

## Emergency Preparedness:

## Tornado Preparedness:

Buy a survival kit and store along with:

Essential medication

Sturdy shoes

Also include in the kit written instructions on how to turn off your home's utilities

Conduct periodic tornado drills, so everyone remembers what to do when a tornado is approaching.

Stay tuned for storm warnings:

Listen to your local radio and TV stations for updated storm information

Know what a tornado WATCH and WARNING means

A tornado WATCH means a tornado is possible in your area.

A tornado WARNING means a tornado has been sighted and may be headed for your area.

Go to safety immediately.

Tornado WATCHES and WARNINGS are issued by the county.

When a tornado WATCH is issued: Listen to local radio and TV stations for further updates.

Be alert to changing weather conditions:

Blowing debris or the sound of an approaching tornado may alert you. Many people say it sounds like a freight train.

When a tornado WARNING is issued: If you are inside, go to the safe place you picked to protect yourself from glass and other flying objects.

The tornado may be approaching your area. If you are outside, hurry to the basement of a nearby sturdy building or lie flat in a ditch or low-lying area. If you are in a car or mobile home, get out immediately and head for safety (as above).

After the tornado passes: Watch out for fallen power lines and do not venture into the damaged area. Listen to the radio for information and instructions. Use a flashlight to inspect your home for damage (avoid using candles or matches)

Forget The Wizard of Oz notion that "twisters" only happen in Kansas. Tornado's have been reported in every state.

And while they generally occur during spring and summer, they can happen anytime during the year. With winds swirling at 200 miles an hour or more, a tornado can destroy just about anything in its path. Generally, there are weather signs and warnings that will alert you to take precautions. Be prepared by having various family members do each of the items on the checklist below. Then get together to discuss and finalize your Home Tornado Plan.

Plan and get ready: Pick a safety spot in your home where family members could gather during a tornado. (If you have a basement, make it your safety spot.) Make sure there are no windows or glass doors in the area. Keep this place uncluttered. If you live in a mobile home, choose another safety spot in a sturdy, nearby building.

Basement:  Yes  No

If yes, basement is your safety spot. If no (or if you're in a high-rise building), choose another safety spot.

Location of safety spot: \_\_\_\_\_

Put together a tornado Safety Kit in a clearly labeled, easy-to-grab box.

Location of Tornado Safety Kit: \_\_\_\_\_

Write instructions on how and when to turn off your utilities - electricity, gas, and water.

Instructions written: \_\_\_\_\_ (date)

Make sure all family members know the name of the county where you live or are traveling, since tornado WATCHES and WARNINGS are issued by the county.

Name of county/town where you live: \_\_\_\_\_

Name of county/town where you are traveling: \_\_\_\_\_

And remember...when an earthquake, hurricane, fire, flood, or other emergency happens in your community, you need to be self-sufficient because there may not be available help for you and your family.

### ***Flood Preparedness Guide***

Prolonged rainfall over several days can cause a river or stream to overflow and flood the surrounding area. A flash flood from a broken dam or levee or after intense rainfall of one inch (or more) per hour often catches people unprepared.

Regardless, the rule for being safe is simple: head for the high ground and stay away from the water. Even a shallow depth of fast-moving flood water produces more force than most people imagine. The most dangerous thing you can do is to try walking, swimming or driving through such swift water.

Still, you can take steps to prepare for these types of emergencies.

Have various members of the family do each of the items on the checklist below. Then hold a family meeting to discuss and finalize your Home Flood Plan.

Decide where your family would go in case you must evacuate. Clear your plan with the relatives or friends you plan to stay with. Also, get an extra map and mark two alternate ways to reach that destination. Add the map to your Flood Safety Kit.

Determine whether you're in a flood area.

Flood area: \_\_\_\_ Yes \_\_\_\_ No

If in a flood area, is flooding covered under your homeowner's or renter's insurance policy?

Flood insurance: \_\_\_\_ Yes \_\_\_\_ No

If flooding is not covered under your homeowner's or renter's policy, flood insurance is available from:

\_\_\_\_\_

Keep current copies of all important papers or valuables in a safe-deposit box.

Location of safe-deposit box: \_\_\_\_\_

Put together a Flood Safety Kit in a clearly labeled, easy-to-grab box.

