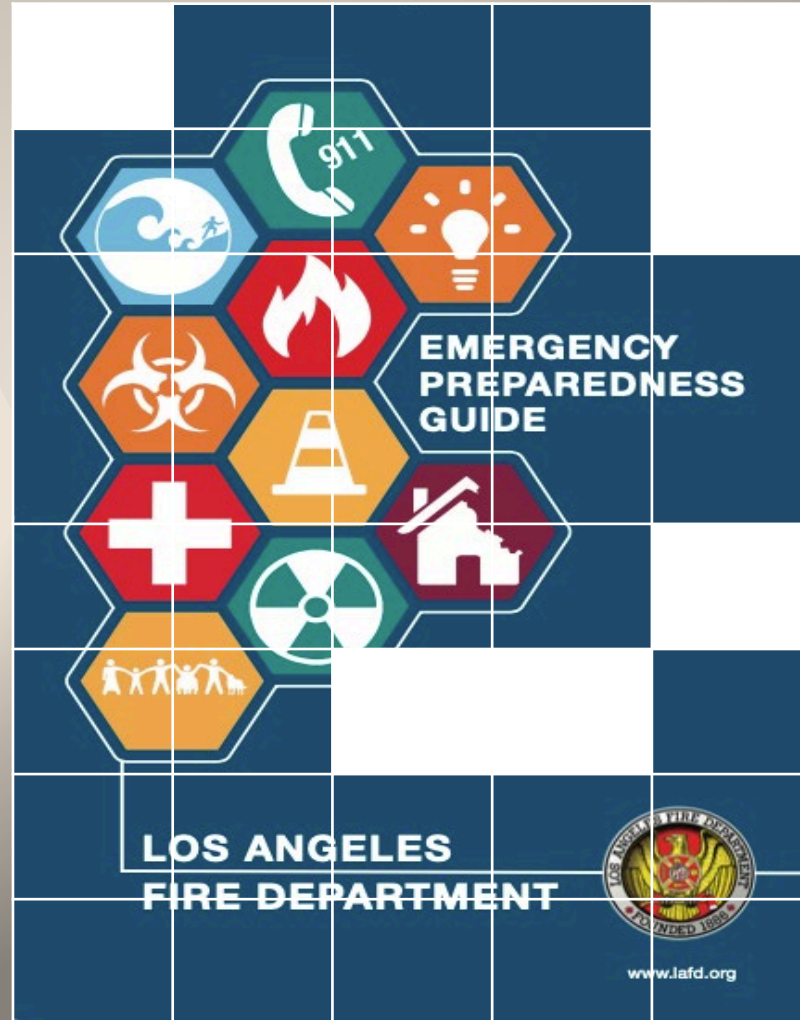
pg. 63



1

## GET INFORMED

pg. 1



# LAFD.ORG

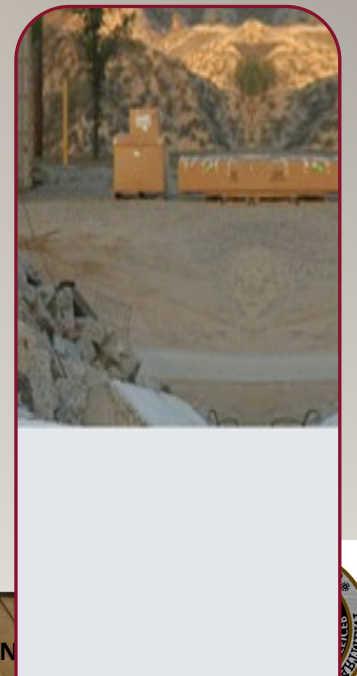
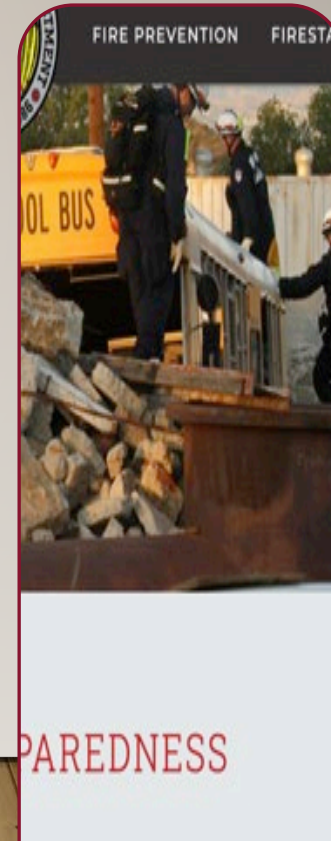
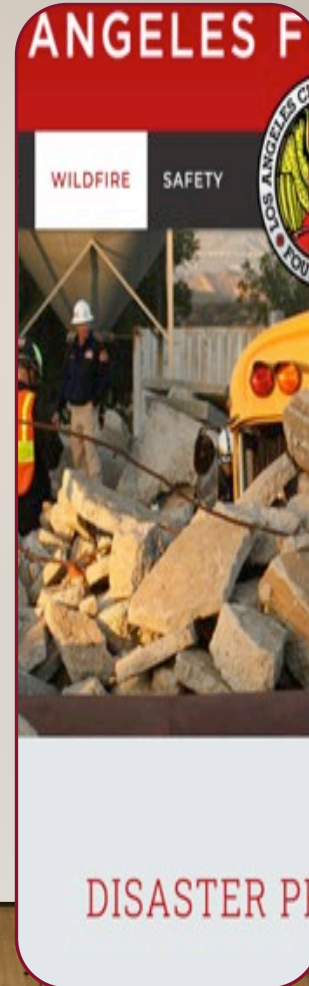
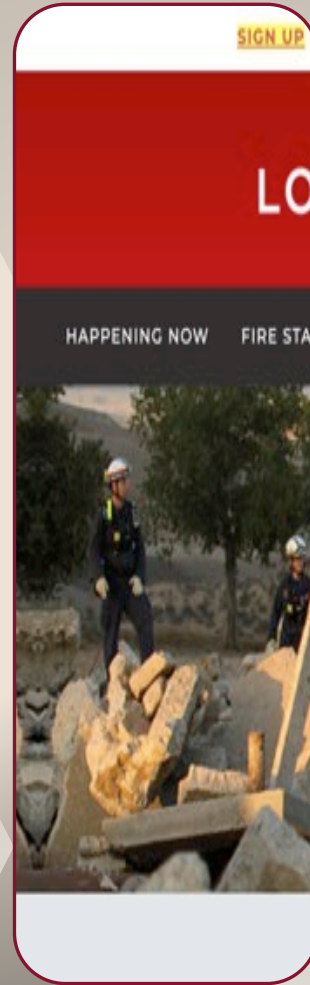
1

GET INFORMED

pg. 1



<https://www.lafd.org/safety/disaster-preparedness>



Disaster preparedness not only consists of having a survival kit in your

WELCOME TO THE

# LOS ANGELES FIRE DEPARTMENT

HAPPENING NOW

FIRE STATIONS

**WILDFIRE**

SAFETY



FIRE PREVENTION

FIRESTATLA

JOIN

FAQS

ABOUT



