

Peoples Medical Response Program

COMMUNITY FIRST RESPONDER

(C.F.R.) 48 Hours Basic Training

C.F.R. MODULE

UNIT TWO

ON the WELLNESS & SAFETY of the Responders



An aerial view of three emergency responders in blue uniforms attending to a victim lying on a stretcher on a grassy field. A large green piece of machinery is visible in the background. A semi-transparent dark grey banner with white text is overlaid across the center of the image.

MAKE SURE SCENE IS SAFE

THEN CHECK VICTIM FOR CONSCIOUSNESS, RESPONSIVENESS, AND PULSE



REMEMBER “SCENE SAFETY!”

BEFORE YOU ARRIVE AT A SCENE!

WHILE YOU ARE ON SCENE!

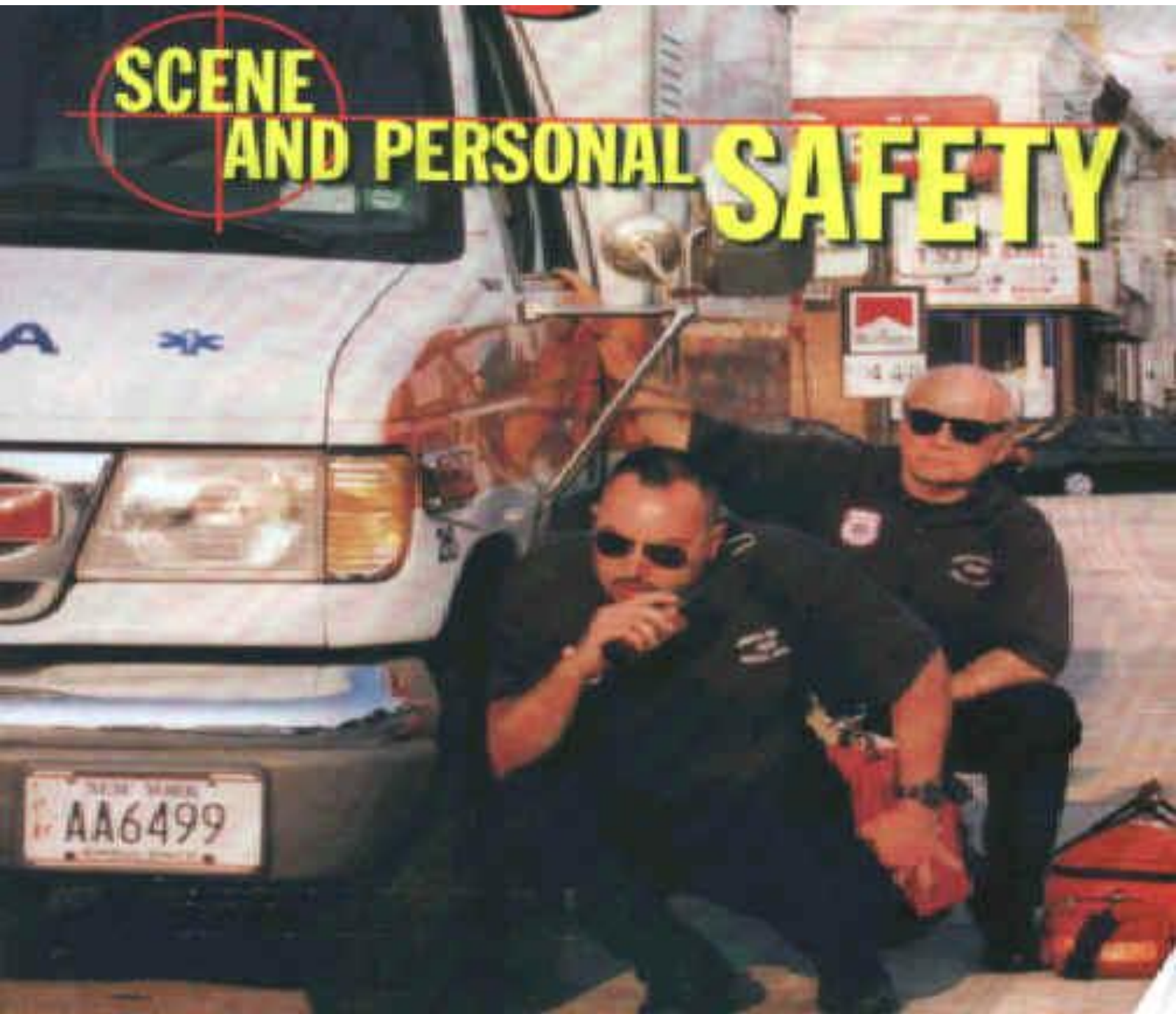
DURING TRANSPORT/DISPOSITION

ALWAYS ASK:

**“IS THE SCENE SAFE
FOR ME AND MY
PARTNER?”**

SCENE

AND PERSONAL SAFETY



YOUR SAFETY COMES FIRST

- Arrive Alive: **Do Not** respond to calls in a reckless manner!
- **Speeding and use of lights and sirens barely improves arrival times!**
 - **APPROXIMATELY ONLY 90 SECONDS!**
- If your personal safety is in doubt: **RETREAT AND CALL FOR RESOURCES**
- **Do not ever place yourself at risk!**
- **You cannot help anyone if you are killed or injured trying to reach them!**
- **Never underestimate a patient or patient family members ability to hurt you!**



Hazardous Scenes

Hazardous scenes include but not limited to:

- Emotionally Disturbed People (EDP) & Excited Delirium and untreated Mental Illness
- MCI
- Domestic Disputes
- Active Crime Scenes
- Large Gatherings or Festivals
- Hazmat Scenes

