

MODULE 6: RESPONSE AND PRACTICE DURING EMERGENCIES



Objective:

The goal is to train caregivers in emergency evacuation procedures, ensuring they can respond effectively during natural disasters, severe weather, and power outages. The training builds confidence, helping caregivers remain calm and guide clients safely through emergencies.

LESSON 1: PRACTICING EMERGENCY EVACUATIONS

LESSON 2: RESPONDING TO NATURAL DISASTERS AND
EMERGENCIES

LESSON 3: STAYING CALM AND LEADING WITH
CONFIDENCE

LESSON 1: PRACTICING EMERGENCY EVACUATIONS

OBJECTIVE: To provide caregivers with the opportunity to practice emergency evacuation procedures, ensuring they are prepared and can carry out evacuations smoothly and efficiently in real-life situations.

- Practicing emergency evacuations is crucial for caregivers to effectively respond during a crisis.
- It helps caregivers familiarize themselves with evacuation routes, safety measures, and client-specific needs, such as mobility challenges or medical equipment.
- Drills also improve communication and coordination, ensuring caregivers can work together and stay in contact with emergency responders.

- Regular practice helps identify potential obstacles and refine evacuation plans, ensuring smoother real-life evacuations.
- Caregivers also learn to prioritize clients based on their needs and provide support during high-stress situations.
- Feedback from drills allows for continuous improvement, building confidence and competence in handling emergencies.
- In short, regular evacuation drills ensure caregivers are prepared, confident, and capable of providing safe, effective care during any emergency.

QUIZ

- Practicing emergency evacuations is crucial for caregivers to effectively respond during a crisis. A. True B. False. A is the answer.
- Regular practice helps A. identify potential obstacles B. refine evacuation plans C. ensuring smoother real-life evacuations. D. All. The answer is All

LESSON 2: RESPONDING TO NATURAL DISASTERS AND EMERGENCIES

OBJECTIVE: To equip individuals with the knowledge, skills, and confidence needed to respond effectively and safely during natural disasters and emergencies, including earthquakes, severe weather, and power outages.

- In any emergency, client safety must always come first.
- If you're uncertain about the seriousness of a situation, it's crucial to act quickly and get help.
- Call 911 if you're alone or unsure — emergency responders are trained to assess the situation and guide you on what to do next.
- Always follow their instructions when they arrive, as they are trained to manage emergencies safely and efficiently.
- Being prepared in advance helps you respond quickly and effectively, increasing the chances of a positive outcome and potentially saving lives.

Preparing for Natural Disasters

- Natural disasters can strike with little to no warning, posing significant threats to both individuals and communities.
- Being prepared is essential to ensuring the safety and well-being of yourself, your clients, and those around you.
- Understanding the risks and having a clear plan of action can make all the difference during an emergency.

Emergency Kits

- An emergency kit is a crucial resource designed to sustain individuals for at least three days in the event of a natural disaster or emergency.



https://m.media-amazon.com/images/I/616JcTEotRL._AC_SL1001_.jpg

Emergency Kits

- These kits should contain essential supplies, such as:
 - Water (at least one gallon per person per day)
 - Non-perishable food (e.g., canned goods, energy bars)
 - First-aid supplies (bandages, antiseptics, medications)
 - Flashlight and batteries
 - Radio (battery-operated or hand-cranked)
 - Personal hygiene items (toilet paper, soap, wet wipes)

Emergency Kits

- Important documents (identification, insurance information)
- Tools (multi-tool, duct tape, whistle)
- Extra clothing (warmth and comfort)
- Comfort items (blankets, portable phone chargers) emergency kits must be readily available and regularly checked for outdated or expired items.
- Ensure that staff members are aware of where these kits are stored and how to access them in an emergency.

