

## **CERV Webinar and YouTube Resources: Disaster Preparedness**

**CERV has compiled an extensive collection of archived “zoominars” (webinars on Zoom) and videos on a variety of topics related to disaster and emergency preparedness. The pages that follow describe each one and provide a handy way to link up to the ones you are most interested in checking out. The last four pages include videos that incorporate captioning and/or American Sign Language interpretation.**

### **I. Zoominars from CERV**

#### **Disaster and Emergency Readiness Training for People with Disabilities and People with Access and Functional Needs (AFN)**

**This Zoominar focuses on the needs of those with disabilities and/or access and functional needs and is led by Sarah Blackstone with support from Elsa Quezada, CEO, Central Coast Center for Independent Living (ret.). Sarah Blackstone, Ph.D., CCC-SLP; is a Speech-language Pathologist; Monterey CERT Zone Captain; Founding Member, Monterey County Office of Emergency Services Access and Functional Needs Working Group; United States Society for Augmentative and Alternative Communication, Co-chair, Disaster Relief Committee/Past President; Central Coast American Red Cross Disaster Services Hero, 2017.**

**Workshop video available here:**

[https://www.youtube.com/watch?v=0H\\_vjFifY2U](https://www.youtube.com/watch?v=0H_vjFifY2U)

**Slides from Workshop available here:**

<https://www.cerv501c3.org/pages/disaster-and-emergency-readiness-training-for-people-with-disabilities-and-people-with-access-and-functional-needs-afn>

**Videos shown in workshop available here:**

Emergency Preparedness in Monterey | Big Sur Kate’s Story

<https://www.youtube.com/watch?v=tMXSN4n8Wgc>

and here:

Stories of Resilience - Never Give Up

<https://www.youtube.com/watch?v=Hi56YuElixg>

---

## **Health & Communications Passports for Emergency Preparedness**

<https://www.cerv501c3.org/pages/health-communication-passport-for-emergency-preparedness>

[https://www.youtube.com/watch?v=7cM7H4e-Iy4&feature=emb\\_logo](https://www.youtube.com/watch?v=7cM7H4e-Iy4&feature=emb_logo)

This webinar focuses on two kinds of passports that could prove especially helpful to children, adults, elders and those with disabilities during disasters, emergencies and the aftermath. Health and Communication Passports are tools for communication and information sharing.

These documents can also have significant value in non-emergency situations like visits to a clinic or health practitioner, interactions with police officers, home visits from nurses, communications with elderly care personnel and many more. Whether when a natural disaster strikes or you are just going to a medical appointment, communication is a crucial component. Preparing these two types of passports in advance can prevent communication breakdowns or confusion because clear and efficient information is present and can make a difference to safety, health and comfort under trying circumstances. These passports share some similarities, but also reflect some important differences.

This video includes templates that can be used for your Health & Communication passports and reviews the kind of information that should be included.

### **Health and Communication Passport CERV Webinar - 8/26/2020 –**

As highlighted in previous videos, the importance of emergency preparedness has become even more apparent due to recent natural disasters and the COVID-19 pandemic.

- Video available here: <https://www.youtube.com/watch?v=7cM7H4e-Iy4>

English Video here: [https://www.youtube.com/watch?v=7cM7H4e-Iy4&feature=emb\\_title](https://www.youtube.com/watch?v=7cM7H4e-Iy4&feature=emb_title)

Health and Communication Passport CERV Meeting - 8/26/2020 - **Spanish Video here:** Ya sea un terremoto, una inundación, un incendio, un huracán, un tsunami, un deslizamiento de tierra o cualquier otro desastre natural o provocado por el hombre que pueda imaginar, las personas con discapacidades y los más vulnerables a menudo son olvidados. Aprenda a cuidar y ayudar a sus vecinos en tiempos de crisis. A través de los Voluntarios de Respuesta a Emergencias Comunitarias de la Península de Monterey en asociación con Listos California, le traemos este taller informativo sobre cómo prepararse para situaciones de emergencia.