Natural and made made disasters

Protests, demonstrations & civil unrest

Motor Vehicle Collisions



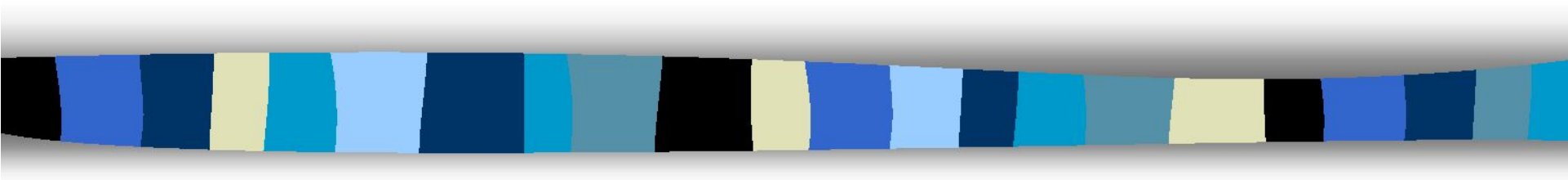
Body Substance Isolation

Putting on necessary protective measures: ie: gloves, gowns and face shields

Protective equipment limits exposure to blood and air borne pathogens while engaging in patient care.



PPE



Personal
Protective
Equipment



The Uniform

- Uniform
- Reflecting paramilitary discipline
- Compliant to national standards
- Durable material
- Medical rank EMT/Paramedic
RIGHT arm
- Agency/organization LEFT arm
- Last name RIGHT breast
- Medical rank EMT/Paramedic on
back



- Straight pants are more professional.
- Cargo pockets have more utility.
- Color should align to police and fire services.
- There is no 'correct color for the EMS services'.
- We prefer blue.



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Invest in a good pair of boots!



Body Substance Isolation (BSI)

Infection control techniques based on the assumption that all bodily fluids are infectious

- Always follow BSI precautions.
- Always use a barrier between you and the patient.
- Be careful when handling needles.
- Always wash your hands.
- Make sure all immunizations are current.

Body Substance Isolation Equipment



Body Substance Isolation (BSI)

- Regular, frequent hand washing with soap prior to and post every patient encounter
- Gloves worn on every single call
- Eye protection worn on any call with possibility of liquid pathogen exposure
- Respiratory protection N-95
- Mask and gowns
- Proper and safe disposal of all sharps/needles

Immunizations

Recommended:

- Tetanus-diphtheria boosters (every 10 years)
- Measles, mumps, rubella (MMR)
- Influenza vaccine (yearly)
- Hepatitis B vaccine
- Typhoid
- Meningitis

Emotionally Disturbed People (EDP)

EDPs are potentially dangerous to themselves and you!

Drinking, drugs and untreated mental illness together or alone can make people act irrationally.

Such individuals are a “**threat to self and others**” and can endanger both bystanders and crew.

Request the police to support you in dealing with these patients.

Never hesitate to retreat from a scene.



“Excited Delirium”

A variety of psychological conditions when left untreated and unmedicated can result in **psychotic behavior and disassociation from reality.**

These conditions can appear in tandem with or independent from drug and alcohol use.

These patients must be handled with both sensitivity and caution as they are often a danger to self and others.

Remain professional, do not assault, or get assaulted!

Domestic Violence & Disputes

Partner/ Gender violence affects all communities.

A domestic dispute is a crime in progress.

Often the crew will arrive after a domestic dispute and will deal with conflicting accounts.

Notify and request law enforcement.

Do not attempt to intervene.



Crowds

- A crowd has a mob-mentality.
- Crowds of all kinds have the potential to become dangerous.
- Trampling, heckling and interference with patient care are real possibilities.
- **Do not negotiate with crowds, negotiate with coherent individuals within them.**
- **Make sure you have a means of rapid egress; the ability to withdraw your unit from the scene.**
- Do not enter crowds without support from law enforcement.



Demonstrations and or Riots

The difference between a “peaceful protest” and a violent demonstration has to with:

- a. destruction of property**
- b. interactions/ provocations between police and crowds that result in physical harm.**

You have an equal obligation to protect the right to health for both protesters and the police.

A “riot” is any kind of mass gathering that has escalated out of control and indiscriminately threatens persons and property.