## DISASTER PREPAREDNESS

Los Angeles is at risk for multiple disasters. Disaster preparedness not only consists of having a survival kit in your home, place of business, and your car, but it is also the knowledge that can travel with you wherever you go. The LAFD Community Emergency Response Team (CERT) Unit provides disaster preparedness training courses throughout the City free of charge, year-round. Training course options range from in-depth multi-week CERT Training to single-day courses on various emergency preparedness topics.

# LAFD.ORG

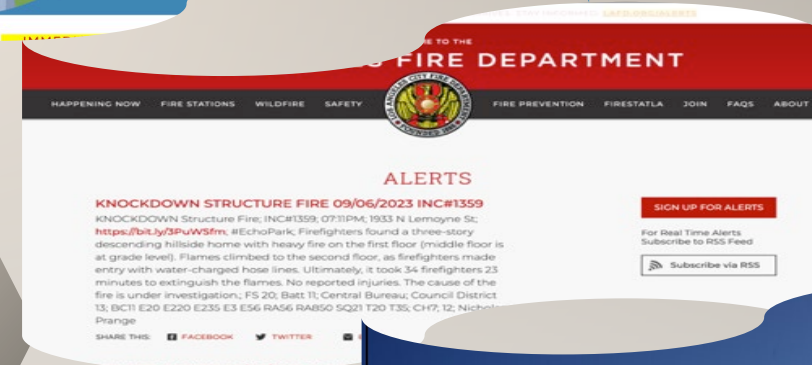
[HTTPS://WWW.LAFD.ORG/SAFETY/DISASTER-  
-PREPAREDNESS](https://www.lafd.org/safety/disaster-preparedness)

