

Disaster Responder Hardship Codes

IF...	Then...	Disaster responders should be prepared to ...
<p>Water Disruption C 1</p>	<p>The regular water system of the area may be affected.</p> <p>You may experience:</p> <ul style="list-style-type: none"> • Lack of public water service in public shelters, hotels and work sites • Unsafe water may be present • Inoperable restroom facilities, limited shower/bathing facilities 	<ul style="list-style-type: none"> • Use bottled water to drink, brush your teeth and bath • Carry water supplies
<p>Power Outage C2</p>	<p>Electricity may be off or spotted at best. You may find:</p> <ul style="list-style-type: none"> • No way to charge any portable electrical devices including cell phones, iPod's, computers and medical equipment • No air conditioning and no food or medication refrigeration • No elevator's or emergency lighting after the battery pack has been exhausted • No traffic lights • No gasoline pumps functioning 	<ul style="list-style-type: none"> • Take replacement batteries for personal items • Decline deployment if you have medical conditions requiring a CPAP unless you carry battery packs for the machine • Decline deployment if you are on a special diet/medication that requires refrigeration • Drive with no stop lights, street lights or signage at night • Carry your suitcase up flights of stairs to your room • Climb stairs if work/lodging location is not on main floor
<p>Limited Food Availability C 3</p>	<p>Restaurants, grocery stores, etc. may be closed or unable to sell food. Food choices may be non-existent requiring the use of Shelf-stable Meals.</p> <p>The Responder will find:</p> <ul style="list-style-type: none"> • No accommodation for special diets • The use of shelf-stable meals • Living and working locations maybe far from food source • Schedules may not allow for regularly spaced meals 	<ul style="list-style-type: none"> • Decline the deployment until the infrastructure stabilizes if you require special diet or regularly spaced meals • Use Shelf Stable Meals for days (which are extremely high in salt content) • Only be deployed after review with a qualified Health Status Record reviewer
<p>C 4 Extreme Heat and Humidity</p>	<p>Temperatures may average above 90° F and/or have high humidity for prolonged periods.</p> <p>This may negatively impact responders with:</p> <ul style="list-style-type: none"> • Asthma, chronic obstructive pulmonary disease (COPD), skin disorders and photosensitivity reactions from certain medications • Increase bacterial or fungal growth 	<ul style="list-style-type: none"> • Validate that your immune system is healthy and that you are not immune suppressed • Review the signs of heat exhaustion and heat stroke before you deploy • Carry extra water, hat and wet cloth for heat regulation and /or management

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<p>Extreme Cold C5</p>	<p>The disaster environment may involve prolonged average temperatures below freezing and adverse conditions such as Ice, Sleet, and Snow. These conditions may:</p> <ul style="list-style-type: none"> • Precipitate health issues like Frostbite • Increase the risk of falls and injury • May exacerbate some medical conditions with cold intolerance as a symptom 	<ul style="list-style-type: none"> • Expect and be prepared for inadequate heat in housing and work locations • Carry appropriate clothing such as hats, gloves, scarf and cold weather boots • Understand that replacement hand and feet pocket warmers may be difficult to find on the disaster • Should expect slow and difficult travel
<p>Housing Shortage C6</p>	<p>Commercial (hotel) housing is not available. Lodging may be in the form of staff shelters or dormitory style rooms with shared bathrooms and showers. This lodging may have:</p> <ul style="list-style-type: none"> • Little to no privacy • Many ARC responders housed in a common area, such as a gymnasium • To be shared space in a client shelter • To be on a military ship with narrow stairwell and berths stacked 3 or 4 high and 18-24in separations • A requirement of sleeping on a cot (note most cots are weight rated for 250#) 	<ul style="list-style-type: none"> • Be prepared for housing in large group setting with shared facilities • Be prepared for the use of port-a-potties and shower trucks • Choose to bring sleeping bag for cot • Choose to bring hand towel, bath towel and personal toilet items • Choose to bring ear plugs and sleep masks
<p>Working Conditions C7</p>	<p>Work areas may be tight, noisy, and /or perceived to be unsafe and can be stressful for responders. The usual disaster working issues are intensified which may lead to:</p> <ul style="list-style-type: none"> • Extended working hours • Increased difficulty with driving and doing DA or Outreach • More walking because of road closures or debris • Limited Headquarters space and overcrowding • Working in tents 	<ul style="list-style-type: none"> • Be prepared for unusually high stress circumstances • Have unusual endurance and stamina

