

**Emergency Survival Program (ESP)**

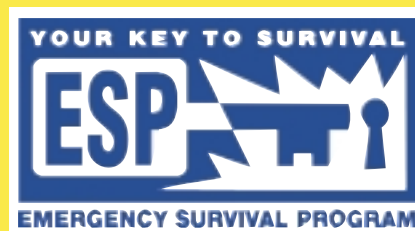
# **Newsletter Articles**

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**Preparedness is the Key in 2003**

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# PREPAREDNESS IS THE KEY IN 2003

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### January - Step 1 *Understand the Threat*

**E**mergencies and disasters can happen at any time and any place. Although we can't always predict or prevent them, we can reduce the impacts by understanding the threat and being prepared.



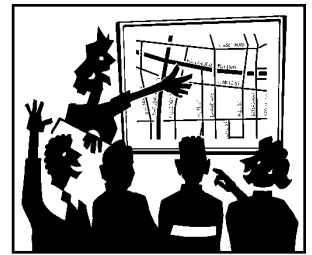
Impacts that could be expected after a major earthquake, fire, flood or other disaster include loss of electricity, damage to water systems, and fuel supply disruption. Damages to highways and roads could isolate you wherever you are. Emergency response agencies might be overwhelmed, forcing you, your neighbors, coworkers and classmates to take actions on your own.

Now is the time to learn about the hazards your community faces and to take steps to prepare for them. No one knows when the next emergency will happen, but we can lessen the impact by understanding the threat and being prepared.

For more information on the Emergency Survival Program (ESP), contact your local Office of Emergency Services.

### February - Step 2 *Conduct a Meeting*

**S**tarting a home, neighborhood, business and school emergency preparedness plan can be a fun and easy project, but someone has to take charge.



Conduct a meeting now and follow these five easy steps listed below to get started.

1. Identify interested parties.
2. Prepare an agenda and set goals.
3. Schedule a meeting.
4. Contact interested parties.
5. Conduct the meeting.

Remember: Share the knowledge and be prepared!

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### March - Step 3 *Inventory Resources*

The ability of your neighborhood, business or school to respond effectively to a disaster will depend on how well your response teams use resources available in your community.



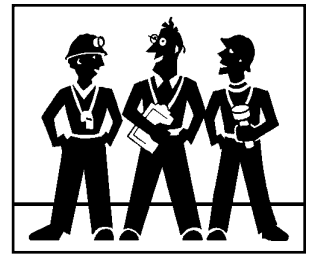
Available resources include government services, volunteer agencies, local markets, restaurants, hardware and sporting goods stores. Neighbors or co-workers with special skills and equipment, such as amateur radio operators, are also helpful resources. Emergency shelter, water, and food will be available from the American Red Cross and other local agencies.

Get in touch with your local county, state, federal and Red Cross agencies now to find out how they can help your home, neighborhood, business and school to better plan and prepare. Their input will help improve your response.

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### April - Step 4 *Form Response Teams*

A damaging flood, fire, earthquake or other emergency might overwhelm local fire, law enforcement and medical services agencies.



As a result, your response teams may have to search for missing friends and coworkers, provide basic first aid and identify obvious building damage. Several community businesses have formed teams to meet these challenges.

If a team hasn't been formed in your neighborhood, work place or school, join now with interested individuals to form one.

Joining together can greatly improve your chances of surviving the next disaster and can improve your groups' self-sufficiency.

Teams should be trained in damage assessment, light search and rescue, first aid and other important recovery activities.

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### May - Step 5 *Provide Training*

**D**o you know that training is available for neighborhood and other emergency response teams? How effectively your group responds to a disaster will depend on the amount and quality of training each member has received before the emergency.



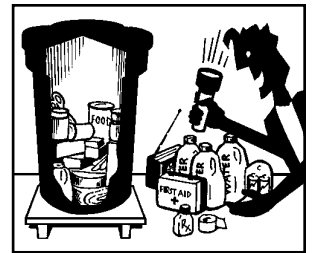
Members of neighborhood, business and school teams should be trained in first aid and CPR, light search and rescue, damage assessment and other recovery activities. Having this vital training before an emergency is essential for an efficient and effective response.

Contact your local police and fire departments, city/county Office of Emergency Services, American Red Cross chapter or community college to arrange for speakers and/or training workshops.

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### June - Step 6 *Update Emergency Supplies*

**I**t might be very hard to get water, emergency supplies and equipment after a major flood, fire, earthquake or other emergency because they might be in great demand. Having enough supplies for at least 72 hours is an important step in preparing your home, neighborhood, work place and school.



The Supplies Team should make sure there's an adequate supply of water and food along with first aid kits and books, fire extinguishers, flashlights and radios with extra batteries, cash, tools, outdoor cooking supplies and other emergency supply items.

Store your emergency supplies in a couple of different pre-designated locations and check them twice a year. Remember to store extra food and water for people with special needs and for pets. Also find out where your office and school supplies are located.