Location of Flood Safety Kit: \_\_\_\_\_

Write instructions on how and when to turn off your utilities-- electricity, gas, and water.

Instructions written: \_\_\_\_\_

Evacuation plan completed: \_\_\_\_\_(date)

Buy a survival kit and store along with:

Essential medication

Sturdy shoes

Also include in the kit written instructions on how to turn off your home utilities

Conduct periodic flood drills so everyone remembers what to do if a flood occurs

Know what to expect

Know your area's flood risk

If it has been raining hard for several hours, or steadily raining for several days, be alert to the possibility of a flood.

Listen to local radio or TV stations for flood information. Floods can take several hours to days to develop.

A flood WATCH means a flood is possible in your area.

A flood WARNING means flooding is already occurring or will occur soon in your area.

Flash floods can take only a few minutes to a few hours to develop

A flash flood WATCH means flash flooding is possible in your area.

A flash flood WARNING means a flash flood is occurring or will occur very soon.

Prepare a home Flood plan

Check your homeowner's or renter's insurance to see if it covers flooding.

If not, find out how to get flood insurance. Keep insurance policies, documents, and other valuables in a safe-deposit box.

Listen to local radio and TV stations for information and advice

If told to evacuate, do so as soon as possible.

When a flash flood WATCH is issued.

Be alert to signs of flash flooding and be ready to evacuate on a moment's notice.

When a flash flood WARNING is issued or if you think it has already started, evacuate immediately.

You may have only seconds to escape. Act quickly! Move to higher ground away from rivers, streams, creeks, and storm drains.

Do not drive around barricades...they are there for your safety. If your car stalls in rapidly rising waters, abandon it immediately and climb to higher ground.

## Winter Snow Storm Preparedness

Buy a survival kit and store at home along with:

Warm coats, gloves or mittens, hats, and water-resistant boots

Essential medications

Buy a survival kit and store in your car along with:

Warm coats, gloves or mittens, hats, and water-resistant boots

Essential medications

Stay tuned for storm warnings:

Listen to NOAA Weather Radio and your local radio and TV stations for updated storm information.

Know what winter storm WATCHES and WARNINGS mean

A winter STORM WATCH means a winter storm is possible in your area.

A winter STORM WARNING means a winter storm is headed for your area.

A BLIZZARD WARNING means strong winds, blind wind-driven snow, and dangerous wind chill are expected. Seek shelter immediately!

When a winter storm WATCH is issued:

Listen to NOAA Weather Radio, local radio and TV stations, or cable TV such as The Weather Channel for further updates.

Be alert to changing weather conditions.

Avoid unnecessary travel.

When a winter storm WARNING is issued:

Stay indoors during the storm.

If you must go outside, several layers of lightweight clothing will keep you warmer than a single heavy coat. Gloves (or mittens) and a hat will prevent loss of body heat. Cover your mouth to protect your lungs.

Understand the hazards of wind chill, which combines the cooling effect of wind and cold temperatures on exposed skin. As the wind increases, heat is carried away from a person's body at an accelerated rate, driving down the body temperature.

Walk carefully on snowy, icy sidewalks. After the storm, if you shovel snow, be extremely careful. It is physically strenuous work, so take frequent breaks, avoid overexertion.

Avoid traveling by car in a storm, but if you must:

Have emergency supplies in the trunk.

Keep your car's gas tank full for emergency use and to keep the fuel line from freezing.

Let someone know your destination, your route, and when you expect to arrive. If your car gets stuck along the way, help can be sent along your predetermined route.

## Emergency Preparedness > Storm Preparedness Thunderstorm Preparedness

### Before lightning strikes:

Keep an eye on the sky. Look for darkening skies, flushes of light, or increasing wind.

Listen for the sound of thunder.

If you can hear thunder, you are close enough to the storm to be struck by lightning.

Go to safe shelter immediately! Listen to NOAA Weather Radio, commercial radio, or television for the latest weather forecasts.

### When a storm approaches:

Find shelter in a building or car.

Keep car windows closed and avoid convertibles

Telephone lines and metal pipes can conduct electricity.

Unplug appliances.

Avoid using the telephone or any electrical appliances.

Avoid taking a bath or shower, or running water for any other purpose.

Turn off the air conditioner.