<https://www.youtube.com/watch?v=9rmK9ILxwN8>

PDF of workshop here:

[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/1.3\\_Health\\_Passport\\_1.pdf?v=159848863](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/1.3_Health_Passport_1.pdf?v=159848863)

Full presentation available here: <https://www.cerv501c3.org/pages/health-communication-passport-for-emergency-preparedness>

Health Passport Video : <https://www.youtube.com/watch?v=1erY9tb9C7o>

Communication Passports at the Sunyani Unit School - Ghana  
<https://www.youtube.com/watch?v=whCNPDr7vIg>

### **Communication With First Responders During Emergencies and Disasters**

This video describes (1) the communication barriers first responders face during emergencies and disasters, (2) how they have learned to respond and (3) the valuable tools available to help overcome these barriers. It can be useful both for first responders themselves, as well as for people who need to be better prepared to make themselves understood if or when disaster strikes. Can be located under:

<https://www.cerv501c3.org/pages/disaster-and-emergency-readiness-training-for-people-with-disabilities-and-people-with-access-and-functional-needs-afn>

### **Emergency Preparedness for Everyone** **Preparación para emergencias para todos (CERV)**

This disaster preparedness guide from the California *Listos* program serves as a resource for you and your loved ones to prepare to respond to various types of disasters you may face, such as floods, fires, earthquakes, power outages, and more.

Esta nueva guía de preparación para desastres del programa *Listos* de California sirve como un recurso para que usted y sus queridos puedan prepararse para responder a varios tipos de desastres que puedan enfrentarse, como las inundaciones, incendios, terremotos, cortes de energía, entre otros.

The archived webinar is available here. El video del taller está disponible aquí:  
[https://www.youtube.com/watch?v=Vp7UMH7nGdI&feature=emb\\_title](https://www.youtube.com/watch?v=Vp7UMH7nGdI&feature=emb_title)

Descargue la guía gratuita en español AQUÍ:  
[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/SPANISH-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1589412897](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/SPANISH-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1589412897)

The Disaster Ready Guide from the California *Listos* program packs a lot in to its 19 pages, and is as good a brief introductory guide to the many aspects of disaster preparedness as you are likely to find.

It keeps things simple, boils them down, and covers a lot of territory in plain language. Includes lots of tips for various circumstances, pages on floods, wildfires, earthquakes and power outages, go bags, stay kits, *etc., etc.* CERV's webinar focusing on the Disaster Ready Guide can be found here: <https://www.youtube.com/watch?v=Vp7UMH7nGdI>

Download the Free English Language Guide [HERE](#):

[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/ENG-Disaster\\_Ready\\_Guide-Digital-SelfPrint.pdf?v=1588034389](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/ENG-Disaster_Ready_Guide-Digital-SelfPrint.pdf?v=1588034389)

Download the Free Spanish Guide [HERE](#):

[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/SPANISH-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1589412897](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/SPANISH-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1589412897)

Download the Free Tagalog Guide [HERE](#):

[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/FILIPINO-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1591802037](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/FILIPINO-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1591802037)

Download the Free Hmong Guide

[HERE:https://cdn.shopify.com/s/files/1/0046/2048/4694/files/HMONG-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1591802044](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/HMONG-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1591802044)

Download the Free Korean Guide

[HERE:https://cdn.shopify.com/s/files/1/0046/2048/4694/files/KOREAN-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1591802051](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/KOREAN-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1591802051)

Download the Free Vietnamese Guide

[HERE:https://cdn.shopify.com/s/files/1/0046/2048/4694/files/VIETNAMESE-Disaster\\_Ready\\_Guide-SimplePrint-Digital.pdf?v=1591802057](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/VIETNAMESE-Disaster_Ready_Guide-SimplePrint-Digital.pdf?v=1591802057)

Download the Free Cantonese Guide

[HERE:https://cdn.shopify.com/s/files/1/0046/2048/4694/files/CANTONESE-Disaster\\_Rady\\_Guide-SimplePrint-Digital.pdf?v=1591802030](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/CANTONESE-Disaster_Rady_Guide-SimplePrint-Digital.pdf?v=1591802030)

**CERV's youtube channel:**

<https://www.youtube.com/channel/UCDie4bqdafgaxzeKpSfSttA>

## **II. Webinars and Courses from CERV's LISTOS Partners**

**Resources from [Special Kids Connect](#):**

- *A Conversation with a 911 Dispatch Professional* - 46 minute video presented in both English and Spanish. This video provides important details on how to make a call to 911, including when it is appropriate to call 911, what details you should be able to provide to the 911 operator. The video goes over how to report a variety of emergencies to 911.
  - Video available here: <https://www.youtube.com/watch?v=sSus1ZEna7o&feature=youtu.be>
  
- *Fireman Josh visits Special Kids Connect* - In an hour long video Fireman Josh Hostetter provides a virtual tour of the Salinas Fire Department, Station 4, gives insight on what it's like to be a firefighter, and provides tips and assignments to help prepare in the event of an emergency.
  - Video available here: <https://www.youtube.com/watch?v=37Lq6283Q5g&feature=youtu.be>