Earthquakes



- During an earthquake, your safety and the safety of your client are the top priorities.
- While the shaking is happening, take cover under a sturdy desk or table and hold on until the shaking stops.
- Stay away from windows, heavy furniture like bookcases or cabinets, and glass dividers, as these can cause injury.

https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcR3VMWGIC27BY-KNMM37W3RL-DhqguQX5IV_Q&s

Earthquakes



- If you believe the situation may be an emergency, it's important to get help immediately.
- If you're alone or unsure about the severity of the situation, call 911 — emergency responders are trained to assess the situation and guide you on the best course of action.
- Once the shaking stops, leave the building cautiously.
- Do not attempt to move anyone who is seriously injured unless they are in immediate danger of further harm.

<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcRPnx71LeaEW0svaumr-5TYI7BWqQdYnBdWQA&s>

Earthquakes

- If you're outside during the earthquake, move away from buildings, trees, and power lines, as these pose a risk of collapse or falling debris.
- If you're driving, pull over safely and stay in your vehicle, avoiding underpasses and overpasses, as they may collapse.
- Always follow the emergency staff's instructions once they arrive, as they are trained to manage the situation effectively.
- Being prepared for an earthquake by knowing the correct actions to take can save lives and help ensure a safe, efficient response in a time of crisis.

Weather Emergencies

- Weather-related disasters can strike with little or no warning, and various weather conditions, such as wind, rain, heat, lightning, or flooding, can create emergency situations.
- To stay prepared, always check the weather forecast before being outside with a client.



<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTC7whpb0Xpy94MbmPfps0xKGf-Fls5n2eFRg&s>

- Exposure to sun or high temperatures can be hazardous, so encourage your client to take precautions: apply sunscreen with an SPF of 30 or higher, wear sunglasses and a hat, drink plenty of fluids, and stay in shaded areas if outside for extended periods.
- Never leave a person or pet in a vehicle on warm, sunny days, as the temperature inside can quickly become life-threatening.
- Staying informed and taking these steps can help prevent heat-related emergencies and ensure safety during extreme weather.

Power Outages

- In an emergency, AFHs (Adult Family Homes) and ALFs (Assisted Living Facilities) must be equipped with emergency lighting or flashlights in all areas to ensure the safety of clients.
- If the power goes out, especially at night and in total darkness, take the following steps:



<https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcTd3lokZw0ZY5rMbh-exsfuu0TdYGGSqov8SA&s>

- Ensure all clients are safe and aware of what is happening. Calmly reassure them during the disruption.
- Disconnect electrical heaters and appliances to reduce demand and protect equipment from damage due to low voltage when power is restored.
- Unplug computers and sensitive electronics to protect against surges once the power comes back on.

- Conserve water, especially if the facility uses a well, as the pump may not be operational.
- Keep doors, windows, and draperies closed to retain heat.
- Leave one light switch in the “on” position to know when power is restored.
- Keep refrigerator and freezer doors closed. A fully loaded freezer can keep food frozen for up to two days if unopened.

- Be cautious of fire hazards from candles or other open flames, and never use charcoal or gas barbeques indoors, as they produce dangerous carbon monoxide.
- If using kerosene heaters, gas lanterns, or stoves, ensure proper ventilation to avoid toxic fume build-up.
- These steps help ensure the safety, health, and comfort of clients during power outages or other emergencies.

- When working in a client's home:
- To ensure your client's safety during power outages, follow these important steps:
- Register life-sustaining equipment (if applicable) with the client's utility company to ensure priority service during outages.
- Encourage your client to consider purchasing a generator or know where to rent one if they rely on life-sustaining equipment that requires electricity. Keep contact information for rental generators handy.
- Post the phone number of the client's local utility company for easy access when reporting outages or receiving updates.

- If the client uses an electric garage door opener, learn how to open the door manually in case of power failure.
- Encourage the client to have an alternate heat source (e.g., wood stove, space heater) and a supply of fuel for emergencies.
- If the client's house is the only one without power, check the fuse box or circuit breaker. Turn off large appliances before replacing fuses or resetting circuits to prevent damage when power returns.
- These steps help ensure that clients can manage power interruptions safely and effectively.

