
UCSB ASSOCIATED STUDENTS

EMERGENCY RESPONSE TRAINING

INTRODUCTION

The goal of this online training is to give you the tools you need to respond quickly and safely to emergencies that are most likely to affect AS spaces.

The training acknowledges the fact that AS is a student centered organization and that many of AS's activities occur after hours.

CAMPUS EMERGENCY RESPONSE

In a serious emergency situation Campus Police along with Santa Barbara County Sheriff and Santa Barbara County Fire authorities will be in command. It is critical that you follow their commands and communicate clearly with them to ensure your safety and that of others.

Communication will be sent out by campus leadership via the UCSB Alert system. For an event that affects the entire campus, the Campus Emergency Operations Center will be activated.

UCSB Environmental Health and Safety has a fully developed emergency response plan that supports county, state, and federal agencies, including FEMA. More information can be found at the EH&S Emergency Preparedness website at: <http://emergency.ucsb.edu>.

CONTACT NUMBERS

Add to Your Contacts *NOW!*

Emergency 911

Emergency from campus phone 9-911

Campus police dispatch (805) 893-3446

Campus Emergency Operations Center Information Line (805) 893-3901 (staffed during emergency)

Campus emergency information (recording) (888) 488-8272 (Toll Free)

Santa Barbara County road conditions (888) 727-6237

KCSB FM 91.9 campus radio station (805) 893-2424 or 3921

EMERGENCY FLIP CHARTS

Most offices in AS have a blue Emergency Flip Chart displayed prominently on a wall. They're a great resource to review UCSB emergency procedures and prepare yourself mentally.

The Emergency Flip Chart is available online at:

http://www.ehs.ucsb.edu/files/docs/ep/UCSB_flipchart_English_091613.pdf

EMERGENCY 2-WAY RADIOS

AS has three emergency 2-way radios issued by UCSB Environmental Health and Safety.

They are located in: AS Admin. (Denise's office), at KCSB, and in the Pardall Center upstairs.

In the case of an evacuation they should be brought to the Emergency Assembly Point (see below).

EMERGENCY SUPPLIES

Emergency Backpacks:

- First aid supplies

- Tools

- Emergency flipcharts

- Emergency forms

- Map

Emergency Supply Bins

- Food

- Water

- Blankets

- Flashlight

EMERGENCY BACKPACK LOCATIONS

Backpacks contain first aid supplies and tools. Find out where they are! If evacuating, take the backpack in your area with you if you can.

AS Main

AS Admin

Program Board

Ticket Office

Publications

EAB

Food Bank

KCSB

AS Annex

Bike Shop

Pardall Center Downstairs

IVTU/LRC upstairs at Pardall Center

EMERGENCY SUPPLY BIN LOCATIONS

Bins contain food, water, and blankets. Find out where they are! If evacuating, take a bin with you if you can.

AS Admin

AS Publications

Pardall Center downstairs

AS EMERGENCY RESPONSE CONSIDERATIONS

AS is a multi-site organization, including the AS Main and Admin Offices in the Ucen (MCC building); Food Bank & EAB UCen 3rd floor; KCSB at Storke Tower; AS Annex in Building 434; Bike Shop; and the Pardall Center in IV.

Each area has specific features to take into account in case of an emergency. For example: stairs, off-campus location, broadcast responsibilities, etc.

Each area has an Emergency Assembly Point (EAP) shown below and a variety of emergency supplies. *Know where these are!*

EMERGENCY ASSEMBLY POINTS (EAP)

There is a primary and secondary EAP for each AS space (see below)

It's critical that you know where these are.

EAPs are hubs for first aid and other emergency supplies; radio and other communications; coordinated response; and making sure everyone is accounted for.

Go there when a fire alarm goes off or the building you're in is otherwise compromised.

Wait for emergency personnel to reach you and follow their instructions.

EMERGENCY ASSEMBLY POINT LOCATIONS

AS Main Office/Admin

Primary: Lawn in front of College of Creative Studies



Secondary: Lawn Between Music Building and Girvetz Hall



EMERGENCY ASSEMBLY POINTS CONT.

UCen Third Floor (Food Bank & EAB)

Primary: Area between UCen entrance and Storke Plaza



Secondary: Grass between UCen and Lagoon



EMERGENCY ASSEMBLY POINTS CONT.

KCSB

Primary: Area between UCen entrance and Storke Plaza



Secondary: Lawn in front of AS Annex



EMERGENCY ASSEMBLY POINTS CONT.

AS Annex

- Lawn in front of AS Annex

- Lawn between Music Building and Girvetz Hall

Bike Shop

- Parking Lot 29 in front of Bike Shop

- Parking Lot 27 at front entrance to Events Center

Pardall Center

- Sidewalk in front of Pardall Center

- Embarcadero Hall patio

RESPONSE BASICS

Prepare mentally before anything happens.

