

{ Section I : Break into the groups and choose 1 of the three disasters found listed below }

Draw or discuss escape routes for your home in case a fire or a disaster is occurring. Homes should have at least two exit in case a disaster is occurring.

Practice with your family a home fire drill and escape procedures. These procedures can be used in case of a flood, tornado, hurricane, or another type of disaster.

Discuss with your family, church, and friends the procedures for safely getting people out of your home, car, or church in case of a disaster. Consideration should be given as to how to prevent panic.

{ Section II : Break into groups – discuss and collect information for about 10 and be prepared to demonstrate what you have learned }

1. Someone's clothes catch on fire

Get the person to the ground and roll him over and over on the ground. Another option is to wrap the victim with a blanket, coat, or jacket if one is handy. If your own clothes catch on fire, **stop, drop, and roll** - do the same thing to yourself as you would to someone else.

2. A severely bleeding wound - If you see a person who is bleeding heavily, you can do the following:

- Press hard onto the wound to stop the bleeding.
- If an arm or leg is cut, elevate the limb.
- Cover with a clean pad and apply a bandage.
- Check that the bleeding has stopped. If it has not, add another pad, and bandage, **do not** remove previous bandage.
- If you have bandaged a limb, check frequently that the fingers and toes remain warm. If fingers and toes are getting cold, loosen the bandage to let the blood circulate.
- For severe bleeding (5 cups of blood or more), get the person to a hospital for stitches (and possibly immunization against Tetanus) keeping the limb raised.-

3. Someone swallows poison

With poison container in hand, call the local poison control center and do NOT try to make the patient vomit. Only induce vomiting if a poison center worker or a doctor advises you to do so. If the poison is on the skin or clothes, remove the clothes with clean water for 10 minutes.

Get the victim to a hospital as soon as possible, and if possible, bring the poison container with you

4. Someone is choking

Coughing is the body's natural defense against choking, and it is generally very effective. If the victim is coughing, do not interfere. If the victim stops coughing (or was never coughing in the first place), ask her "are you choking?" If the victim indicates that she is choking, tell her you are going to help her. To do this, you will need to perform the Heimlich maneuver.

A diagram of the Heimlich Maneuver, a person performing the Heimlich Maneuver uses their hands to exert pressure on the bottom of the diaphragm. This compresses the lungs and exerts pressure on any object lodged in the trachea, hopefully expelling it. This amounts to an artificial cough. (The victim of an obstructed airway, having lost the ability to draw air into the lungs, has lost the ability to cough on their own.)



Even when performed correctly, the Heimlich Maneuver can injure the person it is performed on. The Heimlich Maneuver should never be performed on someone who can still cough, breathe, or speak. ***It should not be demonstrated or practiced on a healthy, non-choking person.***