Power surges from lightning can overload the compressor, resulting in a costly repair job!

Draw blinds and shades over windows.

If windows break due to objects blown by the wind, the shades will prevent glass from shattering into your home.

### If caught outside:

If you are in the woods, take shelter under the shorter trees.

If you are boating or swimming, get to land and find shelter immediately!

Go to a low-lying, open place away from trees, poles, or metal objects.

Make sure the place you pick is not subject to flooding.

Be a very small target. Squat low to the ground. Place your hands on your knees with your head between them. Make yourself the smallest target possible. Do not lie flat on the ground-this will make you a larger target!

### After the storm passes:

Stay away from storm-damaged areas.

Listen to the radio for information and instructions.

### If someone is struck by lightning:

People struck by lightning carry no electrical charge and can be handled safely.

Call for help.

Get someone to dial 9-1-1 or your local Emergency Medical Services (EMS) number.

The injured person has received an electrical shock and may be burned, both where they were struck and where the electricity left their body. Check for burns in both places.

Give first aid. If breathing has stopped, begin rescue breathing. If the heart has stopped beating, a trained person should give CPR.

### Learn first aid and CPR:

Take a Red Cross first aid and CPR course.

Call your local Red Cross chapter for class schedules and fees.

Plan and get ready: A thunderstorm is always accompanied by lightning. Thunderstorms are intense local storms averaging 20 miles across and reaching as high as 10 miles. Thunderstorms occur in all 50 states and all U.S. territories.

Be prepared by having various family members do the activities on the checklist below. Then get together to discuss and finalize your Family Disaster Plan. Pick a safe place in your home where family members can gather during a thunderstorm. This should be a place where there are no windows, skylights, or glass doors.

Location of safe place: \_\_\_\_\_

Discuss how you would know if a tornado is part of a thunderstorm. Does your community have a warning system?  
What other ways would you be notified of a tornado watch or warning?

How we would be warned: \_\_\_\_\_

Pick a safe place to be in your home in case of a tornado. The safe place you picked for a thunderstorm may not be the safest place to be during a tornado. If you hear a loud roar or hear a tornado warning, you need to go to the lowest floor of your home into a room where there are no windows or glass doors. (If you have a basement, make that your safe place to be for a tornado.)

Location of safe place to be in case of a tornado: \_\_\_\_\_

Show children how to practice squatting low to the ground to be the smallest target possible for lightning in case they get caught outside in a thunderstorm. Show them how to place their hands on their knees with their head between their knees.

Location of safe place to be in case of a tornado: \_\_\_\_\_

Assemble a Disaster Supplies Kit in a clearly labeled, easy-to-grab container.

Location of Disaster Supplies Kit: \_\_\_\_\_

Take an American Red Cross first aid course to learn how to treat burns and how to give rescue breathing and administer CPR.

Household member(s) trained in first aid: \_\_\_\_\_

Certifications good through: \_\_\_\_\_ (date)

## Fire Preparedness Guide

### Plan and get ready

Fire is one of the most common disasters. Fire causes more deaths than any other type of disaster. But fire doesn't have to be deadly if you have early warning from a smoke detector and everyone in your family knows how to escape calmly. Please be serious about the responsibility for planning for and practicing what to do in case of a fire.

Be prepared by having various household members do each of the items on the checklist below. Then get together to discuss and finalize your personalized Fire Plan.

Install smoke detectors outside each sleeping area and on each additional level of your residence. Keep new batteries on hand.

New smoke detectors installed: \_\_\_\_\_ (date)

Batteries purchased: \_\_\_\_\_ (date)

Test smoke detectors once a month: \_\_\_\_\_ (date)

Start a chart and sign it after each round of tests.

\_\_\_\_\_ (family member name) checks smoke detectors.

Look at the fire extinguisher you have to ensure it is properly charged. Use the gauge or test button to check proper pressure. If the unit is low on pressure, damaged, or corroded replace it or have it professionally serviced.

Get training from the fire department in how to use the fire extinguisher.

\_\_\_\_\_ (family member name) examines extinguisher.

\_\_\_\_\_ (family member names) have been trained to use the extinguisher.

Draw a floor plan of your home; mark two fire escape routes for each room.

Floor plan completed: \_\_\_\_\_ (date)

Pick a safe outside place to meet after escaping from a fire.

