



# HOW YOU CAN HELP IN DISASTER RESPONSE AND RECOVERY AS A 143 VOLUNTEER

As a 143 volunteer, there are many ways you can help build more resilient communities. By reporting disasters, crimes and mass casualty events, responding and helping rehabilitate, you can unleash the power of humanity in your community.

**Volunteers**  
 + **Logistics**  
 + **Information technology**  
 = **Effective response**

## BEFORE A DISASTER THINGS YOU CAN DO



### PREDICT

- Identify **hazards, vulnerability and capacity** of your community to disasters (e.g., floods, landslides, sea surges, earthquakes, epidemics, armed conflict)
- Know what **hazard and possible disaster** event can threaten your community (ex. past historical event)
- Know **what areas within your community are highly prone** to hazard (ex. sea shores)
- Identify the **family/person, household, structures, and infrastructures** highly at risk to the identified hazards
- Do a **hazard and risk map** of your community

## TEAMS YOU CAN JOIN

Disaster management team

## TOOLS TO HELP YOU

- Hazard maps
- Community profiling (risk and resource mapping)
- Vulnerability Capacity Assessment (VCA)
- Historical data of disasters



### PLAN

- Inform** specific families/persons of the hazard and risk that they are expose, what they need to do before, during, and after a disaster
- Identify evacuation centers**, safe access/route, and means of transport
- Inform the community about **the emergency number to call** in case of an emergency/disaster (number of 143 focal person in your community or PRC Emergency Hotline 143)
- Map available **resources within community**

Disaster management team

- Contingency plan template (before, during, and after)



### PREPARE

- Early warning using flood watch and use whistle to give alters**
- Train other volunteers** on how to respond to disasters. You can help prepare the training materials, facilitate the session, or ensure that volunteers are certified with proper documentation and insignias
- Disseminate information to your communities**, such as weather bulletins, locations of lifelines or evacuation procedures
- Provide **safer access and equip the communities** with disaster response tools (e.g., rescue boats)
- Map volunteer resources available** in your community. This can involve **executing the PRC's partnership agreements** with government, other NGOs and private companies
- Collect and **update relevant data for your chapter** to ensure timely information is available. Data includes **family profiles, diagrams of lot housing sites, list of residents, or contact details** of agencies

All teams

- Partnerships with resource providers (e.g., government, other NGOs, private companies)
- Preparedness toolkits, which include training manuals and rescue equipment
- Whistle, flood watch markings, lifeline kit



### PRACTICE

- Conduct drills and simulations** for 143 volunteers regularly in community, schools and workplaces. You can work with your local PRC Chapter to identify and refine the simulation that is most relevant for your community
- You can help coordinate with your local barangay to organize the drill. Drills and simulations are conducted **at least twice a year**

All teams

- Guidelines and how-to guide for simulations of different disaster
- Simulation evaluation forms

## OPERATIONS CENTER

## DURING AND AFTER A DISASTER THINGS YOU CAN DO



### COPE + MITIGATE (UNTIL RESCUE ARRIVES)

- Activate other volunteers in your area of responsibility to **mitigate damage and ensure survival**
- Coping well in times of disasters will require you **to apply the skills you have learned** during preparation and practice
- Request for additional resources** from PRC. For example, your local Chapter can deploy volunteers from unaffected communities that are nearby
- Be the point person to **coordinate emergency response across your community**, your local chapter and the National Headquarters (NHQ)

## TEAMS YOU CAN JOIN

All teams

## TOOLS TO HELP YOU

- Communication protocol + OpCen hotline and other social media (already included in the plan; and incl. what to report)
- Logistics support to deploy resources needed



### RESCUE + RETRIEVE

- RESCUE – Save lives**
- Report to RC 143 Rescue Coordinator within the Barangay
  - Identify priority to rescue** and **what type of rescue equipment** to use
  - Extricate** pinned down or trap victim on a collapsed structure or landslide
  - Transport to safe or refuge area** identified in the plan
  - Constantly communicate** relevant information to OpCen, such as survivor names, situation, medical condition and assistance needed
  - If life is at risk: Endorse to medical facility for proper care
- RETRIEVAL – Dead body management**
- Retrieve cadavers** from the disaster sites
  - Document cadavers by **taking photos and recording important identification** markers, such as where the body was found

