

A FAMILY ACTION
PROGRAM

HOME PROTECTION

exercises

MP-2-1.
(Misc. Publication)

EXECUTIVE OFFICE OF THE PRESIDENT
Office of Civil and Defense Mobilization

(Slightly revised
November 1959)

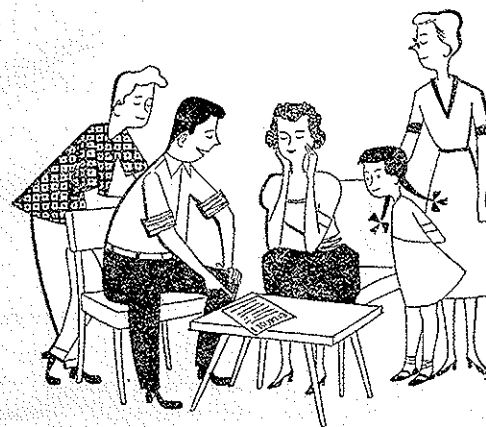
"To survive, to be alive after an H-Bomb attack, will require that each individual, man, woman, and child, employ to the full every mental and physical resource at his disposal—and these must be trained and equipped resources."

PRESIDENT DWIGHT D. EISENHOWER

"Civil defense first, and most importantly, is acutely personal. Individuals might have to depend upon their own knowledge and resourcefulness for days or weeks after a major attack. There are five simple steps to safety that everyone must know:

- "1. Warning signals and what they mean.
- "2. Your community plan for emergency action.
- "3. Protection from radioactive fallout.
- "4. First aid and home emergency preparedness.
- "5. Use of CONELRAD—640 or 1240—for official directions."

LEO A. HOEGH, Director
Office of Civil and Defense Mobilization



HOME PROTECTION EXERCISES

A Family Action Program

If an emergency catches you unprepared, what you don't know about protecting your home and family could be costly—even fatal.

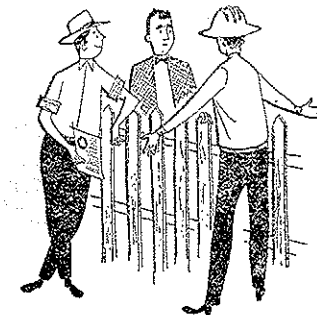
The skills you learn now in home and family protection will make you better prepared, more self-reliant, in meeting disasters, whether they occur from an enemy attack, from the forces of nature, or from accidents in everyday life.

The family exercises prescribed in this book could save *you* and your family from death, suffering, and loss of property in natural disasters, such as tornadoes, earthquakes, hurricanes, and floods. They tell you what to do and how to do it if your home catches fire, or if a family member is stricken suddenly by accident or illness. And they give you survival steps to take should war come to our country.

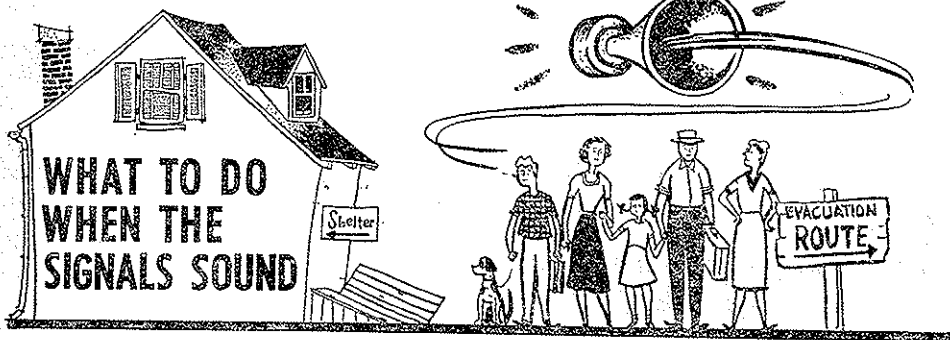
Study these exercises. Explain them to your family. Then rehearse them. Make a game of them, if you like, but keep in mind that the purpose is the serious one of learning to meet and cope with any disaster or emergency that may affect your home and family.

EIGHT IMPORTANT FAMILY ACTION EXERCISES ARE:

1. What to do when the warning signals sound.
2. Preparation of your shelter.
3. Home fire prevention.
4. Home fire fighting.
5. Emergency action to save lives.
6. What to do if someone is trapped.
7. Provision of safe food and water in emergencies.
8. Home nursing.



EXERCISE 1



Every person, whether he lives in a possible target or a nontarget area, should be trained to act instantly when a warning signal sounds. This applies especially to the family at home. Every person should know the official instructions for taking action on the receipt of warning.

The members of your family may have only a limited time to take protective measures if an attack should come. That is why it is important to plan what to do ahead of time, and to practice doing it. Whether you are told to evacuate your city or to take shelter in your home, your chances of survival will be better if your family knows what to do and is trained to act as a unit.

Warning signals are of two kinds—ALERT and TAKE COVER. The ALERT SIGNAL, a steady blast of 3 to 5 minutes' duration, means that attack is probable—prepare to act according to the operations plans of your community. Turn your radio to the CONELRAD frequency (640 or 1240 on the dial) and listen for official instructions and information. Follow the instructions promptly.

The TAKE COVER SIGNAL, a wailing tone or a series of short blasts of 3 minutes' duration, means that attack is imminent and you must take the best available shelter immediately, regardless of whether you are in a target or nontarget area.

PROCEDURE Let us suppose that your family is at home when you hear either the ALERT or TAKE COVER signal. The following things should be done. Decide now who is to do them, so that each can practice his part of the job in advance.

When you hear the ALERT SIGNAL 1. Make one member of the family responsible for giving orders—for rounding up the other members of the family and getting them started on their emergency tasks without delay.

To direct family action

Helper or alternate

2. Turn on your radio. Tune it to 640 or 1240 kc. These dial settings are your channel for official information and instructions. If you are not sure what the signal means, this is the surest way of finding out. Do not use your telephone.

To turn on radio

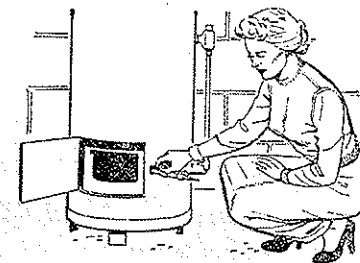
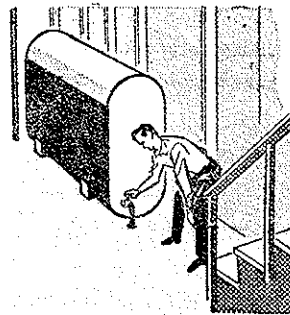
Helper or alternate

3. Check in advance with your utility company for emergency instructions regarding utilities.

To check local utility instructions

Helper or alternate

4. Turn off or disconnect all heating appliances, including toasters, irons, gas stoves, or hotplates which might cause fires if upset. Close all doors on your coal-burning furnace or wood-burning stove if in use, shut off feed line valve from oil tank. Turn off the blower motor of oil burner, smother open fire in fireplace with sand, and close chimney damper.



To turn off heating units

Helper or alternate

5. If your community plan calls for evacuation and you are given official instructions, follow them quickly but calmly. If you have taken part in neighborhood or citywide evacuation drills, you will be better prepared to carry out these instructions.

Although evacuation instructions will vary with different localities, most will probably include points 6 through 9 below.

To direct family evacuation action

Helper or alternate

6. Get your emergency evacuation kit. This should include food and water, a first aid kit, blankets, extra clothing, flashlight, necessary medicines, money, and a battery radio if possible. You should have it packed ready to go, but if you haven't, collect these items as quickly as possible.