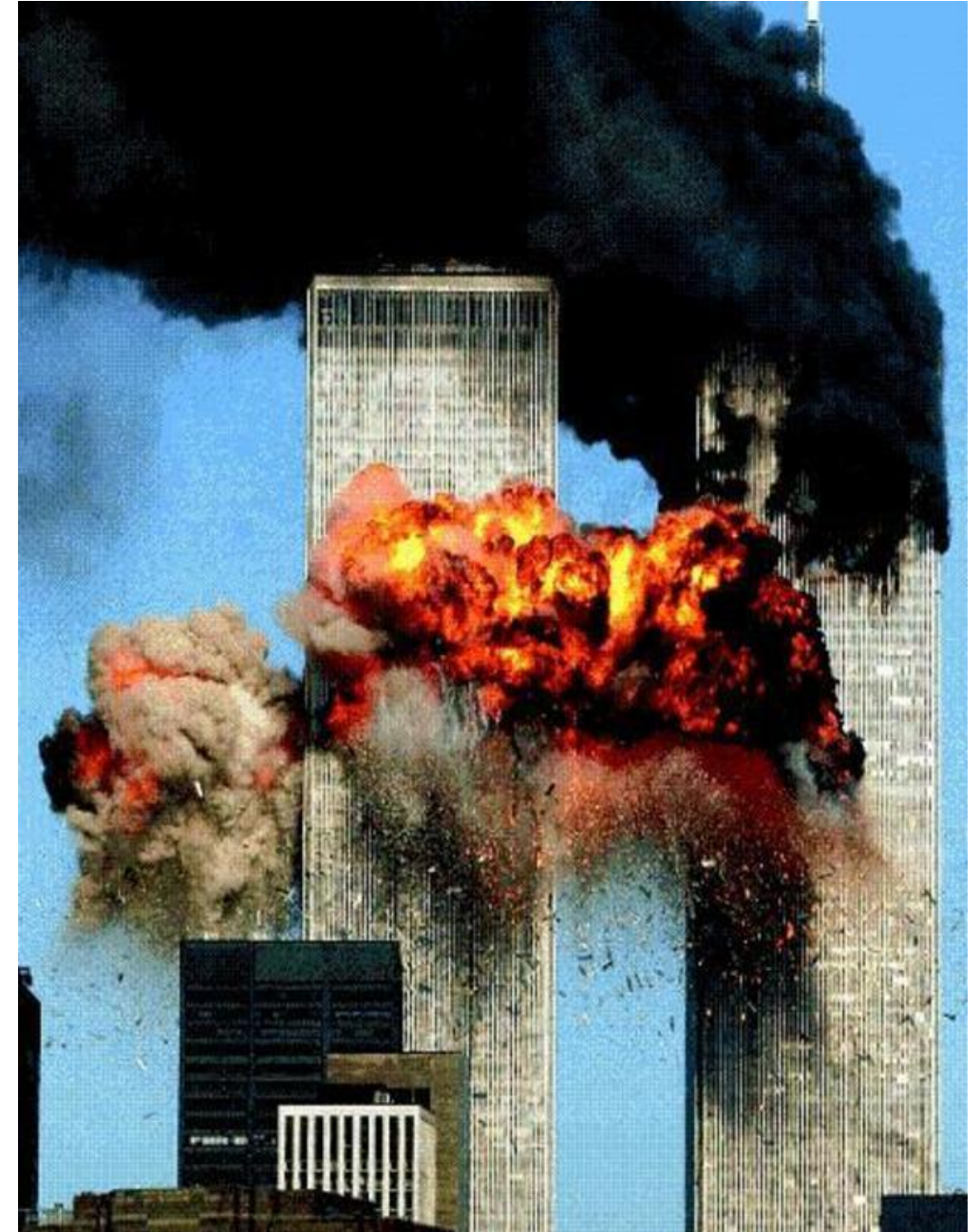


RIOT



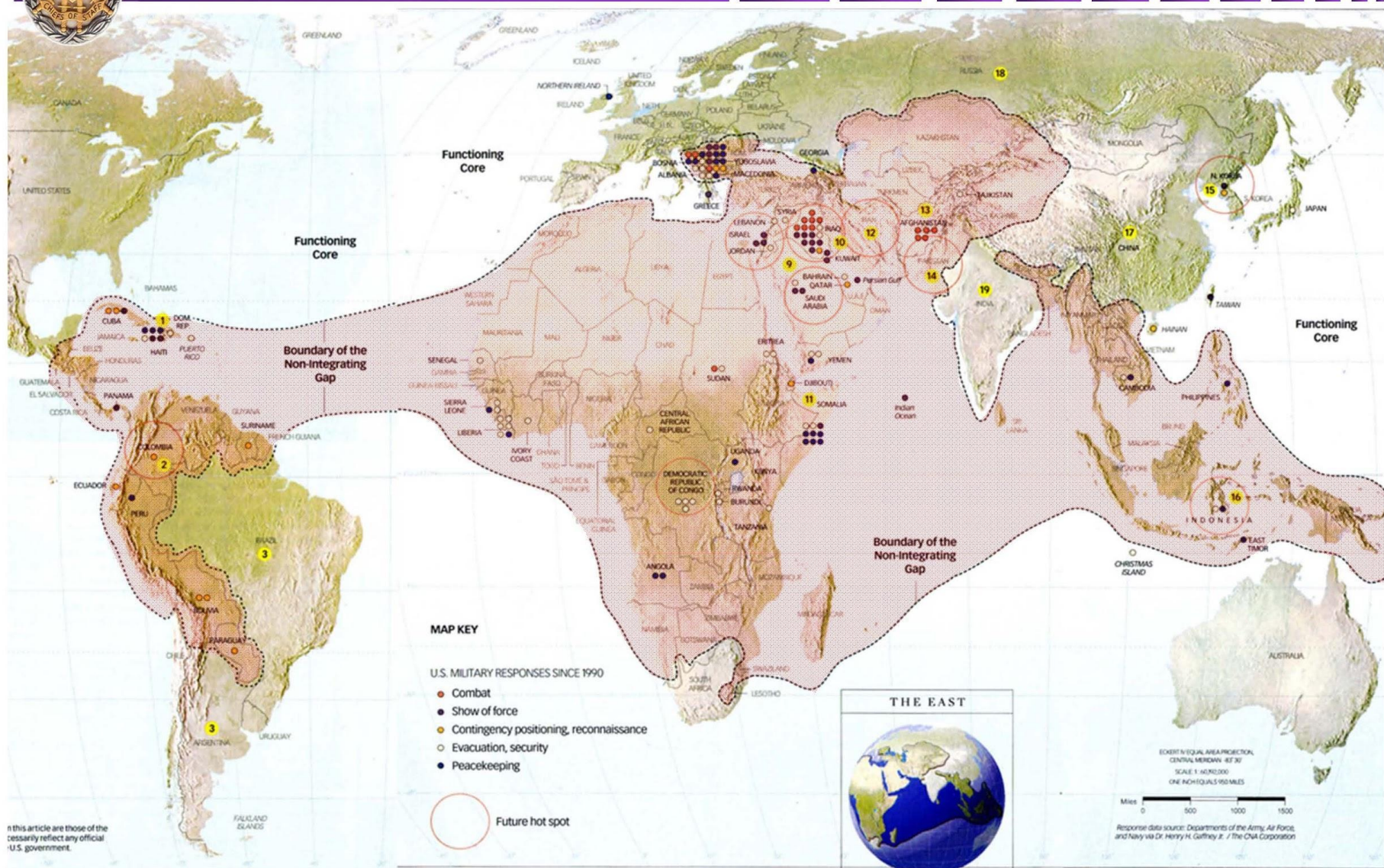
Terrorist Attacks

- **“Indiscriminate use of violence against a civilian population to obtain a rational or irrational political objective.”**
- Can be motivated by political grievances, religious motivations and/or mental illness.
- Lone Wolf v. Affiliated
- Jihadist, White Supremacist, False Flag & State Sponsored.





