



# ARE YOU READY?

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# EMERGENCY READINESS

- ❖ PLAN – Think It out & Write It Down
- ❖ PREPARE – Get Your Kit Together
- ❖ TRAIN – You Might Learn Something New
- ❖ PRACTICE - Put The Rubber on The Road



# Self and Family FIRST

- ❖ Have a Disaster Plan!
  - ❖ What to do
  - ❖ When to stay – when to go
  - ❖ What to take
  - ❖ Where to meet
  - ❖ Where to go
- ❖ Know County evacuation plans and routes
- ❖ Plan and practice emergency drills in your home
- ❖ Keep reserves of food, water, medications, gas
  - ❖ Containers to “grab and go”
  - ❖ Checklist for last minute items
  - ❖ Rotate stock



# Self and Family FIRST

- ❖ Other To Go Kits - first aid, toiletries, clothing, tools
- ❖ Files / Records / Photos
  - ❖ What will you need to rebuild your life?
  - ❖ Grab 'n Go Box → Keep it current
  - ❖ Remote back-up → Off Site
  - ❖ Home Inventory
    - ❖ Video on DVD or Digital Photos
    - ❖ Lists w / Values and Serial #'s
- ❖ Money
  - ❖ Cash for purchases
  - ❖ Credit cards & money machines may not work
  - ❖ Checks may not be accepted
- ❖ Keep updated list of contacts - local & out-of-area
- ❖ How will you safely store & transport all this?
- ❖ Plan to secure home & outbuildings
- ❖ Plan for pets & livestock



# Volunteer Preparedness

## You Are Responsible For Yourself !

- ❖ Personal protective equipment
  - ❖ leather gloves, sturdy shoes, hat
  - ❖ weather protection (rain, sun, cold, heat)
  - ❖ hygiene & toiletries, toilet paper, soap
  - ❖ sunscreen, dust mask, eye protection
- ❖ Basic camping / overnight gear
- ❖ Water & food for expected duration
- ❖ Basic first-aid kit and necessary medications
- ❖ Tool kit and parts



# Equipment

## Radios, Power & Paper

- ❖ Pre-program frequencies, tones, offsets
  - ❖ Know how to change these quickly
  - ❖ Equipment manuals and references
- ❖ Make / buy “cheat sheets” for key information
- ❖ Have back-up equipment
  - ❖ Radios
  - ❖ Antenna
  - ❖ Power
- ❖ Reference Material
  - ❖ Maps
  - ❖ Checklists
  - ❖ Forms
- ❖ Message Forms (ICS 213), paper & pen / pencil / log
- ❖ Contact information for fellow ARES members and Public Agencies.



# ID & Credentials

- ❖ Personal Identification / Access Badges
  - ❖ May be critical to your gaining access
  
- ❖ Documentation of your qualifications
  - ❖ Copy of Ham License
  - ❖ Red Cross Cards
  - ❖ Medical Certifications
  - ❖ Other Licenses
  - ❖ Course completion cert's
  
- ❖ Everything in a notebook ?



# Volunteers Health

- ❖ **Know your Limitations – Don't add to the problems!**
- ❖ **General Fitness To Serve**
  - ❖ Believe it or not, you aren't 24 anymore!
  - ❖ Only YOU know the truth
- ❖ **Regular Medications**
  - ❖ Bring adequate supply for duration X 2
- ❖ **Vaccinations Up To Date ?**
  - ❖ Tetanus & Diphtheria
  - ❖ Polio
  - ❖ Pneumonia
  - ❖ Meningitis
  - ❖ Hepatitis A & Hepatitis B
  - ❖ Typhoid, exotics (yellow fever, etc.)





# TRAINING

**... federal law enforcement, as well as leading emergency managers ... are quick to praise our response, and usually point out that in the first few hours/days after a major event, we are often the only show in town---but in the next breath they will all recite horror stories of poor training, lack of preparation, and unprofessional behavior. (ARRL e-letter)**



# Training (Continued)

**TRAINING is essential to:**

- ❖ **knowing how to do our jobs**
- ❖ **knowing our “customers” (served agencies)**
- ❖ **meeting Federal mandates**

**Untrained volunteers may hinder more than they help**



# Formal Training

## ARRL On-Line Courses ([WWW.ARRL.ORG](http://WWW.ARRL.ORG))

- ❖ **EC Level I:** All ARES Members
- ❖ **EC Level II:** Team leaders, EC's
- ❖ **EC Level III:** DEC's, SEC's, Other

## FEMA home-study courses ([TRAINING.FEMA.GOV](http://TRAINING.FEMA.GOV))

- ❖ **IS-100** Intro to Incident Command System
- ❖ **IS-200** ICS for Single Resources and Initial Action Incidents
- ❖ **IS-700** National Incident Management System (NIMS), An Introduction
- ❖ **IS-800** National Response Plan (NRP), An Introduction - Revised



# Formal Training

## American Red Cross

- ❖ Introduction to Disaster Services
- ❖ Cardiopulmonary Resuscitation (CPR)
- ❖ First Aid
- ❖ Emergency Response
- ❖ Shelter Operations

## HARRIS COUNTY CITIZENS' CORPS CERT PROGRAM

CERT program teaches the basics of:

- ❖ Fire Suppression
- ❖ Triage
- ❖ First Aid
- ❖ Search & Rescue



# PRACTICE

## ❖ Opportunities Abound

- ❖ Public Service Event Volunteers
- ❖ Drills and Exercises (Including personal emergency plans)
- ❖ Net Control

## ❖ “Amateur” does NOT mean “unprofessional”

- ❖ Put your (our) best foot forward
- ❖ Grooming, dress, organization and manners count
- ❖ Seek to inspire confidence in our services

## ❖ Learn from the experience



# We Will Be Ready If We All

- ❖ PLAN
- ❖ PREPARE
- ❖ TRAIN
- ❖ PRACTICE



# ATTACHMENTS INCLUDED

- ❖ Some checklists are attached
- ❖ Lots more available on the Internet
  - ❖ Google "emergency checklist"
- ❖ If you find some good ones, share them with us