



L.A. Care
HEALTH PLAN®

For All of L.A.

TTECAC Meeting Presentations

February 14, 2024



**ELEVATING
HEALTHCARE**
IN LOS ANGELES COUNTY
SINCE 1997



L.A. Care
HEALTH PLAN®

For All of L.A.

Emergency Procedure & Evacuation Drill

December 13, 2023

*Safety & Security Program Manager
Rudy Martinez II*

Agenda Points

- 1055 Building Emergency Action Plan (EAP)
- Evacuation Plan
 - Safe Refuge Area
- Evacuation Drill



Emergency Action Plan (EAP)

- At L.A. Care our number one priority is your safety.
- We have developed an EAP for ECAC Meetings to have a process & procedure in place during an emergency.
- The EAP calls for the activation of duties performed by the Community Outreach and Engagement & LA Care Safety & Security.
- We'll be taking some time to review these procedures.



Medical Emergency



- If there is a Medical Emergency observed
- The staff is to get the victim's name & information and immediately call the Paramedics at 911.
- Provide the victim's general condition and any supporting medical information.
 1. A staff member will go to front entrance to meet the responding Paramedics and directing them to the victim's location.
 2. Members/guests will be removed from the area.
 3. Do not move the injured or ill employee or guest who has fallen or who appears to be in pain unless he or she is in danger of further injury.
 4. A staff member will retrieve the AED and First Aid medical bag.



Fire Emergency



- If a Fire emergency is observed.
- **LIFE SAFETY:** If fire or smoke, **REMOVE** anyone from immediate danger.
- **CONFINE:** the fire or smoke by closing doors (but do not lock them) as you leave the area.
- **NOTIFY** the Fire Department by dialing 911
 1. Remain calm and stay low to the ground.
 2. Immediately begin to **EVACUATION** to the safest exit
 3. Give assistance to those who are slower moving or individuals that may need assistance.
 4. Follow the direction of the L.A. Care staff - Community Outreach and Engagement & LA Care Safety & Security
 5. Do not return to the Building until authorized by the Fire Department.
 6. Check and/or report any injuries.





Earthquake Procedure

- If there is an Earthquake at the building
- **REMAIN CALM** - Do not panic, and do not attempt to go outside. Protect yourself and direct fellow guests to do the same.
- **ACT QUICKLY** - Move away from windows, temporary walls or partitions, and/or freestanding objects such as filing cabinets, shelves, hanging objects, etc.
 - ***DUCK** - Duck or drop down to the floor.
 - ***COVER** - Take cover under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms.
 - ***HOLD** - if you take cover under a sturdy piece of furniture, hold on to it and be prepared to move with it.
 - **STAY PUT** - Hold this position until the ground and/or building stops shaking and it is safe to move. **Stay inside; do not attempt to exit the Building during the shaking**





Earthquake Procedure cont.

- After an Earthquake at the Building
- CHECK THE DAMAGE - Carefully inspect the area for damage and potentially dangerous situations, plan for AFTER SHOCKS.
- LIMIT TELEPHONE USE - Leave telephone lines clear for emergency communications only. L.A. Care staff will be tasked with keeping you informed of news & updates.
- CHECK FOR INJURED PERSONS
- L.A. Care will determine if an evacuation is necessary.
 - Follow instructions given by emergency personnel.
 - Walk, DO NOT RUN and DO NOT push or crowd.
 - Move to the designated evacuation area unless otherwise instructed.
 - Assist non-ambulatory, visually impaired and hearing impaired persons if present.



Shelter-In-Place



"Shelter-in-place" means selecting an interior room or rooms within the Building, with no or few windows and taking refuge inside.

- In many cases, local authorities will issue advice to shelter-in-place via TV or radio.
1. Close all doors to the Conference room.
 2. ECAC members and visitors, for your safety will be asked to stay - not leave. When authorities provide directions to shelter-in-place, they want everyone to take those steps immediately.
 3. Unless there is an imminent threat, we ask that you call your emergency contact to let them know where you are and that they are safe.
 4. If you are told there is danger of explosion, stay away from the windows.
 5. Cellular telephone equipment may be overwhelmed or damaged during an emergency.



Active Shooter

RUN, HIDE, FIGHT



Surviving An Active Shooter

Know how to survive!

In an Active Shooter situation, choose the **best** action based on how close you are to the shooter.



Run

Escape quickly. Leave belongings behind. Help others if you can. Alert others to stay away.



Hide

Lock and barricade doors. Silence phones. Keep silent. Cover windows.



Fight

As a last resort, do what it takes to stay alive. Work together. Be aggressive.

Call **911** when it is safe for you to do so.