To get or pack emergency kit

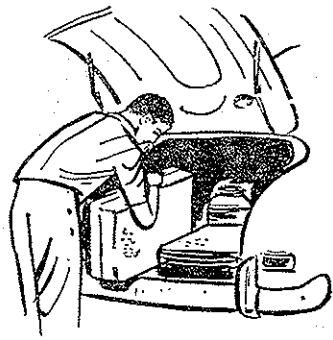
Helper or alternate

7. Close windows and doors and draw curtains or blinds.

To close house

Helper or alternate

8. Go by car or on foot, according to instructions, along the evacuation route assigned to you. While en route you should obey official instructions. If you have a car or battery radio, keep it tuned to your CONELRAD frequency.



To drive car or lead family group

Helper or alternate

9. If your family includes small children or handicapped persons, assign their care to older or abler members.

To help other members

Helper or alternate

When you hear the TAKE COVER SIGNAL. Take cover immediately in the best available shelter.

PRACTICE 1. Assign each of the above tasks to one member of the family only, and name an alternate or helper to carry them out if the responsible person should be away from home.

2. Agree on a definite date and time for family practice of "What To Do When the Signals Sound."

3. Have each person practice his assigned task, accompanied by his alternate, to be sure that the respective duties are understood by both. Time each practice and attempt to do it quicker each time.

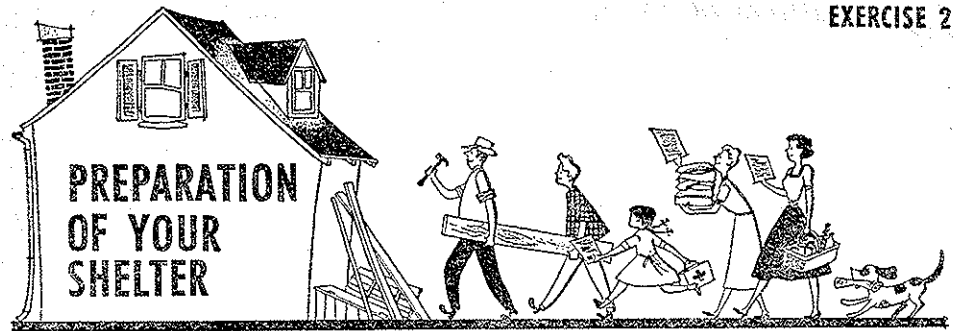
4. Let the other members of the family watch each procedure so they understand it, too. To make the alert exercise realistic, scatter the family around the house—indoors and out—before it begins.

How Well Did You Do? Talk over the rehearsals afterward and decide how each performance can be improved. Drill any lagging members of the family again.

Sound the "practice" signal once more and have the whole family go through their assigned tasks at the same time.

In addition to deciding how to do the whole job better, try next to find ways to do it faster. Your family should be able to complete the whole procedure in 2 or 3 minutes.

After these procedures are thoroughly understood, the family should practice them from time to time to keep on its toes.



With the development of more powerful nuclear weapons, evacuation has become the best defense against the blast and fire resulting from the explosion of these weapons. However, to be successful there must be sufficient warning time for evacuation, and sufficient warning time cannot be assured for everyone.

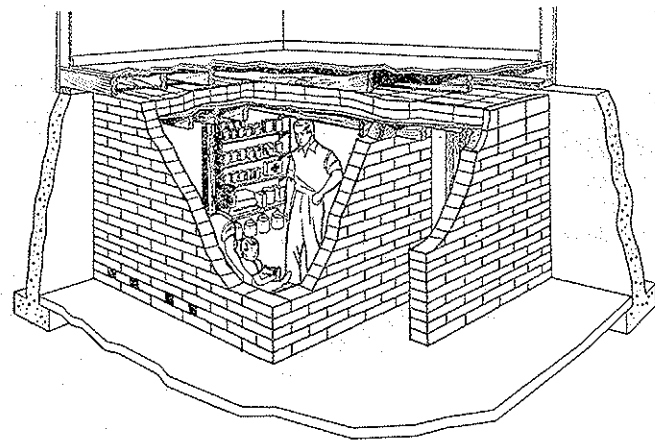
In many cases, the construction of family shelters against the blast and heat effects of large nuclear weapons would be impracticable because of building and cost factors. Family shelters against nuclear radiation—radioactive fallout—are practicable and will be needed no matter where you live because harmful radioactive fallout can occur hundreds of miles from the explosion of a large nuclear weapon. You should read the OCDM publication MP-15, *The Family Fallout Shelter*, and PA-B-7, *What You Should Know About Radioactive Fallout*.

A family shelter against radioactive fallout has an added advantage for those who live in the "tornado belt" of the country, because it can serve equally well as refuge and protection from the devastation caused by these violent storms.

PROCEDURE 1. The following should be considered in choosing the site and type of construction of your home shelter against fallout radiation:

a. For lowest cost, choose a corner in your basement, bearing in mind that if the shelter is to double as protection against tornadoes the southwest corner is the most desirable. The shelter should be strong enough to support the debris load if your house should collapse, and should have enough shielding material around and over it to reduce the penetration of nuclear radiation to safe levels.

CONCRETE-BLOCK SHELTER IN EXISTING BASEMENT



b. If your house does not have a basement or if it is not feasible to build a basement shelter, you can build at a little greater cost an outside underground shelter. Choose a site for your underground shelter that will not be covered by debris if your house should be blown down. The more earth cover the better, up to a maximum of 3 feet.

c. If the water level in the ground is too high, an aboveground shelter may be built. This shelter could also be used as a toolhouse or storage shed.

d. Five types of family fallout shelters are described in *The Family Fallout Shelter*.

Shelter selection assigned to

Helper

2. You will have to decide which type shelter will best suit your family needs—a basement corner room shelter, or an outside shelter. Building the family shelter may be done by a contractor or by members of the family. As a family project, one person should act as construction superintendent, and other members of the family should serve as helpers.

Construction superintendent

Helper

Helper

Helper

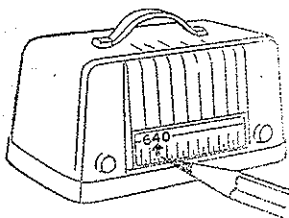
3. You will need some kind of emergency lighting because electric power often fails first in a disaster. Keep a flashlight in your shelter.

Providing emergency lighting

Helper

4. Since radio will be your immediate source of official information and instructions (640 and 1240 kc. on your standard AM radio dial), you should label these on your radio dial now.

The broadcasting industry and the Government, working together, have devised a special system of AM (Standard) radio broadcasting to bring you official word on what to do in time of emergency.



The system is officially entitled "Plan for CONTROL of ELECTromagnetic RADiations"—CONELRAD for short.

Under the CONELRAD emergency broadcasting system, you will be able to receive radio programs originating from three different sources—local, State, and national. Programs originating locally will be broadcast direct. Line connections are arranged for programs originating on a State or regional basis. By using the existing network structures and line connections between stations, officials can broadcast programs which will reach most of the country.

You will not be able to use your regular radio if electric power is cut off, so it is wise to have a portable, battery-operated radio which can be taken to your shelter. You should also have extra batteries for your radio.

Checking and marking radio

Helper

5. You should have a first aid kit in or near your shelter. The recommended list of contents is described in OCDM leaflet, L-2-12, *First Aid: Emergency Kit, Emergency Action*, revised April 1958, reprinted June 1959. All members of your family should read this leaflet, and you should keep a copy handy.

