

Training Community Members to Respond

Overview

Engaging the whole community in emergency preparedness and response efforts is key to our nation's security. Individuals and communities that are knowledgeable and trained on the skills necessary to prepare for and respond to emergencies are not only more inclined to act when needed, but also are often better able to withstand and recover from disasters – and help their neighbors do so, too.

Local Medical Reserve Corps (MRC) units across the country play a critical role in increasing access to information and training community members so that they feel educated and empowered to act before, during, and after an emergency. This *Training Community Members to Respond Guide* provides examples of training programs and resources that MRC units can incorporate into their community-based outreach programming. Units are encouraged to train volunteers as instructors, teach the programs in their local communities, and work with community partners to spread the word.

Intended Audience

Training programs included in this guide are intended for the whole community. MRC units are encouraged to utilize the programs to train members of the general public, partners, and interested community groups.

Community Trainings

Important note: The training topics listed in this guide have curricula and resources that are developed by a variety of organizations, both public and private sector. Programs and resources included in this guide are meant as examples only and reflect those generally utilized by local MRC units; the Medical Reserve Corps Program does not endorse one organization's curriculum over another. Local MRC units are encouraged to evaluate and select the training curriculum and associated partners that best meet their needs and those of their communities. If applicable, MRC units are also encouraged to utilize local and state-specific trainings.



Figure 1: Medical Reserve Corps units conduct preparedness training for volunteers and community members, including Stop the Bleed and CPR/AED training



Training	Brief Description	Instructor Requirements	Example Training Materials and Education Resources
<p>Stop the Bleed</p> <p><i>Approx. Duration:</i> 1 – 1.5 hour course</p>	<p>Stop the Bleed teaches individuals how to provide vital initial response to stop uncontrolled bleeding in emergency situations. It is a maximum 90-minute course including a formal presentation and hands-on practice of direct pressure application, wound packing, and use of a tourniquet.</p>	<p>Instructors must have a clinical background (e.g., nurse, EMT). A full list of approved instructor profession types is available at https://www.bleedingcontrol.org/about-bc/faq</p>	<p>U.S. Department of Homeland Security (DHS):</p> <ul style="list-style-type: none"> • Stop the Bleed <p>American College of Surgeons:</p> <ul style="list-style-type: none"> • Bleedingcontrol.org
<p>You are the Help Until Help Arrives</p> <p><i>Approx. Duration:</i> 3 hour course</p>	<p>You Are the Help Until Help Arrives is a program dedicated to empowering the public to take action and provide lifesaving care before professional help arrives. The program encourages the public to take these five steps in situations where someone may have a life-threatening injury:</p> <ol style="list-style-type: none"> 1. Call 9-1-1 2. Protect the injured from harm 3. Stop bleeding 4. Position the injured so they can breathe 5. Provide comfort <p>The program includes an interactive video; a 25-minute web-based training course explaining the steps people can take to help someone with life-threatening injuries; and materials for a hands-on, instructor-led training course.</p>	<p>N/A</p>	<p>Federal Emergency Management Agency (FEMA):</p> <ul style="list-style-type: none"> • Until Help Arrives Interactive Video • Until Help Arrives Web-based Training • Until Help Arrives Instructor Guide and Course Materials

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<p>First Aid / Cardio-Pulmonary Resuscitation (CPR) / Automated External Defibrillator (AED)</p> <p><i>Approx. Duration:</i> Course length varies depending on curriculum. May last from 1 hour – 5 hours</p>	<p>First Aid/CPR/AED training teaches individuals the ability to recognize and respond appropriately to cardiac, breathing, and first aid emergencies.</p>	<p>Many First Aid / CPR / AED training programs have instructor requirements, which vary depending on curriculum</p>	<p>American Red Cross:</p> <ul style="list-style-type: none"> • Adult First Aid / CPR / AED Ready Reference • Pediatric First Aid / CPR / AED Ready Reference <p>American Heart Association:</p> <ul style="list-style-type: none"> • Hands-Only CPR resources
<p>Active Shooter</p> <p><i>Approx. Duration:</i> Course length varies depending on curriculum (typically 1 hour)</p>	<p>Active Shooter training teaches individuals how to prepare for and respond to active shooter incidents, including how to create an emergency plan and safely evacuate or shelter in place during an incident.</p>	<p>N/A</p> <p>Note: Many law enforcement agencies are available to help teach or partner with MRC units to provide Active Shooter training</p>	<p>Federal Emergency Management Agency (FEMA):</p> <ul style="list-style-type: none"> • IS-907 Active Shooter: What You Can Do (available on MRC TRAIN) <p>U.S. Department of Homeland Security (DHS):</p> <ul style="list-style-type: none"> • Active Shooter Preparedness Resources • Options for Consideration Active Shooter Preparedness Video <p>Houston Mayor's Office of Public Safety and Homeland Security Department:</p> <ul style="list-style-type: none"> • RUN.HIDE.FIGHT.® Surviving an Active Shooter Event Video