QUIZ

- Which one is not emergency kit A. Furniture B. Non-perishable food C. Flashlight and batteries D. Water . The answer is A. Furniture
- While the shaking is happening, take cover under a sturdy desk or table and hold on until the shaking stops.A. True B. False. The answer is A
- To stay prepared, always check the weather forecast before being outside with a client. A. True. B. False. The answer is True

LESSON 3: STAYING CALM AND LEADING WITH CONFIDENCE

OBJECTIVE: To help caregivers develop the ability to remain calm and composed during emergencies, leading by example to reassure clients and guide them effectively through stressful situations.

- Emergencies can happen unexpectedly, but staying calm is one of the most important things you can do as a caregiver. When you remain composed, you help your clients stay calm too. Here's how you can do it:

Know the Emergency Plan

- When you know the steps to take in an emergency, you'll feel more in control and confident.
- Familiarize yourself with the facility's emergency plan.
- Practice these plans during drills. The more you practice, the easier it will be to act quickly and effectively.

Take a Deep Breath and Assess the Situation

- It's easy to feel overwhelmed in an emergency. Taking deep breaths helps you regain focus.
- Before reacting, pause to assess what's happening.
- Understand the situation clearly before making decisions.
- Don't rush — staying in the moment helps you think more clearly.

Focus on What Needs to Be Done

- Emergencies can be chaotic.
- By focusing on the immediate actions, you can keep things under control.
- Don't get distracted by emotions or other people's stress.
- Focus on your next steps, whether it's guiding a client to safety or calling for help.

Set a Calm Example for Clients

- Clients, especially those who are anxious or disoriented, will take cues from you.
- Speak calmly and clearly.
- Use reassuring words and instructions.
- Guide clients gently to safety.
- Your calmness will help them stay calm too.

Practice Emotional Regulation

- It's natural to feel stressed, but staying emotionally balanced will help you make better decisions.
- Practice techniques like deep breathing or mindfulness to stay grounded.
- Manage your emotions so you can prioritize what's most important — your clients' safety.

Communicate Clearly and Listen

- Clear communication reduces confusion and helps everyone stay on track during an emergency.
- Use simple, direct instructions for clients and staff.
- Stay in contact with colleagues using radios or messaging systems.
- Listen to your clients' concerns and respond with empathy.

Be Adaptable

- Emergencies can change quickly.
- Flexibility is key to keeping the situation under control.
- Be ready to adjust your plans as the situation evolves.
- You may need to change routes, modify your approach, or prioritize different tasks.
- Stay calm and flexible.

Work as a Team

- Teamwork is crucial during emergencies.
- When everyone knows their role and works together, it ensures a smoother response.
- Collaborate with other caregivers and emergency responders.
- Make sure everyone knows their responsibilities and support each other.
- A unified team leads to better outcomes.

QUIZ

- Emergencies can happen unexpectedly, but staying calm is one of the most important things you can do as a caregiver. A. True B. False . The answer is A
- In an emergency.
- A. Taking deep breaths helps you regain focus.
- B. Before reacting, pause to assess what's happening.
- C. Understand the situation clearly before making decisions.
- D. Don't rush — staying in the moment helps you think more clearly.
- E. All of them are correct. The answer is E

Quiz

- Communication is not important as long as you do what client wants. A. True B. False . The answer is B.
- Which one is not correct
- A. Speak calmly and clearly.
- B. Use reassuring words and instructions.
- C. Guide clients gently to safety.
- D. All of them are correct. The answer is D

Congratulations, you finished
module 2, please complete
the quizzes.

References

<https://www.dshs.wa.gov/altsa/training/dshs-curriculum-and-materials-available>

Congratulations, you finished
module 2, please complete
the quizzes.