

# AMERICAN RED CROSS PREPAREDNESS

AMBROSIO D. CONSTANTINO  
DISASTER PROGRAM MANAGER

# MISSION

- THE AMERICAN RED CROSS PREVENTS AND ALLEVIATES HUMAN SUFFERING IN THE FACE OF EMERGENCIES BY MOBILIZING THE POWER OF VOLUNTEERS AND THE GENEROSITY OF DONORS

# INFORMATION ABOUT THE RED CROSS

- LARGEST HUMANITARIAN NETWORK IN THE WORLD WITH A PRESENCE AND ACTIVITIES IN ALMOST EVERY COUNTRY
- THE INTERNATIONAL FEDERATION OF RED CROSS AND REEF CRESCENT SOCIETY IS COMPROMISED ON 192 NATIONAL RED CROSS / RED CRESCENT SOCIETY
- 90% OF THE RED CROSS WORK FORCE ARE VOLUNTEERS

# AMERICAN RED CROSS GUAM CHAPTER

- LOCATED IN HAGATNA, NEXT TO SUPERIOR COURT OF GUAM
- DURING COVID
  - PROVIDED CONTINUED RESPONSE TO LOCAL EMERGENCIES SUCH AS FIRES AND FLOOD
  - PROVIDED CERTIFICATION TRAINING TO INCLUDE 1<sup>ST</sup> AID AND LIFEGUARD
  - PROVIDED DONATED GOODS SUCH AS PALLETS OF WATER AND MRE
  - COMPLETED SHELTER MANAGEMENT TRAINING TO GDOE & MCOG

## HANDS ONLY CPR

- 30-MINUTE PRESENTATION THAT INCLUDES A SHORT VIDEO AND HANDS ON TRAINING
- PROVIDES TRAINING EXPERIENCE TO RESPOND FOR A PERSON EXPERIENCING A CARDIAC EVENT
- NOT A CERTIFICATION.

# WHAT IS HANDS ONLY CPR?

- HANDS ONLY CPR INVOLVES
  - CALLING 911 OR THE DESIGNATED EMERGENCY NUMBER
  - GIVING CHEST COMPRESSIONS
- USE HANDS ONLY CPR WHEN:
  - YOU SEE SOMEONE SUDDENLY COLLAPSE
  - THE PERSON IS UNRESPONSIVE AND NOT BREATHING NORMALLY
- LEARNING HANDS ONLY CPR CAN HELP SAVE LIVES

- **HANDS ONLY CPR HAND & BODY POSITIONING**
- **HAND POSITIONING**
  - HEEL OF 1 HAND IN THE CENTER OF THE PERSON'S CHEST
  - OTHER HAND ON TOP OF THE 1<sup>ST</sup> HAND AND INTERLACE FINGERS
- **BODY POSITION**
  - SHOULDERS DIRECTLY OVER HANDS
  - ARMS STRAIGHT, PUSH DOWN, AND LET CHEST RETURN TO NORMAL POSITION
  - PUSH HARD AND PUSH FAST

# HANDS ONLY CPR RESPONSE

- CHECK THE SCENE FOR SAFETY
- WHENEVER POSSIBLE, USE DISPOSABLE GLOVES WHEN PROVIDING CARE
- IF SAFE, TAP AND SHOUT TO SEE IF INDIVIDUAL RESPONDS
- LOOK FOR SIGNS OF LIFE SUCH AS BREATHING OR CHEST RISING
- TELL OTHERS NEARBY TO CALL 911
- IF NOT BREATHING OR GASPING, IMMEDIATELY PERFORM CPR
  - POSITION NEXT TO PERSON, PLACE HANDS OVER CHEST, STRAIGHTEN ARMS
  - PUSH DOWN AND HARD AT LEAST 2 INCHES
  - DO NOT STOP UNLESS TIRED,

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=-YQK5CHXSKQ](https://www.youtube.com/watch?v=-YQK5CHXSKQ)

# PILLOWCASE PROJECT

- PREPAREDNESS EDUCATION PROGRAM FOR GRADES 3<sup>RD</sup> – 5<sup>TH</sup>
- TAUGHT IN 40 MINUTES
- TEACHES
  - FAMILY PREPAREDNESS
  - SAFETY SKILLS
  - BASIC COPING SKILLS
  - LOCAL HAZARDS
- PILLOWCASE AVAILABLE (WHILE SUPPLIES LAST)

# PREPARE WITH PEDRO

- TAUGHT IN 30 MINUTES
- COMPLEMENTS THE PILLOWCASE PROJECT
- STUDENTS LEARN COPING SKILLS
- STUDENTS RECEIVE STORYBOOK (WHILE SUPPLIES LAST)
- TOPICS CAN BE:
  - EARTHQUAKE
  - FLOOD
  - STORMS
  - TSUNAMI

## SOUND THE ALARM

- HOME FIRES CLAIM 7 LIVES DAILY BUT WORKING SMOKE ALARMS REDUCE RISK OF DEATH BY HALF
- BRIEFING INCLUDES:
  - HOME FIRE SAFETY CHECKLIST
  - DEVELOPING A FIRE ESCAPE PLAN
  - PRACTICE A 2-MINUTE DRILL
- CONTACT RED CROSS FOR A FREE SMOKE DETECTOR

# BE RED CROSS READY

- PREPARE A KIT THAT INCLUDES
  - MEDICAL SUPPLIES TO INCLUDE EXTRA PRESCRIPTION
  - EMERGENCY EQUIPMENT SUCH AS RADIOS, BATTERIES, FLASHLIGHT
- MAKE A PLAN
  - IDENTIFY AND PLAN FOR DIFFERENT TYPES OF EMERGENCIES
  - DISCUSS AND PRACTICE WHAT TO DO DURING EACH EMERGENCY
- BE INFORMED

# RED CROSS READY RATING

- FREE RED CROSS READY RATING PROGRAM IS A FREE WEB-BASED PROGRAM
- HELPS BUSINESSES, ORGANIZATIONS, SCHOOLS TO BE BETTER PREPARED FOR EMERGENCIES
- SELF PASSED ON-LINE ASSESSMENT
  - ACCESS TO ASSESSMENTS, TOOLS AND RESOURCES
  - PROVIDES A SCORECARD SHOWING LEVEL OF PREPAREDNESS

- QUESTIONS