- PSYCHO-SOCIAL SUPPORT**
- Tracing and restoring family links**
    - Compile list of displaced disaster victims
    - Trace displaced persons (e.g. on-the-ground check) and inform families

- Emergency Response Unit (ERU)
- Body Retrieval Unit (BodyRets)

- Basic rescue equipment (e.g., rescue boats, ropes)
- Personal protective equipment (PPE)
- Body retrieval toolkits (e.g., gloves, mask)
- Psycho-social support



### RELIEF

- Assess needs** of families affected by the disasters by conducting interviews and collecting information like the location and severity of the disaster, number of casualties, or actions taken by the local authorities. Needs assessment is done periodically as the disaster response from emergency rescue, to relief, and then to recovery and rehabilitation
- Work with your barangay officials to **identify beneficiaries**. Beneficiary cards (“bencards”) are distributed to target families in order to ensure equitable distribution and proper documentation.
- Distribute goods** to your community
- Continue to ensure **equitable distribution** of relief and other services. For example, you can be the designated 143 volunteer who oversees distribution levels across different families or communities

- Provide psycho-social support for dislocated and reunified families

- Assessment:** Needs assessment
- Distribution of services:** Water and sanitation (“WatSan”), Disaster management, Health + Safety, Social Services, Medical, Blood

- Award sheet
- Beneficiary Cards (BenCards)
- Daily reporting template which includes names of volunteers and the summary of relief and services distributed



### RECOVER AND REHABILITATE

- Conduct post disaster assessment** to identify number of affected families in need of shelter (core shelter and shelter repair kit) including those that will be relocated, livelihood, non-food items, and cash assistance including unconditional cash transfer)
- Help in long-term recovery and rehabilitation** program, land development, build houses, repair shelter, rebuild community development facilities like health centers, hospitals, schools, fixing of water pipings, etc...

- Provide psycho-social support for affected individuals (e.g. child resilience program for children)

- Support teams:** Logistics, Beneficiary Identification, Repacking, Documentation
- Safer access:** Safety and security

- Financial support and allowances for volunteers
- Logistics support from NHQ and Chapter



# 143 SPECIAL TEAMS – THIS IS WHAT YOU CAN DO AT THE PHILIPPINE RED CROSS

Before, during and after a disaster, there are many ways you can help. 143 has special teams with different areas of responsibility, which require different skills. *Check out which one is right for you!*

AS A VOLUNTEER YOU CHOOSE TO...

## HEALTH AND SAFETY

- Train volunteers in pre-hospital care and water safety.
- Emergency care for the wounded and injured
- Conduct hygiene promotion activities and health education

### SIGN UP IF YOU ARE

- Effective communicator, able to lead and share knowledge to your community

## SOCIAL SERVICES

- Provide psychosocial support to disaster survivors or play therapy to children
- Conduct tracing activities in the chapter as part of the Restoring Family Links program
- Establish welfare desks and implement camp management activities (e.g., welfare aid assistance to affected communities)
- Provide Psychological First Aid/PSS to those affected by disasters to help them cope in the aftermath of disaster and to reduce the initial distress caused by traumatic events

### SIGN UP IF YOU ARE

- Effective communicator, able to lead and share knowledge to your community

## BLOOD

- Be a blood donor recruiter: Know and list down the blood types of every person in your barangay
- Be a blood donor (the blood that you donated maybe the blood that you will be needing one day): Know people needing transfusion in your barangay (e.g, leukemia, hemodialysis)
- Be a blood samaritan donor and recruiter: donate or encourage not qualified persons to contribute funds instead to cover the blood processing fee for indigent patients

### SIGN UP IF YOU ARE

- 16- 65 years of age (16-17 with consent)
- Weigh at least 110 lbs or 50 kgs
- Normal hemoglobin, blood pressure and body temperature on the day of donation

## MEDICAL

- Participate in immunization campaigns
- Join emergency deployments for medical stations and field hospitals
- Man mobile clinics ("medical missions") during disasters
- Provide consultation services in emergency health stations

### SIGN UP IF YOU ARE

- Skilled and qualified healthcare personnel such as medical doctors, nurses, midwives<sup>1</sup>

