OTCN INSTRUCTION 6110.5C

From: Commanding Officer, Officer Training Command Newport

Subj: PHYSICAL TRAINING EMERGENCY ACTION PLAN

Encl: (1) Physical Training Emergency Action Plan


2. Cancellation. OTCNINST 6110.5B.

3. Scope. This instruction applies to all staff and students assigned to OTCN.

4. Policy. All staff and students shall execute the guidelines established in enclosure (1). No deviations from the guidelines prescribed will be allowed without the express permission of the Commanding Officer.

\[Signature\]

V. F. KEMPER

Distribution: (OTCNINST 5218.1D)
List II
OFFICER TRAINING COMMAND NEWPORT

PHYSICAL TRAINING

EMERGENCY ACTION PLAN

Enclosure (1)
EMERGENCY NUMBERS
Fire/Ambulance: (401) 841-3333 or 911
Security: (401) 841-4041
CDO: (401) 862-4321

EMERGENCY GEAR
AED: In Every Trace Vehicle
First Aid Kit: In Every Trace Vehicle
Emergency Gear Bag: In Every Trace Vehicle
Cooler with Ice: In Every Trace Vehicle

COMMUNICATION
Primary: Cell Phone (Will be held by the Run Group Leader/s)
Alternate: Second designated Cell Phone (Will be held by the Safety Observer/s in Trace Vehicle/s)

EMERGENCY PROCEDURES
- If not already announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - UNRESPONSIVE-BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Prepare victim for AED placement and possible CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - RESPONSIVE- ABNORMAL BREATHING, GASPING OR DIFFICULTY BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Place victim in position of comfort.
    - Continue Basic First Aid until relieved by EMS.
  - ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*ADDITIONAL EAPS ON BACK AS REQUIRED
BLEEDING
- Apply personal protective equipment (i.e. Gloves, etc.)
- Cover with sterile dressing (gauze or band-aid)
- Apply direct pressure and elevate extremity
- If bleeding stops, transport to King Hall Medical
- If bleeding continues, Call EMS (401-841-3333 or 911)
- Continue direct pressure
- DO NOT remove soaked dressings, continue to add dressings
- Provide comfort measures
- Transport to King Hall Medical for evaluation

HEAT CRAMPS/HEAT EXHAUSTION
- Move victim to cool, shaded place (air conditioning if possible)
- Loosen clothing
- Give victim water
- Transport to King Hall Medical for evaluation

HEAT STROKE
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- Move victim to cool, shaded place (air conditioning if possible)
- Remove all clothing (except undergarments)
- Take sheet from ice cooler and place victim on it
- Pack ice from cooler into armpit, neck, and groin areas
- Pour remaining ice/water on to victim
- Wrap sheet around victim
- Prepare to perform BLS, if necessary, until relieved by EMS

EXPOSED BONE
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- DO NOT move casualty, except for safety (fell in the middle of the road)
- DO NOT try to put bone back in place
- If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
- Monitor victim for nausea or fainting
- Prepare to perform BLS, if necessary, until relieved by EMS
**EMERGENCY NUMBERS**

<table>
<thead>
<tr>
<th>Fire/Ambulance:</th>
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<tr>
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<td>CDO:</td>
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**EMERGENCY GEAR**

AED: On wall at main entrance, on wall in pool,

- On wall in Basketball Courts, on wall by track
- In Emergency Gear Bag

First Aid Kit: Front Desk and in OTCN Emergency Gear Bag.

Emergency Gear Bag: Located with Safety Observer in area of PT.

