

# Safety Module

## County-Wide MAC Exercise

### October 21, 2006

#### Objectives:

- Demonstrate/exhibit safety equipment that should be part of every go-kit.
- Discuss appropriate safe behaviors enroute to and at the scene of an assignment

#### Basic safety equipment:

Table with the following equipment displayed:

- |                              |                              |
|------------------------------|------------------------------|
| – Work boots                 | – Mosquito repellent         |
| – Warm socks                 | – Alcohol wipes (for wounds) |
| – Long pants                 | – AC voltage detector        |
| – Rain-proof jacket          | – Sun hat                    |
| – Safety vest                | – Sun glasses                |
| – Leather gloves             | – Sun screen, 30 SPF minimum |
| – Safety glasses/goggles     | – Flashlight                 |
| – Hard hat                   | – Magnetic compass or GPS    |
| – Respirator (three per day) | – First aid kit              |
| – Blanket                    | – Sleeping bag               |
| – Matches (strike anywhere)  | – Pocket knife               |
| – Tarp                       | – Duct tape                  |
| – Hand sanitizer (waterless) | – Warning tape               |
| – Ear plugs                  | – Water (one gallon per day) |

#### Discussion points

- Try to serve in teams of two
- While enroute and returning, stay in touch with net control on the travel frequency
- Don't try to communicate and drive at the same time
- Have your route to your assignment clearly mapped out ahead of time
- Don't accept an assignment you are not physically able to perform, expect conditions to be worse than you can imagine
- Be sure you have an identified supervisor who is responsible for your safety
- Be sure to check-in at your assignment—and check-out
- Don't take on non-communications duties
- Do not enter a dangerous environment
- If shadowing or in ERV, don't go into an area if you feel it is not safe
- Do your own damage assessment before entering buildings
- Stay alert to what is going on around you
- Dress appropriately, no shorts or sandals
- Don't work yourself to exhaustion
- Be aware of your stress level, accept a hug once in a while
- Drink plenty of fluids, even if you are not thirsty
- Never turn down an opportunity for food, rest or biobreak
- Take care of cuts or skin breaks immediately

#### Handout:

The EmComm Comprehensive Equipment and Personal Gear Checklist

([www.emcomm.org/gear\\_list.htm](http://www.emcomm.org/gear_list.htm))