Potential Breeding Grounds for Instability

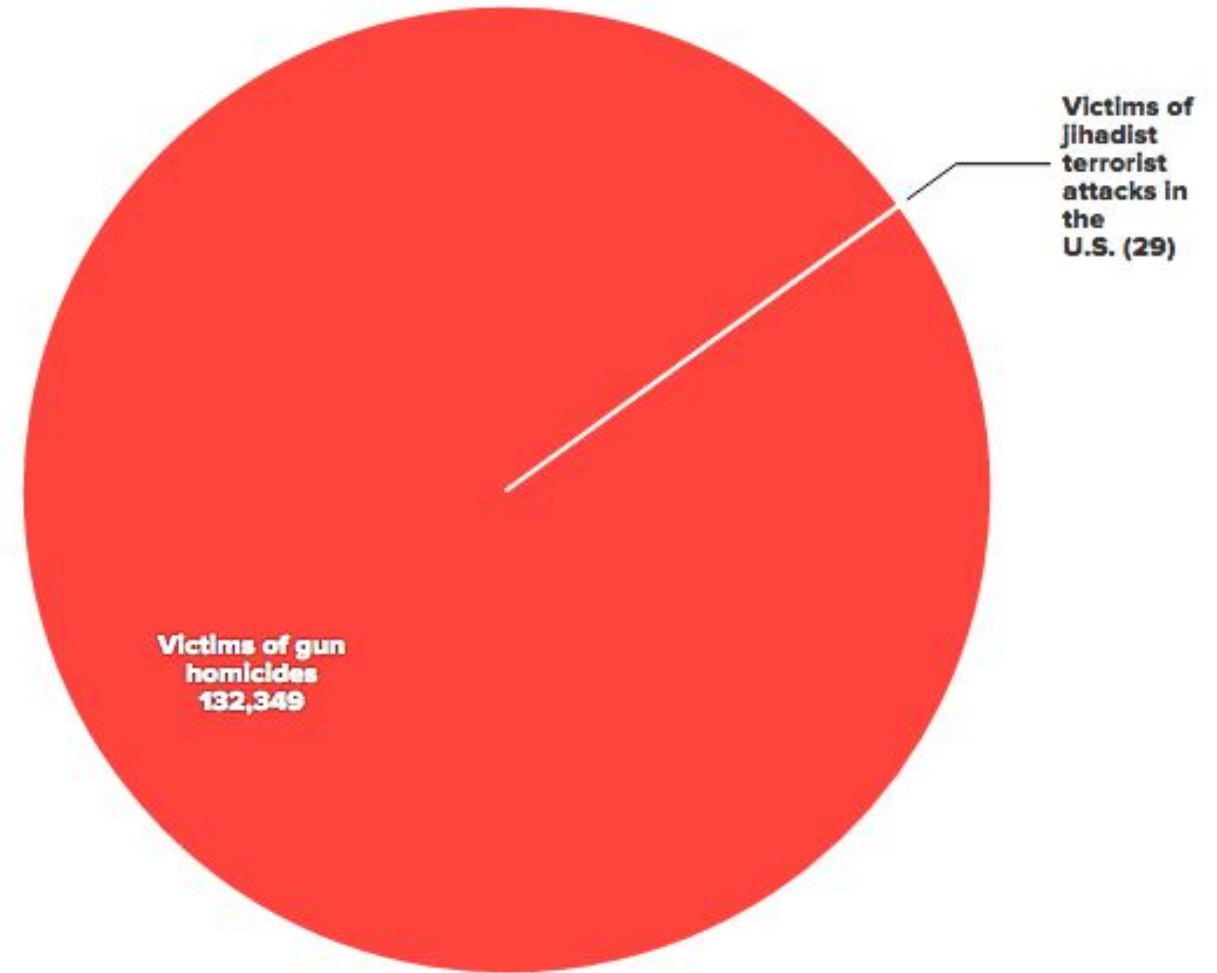


Terrorist Attacks

- This tactic is used in over 65 ongoing conflicts.
- State and non-state actors use it.
- Kills less Americans than alcohol, driving and drowning in bathtubs respectively.
- Is a regular part of life in too much of the developing world.

The number of victims of jihadist terrorist attacks in the U.S. over the past 10 years pales in comparison to those killed by firearms.

According to data from the Justice Department, CDC, Gun Violence Archive and the New America Foundation



Source: DOJ/CDC/Gun Violence Archive/New America Foundation

Key Points

- Most U.S. attacks are lone wolf attacks.
- Most U.S. attacks are mass shootings.
- Pre-911 most attacks were linked to White Supremacists.
- Sometimes secondary bombing attacks are used to target response personnel.