Meeting place: \_\_\_\_\_

Practice a low-crawl escape from your bedroom. Try it with your eyes closed to see how well you could do in thick smoke.

Smoke escape drill conducted: \_\_\_\_\_ (date)

Conduct a home fire drill at least twice a year.

Home fire drill conducted: \_\_\_\_\_ (date)

Make your home fire safe

Smoke detectors save lives. Install a battery-powered smoke detector outside each sleeping area and on each additional level of your home.

Use the test button to check each smoke detector once a month. When necessary, replace batteries immediately.

Replace batteries at least once a year.

Have a working fire extinguisher in the kitchen. Get training from the fire department in how to use it. Also include in the kit written instructions on how to turn off utilities at your house.

Conduct periodic fire drills, so everyone remembers what to do when there is a fire.

Plan your escape routes

Determine at least two ways to escape from every room of your home. If you must use an escape ladder, be sure everyone knows how to use it.

Select a location outside your home where everyone would meet after escaping.

Practice your escape plan at least twice a year. Once you are out, stay out!

Escape safely

If you see smoke in your first escape route, use your second way out.

If you must exit through smoke, crawl low under the smoke to escape.

If you are escaping through a closed door, feel the door before opening it. If it is hot, use your second way out.

If smoke, heat, or flames block your exit routes, stay in the room with the door closed. Signal for help using a bright-colored cloth at the window.

If there is a telephone in the room, call the fire department and tell them where you are.

## How to Create a Family Emergency Plan

A critical step to preparing for an emergency is to make sure your family has an emergency plan. The importance lies in the fact that your family may not be located together when a disaster strikes. So, you must have a plan in advance to determine how your family will get to a safe place, whom each family member will contact, how your family will get back together, and what each person will do in different situations.

### EASY 5-STEP GUIDE TO CREATING YOUR FAMILY EMERGENCY PLAN:

#### Step 1: Download Free PDF Form

Download our free PDF form to organize your family's emergency plan. Open it in Adobe Acrobat and click on the form fields to type in your information. For your convenience, the contact names and meeting place information that you enter on page one are automatically copied to the four emergency contact cards located on page two. It is a good idea to first review the entire form and take an inventory of all the information that you'll need to gather to complete it.

#### Step 2: Organize Your Emergency Contact Network

To complete your family's emergency preparedness plan, you'll likely need to talk to some relatives and friends to identify designated contacts who live out-of-state. These will be people that your household members should notify in case of disaster to let them know they are safe. You want them to live out-of-state because local phone-lines are more likely to be impacted than long-distance lines. So, an out-of-town contact may be better positioned to communicate among separated family members.

It is important that each family member knows the phone number of the emergency contact and has a cell phone, coins, or phone card to call the emergency contact. Emergency preparedness experts suggest you should have the emergency contact stored in your phone under "ICE" for "in-case-of-emergency." Emergency responders often check for ICE listed under contacts to know whom to contact in case of disaster.

Also, you should teach your family to use text messaging (or SMS, for Short Message Service) following a disaster. Cell phone networks get jammed up due to high call traffic after a disaster. SMS messages, however, use up very little bandwidth from cellular phone networks. Therefore, text messages often avoid any network disruptions making them the most reliable way to reach your emergency contacts with a cell phone.

### Step 3: Decide Where You'll Meet

You will also need to identify a neighborhood meeting place which could be your home, a relative's home nearby, or even a close friend's house. Then, you should also decide upon a regional meeting place in case, for example, you are spread out across a city when a disaster strikes. This could be a landmark or park. Finally, you should have an evacuation location that you are all familiar with in case it is unsafe to meet at any of these other locations. This should generally be somewhere as rural as possible to avoid any hazards.

### Step 4: Print and Store Your Preparedness Plan

When you are finished completing the form, print the form and store page one inside your emergency survival kit that you keep at home. For added convenience, the contact names and meeting place information that you enter on page one are automatically copied to the four emergency contact cards located on page two of the form.

### Step 5: Distribute Emergency Contact Cards

Cut-out the contact cards on page two. Handwrite any additional or individual instructions on each card and distribute them to each member of your family. Tell the adults to keep them handy in a wallet, purse, briefcase, etc. For kids, we recommend you stick the cards in their backpacks or book bags.