**COMMUNICATION**

**Primary:** Land Line located at Front Desk and in staff offices.

**Alternate:** Cell Phone held by Safety Observer.

**EMERGENCY PROCEDURES**

- If not already announced **CALL TTO**, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - **UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)**
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - **UNRESPONSIVE-BREATHING**
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Prepare victim for AED placement and possible CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue Basic First Aid until relieved by EMS.
  - **RESPONSIVE-ABNORMAL BREATHING, GASPING OR DIFFICULTY BREATHING**
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Place victim in position of comfort.
    - Continue Basic First Aid until relieved by EMS.
  - **ACTIVATE DEPARTMENTAL NOTIFICATION LIST**

*ADDITIONAL EAPS ON BACK AS REQUIRED*
- **BLEEDING**
  - Apply personal protective equipment (i.e. Gloves, etc.)
  - Cover with sterile dressing (gauze or band-aid)
  - Apply direct pressure and elevate extremity
  - If bleeding stops, transport to King Hall Medical
  - If bleeding continues, Call EMS (401-841-3333 or 911)
  - Continue direct pressure
  - DO NOT remove soaked dressings, continue to add dressings
  - Provide comfort measures
  - Transport to King Hall Medical for evaluation

- **HEAT CRAMPS/HEAT EXHAUSTION**
  - Move victim to cool, shaded place (air conditioning if possible)
  - Loosen clothing
  - Give victim water
  - Transport to King Hall Medical for evaluation

- **HEAT STROKE**
  - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
  - Move victim to cool, shaded place (air conditioning if possible)
  - Remove all clothing (except undergarments)
  - Take sheet from ice cooler and place victim on it
  - Pack ice from cooler into armpit, neck, and groin areas
  - Pour remaining ice/water on to victim
  - Wrap sheet around victim
  - Prepare to perform BLS, if necessary, until relieved by EMS

- **EXPOSED BONE**
  - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
  - DO NOT move casualty, except for safety (fell in the middle of the road)
  - DO NOT try to put bone back in place
  - If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
  - Monitor victim for nausea or fainting
  - Prepare to perform BLS, if necessary, until relieved by EMS
Communication

Primary: Cell Phone (Will be held by Primary Safety Observer)
Alternate: Second designated Cell Phone (Will be held by Secondary Safety Observer)

Emergency Procedures

- If not already announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASping)
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
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    - Start CPR.
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    - When AED arrives, attach AED and follow procedures
    - Continue CPR and Basic First Aid until relieved by EMS.
  - RESPONSIVE-ABNORMAL BREATHING, GASping OR DIFFICULTY BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.
  - ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*Additional EAPS on back as required
**BLEEDING**
- Apply personal protective equipment (i.e. Gloves, etc.)
- Cover with sterile dressing (gauze or band-aid)
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- Continue direct pressure
- DO NOT remove soaked dressings, continue to add dressings
- Provide comfort measures
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- DO NOT try to put bone back in place
- If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
- Monitor victim for nausea or fainting
- Prepare to perform BLS, if necessary, until relived by EMS
KAY HALL PT/WELCOME ABOARD EAP

**EMERGENCY NUMBERS**

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**EMERGENCY GEAR**

- AED: Right side of stage
- Fire Extinguisher: Locations on Map
- Emergency Gear Bag (Portable AED and First Aid Kit): On the Stage
- Cooler with Ice: On the Stage

**COMMUNICATION**

Primary: Land Line located to left of stage
Alternate: Cell Phone held by Safety Observer

**EMERGENCY PROCEDURES**

- If not already announced **CALL TTO**, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - **UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)**
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
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    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED
    - Prepare victim for AED placement and possible CPR
    - When AED arrives, attach AED and follow procedures
    - Continue CPR and Basic First Aid until relieved by EMS.
  - **RESPONSIVE-ABNORMAL BREATHING, GASPING OR DIFFICULTY BREATHING**
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.
  - **ACTIVATE DEPARTMENTAL NOTIFICATION LIST**

*ADDITIONAL EAPS ON BACK AS REQUIRED*
• BLEDING
  • Apply personal protective equipment (i.e. Gloves, etc.)
  • Cover with sterile dressing (gauze or band-aid)
  • Apply direct pressure and elevate extremity
  • If bleeding stops, transport to King Hall Medical
  • If bleeding continues, Call EMS (401-841-3333 or 911)
  • Continue direct pressure
  • DO NOT remove soaked dressings, continue to add dressings
  • Provide comfort measures
  • Transport to King Hall Medical for evaluation