**Resources from the Alliance on Aging:**

- *Emergency Preparedness Workshop - The Basics: 3 Easy Steps to Prepare for An Emergency* - This 1 and 1/2 hour video was created in partnership with The Alliance on Aging Ombudsman Program, CERV of the Monterey Peninsula, and Listos California. This workshop will provide information on what emergencies are likely in your community, how to sign up for emergency alerts, a review of current guidance on COVID-19, details on creating your own emergency communications plan, and details on putting together your own emergency kit.
  - Workshop video available here: <https://www.youtube.com/watch?v=nS1-LcDWEbE&feature=youtu.be>
  - Handout available here: <https://drive.google.com/file/d/1StUOVXHXiqsIrVgx8bMw2LNBnaihspBT/view>
  
- *Fire Safety and PG&E Public Safety Power Shutoff Preparedness Workshop* - This 1 hour and 12 minute video was created in partnership with The Alliance on Aging Ombudsman Program, CERV of the Monterey Peninsula, the Seaside Fire Department and Listos California. This workshop provides information on the major causes of home fires and wildfires as well as basic fire safety tips. By the end of the workshop you will know how to develop a fire safety plan, create and maintain a defensible space around your yard, understand the PG&E Public Safety Power Shutoffs, make a plan for multi-day power outages, and learn how to sign up for relevant emergency alerts.
  - Workshop video available here: <https://www.youtube.com/watch?v=fi-sF4foDIQ&feature=youtu.be>

- Handout available here:  
[https://cdn.shopify.com/s/files/1/0046/2048/4694/files/Fire\\_Safety\\_and\\_PG\\_E\\_Public\\_Safety\\_Power\\_Shutoff\\_Preparedness\\_Zoom\\_Workshop\\_HANDOUTS\\_1.pdf?v=1602467683](https://cdn.shopify.com/s/files/1/0046/2048/4694/files/Fire_Safety_and_PG_E_Public_Safety_Power_Shutoff_Preparedness_Zoom_Workshop_HANDOUTS_1.pdf?v=1602467683)

### Resources from [Deaf and Hard of Hearing Services](#)

**In this captioned and ASL video, Susan Coulter**, Educational Services Director **at Deaf and Hard of Hearing Services** helps clients learn about: • What is Emergency Preparedness? • What disasters could happen? • How to build an emergency kit • How to plan an escape route • Where to go in an emergency

- <https://www.dhhsc.org/emergency-preparedness/>

**In this next captioned and ASL video, Susan Coulter**, Educational Services Director **at Deaf and Hard of Hearing Services** helps discuss having a fire escape plan in case of fire emergency for all ages. ( Spanish captions coming at later time. Captions in other language(s) can be made available upon request.)

- [https://www.youtube.com/watch?v=L8zgr1n\\_wKA&t=26s](https://www.youtube.com/watch?v=L8zgr1n_wKA&t=26s)

### Resources from [Pajaro Valley Prevention & Student Assistance](#):

- *Emergency Preparedness Tips and Resources virtual training for Teens* (not recorded)
- *PSA: Emergency Preparedness* - A short and fun video providing the “recipe” for putting together an emergency kit.
  - Video available here:  
<https://www.youtube.com/watch?v=XHqJdBwpXVc>
- *Listos Mixteco* - Created in partnership with Monterey County CERV. A detailed 15 minute video on emergency preparedness presented in the Mixteco language.
  - Workshop video available here:  
<https://www.youtube.com/watch?v=PuUxkUHN0zs>

### Resources from [Rancho Cielo](#)

- Rancho Cielo Disaster Preparedness Training -
- As a teen, there are probably a lot of things you’re told you can’t do. But there is one very important thing you can do: Learn to protect yourself, your family, and your friends in case of disaster. Youth from Rancho Cielo, with the backing of the Community

Emergency Response Volunteers (CERV) of the Monterey Peninsula, recently trained in disaster preparedness and emergency response. Volunteers come from all ages and all walks of life, including teenagers participated! Through this disaster preparedness training, teens can serve their communities and help take care of their schools and homes.

