

Disaster Preparedness

By Noid

DC206



Disaster Preparedness

- Have a plan
 - What are the threats?
 - Staying put or bailing out
- Preparing ahead of time
 - Supplies
 - Environmental Safety
 - Logistics
 - Defense
- Practice Makes Perfect!



The Plan

“I love it when a plan comes together!”
– Col. John “Hannibal” Smith



Understanding The Threats

- Personal/Localized Disaster
 - Localized damage that makes inhabiting the home unsafe
- Meteorological Disasters
 - Large scale fires, flooding, tornado, earthquake
- Technological Disasters
 - Man made events
 - Terrorism, Civil Unrest, Nuclear/Radiological Disaster, Plane Crash, Chemical Spills



Option 1: Stay Put

- People get panicky in disasters
 - Roads will be clogged
 - Potential unrest
 - General unavailability of services
- Stay put if your area is safe from hazards
 - Environmental
 - Meteorological
 - Human



Establishing Base Camp

- Plan out what goes where
 - Sleeping
 - Sanitation
 - Animal Storage
 - Food/Water Storage
- Pick an area with a defensible perimeter
- Establish roles and duties



Dealing with Injured/Wounded

- The needs of the injured come first!
- Establish a location for injured/wounded that is as clean, dry, and warm as possible
- Disease can be prevalent after disaster, keep wounded/injured segregated from others
 - Wear gloves and masks to protect yourself from Blood Borne Pathogens, Viruses and Bacteria
- Worst Case: Determine ahead of time where to place the deceased



Alerting Authorities

- Prominently display requests for help on front door and roof* to notify emergency workers
- Be aware, though, this may attract undesired attention from other survivors

*only if it is safe to get on the roof



The “Human Element”

- Develop a response plan for dealing with:
 - Looters/rioters
 - The less prepared
 - Law Enforcement
 - Emergency Workers
- Unless you included them in your plan, your neighbors are SOL
- Law Enforcement and Emergency Workers may be jumpy!



Supply Storage

- Store supplies outside in clean, air/water tight containers
- Review your supplies regularly and cycle out expired supplies
- Remember: Medications have a shelf life, as do food, batteries, stabilized water, and stabilized fuel!



Bugging Out!

- Have destinations planned before you leave
- Have multiple routes to get there
 - Your primary destination may be uninhabitable
 - Your primary route may be inaccessible/impassible
- Make sure that your basic survival supplies are transportable!



Evacuation Plans

- Different disasters and situations call for different plans
 - Evacuation with injured/sick/wounded
 - Evacuation with animals
- Determine “rally points” where parties can meet and regroup if they get delayed or lost en route to the destination
 - Establish waiting times, stick to them, unless its unsafe!



Preparedness

“Assumption is the mother of all fuckups” - Anonymous



Basic Life Support

- Water – 1 gal. a day per person
- Food – At least a weeks worth for everyone in the household (don't forget a can opener, dishware, and utensils!)
- Personal medications – 1 week supply
- Moist Towelettes and trash bags for sanitation needs
- Materials for building shelter
- Light and heating needs
- Battery or human powered radio
- For the Geek: Ham Radio w/ batteries!
- Don't forget Rex and Fluffy! Have pet food/supplies prepared as well (leashes, carriers, litter, etc)
- A whistle



Environmental Safety

- Basic hand tools for shutting off water/gas mains
- Clothes for any season
 - Jacket, Pants, Shirts, Hats
- Work gloves
- Sturdy shoes/boots
- Fire extinguisher
- Dust masks
- Sleeping bags, blankets, and tents
- Emergency manual
- First Aid Kit
- Bleach for sanitation
- Iodine tablets for water purification
- Sandbags



Logistics

- Don't count on being able to use the ATM, your debit card, or a credit card. However, keep a credit card handy in case you get lucky
- Have cash or barter-able goods
- Insurance documents
- List of emergency contacts
- Pre-paid phone card
- Stored, stabilized, fuel if practical



Defense

- Only what you feel comfortable with!
 - Don't bother possessing anything you can't or are unwilling to use
- Understand and obey the law, even when all hell is breaking loose!
- Non-Lethal Options
 - Pepper spray, Collapsible baton, Tazer™, and maintain a low profile
- Lethal Options
 - Shotgun, pistol, and/or rifle
 - Store ammunition and magazines with your supplies
 - Practice the same safe handling and use guidelines you would at the range or out hunting



What about 'BOB'?

- Build a 'Bug Out Bag'
- A transportable subset of your supplies you can take with you if you need to or decide to leave your location
- Especially useful for localized disasters



Practice Makes Perfect

“Proper Planning Prevents Piss Poor Performance” – Military Axiom



Know Your Location

- Can you find the water and gas main's for your location? If not, learn where they are and what tools are needed to shut them off
- Electricity can cause fires, learn where your breaker box is and how to shut off the power
- Work out a tentative plan for building a base camp at your location. Does it work?
- Find a place to securely store your supplies where you can get to them in an emergency



Check Your Gear

- Write dates down when you store your gear. Review your kit twice a year to make sure all supplies are safe, dry, and current
- Keep an emergency contact list up to date. For HAMs, include a list of repeaters and emergency frequencies
- Cycle out stabilized water and fuel once a year



Practice Your Escape

- Try following an evacuation route to a destination one day during rush hour
- Try getting around to locations on foot
- Use your 'rally points' to meet others for normal outings
- Practice communications with your HAM radio
- Learn your side streets
 - There are usually many ways to get from point 'A to 'B'



Additional Information

- HAM Resources
 - www.qrz.com
- Preparedness
 - www.ready.gov
 - www.equippedtosurvive.com
 - Boy Scouts of America Handbook
 - www.redcross.org
 - Learn CPR and First Aid!
- Become a 'First Responder'
 - www.kcsara.org King County Search and Rescue
 - www.commacademy.org HAM Emergency Operators



Questions?

Contact: noid@23.org