• HEAT CRAMPS/HEAT EXHAUSTION
  • Move victim to cool, shaded place (air conditioning if possible)
  • Loosen clothing
  • Give victim water
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# EMERGENCY GEAR

- **AED:** First Deck Medical Wing, Second Deck room 217
- **Third Deck room 317, Fourth Deck room 417**
- **First Aid Kit:** Second Deck room 217
- **Third Deck room 317, Fourth Deck room 417**
- **Fire Extinguisher:** Locations on Map
- **Emergency Gear Bag (Portable AED and First Aid Kit):** 2<sup>nd</sup>, 3<sup>rd</sup>, 4th Deck Watch Station
- **Cooler with Ice:** 2<sup>nd</sup>, 3<sup>rd</sup>, 4th Deck Watch Station

## COMMUNICATION

**Primary:** Land Line (locations on map)

**Alternate:** Cell Phone held by Safety Observer (Pay Phones can be used to dial 911)

## EMERGENCY PROCEDURES

- If not already announced, **CALL TTO**, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - **UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASping)**
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
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    - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.

## ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*ADDITIOnal EAPS ON BACK AS REQUIRED*
EMERGENCY NUMBERS
EMS/Fire 401-841-3333 or 911  Security (401)841-4041  CDO 401-862-4321

▪ BLEEDING
  ▪ Apply personal protective equipment (i.e. Gloves, etc.)
  ▪ Cover with sterile dressing (gauze or band-aid)
  ▪ Apply direct pressure and elevate extremity
  ▪ If bleeding stops, transport to King Hall Medical
  ▪ If bleeding continues, Call EMS (401-841-3333 or 911)
  ▪ Continue direct pressure
  ▪ DO NOT remove soaked dressings, continue to add dressings
  ▪ Provide comfort measures
  ▪ Transport to King Hall Medical for evaluation

▪ HEAT CRAMPS/HEAT EXHAUSTION
  ▪ Move victim to cool, shaded place (air conditioning if possible)
  ▪ Loosen clothing
  ▪ Give victim water
  ▪ Transport to King Hall Medical for evaluation

▪ HEAT STROKE
  ▪ Direct someone to call EMS (401) 841-3333 or 911.
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  ▪ Move victim to cool, shaded place (air conditioning if possible)
  ▪ Remove all clothing (except undergarments)
  ▪ Take sheet from ice cooler and place victim on it
  ▪ Pack ice from cooler into armpit, neck, and groin areas
  ▪ Pour remaining ice/water on to victim
  ▪ Wrap sheet around victim
  ▪ Prepare to perform BLS, if necessary, until relived by EMS

▪ EXPOSED BONE
  ▪ Direct someone to call EMS (401) 841-3333 or 911.
    ▪ Position someone to direct emergency personnel to the scene of the casualty.
  ▪ DO NOT move casualty, except for safety (fell in the middle of the road)
  ▪ DO NOT try to put bone back in place
  ▪ If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
  ▪ Monitor victim for nausea or fainting
  ▪ Prepare to perform BLS, if necessary, until relived by EMS
EMERGENCY NUMBERS

Fire/Ambulance: (401)841-3333 or 911
Security: (401)841-4041
CDO: (401)862-4321

EMERGENCY GEAR

AED: 1st, 2nd and 3rd Deck Watch Station
First Aid Kit: 1st, 2nd and 3rd Deck Watch Station
Fire Extinguisher: Locations on Map
Emergency Gear Bag (Portable AED and First Aid Kit): 1st, 2nd and 3rd Deck Watch Station
Cooler with Ice: 1st, 2nd and 3rd Deck Watch Station

COMMUNICATION

Primary: Land Lines located in watch stations on 1st, 2nd and 3rd decks
Alternate: Cell Phone- (Signals are limited inside building)