- Video available here: <https://www.youtube.com/watch?v=7dwSx1qUzfE>

## Resources from [Fire Safe Council of Monterey County](#)

### Fire Safe Council of Monterey Workshop

- Free online course on wildfire safety. To access materials you must create a free account. The course details, personal preparedness, wildfire preparedness, and shows what a successful wildfire plan would look like. Monterey County is not "out of the woods" regarding wildfire season, so the need to improve fire readiness should be a priority for you. Please check this out carefully and share with your constituents.
- Course available here: <https://workshops.firesafemonterey.org/courses/wild-fire-and-you>
- 

## Resources from [ITN \(Independent Transportation Network\) of Monterey County](#)

### Getting Prepared for Emergencies

ITN, a volunteer-driven nonprofit that provides dignified transportation for seniors and the visually impaired, expanded its outreach during the COVID crisis to include participants in the Hartnell College Foster & Kinship Care Education program. This webinar is designed for foster care families.

[https://cccconfer.zoom.us/rec/play/LgKxjnDat5wLhsIpA1RerzIdWYrivQTDDuPKPq08y5Wlbmrdv-4BRs1F4PsHijNX7GeH8n19TkzfU5sx.jvltaNi3ND4okMU6?continueMode=true&\\_xzm\\_rtaid=atBYPj4BQfOAQEZDWWaRzQ.1616874606351.1d98c06bb43a33dfedf35198f5e20ce5&\\_xzm\\_rhtaid=793](https://cccconfer.zoom.us/rec/play/LgKxjnDat5wLhsIpA1RerzIdWYrivQTDDuPKPq08y5Wlbmrdv-4BRs1F4PsHijNX7GeH8n19TkzfU5sx.jvltaNi3ND4okMU6?continueMode=true&_xzm_rtaid=atBYPj4BQfOAQEZDWWaRzQ.1616874606351.1d98c06bb43a33dfedf35198f5e20ce5&_xzm_rhtaid=793)

### The Basics: Three Easy Steps to Prepare for Emergencies

ITN's introductory webinar on the basics, including specific disasters for which Monterey County is vulnerable.

[https://cccconfer.zoom.us/rec/play/viLugnougkiDpImFWq2vU3SasTbebBM3-VDs9rflFe34Y8T4KVdDVLlg1RHQkuhoBVJso9o0-u3oWzfQ.wHIB536ACNy3tpi2?continueMode=true&\\_x\\_zm\\_rtaid=atBYPj4BQfOAQEZDWWaRzQ.1616874606351.1d98c06bb43a33dfedf35198f5e20ce5&\\_x\\_zm\\_rhtaid=793](https://cccconfer.zoom.us/rec/play/viLugnougkiDpImFWq2vU3SasTbebBM3-VDs9rflFe34Y8T4KVdDVLlg1RHQkuhoBVJso9o0-u3oWzfQ.wHIB536ACNy3tpi2?continueMode=true&_x_zm_rtaid=atBYPj4BQfOAQEZDWWaRzQ.1616874606351.1d98c06bb43a33dfedf35198f5e20ce5&_x_zm_rhtaid=793)

-  
-

### Resources from [CERV's Youtube Channel](#)

#### People with Disabilities - What Happens in an Emergency

Whether it's an earthquake, flood, fire, hurricane, tsunami, mudslide or any other natural or man-made disaster you can think of, people with disabilities are often forgotten about. Learn how to look out for and help your neighbors during times of crisis. Through the Community Emergency Response Volunteers of the Monterey Peninsula in partnership with Listos California, we bring you this video that shows what it means to serve our vulnerable and underserved populations.

- Video available here: <https://www.youtube.com/watch?v=D3TLnWSZN9g>

-

*Community Emergency Response Volunteers of the Monterey Peninsula* - All About the Organization - Community Emergency Response Volunteers of the Monterey Peninsula (CERV) was formed in 2011 to promote and sustain preparedness, readiness and response to emergencies and critical events.

- Video available here: <https://www.youtube.com/watch?v=JZmNwbyry9k>

The SPCA for Monterey County and CERV of the Monterey Peninsula present "Earthquake Drills for Dogs." Learn how to train your dog to duck and cover when an earthquake strikes.

- Video available here: <https://www.youtube.com/watch?v=K3vEIXWgKGw>

- CERV Presents "Overcoming Communications Barriers During Emergency Response," Oct, 25 2014.

Information on workshop that was held in 2014.