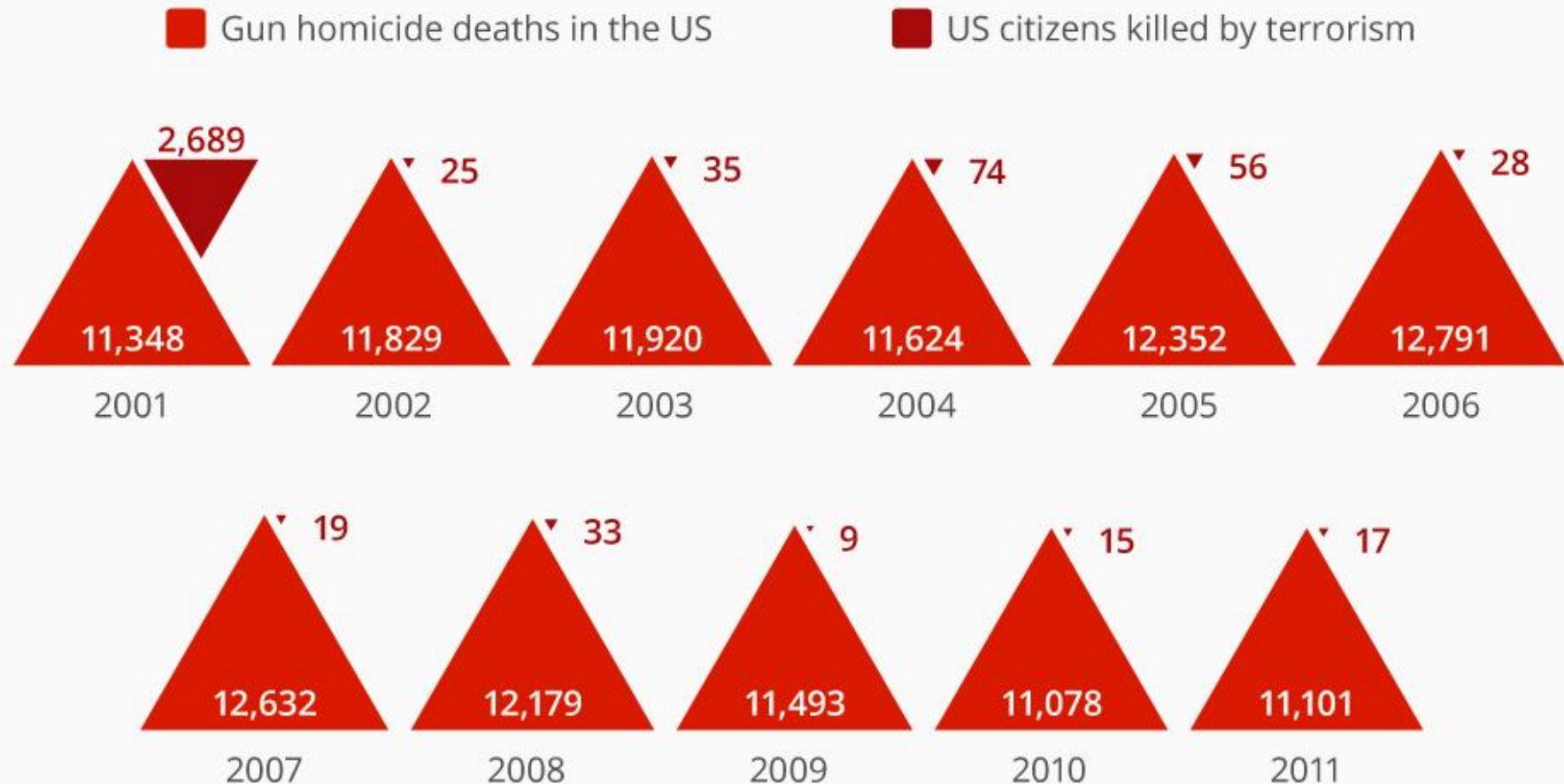


Terrorism

- This is not undermining the threat of terrorism.
- Just to point out it is not statistically likely to occur in the United States except in the form of a mass shooting.

U.S. Deaths From Gun Violence And Terrorism Compared

Deaths from terrorism and gun homicide in the United States from 2001-2011





Mass Shootings

Broadly speaking, the term refers to an incident involving multiple victims of gun violence, but there is no official set of criteria or **definition** for a **mass shooting**, according to criminology experts and FBI officials.

FBI says 4, not including shooter.