Training	Brief Description	Instructor Requirements	Example Training Materials and Education Resources
<p>Naloxone Administration for Opioid Overdose</p> <p><i>Approx. Duration:</i> Course length varies depending on curriculum</p>	<p>Naloxone administration training teaches individuals to recognize the signs and symptoms of an opioid overdose and how to respond by administering naloxone, which can reverse the potentially fatal respiratory depression caused by opioid overdose.</p>	<p>Many overdose response training programs have instructor requirements, which vary dependent on location and curriculum</p> <p>Note: Many law enforcement agencies are available to help teach or partner with MRC units to provide naloxone administration and other opioid-related training</p>	<p>U.S. Department of Health and Human Services (HHS):</p> <ul style="list-style-type: none"> • How to Respond to an Opioid Overdose • SAMHSA's Opioid Overdose Prevention Toolkit <p>U.S. Department of Justice, Drug Enforcement Administration (DEA):</p> <ul style="list-style-type: none"> • National Prescription Drug Take Back Day • Controlled Substance Public Disposal Locations <p>U.S. Environmental Protection Agency (EPA):</p> <ul style="list-style-type: none"> • How to Dispose of Medicines Properly
<p>Psychological First Aid (PFA)</p> <p><i>Approx. Duration:</i> 6 hours</p>	<p>Psychological First Aid training teaches individuals the basic skills to offer physical and emotional comfort to survivors of traumatic events, assist in addressing immediate needs and concerns, and to foster long-term adaptive functioning and coping.</p>	<p>Many PFA training programs have instructor requirements, which vary dependent on curriculum</p>	<p>National Center for Child Traumatic Stress:</p> <ul style="list-style-type: none"> • Psychological First Aid (PFA) Online (available on MRC TRAIN; this is a general training and not specific to PFA for children)
<p>Personal and Family Preparedness – Developing an Emergency Plan</p> <p><i>Approx. Duration:</i> Course length varies depending on curriculum</p>	<p>Personal and Family Preparedness training teaches individuals how to develop, practice, and maintain emergency plans that reflect what must be done before, during, and after a disaster to protect themselves and their property, including how to assemble a disaster supplies kit.</p>	<p>N/A</p>	<p>U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC):</p> <ul style="list-style-type: none"> • Family Emergency Preparedness (available on MRC TRAIN) <p>Federal Emergency Management Agency (FEMA):</p> <ul style="list-style-type: none"> • IS-909: Community Preparedness: Implementing Simple Activities for Everyone (available on MRC TRAIN) • Are You Ready? An In-Depth Guide to Citizen Preparedness • Ready.gov Make a Plan

Training	Brief Description	Instructor Requirements	Example Training Materials and Education Resources
<p>Severe Weather and other Threat-Specific Training</p> <p><i>Approx. Duration:</i> Course length varies depending on curriculum</p>	<p>Training individuals on common threats in their community – weather events, possible radiological events due to nearby nuclear plants, etc. – helps them to prepare beforehand and know what to do to protect themselves and their property should an emergency event occur.</p>	<p>N/A</p>	<p>Federal Emergency Management Agency (FEMA) – Ready.gov:</p> <ul style="list-style-type: none"> • Earthquakes • Extreme Heat • Flooding • Hurricanes • Nuclear Explosion / Nuclear Power Plant Emergency • Thunderstorms & Lightning • Tornadoes • Wildfires <p>The Great Shakeout:</p> <ul style="list-style-type: none"> • https://www.shakeout.org/ <p>National Weather Service:</p> <ul style="list-style-type: none"> • SKYWARN® Storm Spotter Program <p>U.S. Department of Health and Human Services, Centers for Disease Control and Prevention (CDC):</p> <ul style="list-style-type: none"> • For the General Public: Radiation Emergency Educational Videos