- Video available here: <https://www.youtube.com/watch?v=wwJfQaUEVT0>

- CERV & Emergency Preparedness for Kids | Monterey

An update on CERV of the Monterey Peninsula's spring programs, including Go Bags for Grandmas and Overcoming Communications Barriers

- Video available here: <https://www.youtube.com/watch?v=P8Gniy-yGAI>



- Monterey County Gives 2016: CERV of the Monterey Peninsula  
Introduction to the CERV organization.
  - Video available here: <https://www.youtube.com/watch?v=WdiD0JkS5pQ>
- Monterey Recovers: Get Help, Give Help, Get Info
- Info on the Recovers website, which provides Monterey community members with disaster response resources.
  - Video available here: <https://www.youtube.com/watch?v=4O6vOoJBYGc>
- CERV of the Monterey Peninsula  
Learn more about the Community Emergency Response Volunteers of the Monterey Peninsula.
  - Video available here: [https://www.youtube.com/watch?v=usbj90\\_AR8o](https://www.youtube.com/watch?v=usbj90_AR8o)
- CERV of the Monterey Peninsula: Monterey County Gives Campaign
  - Video available here: [https://www.youtube.com/watch?v=sxrESqVl\\_Pw](https://www.youtube.com/watch?v=sxrESqVl_Pw)
- CERV Seminar #4, October 19 2013, Seaside, CA  
Information on emergency preparedness workshop held in 2013.
  - Video available here: <https://www.youtube.com/watch?v=tcGUGma4BR0>
- CERV Seminar #3, September 28, 2013, Marina, CA - Emergency Awareness & Planning
  - Video available here: <https://www.youtube.com/watch?v=VasFmVtMWII>
- CERV Seminar #1: Sheltering in Place & Evacuation, April 6 2013.
- Information on emergency preparedness workshop held in 2013. Preparing for Sheltering in Place & Evacuation.
  - Video available here: <https://www.youtube.com/watch?v=REHDLARNbXw>

## **Videos and Resources currently on the CERV Website**

### **Emergency Preparedness and Response Refresher Videos**

#### **Preparedness Resources:**

##### **We Prepare Everyday**

<https://www.youtube.com/watch?v=iGddWyoWkyg>

A 2-minute video brought to you by the Ready Campaign and Ad Council showing people with disabilities taking charge to prepare themselves and their families for emergencies. The Public Service Announcement emphasizes the Ready Campaign's four building blocks of preparedness

- Be Informed, Make a Plan, Build a Kit and Get Involved. This video is available with open caption, a certified deaf interpreter and audio descriptions.

### **Be Informed**

<https://www.youtube.com/watch?v=3u6vo9Q-Uq4>

This video brought to you by the Ready Campaign and Ad Council shows people with access and functional needs taking charge to prepare themselves and their families for emergencies. This video is available with open caption and closed caption, certified deaf interpreter (CDI) and open caption with CDI.

### **Make a Plan**

<https://www.youtube.com/watch?v=TybjwGLHA88&feature=youtu.be>

This video from the Ready Campaign and Ad Council shows people with access and functional needs taking charge to prepare themselves and their families for emergencies. It is available with open caption and closed caption, certified deaf interpreter (CDI) and open caption with CDI.

### **Build a Kit**

[https://www.youtube.com/watch?v=kJuDXorO9\\_g](https://www.youtube.com/watch?v=kJuDXorO9_g)

This video brought to you by the Ready Campaign and Ad Council shows taking charge to prepare themselves and their families for emergencies. This video is available with open caption and closed caption, certified deaf interpreter (CDI) and open caption with CDI.

### **Monterey Emergency Resources**

<https://www.youtube.com/watch?v=CUz4sSPZSY8>

CERT Search & Rescue Drill in Monterey - Monterey CERT hosted a search and rescue drill in the Oak Grove neighborhood. The drill featured a presentation by the County Sheriff's Office.

### **Training**

The Community Emergency Response Team (CERT) Program trains people about disaster preparedness for hazards that may impact their area and trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization, and disaster medical operations. CERT members can assist their families and following an event when professional responders are not immediately available to help. CERT also participates in searches for missing persons, serves as coastal spotters for persons swept out to sea, storm response and other common emergencies.

Community Emergency Response Teams in Action - Teaser Video

[https://www.youtube.com/watch?v=p\\_qgofopN2s](https://www.youtube.com/watch?v=p_qgofopN2s)

The following videos are useful both for learning some of the fundamentals of Emergency Preparedness *and* Response, and as a “refresher course” for those who may have been trained in Emergency Preparedness sometime in the distant past.

### **1. How to Assemble a Disaster Preparedness Kit- FEMA**

<https://www.youtube.com/watch?v=ERGSY4FD6Lc>

A disaster preparedness kit is especially important for those living in areas that regularly experience natural catastrophes like earthquakes and hurricanes. The items in this video can be found in your home today.

