

# Emergency

## **Callouts**

What  
A

a

is the process by which ECom members are contacted to support served agencies in an emergency.  
procedures may be used as part of ECom exercises.

occur at the

or County level and will ONLY be initiated by the **EC or**  
**for the district or County.** In a real  
emergency, these officials act in response to actual or anticipated **requests** for communications support by  
served **agencies**.

Each ECom member is to be prepared to

as effectively as  
**possible** to a

No one is expected to ignore personal to family or employer, nor unnecessarily

~~risk~~ their. However, personal or

~~lack~~ of is insufficient reason for not a

● **How do prepare?**

Put together a "**go-bag**" of the items suggested in the Personal Equipment Checklist outline.

wait until you **are** called assemble your "go-bag". Do it in advance, at

leisure,

it is needed.

communications command team themselves. The operation teams are expected to activate and respond according to their normal response plan. The command team will issue

statements for the net as needed, directing and fine tuning the activation. They will cancel the alert as needed should **the situation** warrant it.

As the net is started it is **the** of the NCS to start the mobilization

demobilization sheet. A recommended form can be

found at <http://www.w0ipl.net/ECom/mobdemob.htm>. The information that must be kept is:

- o Name and FCC issued call
- o **they** called in at
- o they reported to the staging area

**th**

If the person called in as they arrii at the staging area **wth**

two items will be the same.

- o Tactical assigned to ~~thi~~**s** person or the tactical call used by the location this person was sent to and the time this person was **assigned**.
- o Time/date the person left for home. This information is critical to ensure everyone that is accounted for at shut down. A of this is the ability to determine how much time we **spent** on the event

If the situation is weather related, amateurs can **also** monitor NOAA

for information direct from the National Weather Service. You can find out more by contacting the Civil Defense office in your **state**: <http://www.fema.gov/fema/statedr.htm>

● **Individual** Responsibilities

Each and every person working an emergency (**and**

most training events) has

specific responsibilities. These include, but are not limited to the items shown in the ECom Check List. This list is oriented toward the Incident Command System (ICS) but should be utilized in virtually every ECom event.

- **Initial** Operation If you are to another location, as you get on *site*, ask for the person in charge and introduce yourself as the emergency communicator assigned to serve that location. The person-in-charge will be busy, so spend only a moment explaining that you would like to set up a communications station for **that** and to ask where

would like you located. Be prepared to suggest an appropriate location -one that **can serve** as an operating table and **message desk**; has access to the window, outdoor or

roof: access to power and telephone, and is away

*the command center*

*avoid commotion*

*disturbing either the command or communications center.*

Move your equipment,

and power cords into position. Hopefully, you've arrived as a team of two or more, so that a perm can start setting up while the other person is moving some of the equipment in. **The** first

would be to

up a 2M mobile

to essential contact with **the** net Use the lowest power setting that produces reliable contact. Since you're

operating in an unfamiliar environment, resist the temptation to run high power,

could

cause local interference in nearby equipment.

Proceed to set up the scanner, then HF, packet and other stations. As more of your communications setup becomes operational you can check into other nets and begin a

of stations that are reachable directly or via a relay station.

**required at the**

Some of **the** things you should have with you when you operate in the field:

- o Message forms or sheets to compose messages. ICS-213 recommended. *Often*, you'll copy the message onto scratch paper, then transcribe it cleanly onto the incoming form.
- o Log sheets to track incoming and messages.

o

for writing **notes**. Spiral bound  
Steno type

- o 3M Post-its for annotating items.

- Long

If you expect to operate from the location for a **period** of time, establish a message filing **system** so that you can retrieve **the** **messages** as needed. Some of the "portable" that can hold several hanging

and has a tray on top for pencils, a mini-stapler, scissors and scotch tape would be very useful to organize and file the messages. You should also look for and establish a break area, rest room and a

area.

- **Notification** of shutdown or

The notification for shutting down operations may be given over the air by the

or bulletin station. The shutdown is usually preceded by notices giving a  
up, stating that of is coming. Notifications can be supplemented via alpha  
pager and telephone **tree** networks.  
Be sure you confirm the shutdown order.

**ECom -  
Basics**

● **Si**                      **and cleanup**

Upon receiving notice of a **shutdown**, the **station** should begin securing **the messages**, the **messagedesk**,  
equipment and other materials. Make sure you leave the area you operated at in as good or better condition than

you found it. Your served agencies appreciate that.

■

As part of the preparation for after action the following information should be noted:

- o Your log should contain what time critical events occurred. It is useful in the analysis to determine time frames for activation, setup, transit,
- o Complete on what happened.
- o Note who was around. In case there are questions, you know who for further information.
- o Note the hours of operation.

- o Note what was Often, the list of accomplishments need to be related to those who weren't there
- o Note what's
  - pending.** If there were unfinished items, note them so that **someone else** can follow-up.
- o Note what was good. Jot down the things that went well. Often, in the heat of the moment, we that there were things that worked in our favor.
- o Note what needed improvement. This is
  - easy to track,** as we remember **easily** the we with the most.
- o Thank those who turned out **and** were Even a simple verbal **thank** you

~~Q088~~ a long way, compared to hearing not a single word. Make sure you make it a point to thank those around you and your family for letting you get the job done.

To simplify collection of Debriefing information in large incidents (multiple day) an online form has been created. This form will to be copied **and** to work for your

# Operator Stress

Emergency communications is a very challenging assignment. There's a lot of need being placed on people in a short amount of time. For reason, stress can build upon the As these demands wear down the individual's capacity for tolerance, flexibility and person shows signs of stress. People **show** it as varying levels of irritability **and** **emotional** outbursts, which affect the to work well others.

this  
the  
with

The best time to deal with stress is before it presents *itself*. coping mechanisms responding to an event. Some of those mechanisms are:

- 1.
- 2.
3. Focus on

strategy **and** results, rather than on worry and  
Learn tolerance and patience during times of demand and activity.  
Understand

**that** we are human and

- are** limits to **our** both individually **and**
4. Learning the impact that diet, **beverages** and exercise **can** have **on** relieving **stress** and increase **capacity** for dealing with it
  5. Learn to get rest and take breaks **as necessary for you**. What works **for** else may not **work** for you.

You may be exposed to experiences that are unique and unpleasant. A healthy person is

to withstand the emotional experience of high **stress** well enough until **the** impact of the need passes, **then** begin **the** experience to accept **the** situation rather than reacting to it. Members of the team should learn to work with the **stress** rather than reacting to it.

## ECom Debriefing

Within ECom there are many \*opportunities<sup>n</sup> to experience situations that we would not normally encounter. Some of these experiences, especially during

and

service events, **can** be very enjoyable and rewarding. Some, such as during Roods, major fires, tornados and events like September 11, 2001 in New York City are far less than enjoyable, but can still be **very** rewarding.

In

environments we need to debrief ourselves to accomplish **several** objectives. During all events we **need** to

assess our effectiveness and determine how we can

This serves to help focus our training in **areas** that need the most work and ensures we ourselves on the areas done well. events it is very important that we continually monitor our own **stress** levels and