EMERGENCY PROCEDURES

- If not already announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - UNRESPONSIVE-BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
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    - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.
  - ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*ADDITIONAL EAPS ON BACK AS REQUIRED
**BLEEDING**
- Apply personal protective equipment (i.e. Gloves, etc.)
- Cover with sterile dressing (gauze or band-aid)
- Apply direct pressure and elevate extremity
- If bleeding stops, transport to King Hall Medical
- If bleeding continues, Call EMS (401-841-3333 or 911)
- Continue direct pressure
- DO NOT remove soaked dressings, continue to add dressings
- Provide comfort measures
- Transport to King Hall Medical for evaluation

**HEAT CRAMPS/HEAT EXHAUSTION**
- Move victim to cool, shaded place (air conditioning if possible)
- Loosen clothing
- Give victim water
- Transport to King Hall Medical for evaluation

**HEAT STROKE**
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- Move victim to cool, shaded place (air conditioning if possible)
- Remove all clothing (except undergarments)
- Take sheet from ice cooler and place victim on it
- Pack ice from cooler into armpit, neck, and groin areas
- Pour remaining ice/water on to victim
- Wrap sheet around victim
- Prepare to perform BLS, if necessary, until relived by EMS

**EXPOSED BONE**
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- DO NOT move casualty, except for safety (fell in the middle of the road)
- DO NOT try to put bone back in place
- If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
- Monitor victim for nausea or fainting
- Prepare to perform BLS, if necessary, until relived by EMS
EMERGENCY NUMBERS

Fire/Ambulance: (401)841-3333 or 911
Security: (401)841-4041
CDO: (401)862-4321

EMERGENCY GEAR

AED: In Emergency Gear Bag
First Aid Kit: In Emergency Gear Bag
Emergency Gear Bag (Portable AED and First Aid Kit):
Located in middle of field or closest to designated PT Area
Cooler with Ice: Located in middle of field or closest to
designated PT Area

COMMUNICATION

Primary: Cell Phone (Will be held by Primary Safety Observer)
Alternate: Second designated Cell Phone (Will be held by Secondary Safety Observer)

EMERGENCY PROCEDURES

- If not already announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - UNRESPONSIVE-BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED
    - Prepare victim for AED placement and possible CPR
    - When AED arrives, attach AED and follow procedures
    - Continue CPR and Basic First Aid until relieved by EMS.
  - RESPONSIVE-ABNORMAL BREATHING, GASPING OR DIFFICULTY BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort.
    - Continue Basic First Aid until relieved by EMS.

- ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*ADDITIONAL EAPS ON BACK AS REQUIRED
**EMERGENCY NUMBERS**
EMS/Fire 401-841-3333 or 911  Security (401)841-4041  CDO 401-862-4321

- **BLEEDING**
  - Apply personal protective equipment (i.e. Gloves, etc.)
  - Cover with sterile dressing (gauze or band-aid)
  - Apply direct pressure and elevate extremity
  - If bleeding stops, transport to King Hall Medical
  - If bleeding continues, Call EMS (401-841-3333 or 911)
  - Continue direct pressure
  - DO NOT remove soaked dressings, continue to add dressings
  - Provide comfort measures
  - Transport to King Hall Medical for evaluation

- **HEAT CRAMPS/HEAT EXHAUSTION**
  - Move victim to cool, shaded place (air conditioning if possible)
  - Loosen clothing
  - Give victim water
  - Transport to King Hall Medical for evaluation

- **HEAT STROKE**
  - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
  - Move victim to cool, shaded place (air conditioning if possible)
  - Remove all clothing (except undergarments)
  - Take sheet from ice cooler and place victim on it
  - Pack ice from cooler into armpit, neck, and groin areas
  - Pour remaining ice/water on to victim
  - Wrap sheet around victim
  - Prepare to perform BLS, if necessary, until relieved by EMS

- **EXPOSED BONE**
  - Direct someone to call EMS (401) 841-3333 or 911.
    - Position someone to direct emergency personnel to the scene of the casualty.
  - DO NOT move casualty, except for safety (fell in the middle of the road)
  - DO NOT try to put bone back in place
  - If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
  - Monitor victim for nausea or fainting
  - Prepare to perform BLS, if necessary, until relieved by EMS
PRICHARD FIELD PT EAP