1

GET INFORMED  
pg. 1



SCAN ME



# PROTECTING YOURSELF, HOME FAMILY.. -AWARE....

## PLANNING AND PREPARATION

- *HOME...*



- *VEHICLE...*



- *NEIGHBORHOOD...*



# PROTECTING YOURSELF, HOME FAMILY.. PLANNING AND PREPARATION - HOME

---

- *FIRES*
- *ACCIDENTS*
- *EMERGENCIES*



# PROTECTING YOURSELF, HOME FAMILY..

## PLANNING AND PREPARATION - HOME

- *Accidents*
  - *Home Inventory*
  - *First Aid/ Education*
  - *STOP THE BLEED*
  - *CPR/First Aid*



1. Poisoning

POISON CONTROL 1-800-222-1222



4. Drowning



2. Falling



5. Fires or Burns



3. Choking



# HOME INVENTORY/EDUCATION

**2** HAVE A PLAN  
pg. 31



✓ *UTILITIES*

✓ *EXTINGUISHERS*

✓ *ALARMS*

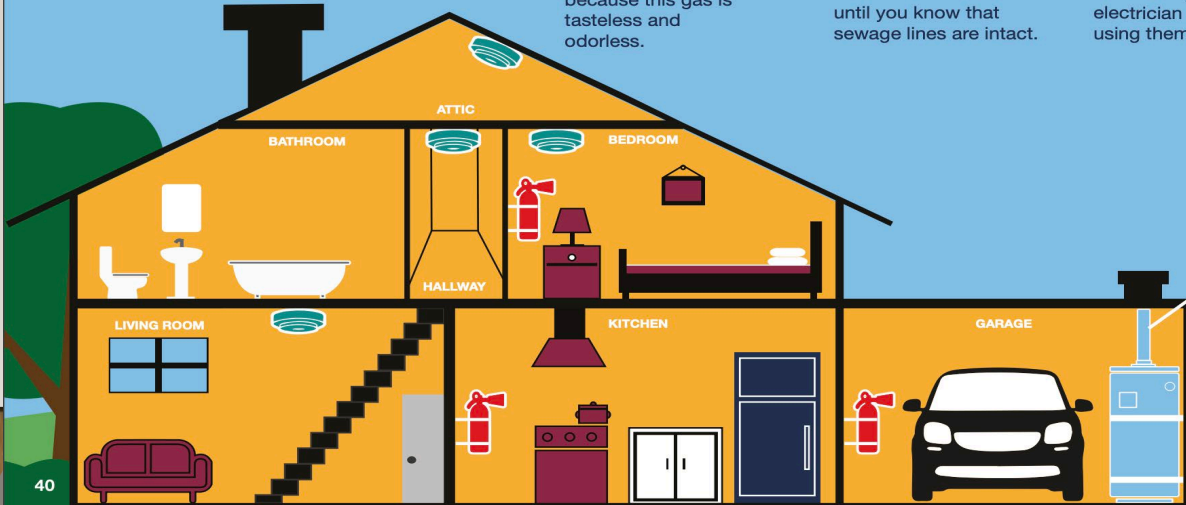
✓ *APPLIANCES*

✓ *FOOD*

## HOME SAFETY CHECK



| <br>GAS                                                                       | <br>FIRE EXTINGUISHERS | <br>SMOKE ALARMS                                                                                                           | <br>WATER                                                                                                                                  | <br>APPLIANCES                                                                                                                | <br>FOOD                                                                                                     |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Learn the location of your gas meter and how to shut off the supply valve.<br><b>DO NOT</b> shut off the gas supply valve unless you smell or hear gas leaking. | Keep a fire extinguisher in plain view and on every floor of your home.                                   | Make sure to install smoke alarms on every floor of the house, including the basement and in rooms where people sleep.<br><br>Carbon monoxide detectors are vital because this gas is tasteless and odorless. | If pipes are damaged, turn off the main water valve.<br><br>Check with local authorities before using any water. The water could be contaminated.<br><b>DO NOT</b> flush toilets until you know that sewage lines are intact. | If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out.<br><br>Have appliances checked by an electrician before using them again. | Throw out all food and other supplies that you suspect that may have been contaminated or come into contact with flood water.<br><br>Be alert that stored food and supplies may shift and fall. |