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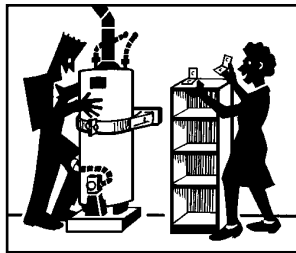
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### July - Step 7 *Reduce Hazards*

**F**ires, floods, earthquakes and other emergencies can present great hazards throughout your community. You can help reduce injuries by eliminating potential hazards in your home, neighborhood, workplace and school.



You and your Hazard Reduction Team can start by conducting hazard hunts to identify, reduce and eliminate potential hazards. Common hazards include unsecured computers and televisions, unlatched cabinets, mirrors over sofas, beds or desks, and unsecured bookcases. Secured objects are less likely to fall and cause injury.

Remember—fewer hazards = fewer injuries and less damage.

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### August - Step 8 *Learn Light Search & Rescue*

**I**f members of your family, friends, co-workers or classmates were trapped behind doors, under debris or other heavy objects, could you help them without endangering them or yourself?



Light search and rescue operations are designed to provide an initial search for victims with minor or no injuries and help them get out of lightly damaged buildings.

You and your Light Search and Rescue Team will need hand tools such as a crowbar, shovel, ax and hammer, as well as flashlights, leather work gloves and sturdy shoes to help you perform tasks more easily and safely. Include these supplies in your home, car, neighborhood, office and school supply kits. Training in first aid and CPR is also recommended.

You or your team may have to help in rescue efforts. Don't wait until it's too late! Prepare now to help others.

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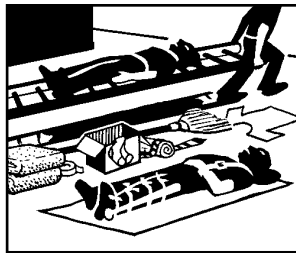
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### September - Step 9 *Learn First Aid and CPR*

**A**fter a major emergency, you or your First Aid Team may have to treat injured family members, neighbors, co-workers and classmates if medical assistance, including 9-1-1 service, is not immediately available.



Review your first aid skills by attending a first aid and CPR training class. The American Red Cross is an excellent source for first aid/CPR information and training.

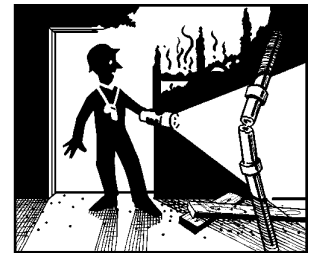
Assemble and store a first aid kit that includes all the necessities to treat minor injuries that may occur. Be sure to include an adequate supply of prescription medication, your doctor's name and telephone number, and allergy information with your first aid kit.

Don't delay—get first aid training today!

For more information on the Emergency Survival Program (ESP), contact your local Office of Emergency Services.

### October - Step 10 *Assess the Damage*

**E**arthquakes, fires, floods and other disasters can cause severe damage to homes, neighborhoods, businesses and schools and create hazardous conditions. You and your Damage Assessment Team should be trained in advance on how to determine the safety of buildings and other facilities until local building inspectors and other professionals are available.



Learn how to check for gas leaks and how to check the water heater in your home and office building. Also learn how to shut off your water and electricity if pipes or wiring are damaged. Damage assessment of structures is also required to identify those which may pose further hazards.

Be prepared to give the extent of damage in your neighborhood, business or school to city or county government in order for them to estimate preliminary damage totals.

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### November - Step 11

#### *Plan For Shelter*

**Y**ou and your neighbors or co-workers may be forced to abandon your homes or offices and seek emergency shelter if structural damage occurs following a large flood, fire, earthquake or other disaster.



Homes, businesses or schools may be without water, electricity, gas and sewer services for several days. The Shelter Team will be responsible for finding alternative shelter for those who are unable to remain in their home, business or school.

They should identify a central place where everyone can get together, assess their needs and find out what sheltering options will be made available, if needed. Discuss in advance options such as the American Red Cross shelters and alternate shelter sites.

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### December - Step 12

#### *Plan Your Drill*

**P**ractice makes perfect! How well will your neighborhood, office or school response team perform when an earthquake or another emergency occurs? One way to find out is to plan and conduct a drill based on a make-believe fire, flood, earthquake or other disaster.



Set up your emergency response teams and give members a few months to learn and prepare for their responsibilities. Begin to hold drills so the entire group will feel confident in being able to work together. Testing your plans this way will help you identify and correct any weaknesses before a real emergency occurs.

Response teams should also arrange to participate in annual emergency preparedness exercises sponsored by local government or businesses in cooperation with local emergency services agencies.

For more information on the Emergency Survival Program (ESP), contact your local Office of Emergency Services.

# Emergency Survival Program (ESP) Coordinating Council

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