**EMERGENCY NUMBERS**
Fire/Ambulance: (401)841-3333 or 911
Security: (401)841-4041
CDO: (401)862-4321

**EMERGENCY GEAR**
AED: In Emergency Gear Bag
First Aid Kit: In Emergency Gear Bag
Emergency Gear Bag (Portable AED and First Aid Kit): On PT Table
Cooler with Ice: By PT Table

**COMMUNICATION**
Primary: Cell Phone (Will be held by Primary Safety Observer)
Alternate: Second designated Cell Phone (Will be held by Secondary Safety Observer)

**EMERGENCY PROCEDURES**
- If not already announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - **UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)**
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
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      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED
    - Prepare victim for AED placement and possible CPR
    - When AED arrives, attach AED and follow procedures
    - Continue CPR and Basic First Aid until relieved by EMS.
  - **RESPONSIVE-ABNORMAL BREATHING, GASPING OR DIFFICULTY BREATHING**
    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.
  - **ACTIVATE DEPARTMENTAL NOTIFICATION LIST**

*ADDITIONAL EAPS ON BACK AS REQUIRED*
**BLEEDING**
- Apply personal protective equipment (i.e. Gloves, etc.)
- Cover with sterile dressing (gauze or band-aid)
- Apply direct pressure and elevate extremity
- If bleeding stops, transport to King Hall Medical
- If bleeding continues, Call EMS (401-841-3333 or 911)
- Continue direct pressure
- DO NOT remove soaked dressings, continue to add dressings
- Provide comfort measures
- Transport to King Hall Medical for evaluation

**HEAT CRAMPS/HEAT EXHAUSTION**
- Move victim to cool, shaded place (air conditioning if possible)
- Loosen clothing
- Give victim water
- Transport to King Hall Medical for evaluation

**HEAT STROKE**
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- Move victim to cool, shaded place (air conditioning if possible)
- Remove all clothing (except undergarments)
- Take sheet from ice cooler and place victim on it
- Pack ice from cooler into armpit, neck, and groin areas
- Pour remaining ice/water on to victim
- Wrap sheet around victim
- Prepare to perform BLS, if necessary, until relieved by EMS

**EXPOSED BONE**
- Direct someone to call EMS (401) 841-3333 or 911.
  - Position someone to direct emergency personnel to the scene of the casualty.
- DO NOT move casualty, except for safety (fell in the middle of the road)
- DO NOT try to put bone back in place
- If bleeding, with gloves on, apply direct pressure to wound with sterile bandage or clean cloth
- Monitor victim for nausea or fainting
- Prepare to perform BLS, if necessary, until relieved by EMS
EMERGENCY NUMBERS

Fire/Ambulance: (401)841-3333 or 911
Security: (401)841-4041
CDO: (401)862-4321

EMERGENCY GEAR

Portable AEDs: A corpsman will carry portable AED with each class during evolution
First Aid Kit: Each Corpsman will carry a First Aid Kit
Coolers with ice: Located next to Flagpole on KollMeyer Rd and located by sidewalk leading from Elliott Ave to Perry Hall
Road Guard Vests/Flashlights: All Road Guards will wear Road Guard Vests and carry Flashlights

COMMUNICATION

Primary: Cell Phone held by Primary Safety Observer
Alternate: Cell Phone held by Secondary Observer

EMERGENCY PROCEDURES

- If not announced CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)
    - Direct someone to call Emergency Medical Services (EMS) 401-841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty.
    - Direct someone to get AED.
    - Start CPR.
    - When AED arrives, attach AED and follow procedures.
    - Continue CPR and Basic First Aid until relieved by EMS.
  - UNRESPONSIVE-BREATHING
    - Direct someone to call EMS (401) 841-3333 or 911.
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    - Direct someone to call EMS (401) 841-3333 or 911.
      - Position someone to direct emergency personnel to the scene of the casualty
    - Place victim in position of comfort
    - Continue Basic First Aid until relieved by EMS.
  - ACTIVATE DEPARTMENTAL NOTIFICATION LIST