Know where exits, first aid kits, fire extinguishers, and other emergency supplies are.

Take care of yourself first.

Take time to assess situation.

Make sure everyone is accounted for.

Take others' individual and cultural needs into consideration.

Listen to anyone you are trying to help, so that they can communicate their specific needs.

SHELTER-IN-PLACE

Shelter-in-place means seeking immediate shelter inside a building. This may be the best response to a variety of situations, including active shooter, flooding, a chemical spill, etc.

To shelter-in-place:

- Select an interior room to isolate yourself from outside.

- Shut and seal or barricade doors.

- Monitor outside communications if possible.

- If told to evacuate or seek medical treatment by emergency personnel, do so immediately.

TYPES OF EMERGENCIES

Person of Concern/Crime in Progress

Active Shooter

Bomb Threat

Fire

Earthquake

Tsunami/Flooding

Gas or chemical smell

RESPONSES TO SPECIFIC EMERGENCIES

The following slides will cover emergencies most likely to occur in AS spaces. The intention is to help you plan mentally how you would respond.

Remember: *In any emergency you must take care of yourself first* so that you don't become a victim in need of help. And so that you can help others as much as possible.

PERSON OF CONCERN

If you are in immediate danger call 911.

Student Mental Health Coordination Services (805-893-3030) is a readily accessible single point of contact for individuals concerned about a student in distress. The coordinators are available for consultation and appointments during business hours, Monday through Friday. UCSB provides after-hours phone counseling (805-893-4411) for anyone concerned about a distressed student during weekends, evenings, or holidays.

For more information, see the UCSB Threat Management Team website at: www.tmt.ucsb.edu and the Student Affairs Distressed Students website at: <http://www.sa.ucsb.edu/responding-to-distressed-students/welcome>.

CRIME IN PROGRESS

Make sure you're safe, then call 911.

When talking with the dispatcher, be as specific as you can regarding what's happening, description of the perpetrator, the location, possible threats, etc.

ACTIVE SHOOTER

Focus on your own survival!

If you can, GET OUT quickly. Warn others if possible. Then call 911 to report what you know.

If you can't escape, HIDE OUT. Find a space you can lock or barricade, silence electronics, and remain silent. Get behind something that will protect you from projectiles.

If you can't flee or hide, prepare to FIGHT IT OUT. Be committed to neutralizing the attacker by any means possible.

Cooperate with responding police by remaining calm, displaying empty hands, and following their directions

It's critical that you unambiguously let police know that you are not a threat!

BOMB THREAT

Bomb threats usually come by telephone.

Take the caller seriously and stay calm.

Ask questions like When will the bomb explode, location, what will cause it to explode.

If possible, get a co-worker to call 911.

Notify your supervisor or other staff person.

Campus police will determine if you need to evacuate.

Evacuate to Emergency Assembly Point.

Do not return until police give all clear.

FIRE

Know location of extinguishers and emergency pull stations. And know how to use them.

For a small fire:

Notify occupants and Fire Department by activating alarm at fire pull station

Have someone call 911 (if someone is available)

Extinguish the fire using the appropriate fire extinguisher.

Aim at the bottom of the fire to suffocate it.

Ensure that Campus Police is aware that the fire is extinguished by calling 911.

If the fire cannot be extinguished with one fire extinguisher, close the door and exit the building.

Make follow-up call to UCPD at 911.

FIRE CONTINUED

Close doors and windows as you leave rooms to reduce oxygen.

Stay as close to ground as possible to avoid smoke inhalation.

Do not use elevators.

Warn and help people as you leave.

Activate building alarm system and call 911 if you have not done so already or to give follow-up information to emergency services.

FIRE CONTINUED

Once outside, move to clear area at least 50 ft. from building.

Go to Emergency Assembly Point.

Wait for instructions.

Re-enter building when fire officials give all clear.

Report all fires, no matter how large, to Campus Police at 911.

EARTHQUAKE

Before quake attach all bookcases and cabinets to wall.

Store all heavy and other items that could cause injury below head level.

When shaking begins, if inside:

- Stay away from windows and get under desk or table.
- Drop, cover, and hold on.
- In hallway, sit against wall and protect your head with your arms.
- In auditorium, duck between rows and protect your head.
- Take cover until shaking stops, then evacuate to Emergency Assembly Point.

TSUNAMI/FLOODING

Most of campus and IV should not be affected by tsunami except beach and lagoon areas

Walk quickly and calmly to higher ground

Do not use Highway 217 to evacuate, due to its low elevation

Stay away from beaches

Most tsunamis are from earthquakes far out at sea, so there will be time to evacuate

If there is a strong local earthquake in the Santa Barbara Channel a tsunami could arrive in minutes

Witnesses have reported that an approaching tsunami is preceded by a noticeable fall or rise in water level at the shore

Don't wait. Get to high ground!

