

# **BE SENSIBLE**

## **CDCC/CDMRC SAFETY PRECAUTIONS**

To do the most good for the most people, in the shortest time, you and your buddy have to avoid becoming victims. Follow these sensible precautions to enhance your safety:

1. **What do you see?** Smoke, flames, downed trees, downed power poles and/or wires, etc.? If indicated, avoid the area. Let others know of the hazards.
2. **What do you hear?** The crackling of a fire, falling trees, the buzzing of downed wires you may or may not see, cries or screams from people who may be injured, the hissing sound of a broken gas main? Be on alert and look for the hazards.
3. **What do you smell?** Smoke, ozone, natural gas, chemicals, etc.? Other tip-offs that there is danger in the area.
4. **What do you feel?** Is the door hot to the touch? If so, it is likely to have a fire on the other side. Is heat radiating from an unseen source? Are you exhausted, overheated, or thirsty? Some chemicals you might come in contact with may cause your eyes to burn and tear up, and/or give you a burning sensation in your lungs, skin, and nasal membranes. If you experience any or all of these sensations or symptoms, it may be due to a chemical exposure. Look around for a placard identifying what type of chemical is in the area. Leave the area immediately, staying upwind from the site and seek medical treatment.
5. **What do you taste?** Some chemicals that you may or may not smell can actually be tasted when inhaled through the mouth: a bitter or sweet taste with or without a burning sensation on your tongue can be a clue to a nearby hazardous chemical spill. Evacuate the area and report the hazard you suspect.
6. **What do you sense?** If you feel something is not right, it most likely isn't. Heed your sixth sense and act accordingly. Let others know.

It is important to remember your own safety when looking for victims or approaching an injured or sick person. You must first do a size-up of the situation. Survey the area or structure and deem it safe to enter; don't just assume. Look up, look down, and to the sides. Listen. Smell. Touch. Use all your senses.

Remember your training and use the equipment you have: your helmets and safety vests, work gloves over Nitrile gloves, eye protection and face masks. Put protection between you and the hazards, helping you avoid falling debris, sharp edges, contaminated surfaces, and dust and other airborne particles. Put protection between you and the victim, helping you avoid a hidden hazard: communicable disease.

**Size-up, protect, and use your six senses!**