### Why You Need Emergency Supplies at Home

Storing emergency supplies at home for your home is an essential part of keeping you and your family safe in times of emergency. Following a catastrophic disaster in your area, you could find yourself without many of the modern day luxuries you likely take for granted everyday. Electricity may be out for weeks leaving you in the dark and causing water treatment plants to stop working. Your home may suffer structural damage and be unsafe to occupy. You may need to take up shelter outdoors while possibly enduring extreme weather conditions. You or loved ones may suffer injuries and need immediate medical treatment at a time when there might not be medical attention available.

Below is a summary of the different categories of emergency preparedness supplies that you should have at home for your family.

#### Emergency Food

After a large disaster, stores may be closed for several weeks in your area and roads may be unsafe to drive out of your area. That is why you must have a supply of emergency food in your 72 Hour Kit. You should have a minimum of a three-day supply per person but a supply of at least a week is recommended. Many people try making their own home survival kit but they often don't realize that store bought food such as canned food only has a 6 month shelf-life. That is why each of our survival kits come with ER Bars - US Coast Guard Approved, 5-year shelf-life, 3-day supply of survival food bars. With a non-thirst provoking formula and a perfect balance of quality ingredients, it is specifically designed for disaster victims. Vacuum sealed and specially packaged, the ER Bar has surpassed rigorous testing procedures and quality standards in order to be a US Coast Guard Approved 5-Year Shelf-Life Emergency Food

Ration.

### Emergency Water

Second to air, water is the most primary element to human survival. You must consider the fact that running water may be either unsafe to drink or simply unavailable after an emergency. Just keeping bottled water at home is not enough. Despite popular myth, bottled water only has a 6 month shelf-life; even less if stored in extreme temperatures. It is recommended that at a minimum you have a 3 day supply of drinking water per person in your emergency preparedness kit. However, a survival rule of thumb is that you have a gallon of emergency water per person because you will also need it for sanitation purposes. Each of our survival kits come with US Coast Guard Approved, 5-year shelf-life, 3-day supply of emergency water rations. Since water remains the most important survival item to have, each home survival kit also comes with water purification tablets which can be used along with the 5 gallon container to purify extra water. The additional purchase of extra emergency water for inclusion within your survival kit is recommended as our survival kits include only a minimum survival supply. The best and cheapest way to store a sufficient amount of emergency water for an entire family is to purchase one of our 55 gallon water storage barrel and accessories.

### Emergency Lights

As electricity may be out for several weeks after a disaster, you will need emergency lights to navigate through the dark and safely get out of your home in order to travel to a safe location. Each of our Home Survival Kits come with a variety of essential emergency lights. Many people store a regular flashlight and batteries in their emergency preparedness kit but don't realize that batteries have a shelf-life of 6 months. Our deluxe home survival kits come equipped with a solar and hand crank radio with lantern light which never needs batteries and 12 hour emergency lightsticks which have a 5-year shelf-life. All home kits also come with slow-burning emergency candles and waterproof matches for extra long-lasting light. We also recommend the inclusion of a fluorescent lantern for additional lighting capabilities.

### Emergency Radios

In the event of an emergency while you are at home, you will need to know where to go in order to get to a safe location. That is why each of our emergency preparedness kits come with an emergency radio for listening to emergency broadcasts following a disaster. Our deluxe home survival kits come equipped with a solar radio with lantern light which never needs batteries. This emergency radio is highly recommended because regular battery operated emergency radios have many limitations such as the facts that batteries only last for hours and have an extremely limited shelf-life of around 6 months.

### Emergency First Aid Kits

In the event of a disaster or just everyday accidents, emergency first aid kits are always a must. You probably already have a first aid kit in your home, but individual items likely get taken out of it for occasional injuries. That is why it is important to have a comprehensive first aid kits set aside for emergency preparedness. Each of our home emergency preparedness kits come with a comprehensive 68 piece first aid kit. In addition to the assortment of compresses, antiseptics, bandages, gauze pads and rolls, etc. in our the first aid kit, we also recommend the expansion of your first aid supplies with the inclusion of a CPR mask.

