

How To React During a Major Catastrophe, Like Boston and West

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By Sylvia Gonzalez

NewsWest 9

ODESSA - During the past week, the country has dealt with the two deadly explosions both had more than 100 victims. During the Boston bombings many came to the aid of others. In West, Texas, many rushed to help those trapped under rubble. But how would people in our own community react if something of that magnitude happened here?

Dr. Sudip Bose, Emergency Physician at Medical Center Hospital in Odessa, tells NewsWest 9 about the importance of keeping calm while performing first aid in these type of situations.

"When these things happen, know basic first aid, be situationally aware and don't get yourself in situations where you can get hurt even more," Bose said.

According to Dr. Bose when situations like Boston or West happen, the most important thing to do is assess the scene and then render aid, he says not doing so can cost more lives.

"We have to be aware of the scene if we go and provide first aid or try to save lives and the scene isn't safe, nobody's life is going to get saved and we'll probably end up having more injuries. It's important to have the scene secure, the perimeter secure probably by the police or other officials," Bose said.

Bose offered advice on the first thing that should be treated should you find yourself in a situation where there are many injured.

"Attending to the victims and trying to stop any sources of bleeding. Burns are treated differently than broken legs, which are treated differently than someone who is bleeding out, holding pressure on those bleeding wounds, that's crucial," Bose said.

Bose tells says knowing basic first aid is not only helpful during a major catastrophe but also during everyday living.

"I think it's crucial that everybody knows first aid. It's not only for unfortunate situations like in Boston, but whatever situation you might find yourself in. At home basic first aid, CPR, things like that are essential to everyday life and things we may encounter every day," Bose said.