

F@ST RESOURCES

AVAILABLE TO YOU

Courtesy of the
South Dakota Farm Bureau
www.sdfbf.org



- **F@ST DVD**: 45 minutes total length, 9 chapters that can be watched at once or separately
- **F@ST Discussion Guide**: has 2-4 questions from each chapter
- **Handout for Instructors and Discussion Guide Leaders**
- **Local Resource Guide**: to help identify, before the video showing, what emergency response resources are in your local community.
- **F@ST Information Card**: a wallet-sized card that promotes F@ST gives basic emergency procedures and directs people to download the Red Cross First-Aid App. These can be handed out during the DVD showing. Order the cards ahead of time by contacting Bonnie or South Dakota Farm Bureau. (contact info below)
- **First Aid Kit Suggested Contents**: a one-pager with helpful lists of what to put in a First Aid Kit if people would like to make their own.
- **F@ST Evaluation Form**: Please complete the F@ST Report and Evaluation Form on line or print, complete and send a paper copy to South Dakota Farm Bureau. It is really helpful to us to know where the DVD is being shown, to how many people, and how we can improve your experience.
- **F@ST Poster Template**: A poster for you to promote your upcoming showing of the F@ST DVD. A PDF version is available at the F@ST tab at www.sdfbf.org. If you want a customizable poster in Microsoft Word or Publisher format, please contact Bonnie. (contact below)

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F@ST

Discussion Guide



Scene 1: Tractor Loader

1. What is the immediate danger to the rescuer in this scenario?
2. What other types of farm vehicles could be involved in accidents like this?
3. If you are unfamiliar with the equipment (tractor), should you attempt to operate it?
4. Why or why not?

Scene 2: PTO Shaft

1. What is the immediate danger to the rescuer in this scenario?
2. What could have prevented this accident?
3. Do you think the PTO shaft will still be turning? If so, what precautions should you take?

Scene 3: ATV Rollover

1. What is the immediate danger to the rescuer in this scenario?
2. What piece of safety equipment should always be worn when riding an ATV?
3. If this person is pinned under the ATV, what is the danger to the rescuer?

Scene 4: Grain Bins

1. What is the immediate danger to the rescuer in this scenario?
2. Should you jump right into the bin to attempt rescue of someone partially engulfed?
3. Why not?
4. Why is it important to shut off the power to grain auger equipment in this situation?
5. Who is best equipped to handle this type of rescue?



Scene 5: Livestock

1. What is the immediate danger to the rescuer in this scenario?
2. What is the first thing you should do if possible?
3. What other types of animals found in the country (non-livestock) could be an issue?

Scene 6: Bucked Off Horse

1. What is the immediate danger to the rescuer in this scenario?
2. Could there be other dangerous animals around that led to the rider being bucked off?
3. What are some of the types of injuries you might expect with the victim?

Scene 7: Power Lines

1. What is the immediate danger to the rescuer in this scenario?
2. What are the other dangers present in this scenario?
3. Is it safe to attempt to move downed power lines yourself?

Scene 8: Chemical Spill

1. What is the immediate danger to the rescuer in this scenario?
2. What is the best course of immediate action in a situation like this?
3. If you put a handkerchief over your face, is it safe for you to attempt rescue of the victim?

Scene 9: Manure Pit

1. What is the immediate danger to the rescuer in this scenario?
2. What is the first reaction most people will have when they come across this type of situation?



Instructors and Discussion Guide Leaders:

Emphasize these points, repeatedly!

- Do not put yourself in harm's way.
- Know where you are at so you can give 911 operators the correct location.
- Stay on the line with the 911 operator until they tell you to hang up.
- Give the 911 operator as much information as possible pertaining to the incident.
- Help the victim if you can, but again do not put yourself in harm's way.
- If possible, have someone at the road to help guide rescuers to the scene.
- Be prepared to assist rescuers should they request it.
- Be prepared to repeat numerous times what you have observed at the scene.





LOCAL RESOURCES IN YOUR COMMUNITY

This worksheet is intended to help you, as a presenter of the F@ST DVD in your community, to identify local emergency resources that could be included in your presentation. Of course, not all resources will be found in each community, or your community may have others not listed here.

1. **Is there an EMT in your town?** *We encourage you to invite and include a medical professional in your presentation of F@ST.*
2. **Who in your community is willing to teach CPR?**
3. **Who is willing to teach a first aid class?** Is CPR training available in your community?
4. **Is the hospital near you willing to give emergency room visits?**
5. **Are there counseling services available in your community, or a ministerial association?** Decompressing after being in an accident or assisting at an accident scene, can be difficult, especially if it involves someone you know.
6. **What other community groups might be willing to participate in your, or set up their own, F@ST viewing?** Examples: 4-H Clubs, FFA Chapters, Extension Service, Jaycees, Lions Club or other civic groups, VFW or Legion, Fire Departments, Ambulance Services, etc.
7. **Feel free to add other local resources in your community.**

F@ST Report and Evaluation

- We would appreciate your feedback after watching F@ST!
(First at Scene Training)
- Complete this form on our website at www.FBFAST.org or complete paper copy and mail to:



South Dakota Farm Bureau
2225 Dakota Avenue South
Huron, South Dakota 57350

1. What is the name of the town where F@ST was shown?

2. What is the name of the group that watched F@ST?

3. Who led the viewing?

4. How many people were in attendance?

_____ 7-13 year old youth

_____ 14-18 year old youth

_____ adults

5. What was your group's response to F@ST?

6. How was the F@ST information helpful to your audience?

7. Please share your comments about the F@ST DVD.