First Aid Item and Quantity

- | | |
|---|--|
| 1. Antiseptic solution: Benzalkonium Chloride Solution, U.S.P., 3-6 oz. bottle, 1 to 1,000 parts of water. | 9. Tongue blades, wooden, 12. |
| 2. Aromatic spirits of ammonia, 1-2 oz. bottle. | 10. Water purification tablets—(a) iodine, bottle of 50 to 100 (trade names—Globaline, Bursoline, and Potable Aqua), (b) chlorine, small bottle (trade name—Halazone). |
| 3. Table salt, 1 box. | 11. Large bath towels, 2. |
| 4. Baking soda, 8-10 oz. box. | 12. Small bath towels, 2. |
| 5. Triangular bandages, 4, folded, 37 x 37 x 52 in., with 2 safety pins. | 13. Bed sheet, 1. |
| 6. Medium first aid dressings, 2, folded, sterile, with gauze enclosed cotton pads, 8 x 7 1/2 in. Packaged with muslin bandage and 4 safety pins. | 14. Paper drinking cups, 25-50. |
| 7. Small first aid dressings, 2, folded, sterile, with gauze enclosed cotton pads and gauze bandages, 4 x 7 in. | 15. Flashlight, 1. |
| 8. Eye drops, 1/2-1 oz. bottle with dropper. | 16. Flashlight batteries, 3. |
| | 17. Safety pins, 12-15, 1 1/2 in. long. |
| | 18. Razor blades, 3, single edge. |
| | 19. Toilet soap, 1 bar. |
| | 20. Measuring spoons, 1 set. |
| | 21. Splints, plastic or wooden, 12, 1/8-1/4 in. thick, 3 1/2 in. wide x 12-15 in. long. |

Providing first aid supplies

Helper

6. You should have a 2-week supply of food and water on hand for emergency use. Probably you have a partial supply of food in your refrigerator and cupboards. You should add a stock of canned and dried foods that can be eaten without cooking, such as soups and juices, fish, milk, and meat. Avoid foods that would increase thirst. Store this emergency food in your evacuation kit or near the family shelter.

A Well-Balanced Emergency Supply of Food

Fruits and juices	Milk	Baby food
Vegetables	Instantaneous drinks	Raisins and chocolate
Soups	Canned meat and fish	Packaged cereals and dried foods

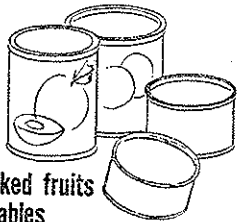
To make a food check

Helper

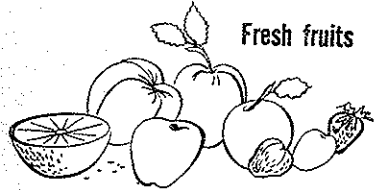
Your emergency supplies should include drinking water in bottles or jars, packed to avoid breakage. Store at least 7 gallons for each member of the family. Remember that milk, fruit juices, and bottled beverages can also be used. Water-packed fruits and vegetables also will give you extra liquids for emergency drinking purposes. Another source is your hot water heater, which usually will provide 30 or 60 gallons of water, depending on the size of the tank.

SOURCES OF LIQUIDS

Water-packed fruits and vegetables



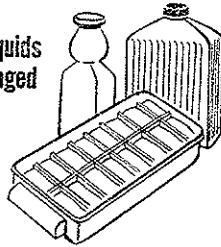
Fresh fruits



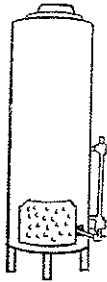
Your stored water supply and bottled drinks



Ice cubes and liquids stored in undamaged refrigerator



Water from hot water heater, if clean



Stockpiling potable liquids

Helper

7. Other needed supplies which should be in or near your shelter include blankets, warm clothes for cold weather, pliers or a wrench, heavy gloves, paper cups and plates, eating utensils, extra bulbs and batteries for your flashlight and portable radio, a supply of old newspapers, toilet tissue, sanitary napkins, invalid supplies if you have illness in the house, and disposable diapers if you have a baby. Also provide escape tools such as a pick, shovel, crowbar, or ax.

You also should have available spare washcloths, towels, soap, matches, a can opener, one or more cooking utensils, a small compact cooking unit, a small covered pail or can for human waste, and a supply of paper sacks for making soil bags.

A chart should be posted in the family shelter showing the exact location of each item of emergency supplies and tools.

To check shelter needs

Helper

PRACTICE 1. Assemble your family and discuss the need for a shelter and emergency supplies. Make sure everyone understands why they are needed and how they are to be used. Get a copy of each of the publications listed on page 31 and ask every member of the family to read them.

2. After assigning the various shelter needs to responsible members of your family, set a time limit for carrying out each assignment.

3. Hold another family meeting on the specified date and check your shelter provisions against the prescribed items. If anything is missing, set a deadline for obtaining it and storing it in its proper place.

4. Check the list again at the deadline date and make sure everyone understands where the required items are stored and who is to get them to the shelter in an emergency—if it is not practical to store them in the shelter. Review how they are to be used.

EXERCISE 3



The effects of an atomic or hydrogen bomb are spread by three forms of energy—heat, blast, and radiation.

The heat flash is over in a matter of seconds, but it lasts long enough to set fire to exposed paper, cloth, rubbish, and dry wood over a large area.

Immediately following the heat flash comes a tremendous blast wave. The pressure even in the outlying areas not only blows in windows and doors, but it also knocks down chimneys, wrecks stoves and fireplaces, and causes breaks in electric wires and gas pipes, which may start other fires. Such fires are particularly likely if discarded odds and ends which might feed a fire are allowed to accumulate in or near the house and garage.

A nuclear explosion could start dozens of small fires in and near your home. You can minimize that risk by practicing fireproof housekeeping.

PROCEDURE 1. Appoint a family fire marshal to lead all responsible members of the family in a systematic search for home fire hazards—from attic to basement. Check closets, attic, and cellar for discarded articles that would burn easily.

To serve as family fire marshal

Helper

2. Begin by clearing your attic. Make sure you can get into the attic area quickly by trapdoor, stairs, or ladder to fight a fire. Appoint one member of your family, plus a helper, to this top-floor cleanup job.

To inspect and clear attic

Helper

3. Clean out your closets and storage lockers. There may be many flammable odds and ends there that really have no further use. Make one member of your family and a helper responsible for getting rid of them.

To inspect and clear closets and lockers

Helper

4. Check your cellar and garage for flammable rubbish—half empty cans of paint, varnish, and turpentine; oily rags; paint-soaked brushes; old newspapers and magazines; and empty cartons, boxes, and baskets. Throw away or burn the stuff you will never use again. Keep such fluids as gasoline, benzene, and naphtha in tightly closed metal containers outside the house.

To inspect and clear basement and garage

Helper

5. Don't stop when you've cleared out the inside of your house. Clear out your yard, and the alley and vacant lots near the house. Collect rubbish and dispose of it. Don't leave it around to help set fire to your property.

To find and clean up outside rubbish

Helper

6. You don't need expensive or special fire-fighting equipment. You should have on hand a serviceable garden hose, a hand water pump, a shovel, a ladder in good condition, and filled buckets of water and sand—the equivalent of one for each two rooms.

Your house should have an adapter that will make the coupling fit the kitchen and bathroom faucets. If the water supply fails, a hand water pump extinguisher can be used with almost any container that will hold stored water.

If you have a chemical fire extinguisher, keep it filled and know how to use it. Read the directions now, not after a fire has started.

