



LESSON PLAN

SUBJECT: Active Shooter First-Aid Kit

LENGTH: 30 minutes

PREPARED BY: Corporal Leon Ortiz-Gil

DATE PREPARED: October 2, 2014

APPROVED BY: _____

Leon Ortiz-Gil

DATE APPROVED: _____

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I. Performance Objectives/Job-Related Objectives:

The purpose of this training is to familiarize sworn personnel with the proper use of the active shooter first-aid kit. Sworn personal will be instructed on when it is appropriate to deploy the first-aid kit and how to properly use the items in the first-aid kit.

II. Type of Instruction:

The instructor(s) will review the contents of the first-aid kit identifying what each item does and how to properly use the items during an active shooter situation. Instructors will show how to properly use the Tactical Medical Solutions "SOF Tactical Tourniquet 1.5." Instructors will also cover applying direct pressure to a wound and creating a pressure bandage. Students will conduct a practical exercise where they apply direct pressure, a pressure bandage and a tourniquet to a wound.

III. Course Outline:

A. Overview of the Rescue Team in Active Shooter situation

1. The primary mission of the Rescue Team is to save lives and remove victims from the “hot zone” (immediate danger) to the warm zone where more advanced life support personnel are available. Guidelines for deployment of a Rescue Team include:
 - a) Following the route of the Contact Team;
 - b) Stopping at all doors and rooms within a structure and systematically conducting searches using dynamic room entries of two or more officers;
 - c) Transmitting route, current situation, and conditions via radio.

2. Responding Officers need to understand that the mission is not to provide extensive first-aid but rather to remove the victim from the hot zone as soon as possible. Responders should take a mindset of ‘grab and go’ and first-aid should only be applied to stop life threatening bleeding.
 - a) The Rescue Team must be prepared to encounter a (second) suspect, at which time the Rescue Team will assume the role and mission of a Contact Team.

B. Instructor will show the contents of the first-aid kit

1. Nitrile Gloves
2. Gauze Bandage
3. Gauze Pads (various sizes)
4. Sensi-Wrap
5. Cloth Tape
6. Tactical Tourniquet 1.5
7. Sheers
8. First-Aid kit bag

C. Quickly triage victims and determine who is in the most urgent need of medical treatment.

1. Do the greatest good for the greatest amount of people.
2. Treat as many as possible.
3. Treat based on your training.

D. Apply nitrile gloves and deploy gauze pads.

1. Apply Gauze pads directly over wound and apply direct pressure to stop or slow down bleeding.
2. If blood comes through gauze pads apply additional gauze pads and continue direct pressure.
3. If bleeding stops apply pressure bandage.

- C. Apply tourniquet if bleeding is not controlled by direct pressure and gauze pads.
1. Remove tourniquet from first-aid bag and slide over limb.
 - a. If unable to slide over limb unbuckle tourniquet; go around limb; connect buckle.
 2. Tourniquet should be placed above injury and not on joint
 3. Pull tail of tourniquet tight
 4. Twist handle until bleeding is slowed or stops.
 5. Lock in triangle
 6. Note time tourniquet was placed on limb.
 7. Monitor patient until advanced life support personnel arrive.

IV. Practical Exercise

1. Control heavy bleeding from the arm of a victim (other student) using direct pressure and a pressure bandage.
 - a. Put on sterile nitrile gloves
 - b. Remove gauze pads from kit and place over wound and apply direct pressure
 - c. Apply additional gauze without removing existing gauze pads.
 - d. Wrap gauze with cloth and or sensi-wrap and make pressure bandage.
2. Apply tactical tourniquet to upper leg.
 - a. Release buckle and put around upper leg.
 - b. Pull tail tight
 - c. Twist handle
 - d. Lock in triangle
 - e. Note time tourniquet was placed

V. Closing

Questions & Comments