### Emergency Shelter Supplies

In your emergency preparedness planning, you must consider the fact that your home may be unsafe to occupy. Therefore, you may be forced to stay outdoors for several days if not weeks. That is why you need emergency shelter supplies in your emergency preparedness kit. Each of our survival kits come with the proper shelter supplies including space blankets for warmth, ponchos to protect you from the weather, and a tube tent for easy emergency shelter from the elements. Additional recommended emergency home shelter supplies include a canopy shelter and body warmer pads.

### Emergency Search & Rescue Supplies

There will likely be broken glass and dangerous items that you will have to deal with when evacuating your home or helping others evacuate. Collapsed structures could trap families in their homes. That is why your home emergency preparedness kit must include the proper emergency search and rescue supplies for your home. One very important item, especially for earthquake preparedness, which can save your home and neighborhood is an emergency gas shut-



off wrench. An emergency gas shut-off wrench is included in each of our home preparedness kits along with a swiss army style knife which serves as twelve valuable tools. For setting up camp or shelter, each kit also includes nylon cord and duct tape. Each home preparedness kit also comes with leather-palmed work gloves, vinyl gloves, and dust masks for protection from dangerous debris.

### Emergency Sanitation Supplies

It's not a pleasant thought, but plumbing will likely be unavailable after a major disaster. You also must remember that you may have to stay outdoors with several other people and neighbors in close proximity. For proper health and sanitation conditions, your emergency preparedness kit should include emergency sanitation supplies. The 5 gallon container of our home survival kits is designed to be used as a portable toilet. Each home survival kit comes with toilet bags, toilet chemicals, and tissue packs. The additional toilet seat cover and lid is an optional upgrade to the kit but is recommended.

### Personalizing Your Emergency Kit for Your Home

Our ER™ Emergency Ready Car Kits include all of the very essential emergency preparedness supplies to store at home. However, we recommend that you also include a few personal preparedness supplies in your kit in case you need to evacuate your home following a disaster. We also recommend that you complete the Out-of-State contact cards included in each home kit as part of your family's emergency communication plan.

Below are recommended steps to personalize your emergency kit for your home:

#### Complete Your Emergency Out-Of-State Contact Card

The ability to use a telephone and contact family or rescue personnel is essential. In case you do not have a cellular phone or if its battery is dead when you need it most, we recommend that you fill out the Out-of-State Contact Cards that are included in our emergency survival kits. You simply fill out the card with contact information of someone who lives out of state. Since local phone lines will mostly be out of service, you can still reach friends/family via a payphone in order to inform them of your safety conditions (don't forget quarters).

#### Include a Pair of Walking Shoes

One important personal item to include in your car survival kits is a comfortable pair of old walking shoes. Just throw an old pair of tennis shoes in your trunk with your survival kit and supplies because, as mentioned above, you may have to travel very far distances by foot in order to reach a safe and/or familiar location.

#### Add Prescription Medicines and Eye Wear

For those people who require the use of contacts or eyeglasses, it is important to keep a spare pair in your survival kit as well. One thing you will certainly need in time of emergency is the ability to see hazards. Many people also require medications or treatments such as insulin. Don't forget to include at least three days worth of your required daily dosages.

#### Stash Small Denominations of Cash

And just in case you didn't think of everything, or you get stranded for an extended period, you need to carry an emergency cash reserve in the trunk of your car. About \$100 in small denominations could potentially get you out of some scary situations (don't forget...ATM machines will be out of service as well).

#### Replenishing Expired Emergency Supplies

To save you time and money when replenishing the expired supplies in your survival kit, we have designed the ER™ EASY REPLACEMENT Pack. Just swap out the expired supplies in your survival kit with the new supplies from the replacement pack and you will be prepared for a disaster for another 4-5 years.

Emergency Preparedness >Office Emergency Preparedness >  
Why Your Company Needs Emergency Preparedness Supplies

Following a catastrophic disaster during business hours, employees may be stranded at work for days to weeks until roads are cleared for safe driving. And, if the office building suffers structural damage, employees may be forced to shelter outdoors and endure the elements. Electricity may be out for weeks leaving everyone in the dark and causing water treatment plants to stop working. There may also be injuries requiring medical attention when no emergency assistance will be available. Not only do you want to keep your employees safe, but also it is your responsibility to take measures to protect your employees from foreseeable dangers such as natural disasters. Failure to maintain standards of protection opens managers and officers to liability if losses or injuries occur because of their failure to act.