**TIP:** BROKEN WATER HEATER may leak carbon monoxide always make sure your detectors are working properly.

40 41

# 2

HAVE A PLAN  
pg. 31



# HOME FIRST AID EDUCATION

- ✓ *FIRST AID KIT*
- ✓ *FOREIGN OBJECT/  
CHOKING*
- ✓ *DROWNING*
- ✓ *FALLS*
- ✓ *STOP THE BLEED*
- ✓ *CPR*

WHAT TO INCLUDE  
IN A  
FIRST AID KIT

**FIRST AID**

|                                                                        |                          |                                 |                          |
|------------------------------------------------------------------------|--------------------------|---------------------------------|--------------------------|
| ADHESIVE BANDAGES (ASSORTED SIZES)                                     | <input type="checkbox"/> | HYDROCORTISONE CREAM (1%)       | <input type="checkbox"/> |
| ADHESIVE CLOTH TAPE                                                    | <input type="checkbox"/> | BURN CREAM                      | <input type="checkbox"/> |
| ROLLED GAUZE                                                           | <input type="checkbox"/> | SCISSORS                        | <input type="checkbox"/> |
| STERILE GAUZE PADS (ASSORTED SIZES)                                    | <input type="checkbox"/> | TWEEZERS                        | <input type="checkbox"/> |
| ELASTIC BANDAGE (ACE)                                                  | <input type="checkbox"/> | ORAL THERMOMETER                | <input type="checkbox"/> |
| ANTIBIOTIC OINTMENT                                                    | <input type="checkbox"/> | STERILE EYE WASH                | <input type="checkbox"/> |
| ANTISEPTIC TOWELETTES                                                  | <input type="checkbox"/> | PLASTIC NON-LATEX GLOVES        | <input type="checkbox"/> |
| ACETAMINOPHEN, IBUPROFEN AND ASPIRIN (DO NOT GIVE ASPIRIN TO CHILDREN) | <input type="checkbox"/> | FIRST AID INSTRUCTION BOOKLET   | <input type="checkbox"/> |
|                                                                        |                          | LIST OF EMERGENCY PHONE NUMBERS | <input type="checkbox"/> |
|                                                                        |                          | ADULT AND CHILDREN'S BENADRYL   | <input type="checkbox"/> |



2023



2

HAVE A PLAN  
pg. 31



# HOME FIRST AID EDUCATION

✓ *FOREIGN OBJECT*

**WebMD** HOW TO DO THE  
**HEIMLICH MANEUVER**

Do the Heimlich if the choking person:  
• Can't speak or cough • Is conscious • Is over 1 year old

**1**   
Put the **thumb** side of your fist slightly above the person's bellybutton.

**2**   
Hold your fist tight with your other hand.

**3**   
Quickly thrust upward and inward into the person's belly.

**4**   
Repeat several times until the choking object comes loose.

 IF IT DOESN'T DISLodge OR THE PERSON FAINTS, DO CPR UNTIL 911 HELP ARRIVES. 

Sources: National Safety Council, University of Maryland Medical Center.