### **2. Emergency Triage:**

<https://www.youtube.com/watch?v=EyT84vqAJc0>

This video explains how triage works and when patients should be attended to during an emergency.

### **3. How to put out a grease fire safely:**

<https://www.youtube.com/watch?v=JOvdIVEN6wY>

Your initial response to a fire might likely be to throw water on it. But this is the wrong response for grease fires. Watch this video to see why.

### **4. How to Treat a Victim in Shock:**

<https://www.youtube.com/watch?v=NlroqjwzqRA>

Shock is common in most traumatic A few simple steps shown in this video can help keep those in a crisis situation calm.

### **5. Stroke:**

<https://www.youtube.com/watch?v=1SiYDzro8AA>

This video teaches you what exactly causes a stroke, symptoms, and tips for response.

### **6. Heart Attacks:**

<https://www.youtube.com/watch?v=-hS8SeQ7SUg>

This video teaches you what exactly causes a heart attack, symptoms, and tips for response.

### **7. Earthquake Escape:**

[https://www.youtube.com/watch?v=PChpTcs\\_Cs8](https://www.youtube.com/watch?v=PChpTcs_Cs8)

Learn a few survival tips after an earthquake from the ultimate survivor, Bear Grylls.

### **8. How to Apply a Pressure Bandage**

<https://youtu.be/uA-vHanFv1o>

This video shows how quick and easy it is to provide treatment for a wound. The paramedic also gives tips on what not to do.

### **9. Continuous Chest Compression CPR - Mayo Clinic Presentation**

<https://www.youtube.com/watch?v=E5huVSebZpM>

This new form of CPR can save more lives. It's easier than the old form of CPR.

### **10. Head and Spinal Injuries**

<https://www.youtube.com/watch?v=4fwwQEb9Y6U>

The wrong first aid response to head and spinal injuries can cause more damage. This video shows how to properly respond to a delicate injury.

### **11. How to Apply a Shoulder Sling**

<https://www.youtube.com/watch?v=OJZGuGa8JEY>

The paramedic walks viewers through the entire process of making a shoulder sling. He also suggests household items that can be used.

### **12. How to Use a Pillow as a Splint**

<https://youtu.be/E0DGqM5jcTk>

A great video on how to use a pillow that can be found in any house and used for both arm and leg fractures.

### **13. Emergency Roadside Kit-DIY:**

<http://www.youtube.com/watch?v=VxUkCrj0tz4>

People spend an average of 2 hours in their car. Be prepared for the unexpected with this do-it-yourself video.

### **14. Emergency Preparedness: Calculating Emergency Food Rations**

<https://www.youtube.com/watch?v=AnMAqotauB4>

Learn how to choose the right food to store for emergencies.

### **15. Flood Preparedness**

<https://www.youtube.com/watch?v=3vVw37kr6oA>

If you live in a flood prone region watch this video for tips on how to prepare your family and your property.

### **16. How to Treat a Victim Having a Seizure**

<https://www.youtube.com/watch?v=1O-J4MXQZ3k>

This video teaches us common causes of seizures and offers tips when experiencing different scenarios. It's important to realize that the person suffering a seizure has no control of the situation and you should stay with them until help arrives.

### **17. Heat Stroke**

[https://www.youtube.com/watch?v=hpWmYvWy\\_jA](https://www.youtube.com/watch?v=hpWmYvWy_jA)

This video teaches you what exactly causes a heat stroke, symptoms, and tips for response.

## **Deaf & Hard of Hearing Video Resources**

### **Preparedness:**

<https://www.youtube.com/watch?v=SrwD3f-2gOg>

This 6-minute video is an interview with a member of the New Jersey Association of the Deaf. She shares her experience during a major hurricane in 2012, and recommendations she has based on that experience and her work with her local Community Emergency Response Team. Good first-hand story to help understand what emergency preparedness should look like, and what can go wrong. Does not go into much depth on the steps of preparedness before and after an emergency, but does give some interesting tips based on personal experience.

### **Emergency Preparedness Tips in Sign Language:**

[https://www.youtube.com/watch?v=ZAy9DVfgZpM&feature=emb\\_title](https://www.youtube.com/watch?v=ZAy9DVfgZpM&feature=emb_title)

This 4.5-minute video goes through disaster and emergency preparedness tips and techniques, including how to create an emergency kit, make a plan, and get information. Tips include factors that are specific to those who are deaf or hard of hearing, such as packing extra hearing aid batteries and purchasing a text display radio. The video emphasizes three steps in emergency preparedness: make a ready kit, be prepared, and stay informed and goes into detail on what should be included in your ready kit and has specific advice for things to include for those who are deaf/hard of hearing. Does not go in-depth on steps for being prepared and staying informed. The video is in ASL, with English subtitles and voiceover.