GAS OR CHEMICAL SMELL

If you are concerned about a gas or chemical smell, leave the room or building and call 911, 9-911 from campus phones.

Do not use any device that might produce a spark, including light switches.

We do sometimes have a gas smell on campus that is produced by undersea sources in the Santa Barbara Channel. However, better be safe than sorry, so *do* report if you are concerned!

RECOVERY

Emergencies affect each of us differently and sometimes unpredictably. It's important that we take care of ourselves and each other. There are many resources on campus to help (see the resource links below). One of the best, a UCSB website called Pathways to Healing, was created in response to the May 23rd tragedy: www.caps.sa.ucsb.edu/pathways. The information here is quoted from that site, which also includes other resources.

SELF-CARE

Get adequate sleep and eat healthy foods. Grieving takes a lot of energy and your body needs nourishment and rest.

Exercise regularly; it helps with anxiety, depression, and sleeplessness.

Even just walking can help.

Don't isolate yourself from others. Spend time with family and friends who can provide you with emotional support.

Talk about your feelings with people who care about you and will listen without judgment.

Seek help from professionals when appropriate.

SELF-CARE CONTINUED

Allow yourself to cry; crying is a natural part of grief.

Allow yourself to laugh. Don't underestimate the power of small pleasures and diversions.

Accept caring and practical support from others and let others know what you need.

Avoid using drugs and alcohol to cope with emotions; they can conceal legitimate emotions and disturb the grieving process.

Give yourself all the time you need to feel and understand the loss.

Maintain a normal routine and take care of what needs to get done.

Start with smaller tasks and move on to bigger ones in time.

Be kind to yourself!

HELPING SOME ELSE-WAYS TO HELP

Get in touch and stay in touch with the griever; sympathetic company usually is welcome and is one of the best kinds of support we can offer.

Be yourself—express your natural concern openly.

Be willing to talk about the loss, and encourage talking about it if the griever is comfortable with it.

Be a good listener—accept, don't judge, what you hear.

Accept silence or anger; respond by providing emotional support as best you can.

Reassure the griever that grief symptoms such as anger, guilt, and sadness are normal.

HOW TO HELP CONTINUED

Be patient; it takes time for the griever to accept the loss and to deal with the changes it has caused.

Allow the griever the time and behavior needed to come to terms with the loss.

It may be helpful to say things like:

“The feelings you’re having are understandable.”

“What help do you need right now?”

“I’d like to be with you, if that’s all right.”

“I don’t know what to say, but I care.”

WHAT TO AVOID

Don't push a resistant griever to talk about the loss.

Don't discourage expressions of grief; repetitive accounts of the loss are part of the healing process for the griever.

Don't give in to the impulse to talk about your own losses.

Don't attempt to resolve the griever's feelings of grief.

WHAT TO AVOID CONTINUED

It may NOT be helpful to say things like:

“Be strong.”

“It will be better soon.”

“Count your blessings.”

“You’re better off than other people.”

“Keep your chin up.”

“You have to put it behind you and get on with your life.”

“Time will heal.”

These platitudes can alienate and do not help the griever.

ONLINE RESOURCE LINKS

UCSB Environmental Health & Safety (EH&S), Emergency website:
<http://emergency.ucsb.edu/index.html>

Pathways to Healing: <http://caps.sa.ucsb.edu/pathways>

Campus Police: <http://www.police.ucsb.edu>

Santa Barbara County Fire Department: <http://www.sbcfire.com>

American Red Cross Fire Safety Information:
http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4340073_FireSafety.pdf

CERT TRAINING

CERT stands for Community Emergency Response Team

The Community Emergency Response Team (CERT) program is available to all students at no cost. It is designed to help communities prepare for effective disaster response through training and planning. CERT is a positive and realistic approach to emergency and disaster situations where citizens will be initially on their own and their actions can make a difference. With training and information, individual and community groups can be prepared to serve as a crucial resource capable of performing many of the emergency functions needed in the immediate post-disaster period. Through training, citizens can manage utilities and put out small fires; provide first aid and basic medical aid; search for and rescue victims safely; and organize themselves and spontaneous volunteers to be effective.

CERT TRAINING TOPICS

DISASTER PREPAREDNESS

FIRE SUPPRESSION

MEDICAL OPERATIONS

SEARCH AND RESCUE

ORGANIZATION AND DISASTER PSYCHOLOGY

TERRORISM AND HOMELAND DEFENSE

REVIEW AND DISASTER SIMULATION

MORE ABOUT CERT

<http://emergency.ucsb.edu/cert.html>

SUMMARY

Prepare yourself mentally for emergency situations.

Ensure your own safety first.

Assess the situation before acting.

Then help others if you can do it safely.

Cooperate and communicate with emergency personnel so that they can take appropriate action.

Take care of each other.

Be safe!