Responsible for fire-fighting equipment

Helper

What Makes a Fire If you know what makes a fire, you can learn more easily how to prevent one from starting—and how to put one out. Three things are needed for a fire: (1) fuel to burn, (2) heat to make it burn, and (3) air to keep it burning.

A kitchen match is a good example. When you strike the head it flares hotly for a moment, setting fire to the matchstick, which is the fuel. The oxygen in the air then keeps the match burning.

If you drop the lighted match into a small bottle and put your hand over the opening, the flame soon will smother for lack of air.

Quicker still, dip your lighted match into a glass of water. It will go out at once. The water has cut off the air and cooled the fuel.

Most small fires can be put out by smothering or by cooling. As a rule, burning liquids such as gasoline or grease are smothered. There is little difference between throwing a handful of soda into a blazing skillet and using chemical foam to blanket an oil tank fire. Burning solids like wood, cloth, or paper are best extinguished with water.

Fire Needs Fuel, Air, and Heat To Burn

1. TAKE AWAY FUEL.—Remove burning material before the fire spreads, if possible.
2. TAKE AWAY AIR.—A wet rug will smother the fire.
3. TAKE AWAY HEAT.—You can't have too much water on hand. It will put out most any type of fire.

Take away any ONE of the three things a fire needs, and it will not burn

PRACTICE 1. Allow time for thoroughly checking the house, grounds, water supply, and home fire-fighting equipment. Then the family fire marshal should ask all other members of the family for their reports.

2. Talk over what still needs to be done and set a time limit for finishing your preparations.

3. Call another family meeting when the time is up and check the fire-protection arrangements. If anyone in the family is having trouble completing his job, give him additional helpers and a new deadline.

REMOVE HOME FIRE HAZARDS

Chimney and roof in good condition?

Attic a junk pile?

Is your basement a fire hazard? Paint rags?

Shavings near work bench?

Fuel within 3 ft. of furnace?

Open paint or oil cans?

Piled-up paper and rubbish?

Stairs or halls cluttered?

Trash and rubbish near your house?

Electrical circuits and fixtures OK?

THEN

When your house is cleared of fire hazards assemble your fire fighting tools

A fire extinguisher

Hose adapter for inside faucets

Sand, covered water buckets, and shovel

A good hose near at hand

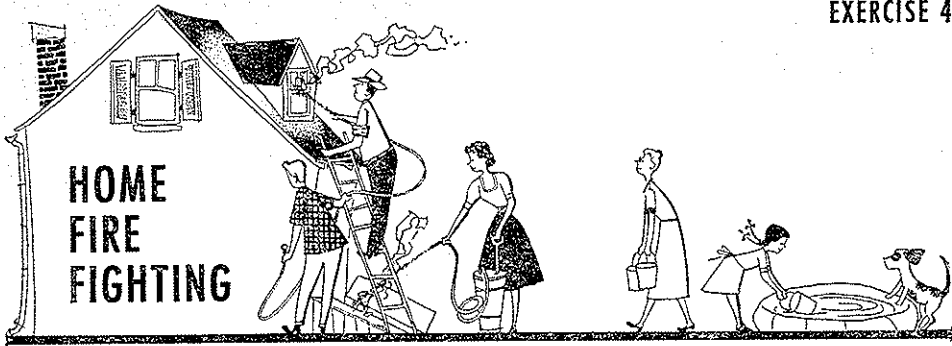
A ladder in good condition

4. After home fire-protection arrangements are completed to everyone's satisfaction, check over your preparations again from time to time. Weekly or monthly inspections will make your home safer.

If possible, have one member of your family take training in fire fighting. You may want to ask your local fire inspector to inspect your home for fire safety and advise you if other precautions are necessary.

All members of your family should read OCDM booklet, PA-B-4, *Fire Fighting for Householders*, revised May 1958, reprinted June 1959.

EXERCISE 4



An enemy attack on your city will start many more fires than your local fire department can handle. Fighting fires in your home or neighborhood will be up to you. Knowing how to fight a fire can save your life and the lives of your family. It can save your home and your neighbor's home, or even your part of the city. It can keep a small fire from growing into a big one.

Householders in England, many of them women, successfully fought fires in World War II. Sometimes bombs started fires in every house on a street, yet every house was saved.

PROCEDURE Training, tools, and plenty of practice are the basis for good fire fighting. Drills should be held by your family. Give each member certain duties, and see that they learn to work as an efficient team. Change assignments from time to time so that everyone in your home gains a working knowledge of all the fire-fighting jobs.

1. As soon as possible after enemy attack, you will want to check your house to see if fires have started. Appoint an inspector and helper for this task. Starting at your shelter, time how long it takes them to reach the attic and work down. Make sure halls and stairways are cleared of obstacles, and *kept* clear.

To search for possible fires

Helper

2. Find out how long it would take to get water to your attic if it were afire. Appoint a fire-fighting team and time them in their job of getting the hose into place. Your garden hose, with adapters which allow you to couple the hose to your kitchen or bathroom faucet, should reach all parts of your house.

To test fire fighting with hose

Helper

3. If the water supply fails, your hose will be useless. You should have a hand water pump for such emergencies. Check the time it takes to carry it to your attic and to the other parts of the house. Also time how long it takes to get there with buckets of water or sand. If it takes too long—more than 2 minutes—distribute more buckets for emergency use, and keep them filled and covered.

To test fire fighting with pump or buckets

Helper

4. Searching for a missing person in a wrecked and burning building should not be done by one person alone. Teamwork is always better and safer. To conduct a practice search, appoint two members of your family as a demonstration team and hide a supposed "victim" in an out-of-the-way part of the house. People who become confused and frightened in an emergency, especially children, often hide under beds or in closets. Have your search team look in every room and in every possible hiding place.

Demonstrator

Helper

5. If a door is hot to the touch, the searcher may expect to find fire or heated gases when he opens it. Smoke explosions often occur where air comes in contact with such gases. Whether the door opens toward or away from the searcher, he must have some protection against the explosion or heat when the door is opened. He should turn the doorknob, push (or pull), and duck to one side behind the wall. This will protect the searcher from flames or explosive gases.

Demonstrator

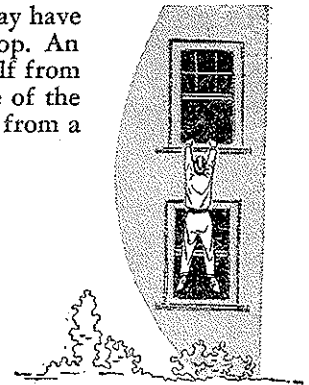
Helper

6. Everyone in your family should know how to get away from a fire if it gets out of control, without getting trapped. To escape from a smoke-filled room, tie a handkerchief, moist if possible, or other cloth across the mouth and nose. Then drop to the floor and crawl on your hands and knees, as close to the wall as possible. Follow the wall around to the door if you cannot see where you are going. A blindfold will make this practice more realistic.