### **Emergency Preparedness: Plan (ASL):**

[https://www.youtube.com/watch?v=J2n8GymyvJk&feature=emb\\_title](https://www.youtube.com/watch?v=J2n8GymyvJk&feature=emb_title)

This 6-minute video from the Arizona DEMA's Emergency Preparedness series encourages community members to create a plan for what to do in the case of an emergency. It emphasizes the need for separate versions of this plan for different places you spend time (such as home, work and school), choosing a meeting place out of the area as well as nearby, and discussing with your family the steps to take in either an evacuation or staying in place. It gives advice such creating pre-written messages as it may be easier for those who are deaf or hard of hearing to communicate, and checking with local emergency management agency to see if they keep a record of those with access and functional needs.

This video gives a lot of information and details every step of preparing for an emergency situation. Worth the 6 minutes to watch, and a great resource for someone needing to create a plan. It's also a bit hard on the eyes as the narrator is wearing black on a black background.

**Emergency Preparedness: Prepare (ASL):**

[https://www.youtube.com/watch?v=ihVh7SmnA3Y&feature=emb\\_title](https://www.youtube.com/watch?v=ihVh7SmnA3Y&feature=emb_title)

This 8-minute video from the Arizona DEMA's Emergency Preparedness series explains what to pack in a disaster supplies kit and why these things should be included, and also includes tips for what to do if resources are tight during an emergency situation.

This video gives plenty of examples of items to include and why, and considers items to include if you have young ones or pets. It also explains what smaller kits for your work and car should look like, in case you are not home in the case of an emergency. Very well organized, a little longer than some videos on the topic but not the longest.

**Emergency Preparedness Kit in American Sign Language:**

[https://www.youtube.com/watch?v=yEmrm9Ns3KA&feature=emb\\_title](https://www.youtube.com/watch?v=yEmrm9Ns3KA&feature=emb_title)

This roughly 5-minute video, created by university students and the American Red Cross, explains how to create and use a list of essentials to pack and bring in an emergency preparedness kit in order to be prepared to evacuate.

The video quality is lower for this video than the others and does not include a script

**FEMA Video on Preparedness:**

[https://www.youtube.com/watch?v=SrcwD3f-2gOg&feature=emb\\_title](https://www.youtube.com/watch?v=SrcwD3f-2gOg&feature=emb_title)

This 6-minute video is an interview with an ASL user about her experience during Hurricane Sandy. She goes through some of the supplies that she included in her kit, her number one advice for preparing your home for a hurricane, and making a communication plan with your family and friends. The first time she goes through her emergency preparedness kit she mentions things like a hardhat and a vest, which are not the first things that should be on your list for a kit. Her second time mentioning a kit she goes through more of the basics like water, batteries, etc.

**VIDEO SERIES**

**CDC Disaster American Sign Language Videos:**

<https://www.cdc.gov/disasters/hurricanes/asl/index.html>

This series of videos was created by the Center for Disease Control and Prevention and is focused on natural disasters and severe weather. It includes a few videos on preparing for an emergency situation, as well as videos on what to do during and after that emergency. It covers topics such as carbon monoxide poisoning, flood safety, and information for those with children or who are pregnant.

Covers a wide range of topics for during and after, with most videos being 2-3 minutes each. Natural disasters they cover specifically are limited to floods, hurricanes, and winter weather, and as such may not be as helpful for other circumstances. Very few videos included for what to do before an emergency. There is no script on the screen, only sound and ASL.

### **Arizona DEMA Emergency Preparedness ASL Videos:**

<https://ein.az.gov/emergency-preparedness-asl-videos>

This series of videos was created by the Arizona Department of Emergency and Military Affairs (DEMA) and the Arizona Commission for the Deaf and the Hard of Hearing (ACDHH), and focuses on a 4-step plan for emergency preparedness: Plan (listed above), Prepare (listed above), Inquire, and Inspire. They also include videos on preparing for potential hazards in Arizona, including flooding, wildfires, and in the case of an accident at the Palo Verde nuclear plant. These videos range from 3 to 8 minutes long and include plenty of information on each topic. The 4-step videos would be very helpful in preparing for an emergency situation, and the disaster-specific videos give useful information to understand what to do in specific emergencies. Topics of emergencies are limited to those experienced in Arizona.