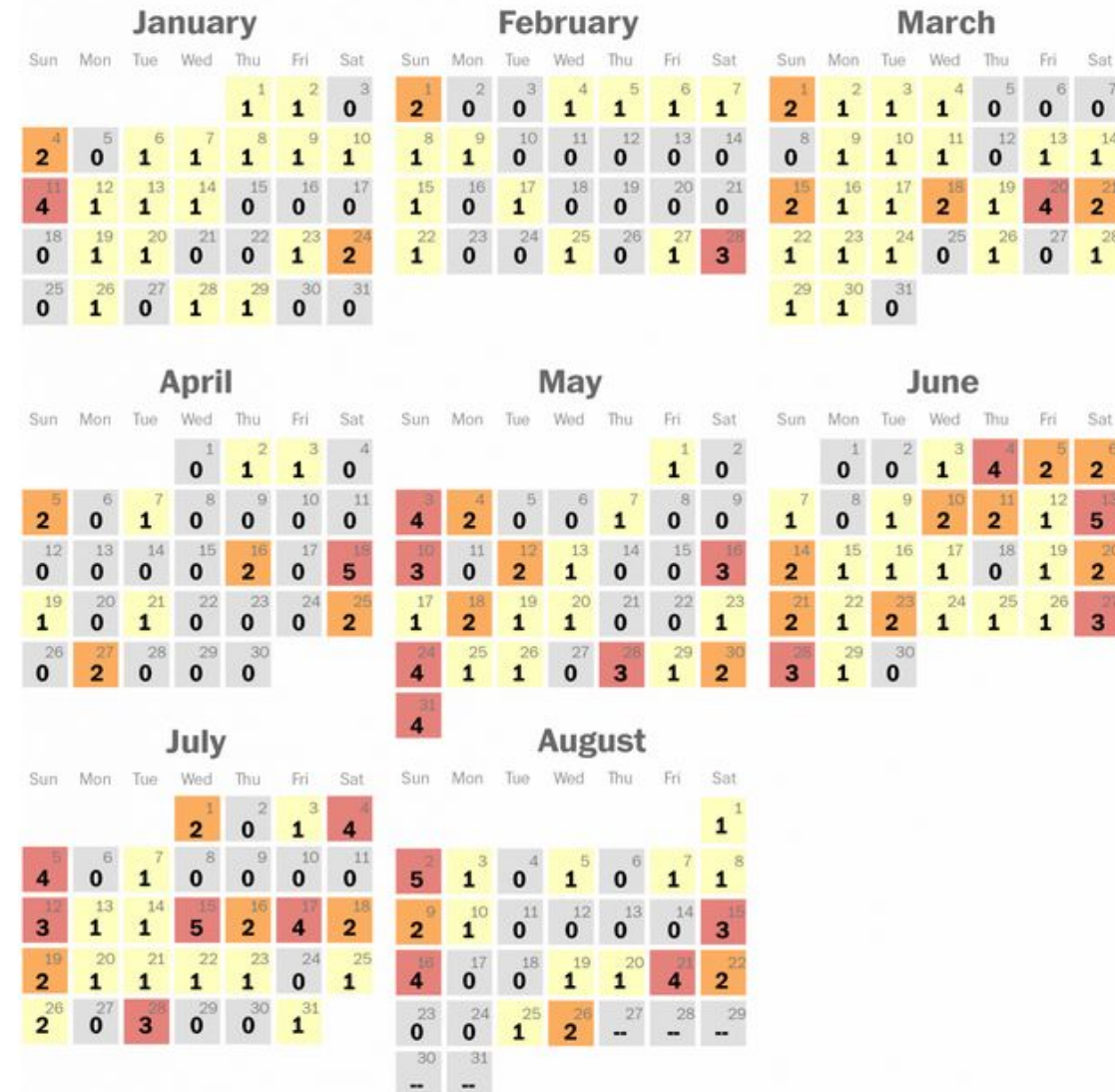
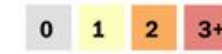
A mass shooting may be committed by individuals or organizations in public or non-public places. Terrorist groups in recent times have used the tactic of mass shootings to fulfill their political aims.

Individuals who commit mass shootings may fall into any of a number of categories, including killers of family, of coworkers, of students, and of random strangers.

Individuals' motives for shooting vary and are generally linked to mental illness or emotional traumas.

238 days, 247 mass shootings

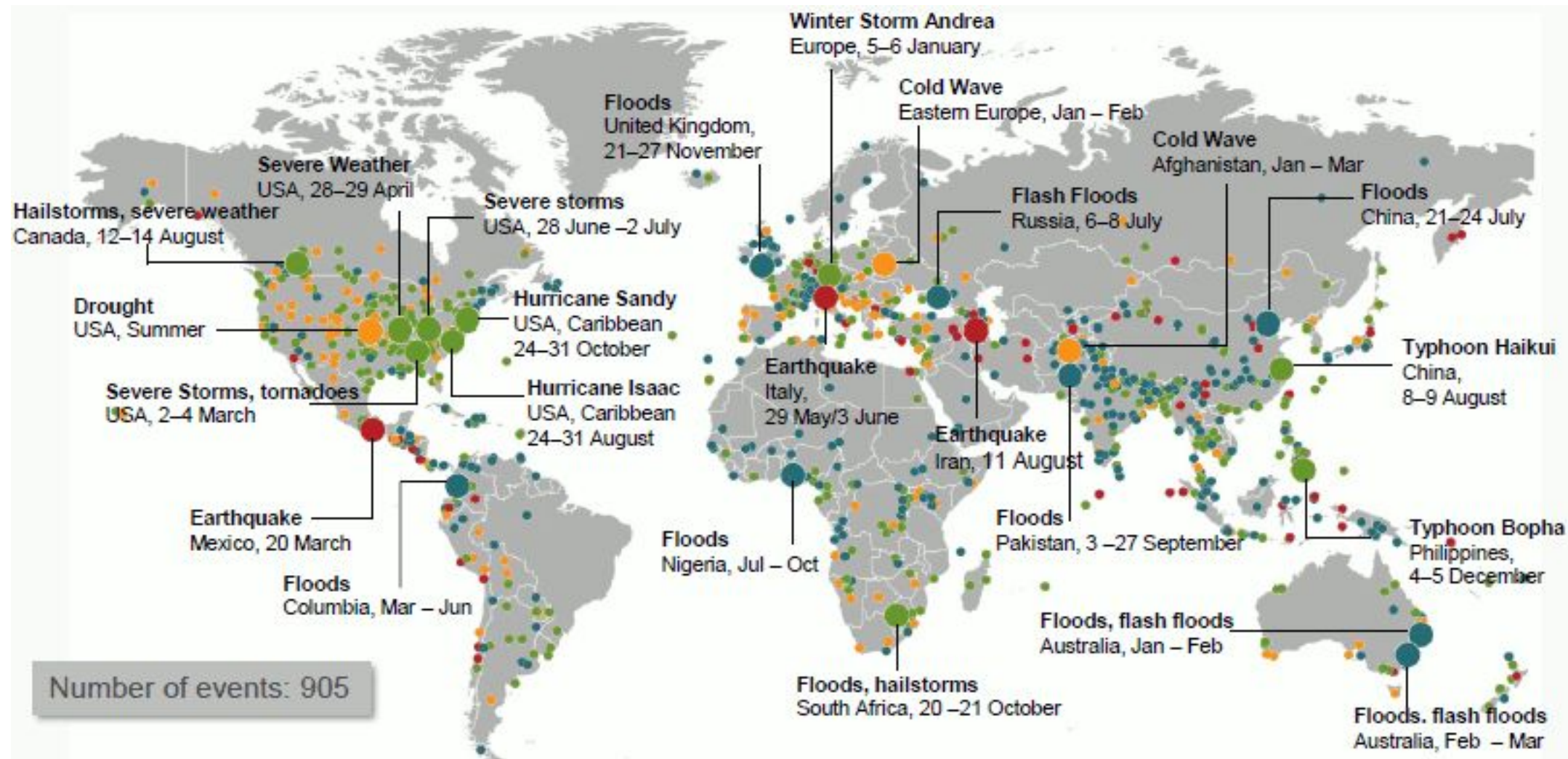
Number of mass shootings (4+ victims, including shooter) by day of year, 2015