To demonstrate escape method

Helper

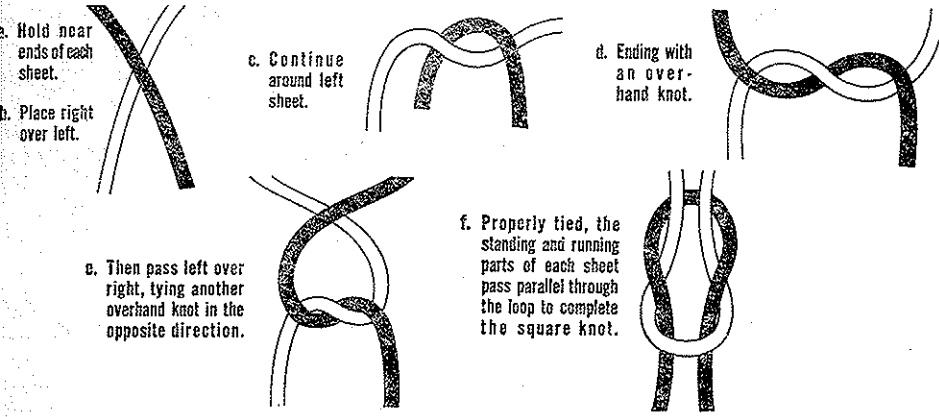
7. If you can't get down the second-floor stairs, you may have to hang by your hands from a window sill, then drop. An adult can cut his fall by about 7 feet if he lowers himself from a window as far as he can before letting go. Have one of the younger members of the family demonstrate this drop from a low or ground-floor window, to show how it works.



To demonstrate escape method

Helper

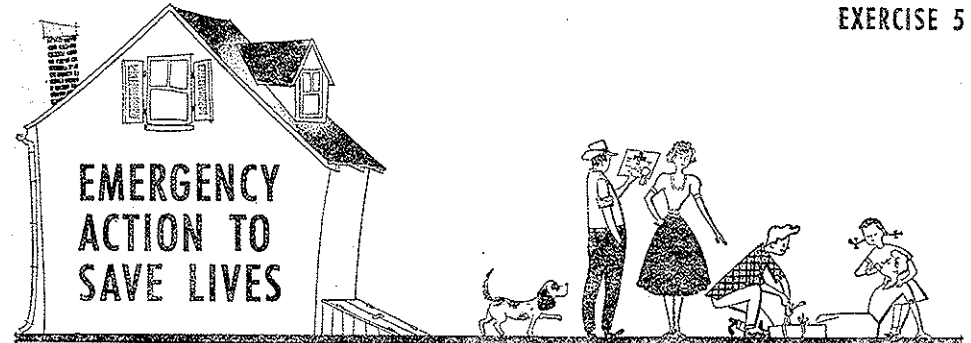
8. If you are caught on a second or third floor, you can tie sheets together with square knots and secure one end of your improvised rope to a radiator pipe or heavy piece of furniture. Then drop the other end out of the window and climb or slide down. You may not be able to reach the ground this way, but you will be that much closer to it when you drop, with less chance of hurting yourself. Demonstrate only the knot-tying part of this exercise. This method of escape is dangerous but your family should know about it in case of emergency.



To demonstrate rope tying _____ Helper

PRACTICE Now that you have learned the main things that can be done to fight fire in your home, or to escape from it, get the family together for a review of the procedures. Select one spot in the house and assume that a fire has started there. Make sure that everyone understands the problem.

1. Next, have each member of the family go through his or her fire-fighting assignment in turn, while the others watch. Try to find quicker and better ways to carry out each task.
2. Talk over the most likely ways of attacking, confining, and putting out fires in other parts of the house, and in various materials such as curtains, furniture, stored clothes, and so on.
3. Check your fire-fighting equipment. You can't fight a fire with a broken ladder, a rusty water pump, a leaking hose, or an empty fire extinguisher. Be sure you have stored supplies of water and sand in convenient locations.
4. See that everyone in your family reads, as soon as possible, OCDM booklet PA-B-4, *Fire Fighting for Household*ers.



If you have *not yet* had first aid training, here are a few important ways to help the injured. The person may still need attention from a trained first-aid-er after you have taken these emergency actions. He may need further treatment by a physician at the earliest possible moment. Meanwhile these actions may serve to keep an injured member of your family alive until help arrives. Do *not* move an injured victim at all unless he is in danger of further serious injury if left where he is.

One way to find out a victim's condition is to look at his face. If it is red, he may have a skull fracture or serious head injury. If his face is white, he may be suffering from shock caused by bleeding, burns, broken bones, crushing injuries, or by extreme nervous tension or fright. If his lips and fingernails are blue, he may be suffocating, or he may be in shock.

PROCEDURE 1. To learn *more* about saving lives, have at least one member of your family take a complete first aid course of the kind given free by the American National Red Cross or the U. S. Department of Interior, Bureau of Mines. Don't wait for an enemy attack before getting interested in first aid. Bad accidents and local disasters happen every day, and they could involve your family at any time.

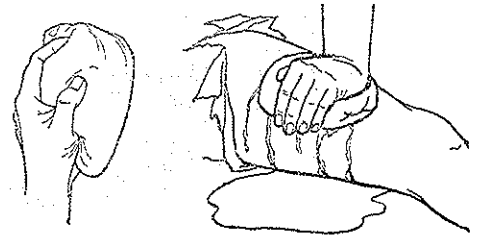
To take first aid training _____ Alternate

2. You should have a first aid kit and know how to use it. For a complete list of supplies needed, get the OCDM leaflet, L-2-12, *First Aid: Emergency Kit, Emergency Action* from your local civil defense director. Keep a copy with your first aid kit. Appoint one member of your family to obtain the necessary first aid supplies and store the kit in or near your home shelter.

To complete disaster first aid kit _____ Helper

3. For serious bleeding first get the victim to lie down and remain quiet. Try to stop the bleeding by pressing a cloth pad directly on the wound itself. Towels, sheets, or anything else at hand can be used for emergency pads. If possible, they should be clean. If not, use what you have. Bind the cloth in place.

If the bleeding doesn't stop, use more pads and more pressure. The important thing is to stop the bleeding, and direct pressure on a wound very often will do it.



To demonstrate how to stop bleeding _____ Helper

4. Don't use grease, oil, salve, or anything else on a bad burn. Simply cover the burned area with a clean, dry compress or pad of cloth. In an emergency you can use strips torn from a sheet, a shirt, a towel, a pillowcase, or anything similar.

Use several layers of cloth, arranged smoothly, to make a pad. Cover every part of the burn. Bind the pad in place with a bandage, not too tightly, but snugly enough so air will be kept out. Once the bandage is on, don't disturb it. Let it alone until a physician can treat the burned person.

To demonstrate use of burn dressings

Helper

5. If it is absolutely necessary to move a victim with a broken bone, first put a splint on the fracture.

A splint is usually a piece of wood secured to the victim so that the ends of the broken bone cannot move. In an emergency it can be anything from a thick bundle of folded newspapers to a broom handle. Splints should be long enough to reach beyond the joints above and below the break. Pad each splint heavily by wrapping it in cloth to make the patient more comfortable.

To apply a splint, lay it alongside the broken arm or leg, then tie it snugly in place above and below the break. Tie it in enough places so the broken bone cannot move. Do not tie too tightly, or you may cut off the blood supply or injure the nerves. Put padding under the ties all the way around the limb.



To demonstrate use of splints

Helper

6. Severe shock brings unconsciousness. If the shock is very deep, it can produce death. Severe shock should be treated by a physician, but you can take emergency action while awaiting professional care.

The first steps are to keep the victim lying down, and to wrap him warmly. Use whatever you have at hand to keep him warm, but don't let him get overheated. The patient perspires too much, his condition will get worse.

The victim's head should be level with or lower than his body. However, if there is a head injury, raise the head slightly.

First aid for mild shock victims should include the use of a saline solution made from 1 teaspoonful salt, 1/2 teaspoonful bicarbonate of soda, and a quart of water. The saline solution should be given to such shock victims only upon the advice of a physician, nurse, or trained leader of a first aid team. In cases of severe shock, a saline solution given by mouth may cause casualties to vomit and choke. Casualties with abdominal injuries should never be given saline solutions to drink.

Casualties who are in mild shock may be given as much saline solution to drink as they want.