### **DEAF Inc.'s Emergency Preparedness Videos:**

<https://www.youtube.com/playlist?list=PL580A24A3120D881E>

This video series was created by DEAF Inc. in Missouri, and has 4 videos on creating an emergency kit, preparing for a tornado, preparing for a flood, and preparing for an earthquake. These videos range between 12 and 13 minutes long, but contain a lot of helpful information on each topic. No sound included, but there is a script along with the ASL, for those who prefer to read. For preparing an emergency kit and knowing what to do in the case of a tornado/flood/earthquake, they are worth the extra time spent to watch them.

### **DEAF Inc.'s Emergency Kit Preparedness Video:**

[https://www.youtube.com/watch?v=WDKc9dwLxQY&feature=emb\\_title](https://www.youtube.com/watch?v=WDKc9dwLxQY&feature=emb_title)

This 12-minute video from the DEAF Inc.'s Emergency Preparedness series shows how to pack an emergency kit, explaining what items should be in the kit as well as what items could also be helpful. It is in ASL, with English subtitles, but no voiceover.

This video goes into a lot of detail and provides solid explanations for why each item is recommended for an emergency kit, but it is also longer than the others. No sound-over, but does still provide a script on the screen for those who prefer to read. It includes an in-depth list of things to include in a disaster emergency preparedness kit ... things like sunscreen, bug spray, bleach, paper plates, a wrench, a flare gun, etc. It may be a bit too much for impatient viewers.

### **IDHHC Emergency Preparedness ASL Videos:**

<https://www2.illinois.gov/idhhc/ASLVideos/Pages/EmergencyPreparedness.aspx>

This video series was created by the Illinois Deaf and Hard of Hearing Commission (IDHHC) and the Illinois Emergency Management Agency (IEMA), and go through emergency preparedness steps to take before and during an emergency. Videos range from over a minute to 8 minutes, and cover topics such as kit building, sheltering in place, and evacuation planning. There are also videos that cover what to do in the case of tornados, severe thunderstorms and lightning, and flooding.

Lots of good information, with explanations for why each recommendation is made. The script is slower than the spoken and signed information, which could make it confusing. Quality of the videos makes it seem as if they may be older, but the information does not seem to be overly dated. Click [HERE](#) to watch videos.

### **ASL Emergency Preparedness Videos:**

<https://www.youtube.com/watch?v=Z5qHjnVxTMY>

These videos were created by the Northeast Texas Public Health District, and are organized into their own playlist on a YouTube channel called Preparedness4Deaf, specifically for those who are deaf or hard of hearing. They cover a wide range of topics, from basic first aid, to hurricane/tornado/flooding preparedness, to other types of hazards for which to prepare. They vary widely in length, depending on the topic – some topics include coping with disasters and creating a family emergency information list.

These include topics not found in some of the other ASL series and could be helpful for filling in gaps elsewhere. Some of them are very long, however, and finding time to watch them may be difficult.

### **Sign Language for First Responders (Evacuate):**

<https://www.youtube.com/watch?v=5TjrdCIYzG0>

Simple, 3-minute video that shows first responders key words in American Sign Language (ASL) that would be helpful in communicating with those who are deaf or hard of hearing in an evacuation. Words include emergency, help, wait, go, sit, let's communicate through writing, etc. Overall a well-done video. She repeats the signs a few times to help ingrain them in your head and points out how signs are different if they are similar to one another.

### **FOR PURCHASE: American Sign Language Emergency Preparedness:**

<https://www.facebook.com/dyann.elaine/videos/10210535151593731/UzpfSTE1ODg1MzU3MDQ1NjIwMzA6MTc3MzYyNDk2MjcjOTc2OQ/>

This DVD was part of an ASL emergency preparedness video project by SignwithMe and is available for \$29.99 in a couple of locations, including on the Harris Communications website. It is a series of videos 4-16 minutes in length, totaling 33 minutes. The first video of the series is available on their Facebook page: ASL Emergency Preparedness Video Project - Video 1: Introduction.



Based on the first video of the series, it seems that the information could be helpful. Unlike in other videos, this series appears to be more dynamic – there are multiple presenters featured in the video and on the team list, and they are shown interacting with one another. Given the availability of free resources online, the cost might drive some people away; however, some posts on the Facebook page indicate that these DVDs may be available for free to members of the deaf and hard of hearing community. For those community members who prefer a TV format to online videos, this could be a good option.