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<p>Limited Healthcare Access C8</p>	<p>Normal community health care systems including emergency medical services may be difficult to obtain or may be totally non-accessible.</p> <p>This is likely to be found in:</p> <ul style="list-style-type: none"> • Very large disaster with a large amount destruction • In rural medically underserved areas where advanced life support, specialized medical procedure and/or medications are not available • Island operations where there is already a shortage of basic health care services and specialized care requires an off island transfer 	<ul style="list-style-type: none"> • Be prepared to take care of yourself without access to emergency care • Not deploy if you need medical monitoring or medication refills during the deployment • Not deploy if you are subject to recurrent exacerbations i.e. life threatening allergic reactions •
<p>Extreme Emotional Experience C9</p>	<p>Because of the type or severity of the disaster, responders may be exposed to repeated emotional stress.</p> <p>The responder may:</p> <ul style="list-style-type: none"> • Mass Casualties • Mass Destruction • Death • Witness sickness • Serious injuries • Distressed victims 	<ul style="list-style-type: none"> • Review possible deployment with the Health Status Reviewer if there is a known history of difficulty coping with extreme stress. • Talk with DMH about taking the “Workers Forced Health” survey as tool in making the decision to deploy
<p>Travel Conditions on the Operation C10</p>	<p>Roads may be congested, partially impassible or single lane.</p> <p>The responder may:</p> <ul style="list-style-type: none"> • Cover a wide area and staff may routinely spend long hours in transit to and from a work or housing location • Street signs may be missing • Locations may be hard to find • Many detours may be in place 	<ul style="list-style-type: none"> • Drive long distance night and/or day on unfamiliar roads • Be expected to van or carpool with 3 or more people • Be able to navigate using a map • Be ready to use mass transit, including subways/busses and/or walk in large urban areas
<p>Transportation Limitation Getting To and From the Operation C11</p>	<p>Getting to the operation will be difficult and require endurance.</p> <p>The responders may require:</p> <ul style="list-style-type: none"> • assignments through staging area • use of alternate routes • unusual or multiple connections • noncommercial/ military carriers 	<ul style="list-style-type: none"> • Be prepared for long times in transit and layovers • Be prepared for uncomfortable modes of transportation • Be prepared for lack of usual amenities during transportation • Have increased agility, endurance, and positive attitude • Be prepared for “hurry up and wait”

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Air Quality C12	<p>The disaster environment may involve prolonged smoke, dust, ash, mildew, air density issues (i.e. decreased O₂ as altitude increases) and poor air quality., These conditions may:</p> <ul style="list-style-type: none"> • Aggravate chronic respiratory conditions such as asthma, COPD, etc. • Trigger allergic reactions to mold and mildew • Precipitate respiratory issues in 	<ul style="list-style-type: none"> • Clearly identify if you have any respiratory or cardiovascular conditions which can be made worse by poor air quality • Consider your overall fitness for duty including obesity as a risk factor when going into areas of poor air quality • Recognize that having a history of headaches or difficulty breathing at high altitudes puts you at greater risk to repeat the event
Lifting Limitation C13	<p>This code should be used when a responder has a lifting restriction and is not able to lift and carry 50#. Various disaster assignments require members to lift and carry heavy items. If responders attempt to lift and carry more than they are physically able they may injure themselves or worsen an already existing condition.</p> <ul style="list-style-type: none"> • Occasionally a responder may be asked to lift something that is not a normal part of his activity. 	<ul style="list-style-type: none"> • Decline doing something that could cause injury regardless of work assignment • Carry/manage your own luggage on public transportation, stairs in hotels and in all other situations.
Walking and Stairs C14	<p>Because of the disaster location it may be difficult to obtain or use rental cars, therefore there may be increased expectations that responders will walk between locations. Field Assignments may include:</p> <ul style="list-style-type: none"> • Walking on uneven or slippery terrain • Walking long distances • Getting in and out of vehicles multiple times • Using stairs without handrails • Work and/or housing locations may be above ground level and require going up/down several flights of stairs • The expectation of use of public transportation 	<ul style="list-style-type: none"> • Climb stairs unassisted with luggage in multiple locations • Climb stairs unassisted carrying work required items (lap top, forms, etc.) • Walk for distances of up to ¼ mile carrying work required items and/or luggage
Health Advisory C15	<p>CDC or local public health departments have indicated widespread confirmed cases of :</p> <ul style="list-style-type: none"> • Flu • West Nile • Other infectious disease 	<ul style="list-style-type: none"> • Be prepared to follow guidelines concerning your health, working and lodging conditions as issued through public health.

GAP Restriction G16	The responder may not deploy in a particular Group/Activity without clearance from Staff Wellness <ul style="list-style-type: none">Occasionally a responder may be asked to help in an activity to which he/she is not assigned	<ul style="list-style-type: none">Know which GAP assignment and/or task you should not accept because it could adversely affect your health and fitness for duty
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