N NC 2023

# HOME FIRST AID EDUCATION

2

HAVE A PLAN  
pg. 31



✓ *FOREIGN OBJECT*



2023



# HOME FIRST AID EDUCATION

**2** HAVE A PLAN  
pg. 31

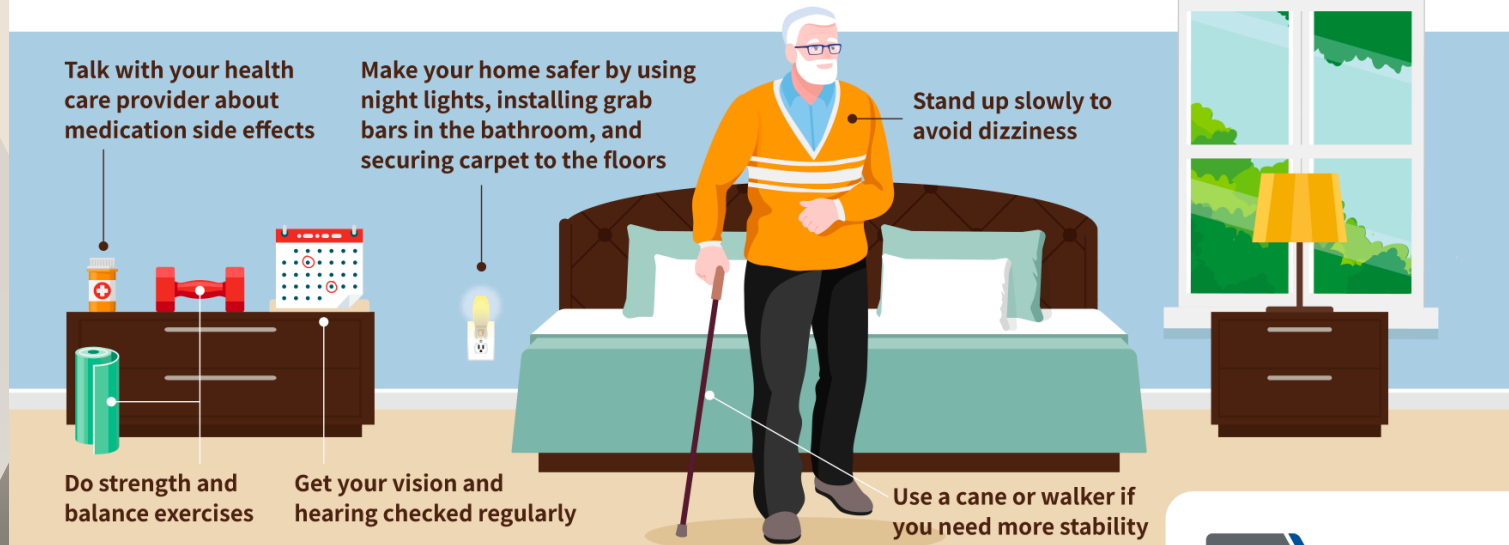


✓ **FALLS**



## Six Tips To Help Prevent Falls

More than one in four people age 65 years or older fall each year, yet many falls can be prevented.



Learn more about reducing your risk of falling at [www.nia.nih.gov/falls-prevention](http://www.nia.nih.gov/falls-prevention).

# HOME FIRST AID EDUCATION

## 2

HAVE A PLAN  
pg. 31



✓ **DROWNING**

# DROWNING IS SILENT

## Signs of Distress

HEAD TILTED BACK  
CAN'T CALL FOR HELP  
HAIR OVER FOREHEAD  
CAN'T WAVE FOR HELP  
BODY IS VERTICAL  
"CLIMBING LADDER" MOTION

There are NO WARNING or splashing **SOUNDS** associated with a drowning accident.

<5 Children under age 5 are at a higher risk of drowning in a pool.

### S I L E N T

**S** Swim Skills  
Teach your child(ren) to swim at an early age, as backyard swimming pools accounts for over half of drowning deaths for children 0-5 years old each year.

**I** Install Alarms  
Install alarms on house doors and around pool area.

**L** Layers of Protection  
Layers of protection include adult supervision, fences, gates, latches, safety pool covers, education, throwing aids, and rescue techniques.

**E** Eye  
Adults should keep a constant eye on children in or near any water including bathtubs, buckets, toilets, ponds, spas and pools.