Don't give saline solution to unconscious or semiconscious casualties.

To demonstrate treatment of shock

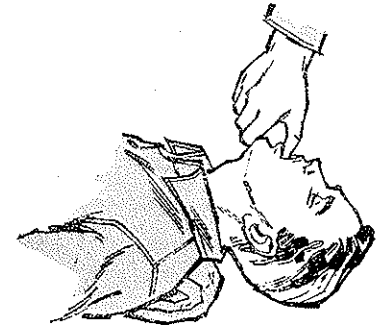
Helper

Suffocation can result from pressure on the neck or chest, as when the victim is pinned down by wreckage. It also can be caused by inhaling dust, dirt, smoke, or gas. Contact with a live electric wire may paralyze the nervous system which controls breathing. Drowning persons are victims of suffocation.

The first emergency action when a person is suffocating is to get him away from the cause. Then start some form of artificial respiration as soon as possible. The mouth-to-mouth (or mouth-to-nose) technique of artificial respiration is a good method to use.



1 CLEAR MOUTH AND THROAT OF MUCUS, FOOD, OR FOREIGN MATTER



2 TILT HEAD BACK, GRASP LOWER JAW AND LIFT



3 PINCH NOSTRILS, OPEN YOUR MOUTH WIDE, AND BLOW UNTIL CHEST RISES. LISTEN AND LOOK FOR SIGNS OF THROAT OBSTRUCTION OR CLOGGED AIR PASSAGE. REPEAT 10 TO 20 TIMES A MINUTE.

There are variations of the mouth-to-mouth (or mouth-to-nose) technique. Therefore, the best way to learn this method and other manual methods of artificial respiration is from a trained Red Cross first aid instructor. Have the member of your family who was assigned to take first aid training demonstrate artificial respiration as soon as possible.

To demonstrate treatment for suffocation

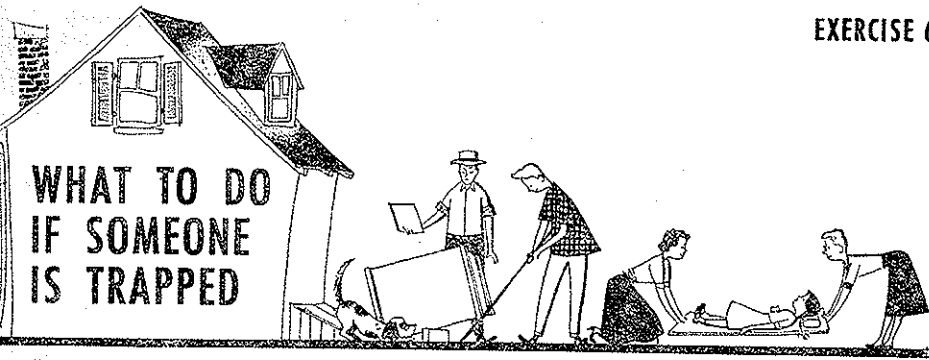
Helper

PRACTICE 1. Make sure that everyone in your family knows the basic things to do for bleeding, burns, shock, broken bones, and suffocation. At least one of the family should take a first aid course.

2. Rehearse first aid techniques in your home, using different "victims," and give each member of the family a chance to attain some skill for use in emergency.

3. See to it that everyone in your family understands that an injured person should not be moved by an untrained person except to save his life from fire, flood, or similar danger.

EXERCISE 6



Most rescue requires trained workers. Hastily moving wreckage or debris to free a trapped victim may cause him additional injury and also injure the would-be rescuer. Moving a victim may aggravate his injuries. The rule is: Don't move an injured or unconscious person unless he has been given first aid. Haste in moving an injured person may cost his life. If necessary, wait for help.

PROCEDURE The danger of fire, electric shock, or asphyxiation may make it necessary for you to act before trained rescue workers can arrive. The purpose of this exercise is to describe some of the things you can do to save a life without endangering yourself or the victim.



1. To find a missing member of the family, begin at the bottom of the house and work upward. If the victim is unconscious when found, his rescuer should put him on the floor unless his injuries forbid it. If he must be moved, carefully turn the victim on his back and tie his wrists together with a handkerchief or other article of clothing. The rescuer, by kneeling astride the victim and putting his head under the tied wrists, can then crawl forward, dragging the victim beneath him. This is known as the "fireman's drag." Have one member of the family demonstrate this with a much heavier person, to prove that it is an effective way of moving an unconscious victim.

Demonstrator _____ Pretended victim _____

If there is no alternative but to move an unconscious victim downstairs, the correct procedure is to place him on his back with his head toward the stairs. To demonstrate this, have the rescuer put both hands under the victim's armpits and cradle his head in the crook of one elbow. The rescuer should back down the stairs slowly, letting the victim's feet trail. This is known as the "incline drag."

Demonstrator _____ Pretended victim _____



3. A chair can be used as a stretcher in an emergency. Raise the victim to sitting position and lift him gently into the chair, supporting his knees and back. One rescuer can then carry the chair by its front legs, the other by its back rest. This is known as the "chair litter carry."

Demonstrator _____ Helper _____

4. Two rescuers can make a four-handed seat on which to carry a conscious victim. Each rescuer steadies the victim with an arm around his back. Then each rescuer slips his other arm under the victim's thighs and clasps the other's wrist. One pair of arms makes a seat rest, the other pair a back rest. Both rescuers then rise slowly in unison, lifting the victim from the ground.



A.



B.

Demonstrator _____ Helper _____ Pretended victim _____

5. To make an improvised stretcher, take a door or shutter off its hinges, or use an ironing board, or a wide board such as the leaf of a dining table. Lay the stretcher on the ground, lift or slide the victim onto it as gently as possible, and tie him in place with strips of cloth if the stretcher is narrow. Demonstrate this method of carrying an injured victim so that all members of the family gain experience.

Stretcher Bearers _____ Pretended victim _____

6. If the victim is in contact with a live wire, the rescuer must not touch him without first protecting himself. The rescuer should shut off the current, if he can. Failing this, he should stand on dry wood or paper and cover his hands with heavy dry gloves or cloth before touching the victim. Better still, he should poke or pull the wire away from the victim with a dry stick such as a broom handle or rake handle. Use an unplugged extension wire in demonstrating this, and let the supposed victim lie on it tightly to make the exercise more difficult and realistic.

Demonstrator _____ Helper _____

7. Leaking gas, fuel oil, or water are all dangerous to unconscious persons, especially in basements. If your local utility companies have not already issued instructions for controlling these utilities if damaged, check with the utility companies to learn the local policy. Now demonstrate to your family how to locate and turn off the main valves and switches in your home.

Demonstrator _____ Helper _____

8. Some kind of a lever is useful for lifting wreckage or heavy debris off a victim. Your home contains many things that could be used as levers—bed slats, spare lengths of pipe, a pick or shovel, or even an ironing board. When using a lever to raise wreckage from a victim, you should prop up the object to keep it from falling back on him.

Upset a heavy chair or couch and demonstrate how easily it can be raised with a lever (use a length of 2" x 4"). Be sure to use a pivot (fulcrum) that will not slip or crumble.

Loads should be propped up as they are lifted. This takes the weight off the lever to get in position to raise the load higher. Use books, shoes, doorstops, or bricks for props to hold the load in position at various stages.

