



**East Baton Rouge Parish  
Mayor's Office of Homeland  
Security and Emergency  
Preparedness**

## **EAST BATON ROUGE PARISH JUNIOR CERT TRAINING PROGRAM**

The purpose of the *Junior CERT Training Program* is to train the unique citizens of our community for simple emergency response situations. The capabilities that they will possess after their training will allow them to help their neighbors in their respective communities. The information that will be disseminated will ensure that they are properly trained and aware of various types of safety incidents and are capable of personally handling these events.

### **OBJECTIVES:**

- **Educate children and teenagers of the Baton Rouge community about natural and man-made hazards including terrorism that may strike the community.**
- **Train children and teenagers in basic response and decision-making skills that can be used to protect themselves and to help others.**

### **Curriculum for the Junior CERT Training Program:**

#### ***DISASTER MEDICAL OPERATIONS***

The Emergency Medical System will be tasked with teaching the participants how to handle emergencies that need first aid response.

#### **Why are you learning about Disaster Medical Operations?**

In the Medical Unit of *Junior CERT* the trainee will learn how to provide aid in various simple emergencies and medical operations. The *Disaster Medical Operations* portion of *Junior CERT* will begin with scene and victim assessments. The experience of learning first aid will allow Junior CERT members the proper way to respond and react during emergencies, and provide care for friends, family members, and even the community.



## What you will learn...

### How to aid bleeding injuries...

Bleeding is common, and all of us at some point in our life have suffered a scraped knee, or even a paper cut. The good news is that most wounds are relatively minor and bleeding can be controlled easily. Almost 95% of the time, direct pressure and elevation can effectively control bleeding. The bad news is that even minor bleeding can, in some cases, become serious. Never assume that a condition is minor simply based on the absence of major bleeding.

### Maintaining a bloody nose

- First maintain an open airway.
- Then have them sit down and lean forward slowly—this position will help prevent blood and mucus from obstructing the airway or draining down the throat and into the stomach, which can cause nausea and vomiting.
- Next, have the person pinch the nostrils—bleeding is usually controlled when the nostrils are pinched shut.

### Dressing and bandaging a wound

#### Rules for Dressing and Bandaging

- Control bleeding – A dressing and bandage are of little value if they do not help to control bleeding. Continue to apply dressing material and pressure as needed to control bleeding.
- Use sterile or clean materials – Avoid touching dressings in the area that will come into contact with the wound.
- Cover the entire wound – A dressing must cover the entire surface of the wound and, if possible, the immediate area surrounding the wound.
- Do not remove dressings – Once a dressing is applied to a wound, it must remain in place. Add new dressings on top of blood-soaked dressings.
- While maintaining direct pressure to the wound, hold the end of the roller bandage securely in place.
- Then begin to circle the limb, applying the bandage firmly. When complete, the bandage should be snug, but not too tight.
- Be sure to secure any loose ends.

### How to splint an injured limb...

Splinting is the process of immobilizing an injury using a device such as a piece of wood, cardboard, or folded blanket, basically any object that can be used to restrict the movement of an injury is called a splint.

### Injuries to fingers

An injured finger can be immobilized by taping the injured finger next to the uninjured finger. The finger can be taped to a tongue depressor, and aluminum splint, or a pen or pencil. You can also make a soft splint by placing a roll of gauze in the patient's hand and wrapping more gauze around the hand and dressing. This soft-splint method immobilizes the hand and fingers and keeps them in position of function. **DO NOT attempt to “pop” dislocated fingers back into their sockets.**

## How to “Stop Drop & Roll” (Demonstration)

## How to properly use a fire extinguisher (Demonstration)

### Important things to know about fire extinguishers...

- **PASS** (Pull, Aim, Squeeze, Sweep)
- Know where the extinguishers are located
- Are the fire extinguishers up to date?

## **LAW ENFORCEMENT**

The Baton Rouge Police Department will have the role of extending information that concerns neighborhood safety, such as talking to strangers, walking streets alone at night, and opening doors for strangers.

### **Why are you learning about the Baton Rouge Police?**

The purpose of the Baton Rouge City Police presentation is to promote personal safety. The junior trainees will be given basic crime prevention tips to put into practice. Practicing the tips can help them avoid becoming victims of crime.

### **What you will learn...**

The junior trainees will learn the importance of personal safety by learning how to implement basic crime prevention tips that are sure ways to keep them and their community safe.

For further information concerning the East Baton Rouge Parish **Junior CERT Training Program**, please contact:



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