**N** Never Leave a Child Alone  
Never leave a child alone near water. Check the pool first if a child is missing.

**T** Touch  
Designate an adult to be close enough to reach out and touch the child.

**68%**  
In general, boys are two times more likely to drown in a pool than girls.

**2/3**  
2/3 of fatal drownings occur between May and August for most age groups.

**DID YOU KNOW...**  
Drowning is the leading cause of death for toddlers 1-4 years old.

### Immediate Treatment

**Yell for Help**  
**911**  
**CPR**

Visit: [www.dds.ca.gov/drowning](http://www.dds.ca.gov/drowning) | [www.drowningpreventionfoundation.org](http://www.drowningpreventionfoundation.org) | [www.cdph.ca.gov](http://www.cdph.ca.gov)

The Drowning Prevention Foundation, Department of Developmental Services, Department of Public Health and Department of Social Services

**Drowning Prevention Foundation**  
**BDS**  
**CDPH**  
**Office of the Attorney General**



# STOP THE BLEED...

## 2 HAVE A PLAN pg. 31



### ✓ *STOP THE BLEED*

1. *APPLY PRESSURE*
2. *APPLY DRESSING*
3. *APPLY TOURNIQUET*



IC 2023



# HANDS-ONLY CPR

## 2 HAVE A PLAN pg. 31



1. Check!
2. “HELP!! – 911”
3. LOWER
4. PLACE HANDS
5. POSITION AND PUSH!

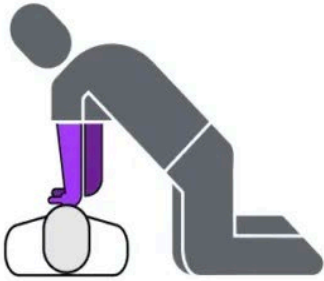
How to Perform Hands-Only CPR



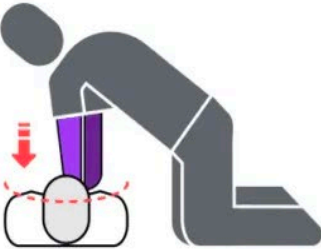
1. Place the heel of one hand on the center of the person's chest.



2. Place the heel of the other hand on top of the first hand, lacing your fingers together.



3. Position your body so that your shoulders are directly over your hands. Keep your arms straight.



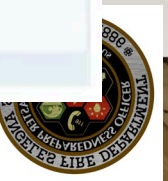
4. Push hard and fast. Compress the chest at least 2 inches deep at 100-120 bpm.



5. Perform chest compressions until emergency medical services arrive.

**NOTE:** If the person is between 1-8 years old, use one hand for compressions.

[www.avive.life](http://www.avive.life)



## 2 HAVE A PLAN pg. 31



# PROTECTING YOURSELF, HOME FAMILY..



$$\times \text{Person} = \text{Day}$$

- Generally a person needs to maintain 1 gallon to drink water each day. Children, nursing mothers, and others may need more.
- Consider water storage for your pets.
- Very hot temperatures can double the amount of water needed.



### STORE WATER

Keep bottled water in its original container and do not open it until you need to use it. Be sure to notice the expiration date or "use by" date. Store off the ground.

In an emergency situation, tap water may be safe to drink or use. It is important to prepare for possible emergency situations ahead of time. It is also essential to know how to make contaminated water safe to drink and how to find alternative sources of water.

# PROTECTING YOURSELF, HOME FAMILY.. QUAKE PREP...

**2** HAVE A PLAN  
pg. 31



## EARTHQUAKES

### BEFORE THE EARTHQUAKE

#### 1. SECURE YOUR PLACE

By identifying hazards and securing movable items.



#### 2. PLAN TO BE SAFE

By creating a disaster plan and deciding how you will communicate in an emergency.



#### 3. ORGANIZE DISASTER SUPPLIES

In convenient locations.



#### 4. MINIMIZE FINANCIAL HARDSHIP

By organizing important documents, strengthening your property, and considering insurance.



### DURING THE EARTHQUAKE

#### 1. DROP COVER AND HOLD ON

When the earth shakes. See illustrations on the next page.



### PROTECT YOURSELF DURING EARTHQUAKES!

#### IF POSSIBLE



**DROP!**



**COVER!**



**HOLD ON!**

#### USING WHEELCHAIR



**LOCK!**



**COVER!**



**HOLD ON!**

For more information: [www.earthquakecountry.org](http://www.earthquakecountry.org)

### AFTER THE EARTHQUAKE

#### 1. CHECK AREAS

If it is safe, check for gas and water leaks, and broken electrical wiring or sewage lines. If there is damage, turn the utility off at the source and immediately report gas leaks to your utility company.

