

INDIVIDUAL EMERGENCY RESPONSE TIPS

Your initial response is critical - Stay calm and take a deep breath

Look for immediate danger(s)

Know your specific job responsibilities

Incidents usually don't follow a set of rules

Be ready to assume new duties at any time - be flexible

Ask for assistance if needed

FIRST AID TIPS

Unconscious victims: Always call 911 • begin CPR if needed
Severe muscle, bone, or joint injuries: Immobilize injured parts
Major open wounds: Cover with dressing (preferably sterile) • elevate affected area if no broken bones • bandage • apply pressure if needed.

Shock: Always call 911 • lay victim flat • elevate legs if no injuries to head, neck or back • maintain normal body temperature • cover with blanket or jacket.

EMERGENCY SUPPLIES AT ALL LAUSD SCHOOLS

- Three-day supply of water and food for students and staff
- Storage containers for emergency supplies
- Search and rescue equipment
- Emergency first aid kits
- Emergency procedure guidelines

INDIVIDUAL PREPAREDNESS TIPS

Prepare your family at home – Store 7 days of food, water, medications, and other essentials and create a family disaster plan.

Stash personal emergency supplies – Keep your own essential supplies in your car and in your classroom/office.

Train for emergency situations – STEPS, CERT, FEMA and others offer useful programs.

Download the LAUSD Emergency Plan app

Know your Integrated Safe School Plan (ISSP)

RESOURCES

LAUSD Safety Training for Emergency Preparedness at Schools (STEPS): achieve.lausd.net/steps
You're On Your Own for 7 Days: achieve.lausd.net/yoyo7
Parent Emergency Information for LAUSD: achieve.lausd.net/pei
American Red Cross of Los Angeles: redcrossla.org
California Office of Emergency Services: caloes.ca.gov
Community Emergency Response Team (CERT): achieve.lausd.net/cert
Earthquake Country Alliance: earthquakecountry.org
Emergency Preparedness for People with Disabilities: ready.gov/disability
Federal Emergency Management Agency (FEMA): fema.gov
Great California ShakeOut: shakeout.org
LA City Emergency Management Department: emergency.lacity.org
LA County Emergency Survival Program: espfocus.org
LA County Public Health: publichealth.lacounty.gov
National Weather Service: weather.gov
Personal and Family Emergency Information: ready.gov
Readiness and Emergency Management for Schools: rem.ed.gov
United States Geological Survey: usgs.gov

INTERVENTION ACTIVITIES AFTER A CRISIS

- Avoid media stories about the event
- Engage in play activities
- Paint or draw pictures reflecting feelings
- Write in a journal
- Read and discuss stories
- Create a mural or banner reflecting positive recovery events
- Make a memory book or chart reflecting positive thoughts and actions
- Take part in individual and group counseling
- Take care of yourself • get proper rest, nutrition, exercise, and medical care
- Follow Psychological First Aid recommendations

PLANNING FOR STUDENTS WITH FUNCTIONAL NEEDS

Create an individual evacuation and care plan for all students with disabilities that may need extra assistance in an emergency. Consider the following needs:

- Notification of an emergency and communication
- Evacuation
- Personal care assistance and supervision
- Shelter
- Medication and medical protocols

LEGAL REFERENCES

California Govt. Code Section 3100 (Disaster Service Workers' Act) – All public personnel, including school district and charter school employees, can be declared Disaster Service Workers. As Disaster Service Workers, they can be held at the work site and assigned disaster relief activities to perform until released during a disaster declared by the President or the Governor or proclaimed by the Mayor.

California Education Code Sections 35295-35297 (Katz Act) – Requires a comprehensive school safety plan updated annually, emergency drills, hazard mitigation and training.

California Govt. Code Section 8607 (Petris Act) – Aligns school emergency procedures with the Standardized Emergency Management System (SEMS) and employee training through drills and exercises on the Incident Command System (ICS).

If experiencing a life-threatening emergency on campus, call the Los Angeles School Police Watch Commander at (213) 625-6631 or 911.

