



MODULE 1

**PERSONAL
EMERGENCY
PREPAREDNESS**

1B

The

Nine Step Plan



**PERSONAL EMERGENCY PREPAREDNESS
MODULE 1B: YOUR PERSONAL DISASTER PLAN**

9 Steps - Immediately Following A Disaster

Materials Needed:

1 copy of the 9 Step Flip Book for each household.

1 copy of 'Under the Bed' for each household

- 1. Pass out the Flip Books** - Each household will need their own copy
- 2. Learn the 9 Steps** - Use the discussion Guide. Allow plenty of time for discussion on each step. It is hard to think clearly following a disaster. Knowing these 9 steps will help you quickly and safely do the things that really help.
- 3. Discussion Guide** (Steps 1 - 9 are to be completed at each individuals home)

Step #1 - Care for your loved ones. You have already done a good job of preparing your home, and educating your family, so even though you might be a bit shaken up, chances are you are okay. Remember what you have practiced.

Step #2 - Protect your head, hands and feet. Put on sturdy shoes to protect your feet from glass and debris and a hard hat to protect your head from possible falling objects like ceiling tiles, wood, bricks. The hat will be especially important once you have moved outside. (See the 'Under the bed' box from this Module) Leather gloves will also be helpful when you encounter sharp objects or rough debris.

Step #3 - If you have gas or propane, you will now need to go outside and inspect the gas meter. If you smell gas or hear it hissing, shut it off immediately.

Step #4 - Shut off the water to the house at the main house valve, located some where inside the house (not the valve in the cement box). This allows you to trap the water that is in the water heater and keep it safe from pollutants that may enter through cracked pipes.

Step #5 - Post the Green OK card or the red Help card on the front door or window. Neighbors will know to come and help if you post the red help sign, or if no card is up. If no card is up, they neighbors will assume you are injured and unable to get the card up.

Step#6 - Place your fire extinguisher in outside in front of your house, at the street where it can be easily seen. If extinguishers are left on porches, neighbors will have to take extra time to look for them. If someone yells fire, or if there is a lot of smoke, it will be very helpful to have a whole neighborhood of fire extinguisher. That will make it possible for people to grab the extinguishers, get to the fire and safely extinguish it.

After you have completed steps 1-6, it is time to come together as a neighborhood

Step #7 - Everybody gather at the prearranged Neighborhood Meeting Site. You will now be able to determine who is available to help. This may take a few minutes, but it is very important to organize at this time.

Step #8 - Assignments should be made at this time. Neighbors should be broken into teams (of at least 2 people-for safety) to do four (4) critical tasks

Team 1 will stay at the Meeting Site and listen for emergency information on the radio or a NOAA Weather Radio.

Team 2 will go and check all those who have been previously identified as needing help immediately.

Team 3 will check all propane tanks, using the information on the Neighborhood Map. If they smell any gas or hear it escaping from broken pipes, they will shut it off.

Team 4 will go door to door checking for all Help cards and homes with no cards. They will coordinate giving the help and assistance needed. They may want to take a first aid kit with them.

Step#9 - When each team has completed its assignment, it will report back to the Neighborhood Meeting Site and give a report of what they have done. As information is shared, the entire neighborhood will know what has happened and what the response has been. If additional help is required, plans can be devised to respond to those needs.

OK

HELP



Under -the-Bed Items

Ready to Respond

Day or Night

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. The more procedures you have in place, the easier they are to remember and implement, the more effective and efficient your responses will be.



Critical 'Under-the-Bed' Items

Sturdy shoes - to protect your feet from broken glass

Work Gloves - to protect your hands from broken glass and rough debris

Hardhat - to protect you from falling objects. Could be a bike helmet, or hardhat.

Flashlight or lightstick -essential for night time response.

Band-aids or tape - to hang the ok/help sign

OK/Help sign