#### 2. STAY CLEAR

Stay away from downed power lines and warn others to stay away. **AVOID GAS**, do not attempt to re-light the gas pilot unless your gas line has been thoroughly inspected. Call the Gas Company for assistance.

#### 3. PUBLIC SAFETY



After a major earthquake, Building and Safety (LADBS) will evaluate damaged buildings (dwelling, apartment or commercial building) to determine if buildings are safe to occupy. LADBS will then post one of the following placards on the damaged building(s):

#### BUILDING ASSESSMENT SIGNS

**UNSAFE**

Do not enter or occupy



C 2023



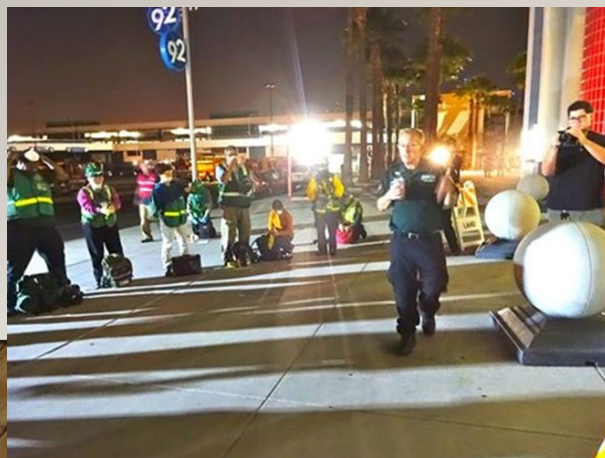
# 3 GET INVOLVED pg. 51



## PROTECTING YOURSELF, HOME FAMILY..

- Disaster Preparedness Officer  
EMD Liaison  
DSW-V
- Community Emergency Response Team (CERT)

Awareness, Training, Response



WINN NC 2023

Page 27

# PROTECTING YOURSELF, HOME FAMILY..



## ❖ Awareness:

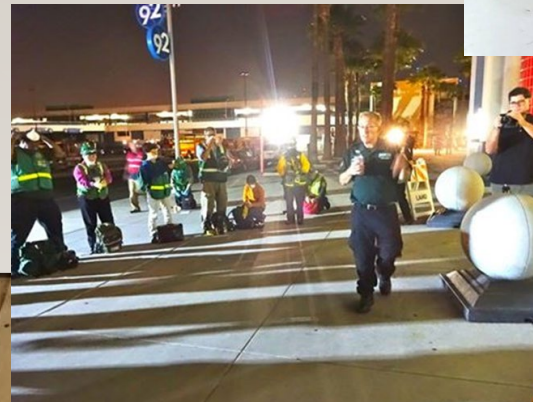
*Disasters - What you need to be Prepared!*

## ❖ Training:

*Extinguisher, Stop The Bleed, Hands Only CPR*

## ❖ CERT BASIC!

*Response...*





# PROTECTING YOURSELF, HOME FAMILY..

- ***Community Involvement***

- ***Volunteer***

<https://www.lafd.org/join/volunteer>

- ***CERT***

<https://www.cert-la.com/>

- ***RYLAN -EMD***

- ***Neighborhood Team  
Programs***

<https://emergency.lacity.org/rylan>

- ***Support***

<https://supportlafd.org/>

- ***LAFD Fire Foundation***



**3** GET INVOLVED  
pg. 51



**4** RESOURCES  
pg. 63



**LEARN!**

**TAKE A CLASS**

**TRAINING REQUEST**



# EMERGENCIES!!!



## ARE YOU DISASTER READY?

**DISASTER PREPAREDNESS**  
LEARN MORE ABOUT THE LAFD  
COMMUNITY EMERGENCY RESPONSE TEAM  
AND HOW YOU CAN GET INVOLVED.



TO LEARN MORE



TAKE A CLASS



REQUEST TRAINING



# EMERGENCIES!!!

## What does that look like? COMMERCIAL RESOURCES

1

GET INFORMED  
pg. 1



2

HAVE A PLAN  
pg. 31



3

GET INVOLVED  
pg. 51



4

RESOURCES  
pg. 63



# *THANK YOU*

Any Questions?

**Rico Gross, Captain II**

**Disaster Preparedness Officer  
Homeland Security Division**

**Firefighter/Paramedic  
EMS Captain  
Captain II**