 Demonstrator

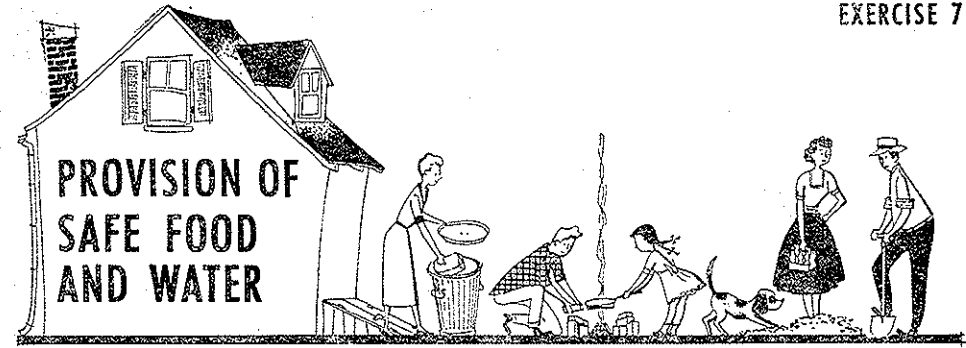
Helper

PRACTICE 1. Get the family together and discuss the possible ways in which they could be trapped if disaster struck your home.

2. Make sure everyone understands how to search the house for victims, even if fire has started.

3. Make doubly sure everyone in the family knows how to remove injured victims and has practiced ways of doing this.

4. Finally, make certain all members of your family know how to escape from the house if the usual exits are blocked.



Most of us take for granted the public services that guard our family health. But many of these services would be temporarily knocked out by disaster.

If the local water system is damaged, your household supply may be cut off until repairs can be made. If sewers are broken, it will not be possible to dispose of human wastes by the usual means. Lack of garbage collections will encourage the increase of rats, flies, and other disease-carrying agents. It will be hard for the people who supply you with food and fresh milk to resume their regular services for some time after an attack.

Your family should be prepared to solve its own food, water, and sanitation problems for at least 2 weeks following a disaster.

PROCEDURE 1. To insure enough safe drinking water and other fluids, you should have on hand the equivalent of 7 gallons for each member of your family. That may sound like a lot of fluid to store, but the chances are that you have several quarts of various liquids on hand, such as milk, soft drinks, fruit and vegetable juices, and the juices from water-packed fruits and vegetables. Check how you stand on such supplies before you begin to store additional water. And remember water availability from your hot water tank if it is free of rust and sediment. Home tanks usually have capacities of either 30 or 60 gallons.

 Checker

Helper

2. In addition to juices and other fluids, there are many emergency sources of drinking water in your home which you may not have thought of using. The melted ice cubes from your refrigerator would be one source. So would the tank of your hot water heater. Any clean water supply that has been covered against dust will serve in a disaster—but you should store some drinking water in addition, to be on the safe side. First, however, check your emergency resources against the total needed.

 Checker

Helper

3. Now, to make sure of the total supply, make up the balance of what your family might need by storing fresh drinking water in glass jars or jugs with tight-fitting covers, caps, or stoppers. Water fresh from the tap is safe providing the containers are clean. Pack your containers carefully.

 To provide emergency water

Helper

4. You should not hoard large quantities of food under any circumstances—that would be wasteful and foolish. But you should have on hand at all times a normal 2-week supply. You may already have enough on hand. If not, add canned or dried

Food which does not need refrigeration. Don't forget powdered milk or condensed substitutes for fresh milk, and extra supplies of baby foods.

To provide emergency food

Helper

5. Radioactive matter can make you sick if enough of it gets in your body, but even a cellophane wrapper may protect food from such contamination if the wrapper itself remains unbroken. Food in your closed refrigerator, deep freeze, or cupboards will be safe, but uncovered food exposed in the open might not be.

After a nuclear attack, wash or wipe clean any food or water container before opening it. Radioactive contamination on cooking or eating utensils is another problem. Such substances cannot be made harmless by boiling—they can only be washed away.

To demonstrate and explain

Helper

6. Water flush toilets cannot be used, of course, when water service is interrupted. If there were a delay of several days in restoring sewerage service to your neighborhood, you would have to make some temporary toilet provisions for members of our family, especially the children.

Provide a covered container for this purpose. A covered pail, a large cooking vessel, or a small kitchen garbage can with a foot-operated lid can be put to bathroom use in an emergency. Almost anything that has a cover will do for this purpose.

To provide emergency sanitation

Helper

7. Emergency disposal arrangements for human wastes, garbage, and rubbish are roughly the same.

Garbage should be drained dry and wrapped in several thicknesses of newspaper before being placed in a covered storage container, to reduce decomposition and resulting odors. Later it may be buried under 12 to 24 inches of dirt. Keep a spade handy for this purpose.

Rubbish can be burned in open yard areas or left at dumps established by local authorities. Check your emergency disposal arrangements now and make sure your family understands their importance.

To provide garbage and rubbish disposal

Helper

PRACTICE 1. Gather your family together and discuss the dangers of dirt and disease which can bring illness or death following a disaster.

2. Make sure you know what you are going to do about household sanitation if an emergency occurs, and see that you have on hand the supplies you would need to protect your family health.

3. Work with your neighbors to set up sanitary measures that will protect your area. Disease is no respecter of property lines.

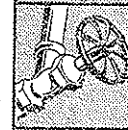
4. For additional details—such as how to purify water and milk—make sure that your family and friends read OCDM handbook, H-11-1, *What To Do Now About Emergency Sanitation at Home*.

BEFORE DISASTER STRIKES

You Should Know . . .



Where to find safe water



How to turn off water service valve



How to purify water



What foods to store and how to prepare them



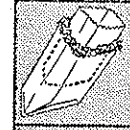
What foods are unsafe



How to dispose of garbage



How to dispose of human wastes



How to make soil bags

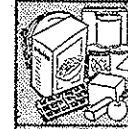


What to do with frozen foods

You Should Have . . .



Stored water or other liquid (7 gals. per person)



A 2-week supply of proper foods, paper plates and napkins



Cooking and eating utensils, measuring cup, can and bottle openers, pocket knife and matches



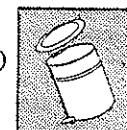
Special foods for babies and the sick



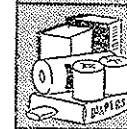
Large garbage can to keep garbage



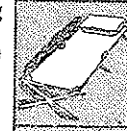
Smaller can for human wastes



A covered pail for bathroom purposes



Toilet tissue, paper towels, sanitary napkins, disposable diapers, soap



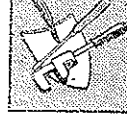
Rubber sheeting and special equipment for the sick



Grocery bags, week's supply of newspapers for sanitary uses, waterproof gloves



2 pts. of household chlorine, 1 qt. of 5 percent DDT



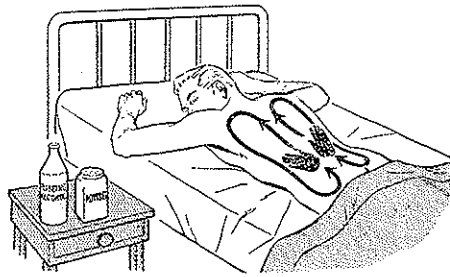
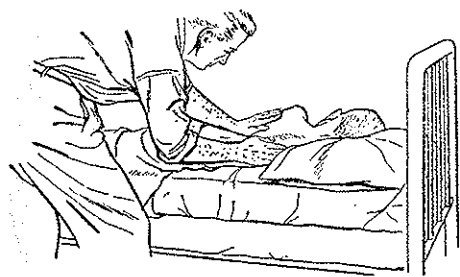
Wrench, screwdriver and shovel

c. Pour a little alcohol in the palms of your hands. Pressing with the palms, rub patient's back, shoulders, and buttocks. Use long, firm strokes. Red areas on the skin should be rubbed gently but firmly. Do this by going around in small circles with your fingers or palms. When your hands become dry, wet them with alcohol again and continue. A good back rub takes about 3 minutes.

d. When you've finished, dry patient's back with the towel.

e. Sprinkle a little talcum powder on your hands and rub it gently on patient's back.

f. Replace gown, tighten bed sheets, turn patient toward you, fluff up the pillow, and straighten the top bedding.



