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 defendable 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