Natural Disasters

- Floods
- Earthquakes
- Hurricanes
- Typhoons
- Volcanic Eruptions
- Blizzards
- Forest Fires
- Mudslides
- Storms





○ Natural catastrophes

○ Selection of significant Natural catastrophes

● Geophysical events (earthquake, tsunami, volcanic activity)

● Meteorological events (storm)

● Hydrological events (flood, mass movement)

● Climatological events (extreme temperature, drought, wildfire)



STRESS!!!

- **EMS is very a high-stress job!**
- **CFRS ARE GENERALLY THE FIRST PEOPLE ON SCENE!**
- **Studies suggest even 5 years of active 911 service is akin to the psychological harm of engaging in warfare.**
- **EMS has highest instance of occupational related suicide just behind dentists (1) and shrinks (2).**

Stress!

- *You must try to:*
 - Understand the causes of stress.
 - Prevent stress from negatively affecting you by developing resistance & support mechanisms.
 - Prevent Physical/ Mental deterioration.
 - Prevent Prolonged Exposures leading to **Burnout!**
 - **Avoid suicide and depression at all costs.**

Fight or Flight Response

- Impending danger triggers a nervous system response called Fight or Flight.
- Release of epinephrine into body.
- Rise in respiration and pulse rates as heart beats faster delivering more oxygen to tissues.
- Increase in your blood pressure.
- Dilatation of your pupils.



Fight Flight Response II

- Tensed muscles
- Increase blood glucose levels
- Perspiration
- Decreased circulation to GI tract



Physical Long Term Symptom of Cumulative Stress

- Fatigue
- Changes in appetite
- Headaches
- Insomnia/hypersomnia
- Irritability
- Depression
- Alcoholism/ Drug use
- Suicide



Mental Toll of Cumulative Stress

- Maintaining Personal health, safety and general well-being are vital to an EMS members ability to help others.
- Physical hazards vary greatly, but it is the mental toll one is most concerned about in EMS. **You are more likely to die ingloriously off the job, then in a line of duty fatality.**
- Mental and physical stresses are regular parts of taking care of the sick and injured.
- Constant exposure to death and dying take a lasting mental toll
- **Post-Traumatic Stress disorder is a common result of time on the job compared in a range of literature as similar to “going to a war.”**

Burnout

Cumulative stress destroys the mental and physical capability of the EMT or Paramedic to perform their duties in a competent manner.

Studies suggest burnout occurs to all EMS personnel over a **5 year period** in any high volume EMS system.



Suggestions

- Engage your peers and loved ones after critical incidents.
- Exercise, do sports, take yoga or engage in a spiritual practice.
- Do not lose your civilian friends.
- Drinking after your shift is NOT critical stress debriefing.
- SEEK PROFESSIONAL HELP AFTER SERIOUS CALLS
- Do not lift people needlessly, if their vitals are stable make them walk.
- DO NOT BRING THE JOB HOME!



Critical Stress Incidents

- Mass-Casualty Incidents (MCI)s
- Humanitarian Relief Work
- Deaths of children or pregnant women
- Traumatic injury or deaths of young children
- Automobile crashes or deaths *caused* by EMS personnel
- Serious injury or death of a co-worker
- Divorce and/ or partner cheating



CPR
your doing it wrong

Post Traumatic Stress Disorder

- Ongoing Depression
- Startle reactions to “Triggers”
- Flashback phenomena of a particularly grisly event, mass casualty incidents
loss of children or partners
- Amnesia of event
- Re-living, constantly hashing over an event

Critical Incident Stress Debriefings

- All field personnel must be screened immediately after a critical incident. Always.
- Follow up to be held within 12 to 96 hours of a major incident.
- All information is to be confidential.
- CISD leaders and mental health personnel are to offer tangible suggestions for overcoming the stress.
- Continuous support and reevaluation to be conducted by peers.

Stress Management

- Pre-incident stress education
- On-scene peer/partner support
- Supervisor interest & genuine compassion
- Available support services
- Family support/openness with spouse, significant others
- Sex, Sports & Exercise
- Mindfulness, Meditation & Yoga

Drinking and Smoking

The worst health hazard to the EMT/ Paramedic is to begin associating drinking and smoking with stress relief.

Alcohol is chemical depressant to your central nervous system. **Many EMS are barely functional alcoholics.**

Alcoholism is rampant in EMS.

Tobacco smoke is extremely harmful to your lungs and entire body. **Smoking is rampant in EMS.**

Drinking alcohol is a gateway to destructive social behavior and harmful to your liver.

Sex, Exercise & Sports

- . Get it in when ever you can
- . Directly improves mood through endorphin release.
- . Makes you better able to do your job more effectively without injury.
- . A proven way to feel better.

Meditation

Ancient Buddhist Practice

Breath in through the nose
and out through the mouth in
order to stabilize your mind
before and after trauma.