## WATER AND SANITATION

- Help in identifying and reporting areas where water distribution is needed (e.g, evacuation centers and neighborhoods where water systems broke)
- Be trained for the establishment and maintenance of water points (e.g, hand pumps)
- Identify appropriate water sources for drinking and daily needs (e.g, cooking and hygiene)
- Teach ways to ensure safe drinking water (e.g, by chlorination and boiling)
- Facilitate hygiene promotion sessions (e.g, hand washing promotion)
- Help in water distribution and protecting water points from being contaminated, misused, and/or destroyed

### SIGN UP IF YOU ARE

- Effective communicator, able to lead and share knowledge to your community

## COMMUNICATIONS

- Watch out for newsworthy information
- Monitor the situation on the ground
- Cover the event by taking photos, filming videos, or writing reports
- Coordinate with the PRC chapter to provide media coverage, when appropriate

### SIGN UP IF YOU ARE

- Skilled in communications (e.g., written reports), in photography or in film
- IT experts, IT Infrastructure experts, IT development experts

## DOCUMENTATION

- Monitor disasters and accidents via TV, email, text message, phone and radio
- Map data and prepare reports to ensure that all key decision-makers have the latest information at hand

### SIGN UP IF YOU ARE

- Effective communicator (written and oral)
- Proficient in word processing, database and spreadsheet skills
- Have basic radio communication skills
- Able to do basic research (e.g., social media, online news, radio)

## SAFER ACCESS

- Conduct trainings and dissemination to your community to increase acceptance, security and access to people and communities
- Be familiar with the safer access framework (i.e., acceptance, identification, information, regulation, behavior, communication, protection)

### SIGN UP IF YOU ARE

- Effective communicator
- Able to lead and share knowledge to members of your community

## EMERGENCY RESCUE

- Serve as the PRC's first response Rescue team in the Barangay during disaster
- Do Basic extrication on a collapsed structure and Basic Water Rescue
- Conduct rescue drills and be always ready to response in an emergency
- Identify and recommend field command post and conduct rapid assessment
- Communicate any acquired information to OpCen
- Conduct monthly inventory of supplies and equipment

### SIGN UP IF YOU ARE

- Have First Aid and Basic Life Support certification
- Willing to undergo Basic Search, Rescue and Retrieval trainings
- Willing to complete a 200 hour duty as trainee (probationary status) in your respective Barangay
- Independent and can work under minimal supervision; team player

## Operations Center

- Continuously check weather, news reports and social media
- Report and document in case of emergencies or hazards

### SIGN UP IF YOU ARE

- Effective, reliable communicator

## NEEDS ASSESSMENT

- Interview affected families, stakeholders, and local authorities to assess the situation (e.g., number of casualties) and identify their immediate needs(e.g., food, non-food, health, water and sanitation, emergency shelter)
- Prepare and submit assessment and need analysis report to PRC Chapter

### SIGN UP IF YOU ARE

- Effective communicator
- Able to lead and share knowledge to members of your community

## LOGISTICS

- Sort donated goods in the warehouse (e.g., segregate expired items)
- Take stock of donated items that are sorted and packed
- Record the inventory levels in the computer

### SIGN UP IF YOU ARE

- Able to read, write and count

## BENEFICIARY IDENTIFICATION

- Coordinate with barangay officials to identify target beneficiaries
- Conduct orientation with target beneficiaries for procedures on relief registration and distribution schedule
- Register target beneficiaries to ensure equitable distribution of goods

### SIGN UP IF YOU ARE

- Effective communicator
- Strong coordinator
- Able to lead and share knowledge to members of your community

## REPACKAGING

- Call/text or visit the nearest Red Cross chapter within your area
- Inquire and sign-up for repacking work
- Be at the place on a time and day assigned to you
- Perform the task as assigned in repacking food items and non-food items
- Be oriented and clearly understood the process of repacking
- Help ensure that the prescribed repacking standards and procedure is followed by everyone

### SIGN UP IF YOU ARE

- Able bodied
- Passionate about putting things in order

## RELIEF DISTRIBUTION

- Create distribution schedule and plan for your community
- Manage distribution site, including crowd control
- Work with PRC staff to distribute goods to identified beneficiaries

### SIGN UP IF YOU ARE

- Able bodied
- Able to lead and coordinate your community

Academic and professional certifications to be submitted when signing up as a volunteer



**1 leader and 43 members in every organization to mobilize the power of humanity**

**Coordinate with your local Red Cross chapter to sign up. More information is available at [www.redcross.org.ph](http://www.redcross.org.ph)**