*ADDITIONAL EAPS ON BACK AS REQUIRED
**EMERGENCY NUMBERS**
EMS/Fire 401-841-3333 or 911  Security (401)841-4041  CDO 401-862-4321

- **BLEEDING**
  - Apply personal protective equipment (i.e. Gloves, etc.)
  - Cover with sterile dressing (gauze or band-aid)
  - Apply direct pressure and elevate extremity
  - If bleeding stops, transport to King Hall Medical
  - If bleeding continues, Call EMS (401-841-3333 or 911)
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  - Provide comfort measures
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- **HEAT CRAMPS/HEAT EXHAUSTION**
  - Move victim to cool, shaded place (air conditioning if possible)
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EMERGENCY NUMBERS

Fire/Ambulance: (401)841-3333 or 911
Security: (401)841-4041
CDO: (401)862-4321

EMERGENCY GEAR

Portable AEDs: Carried by DI or RDC when going to respective RPT Area.
Coolers with Ice: Located next to Rose Garden, Next to Cookie Jar and Next to SUYA.

COMMUNICATION

Primary: Cell Phone held by Class DI
Alternate: Cell Phone held by Class RDC

EMERGENCY PROCEDURES

- If not already announced, CALL TTO, assess victim and evaluate scene.
- First responder signal for help and if necessary initiate EAP.
- Order removal of all non-essential personnel from the area of the casualty.
- If victim is:
  - **UNRESPONSIVE-NO BREATHING (OR ABNORMAL BREATHING, GASPING)**
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    - Start CPR.
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    - Direct someone to call EMS (401) 841-3333 or 911.
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- **ACTIVATE DEPARTMENTAL NOTIFICATION LIST**

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- Monitor victim for nausea or fainting
- Prepare to perform BLS, if necessary, until relived by EMS
ROSE GARDEN, COOKIE JAR and SUYA RPT MAP

LEGEND

Ice Cooler

Emergency Bag that contains AED and First Aid Kit
FIRE:

In the event of a fire during PT indoors:

a. Activate the EAP by pulling the fire alarm.

b. Call (401)841-3333 or 911.

c. Evacuate building using the posted fire bill and evacuation maps.

d. Using evacuation maps, muster designated sites.

e. Contact the OTCN Command Duty Officer.

Severe Weather:

In the event of a severe weather emergency, all outdoor PT activities will cease and necessary safety precautions will be taken.

Designated Muster Sites:

In the event of a building evacuation during indoor PT, follow the posted evacuation map for that particular building.

Emergency Apparatus Entry Routes:

1. Entry routes for emergency services at Gym 1801, Gym 302 and Gym 109 will be via the closest available and accessible entrance. The staff member in charge will post either a student or staff member at the desired entrance location.

2. Entry routes for King and Nimitz Hall will be through the Quarterdeck. The staff member in charge will post either a student or staff member at the Quarterdeck to direct the emergency crew to the injured person.
DEPARTMENTAL NOTIFICATION LIST

The following personnel will be notified in case of an injury and/or initiation of an EAP. The Department Head will make the determination as to where in the chain of command notification will be stopped.

<table>
<thead>
<tr>
<th>TITLE</th>
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<tbody>
<tr>
<td>Command Duty Officer</td>
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<td>(Cell)</td>
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<td></td>
<td>401-841-3545</td>
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<tr>
<td></td>
<td>(Office)</td>
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<td>401-841-6348</td>
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<td>Executive Officer</td>
<td>401-841-1171/1585</td>
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<tr>
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<tr>
<td>King Hall Medical</td>
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Appendix A

EMERGENCY ACTION PLAN MONTHLY REVIEW

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<tr>
<th>MONTH</th>
<th>SIGNATURE:</th>
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As per CNSTCINST 5100.1, EAP shall be reviewed monthly for accuracy of information (except months in which walk-through or exercises are conducted). Supervisors and instructors shall walk through high-risk training EAPs quarterly to validate procedures and verify operability, availability and applicability of emergency equipment.