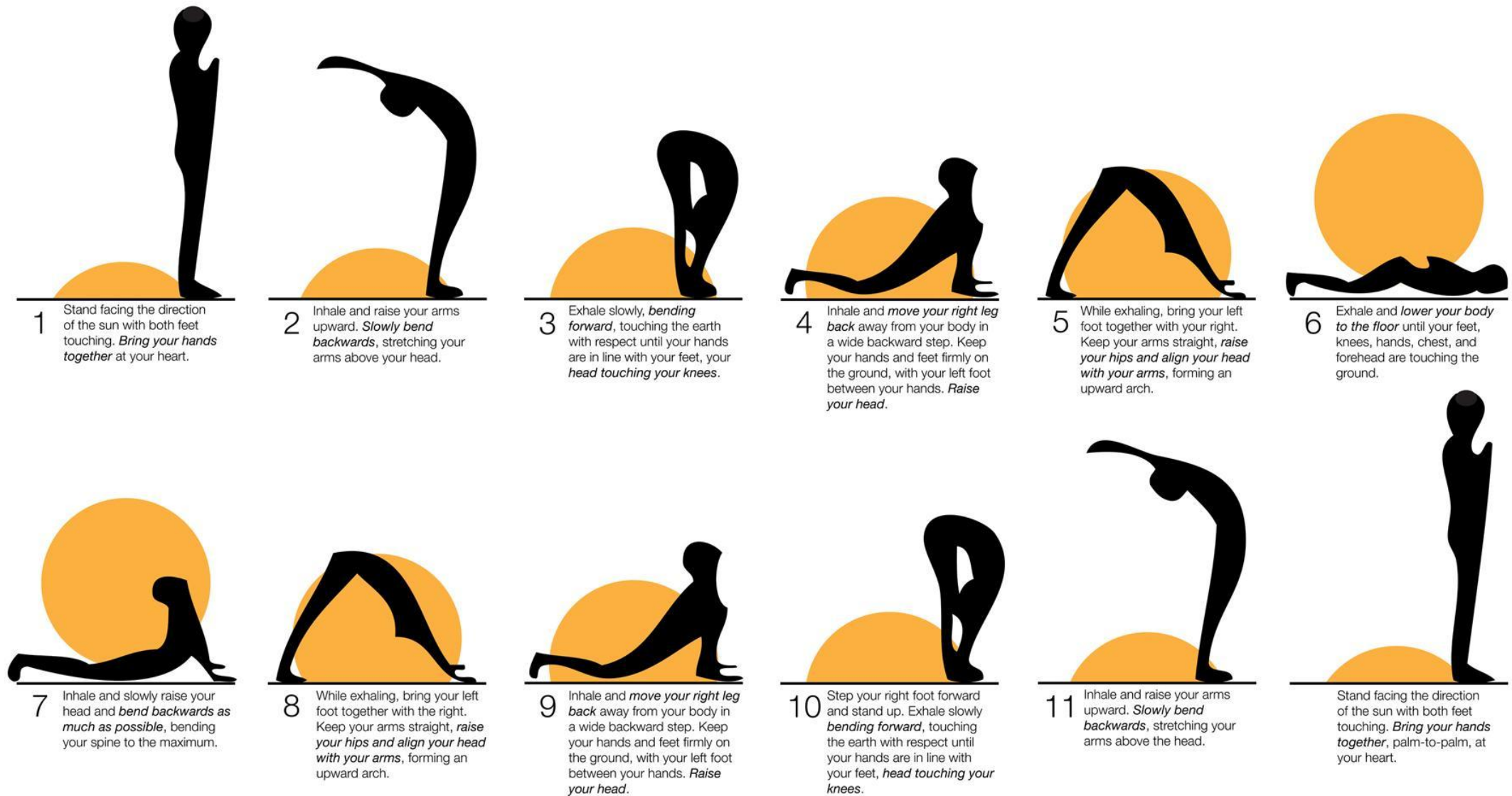
Yoga

Yoga (Sanskrit for Listen) is a physical, mental, and spiritual practice or discipline which originated in India.

Breathing with stretching at various paces.

There is a broad variety of schools, practices, and goals in Hinduism, Buddhism and Jainism.

Makes you live longer, look younger.



Sun Salutation | 12 Steps



Bringing Your Own Meals to Work

Save money while working to get less fat.

Fast/ Street food is not a good alternative to real food.

Try and reduce consumption of carbohydrates (rice & bread), excessive sugar and soda especially.

Try and increase consumption of green vegetables, fruits and lean meats like chicken, goat and turkey.

Risks of Exposure

- **Exposure**
 - Contact with blood, bodily fluids, tissues, or airborne droplets directly or indirectly
- **Universal precautions**
 - Wear PPE as if all patients are infectious

Falling and Breaking Your Back

Herniating the disks of your back is very easy way to end your career.

Don't carry people, unless they are actually dying.

If you have to carry people, work as a team and enlist others to help you.

Injuries do to lifting and moving patients are the major



EXCLUSIVE



5:31 42°



#TheInvestigators







Ambulance Crashes

Lights and Sirens do not markedly increase response times.

If drive above 25 miles per hour you are likely you cause severe injury or death if you strike a pedestrian.

Most line of duty injuries involve an ambulance crashing into another vehicle killing the partner in the rear compartment and the patient.

High rates of speed do not correlate to survivability outcomes.

Try not to drive like a crazy person. You have to arrive alive to deliver care.

Don't Drive Crazy



Warning:

MOST EMS PERSONNEL ARE KILLED

OFF OF THE JOB

DUE TO THE EFFECTS OF CUMULATIVE STRESS!!

PROTECT YOURSELF

BY SUPPORTING EACH OTHER.