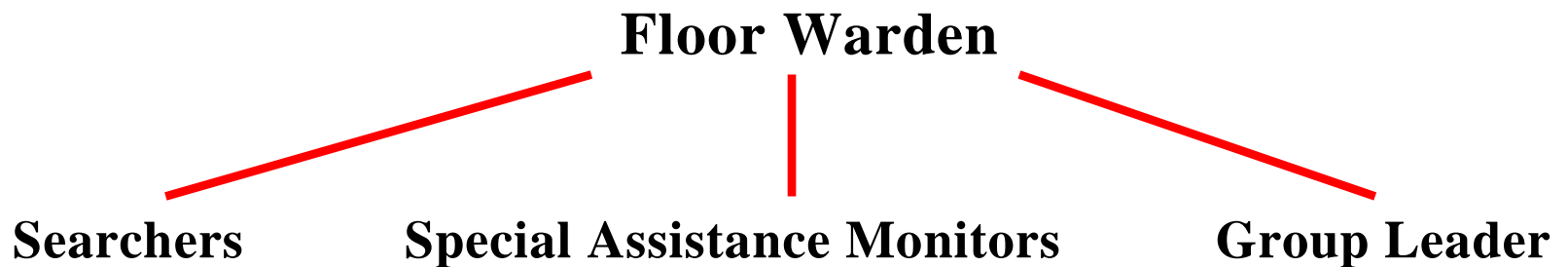
American Red Cross
Ready Rating



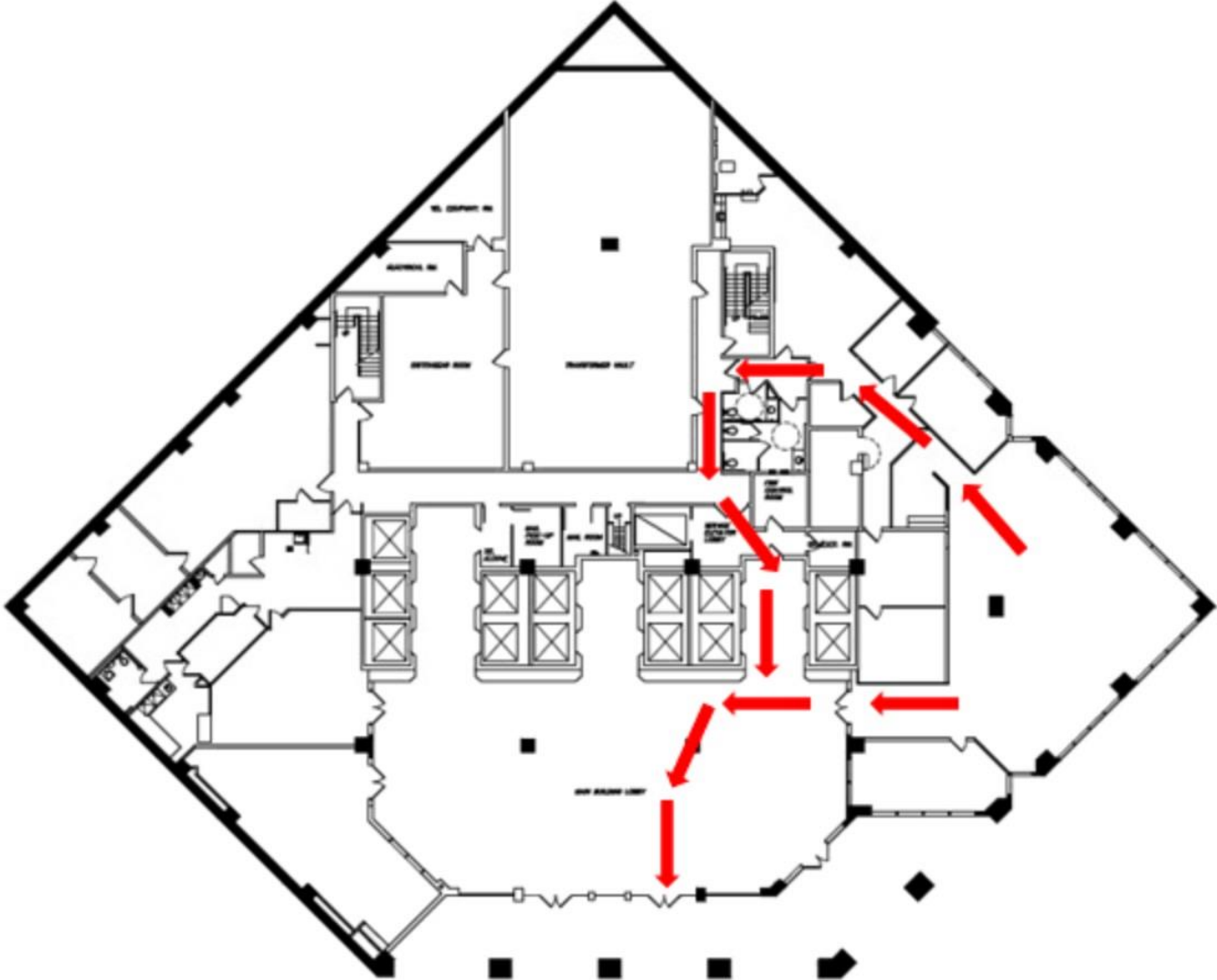
General Evacuation Procedure



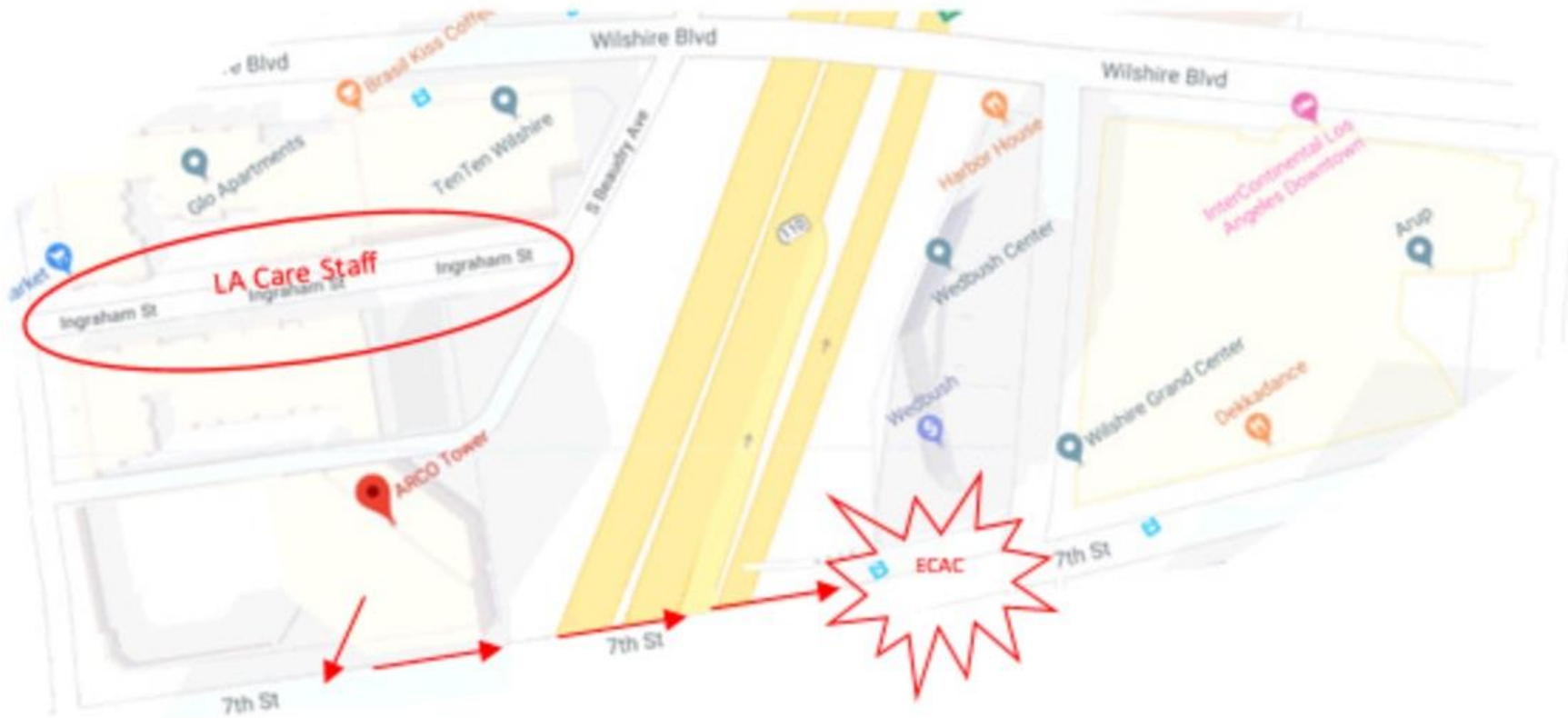
- Upon hearing a fire alarm, discovery of fire or smoke and/or given instructions to evacuate. You are to relocate to the safe refuge area, which is the designated safe refuge area with a distance of 300 ft. or more.
- Each Community Outreach and Engagement staff member and L.A. Care Safety & Security staff have an assigned duty and role to create the Emergency Response Team (ERT).
- The Team consist of the following roles:



Safe Refuge Area - 1055 Building



Safe Refuge Area - 1055 Building



Evacuation Drill