Demonstrator

Pretended patient

4. Bedridden patients should be bathed to cleanse, refresh, and relax them. A bath will also stimulate circulation, provide a mild form of exercise, and aid in elimination by cleansing the pores.

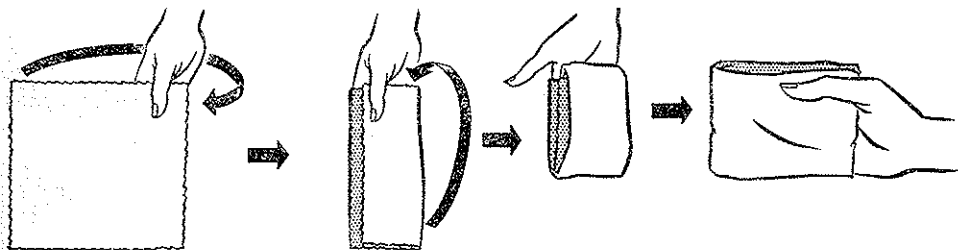
The homemaker will need the following equipment when giving a bed bath:

- | | |
|---|--|
| Large basin of warm water | Rubbing alcohol (warmed) |
| Container of hot water | Body powder |
| Waste-water pail if not near a bathroom | Hand lotion and deodorant if needed |
| Towels—2 bath, 1 face | Tray with toilet articles |
| Washcloth | Newspapers for protection of the furniture |
| Soap in a dish | Clean pajamas or gown |
| Lightweight or bath blanket | |

a. Take everything you will need to the bedside. Be sure the sickroom is free of drafts. Remove the blanket from the bed; fold and place over a chair. Cover patient with bath blanket and pull the top sheet from under it to the foot of the bed. Remove sheet, fold and place on chair. Remove patient's pajamas or gown.

b. To keep patient warm, uncover only one part of the body at a time. Wash, rinse, and dry the part well. Then cover it right away.

c. To keep the washcloth from dragging across the patient, especially across his face, make a mitten of the cloth on your hand. This will also keep water from dripping on the bedclothes or patient.



d. Keep the soap in the soapdish when you're not using it.

e. The water should be warm; change it when it gets cool.

f. Take note of condition of patient's skin. Look for rashes, sores, or areas of redness.

Demonstrator

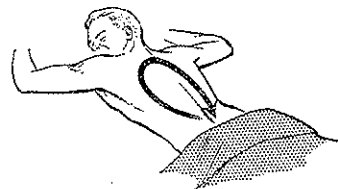
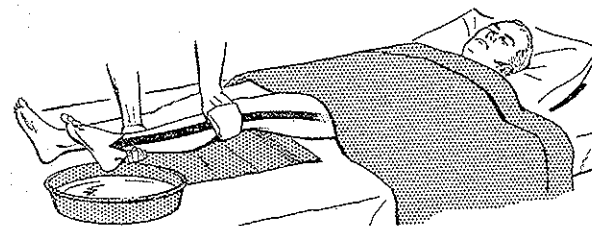
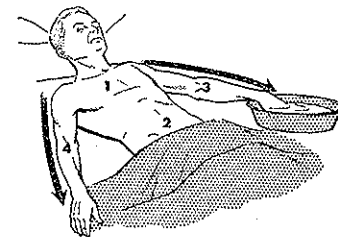
Pretended patient

5. When bathing a bed patient, a towel should be placed under that portion of the body being washed. Cover patient with bath blanket.

a. Wash the patient's face, neck, and ears first. Rinse and dry well.

b. Next wash shoulders, armpits, arms, and hands. Rinse and dry well.

c. Put towel across patient's chest. Fold bath blanket down to patient's abdomen. Raise the towel and wash chest. Pay special attention to the skin—especially on the back, shoulders, heels, elbows, and under the breasts of women patients. After rinsing, dry thoroughly.



d. Leave towel across patient's chest. Wash the abdomen, get between any creases of skin. Be sure to wash the navel. Dry thoroughly and pull blanket up over patient's chest.

e. Fold bath blanket back from the far leg. Wash and dry the leg and foot. Be sure to wash and dry between the toes. Do same for other leg.

f. Empty washbasin. Refill it with clean, warm water. Turn patient on his side and wash, rinse, and dry his back. Rub it with alcohol and dust it with powder.

g. Turn patient on his back. Ask patient to finish his bath by washing the area between his legs.

Demonstrator

Pretended patient

PRACTICE 1. Gather your family together and rehearse the chair litter carry for moving a bedridden patient to the family shelter.

2. Rehearse the recommended methods for changing bed linen, moving a bed patient, bed-bathing, and massaging a bed patient.

3. Check your linen supplies. Proper care of a bed patient requires plenty of fresh linens.

FAMILY SURVIVAL—A BEGINNING

The eight home protection exercises described in this booklet are the foundation for a home defense action program. They do not, however, tell everything you will need to know or do in order to give yourself and family the best possible chance of surviving either an enemy attack or a natural disaster.

There are two major reasons why successful completion and constant practice of these exercises are only a preliminary education in family survival:

1. Modern science is continually developing both new weapons of destruction and new means of personal and family protection against them. The situation you may be called upon to face keeps changing. How best to defend yourself and your home may have to change with it.
2. Home protection problems are not the same throughout the Nation. It is important that you know the plans of your particular city or community.

HOW WELL PREPARED IS YOUR FAMILY?

Here is a convenient place to record the progress that you and your family are making in the home protection exercises. While it may be more convenient to learn and practice them in the order presented in this booklet, the important thing is to complete them all within a reasonable time. Show the date in each blank column.

Keep practicing until you can conscientiously score the family performance as "excellent." Then review and refresh your preparations and practice at least once every 3 months.

Exercise	Preparations completed	1st Practice	2d Practice	3d Practice
1. What to do when the warning signals sound				
2. Preparation of your shelter				
3. Home fire prevention				
4. Home fire fighting				
5. Emergency action to save lives				
6. What to do if someone is trapped				
7. Provision of safe food and water in emergencies				
8. Home nursing				

OCDM PUBLICATIONS

The following OCDM publications can be requested through your local civil defense director, or purchased from the Superintendent of Documents U.S. Government Printing Office, Washington 25, D.C., at nominal cost:

Family Fallout Shelter, The, MP-15, June 1959.

Fire Fighting for Householders, PA-B-4, revised May 1958, reprinted June 1959.

First Aid: Emergency Kit, Emergency Action, L-2-12, revised April 1958, reprinted June 1959.

Handbook for Emergencies, 1958.

What to Do Now About Emergency Sanitation at Home, H-11-1, revised August 1958, reprinted December 1958.

What You Should Know About Radioactive Fallout, PA-B-7, revised May 1958.

OCDM FILMS

The following films are available through State civil defense offices or Regional Headquarters of the Office of Civil and Defense Mobilization:

Bombproof

Crisis

Day Called "X", The

House in the Middle, The

New Family in Town

Operation Ivy

Rehearsal for Disaster

Time of Disaster

To Live Tomorrow

RED CROSS FILMS

The following first aid films can be obtained through your local Red Cross chapter:

Easy Does It

First Aid

First Aid for Burns in Civil Defense