Below is a summary of the different categories of emergency preparedness supplies that you should have in your workplace for employees.

#### Emergency Food

It is the responsibility of management to ensure that the workplace has at least a 3 day supply of emergency food for each employee. This food should not require any cooking or preparation and should be non-thirst provoking. That is why our 72 hour kits for the office come with ER Bars - US Coast Guard Approved, 5-year shelf-life, 3-day supply of survival food rations. A 3 day supply is the minimum survival recommendation as a week supply of emergency food per employee is recommended.

#### Emergency Water

Your office should also keep a minimum of a 3 day supply of emergency water per employee. But don't waste company money storing bottled water when it only stores safely for 6 months. Our office emergency preparedness kits come with 3 day supply of emergency drinking water which is US Coast guard approved to store safely for 5 years. However, it is also important to remember that ideally you should have a gallon of water per employee for emergency preparedness because running water will likely be unavailable or unsafe. The cheapest and easiest way to prepare to have enough water for drinking and sanitation is to have water purification and storage supplies such as water purification tablets and 55 gallon water storage barrels.

#### Emergency Shelter Supplies

There is a possibility that your office building(s) may be unsafe to occupy after a major disaster. Because employees may be forced to stay overnight and outside at work for several days if not weeks, our emergency office preparedness kits also come with the emergency shelter supplies to protect employees from the elements. These supplies include emergency thermal blankets and emergency rain ponchos which offer protection from harsh weather conditions. Additional recommended emergency office shelter supplies to help protect workers from extreme weather include a canopy shelter, body warmer pads, and tube tents.

#### Emergency Lights

Your office will likely be without electricity after a disaster which is why you need emergency lights to help employees navigate around dangerous debris in the dark. Don't waste your company's money storing regular battery-powered flashlights and batteries for an emergency because regular batteries have a shelf-life of only 6 months and last only hours. Our deluxe office emergency preparedness kits come equipped with a solar and hand crank radio with lantern light which never needs batteries and 12 hour emergency lightsticks which have a 5-year shelf-life.

#### Emergency Radios

In the event of an emergency while employees are at work, there is a chance that everyone will have to evacuate the office building and travel to a safe location. Because electricity will likely also be out, emergency coordinators need to have emergency radios for listening to emergency broadcasts in order to know where to go for safety. Due to the limitations of battery use, we recommend the am/fm solar and hand crank powered radio with lantern light which never needs batteries! Regular battery last for hours and have an extremely limited shelf-life of around only 6 months.

#### Emergency First Aid Kits

In a major disaster while employees are work, many may become injured as they evacuate the building or campus due to dangerous debris. That is why businesses need to keep comprehensive emergency first aid kits that can easily be mobilized to safety. We recommend the Trauma Central Supply Kit which contains the appropriate supplies to treat up to 75 people for injuries and is ideally suited for school emergency preparedness.

#### Emergency Search & Rescue Supplies

There will likely be dangerous amounts of broken glass and other debris that could trap employees and cause injuries to others trying to help rescue them. That is why your office needs to keep emergency search and rescue supplies as part of its emergency preparedness plan. Our office emergency preparedness kits come with leather-palmed work gloves, vinyl gloves, and dust masks for protection from dangerous debris. We also highly recommend the additional purchase of our emergency search and rescue kit which comes with such life-saving equipment as OSHA approved hard hats, safety goggles, emergency rescue pry/crow bars, and much more.

### Emergency Sanitation Supplies

It's not a pleasant thought, but your office's plumbing will likely be unavailable after a major disaster and employees may be sharing shelter outdoors. Because it is important to avoid employees getting sick during a time of disaster, your office needs to have emergency sanitation supplies to maintain sanitary conditions. Our office emergency preparedness kits packaged in 5 gallon containers are designed to be used for emergency sanitation. They also include the necessary toilet bags, toilet chemicals, toilet seat cover and lid, and tissue packs for each employee.

### Liabilities and Disasters at Work

Every business should be prepared to cope with the hazards and disasters of today's complex world. Earthquakes pose a constant threat. They are unpredictable and strike without warning.

This was driven home with the 1994 Northridge Earthquake. The area around Northridge is mostly residential, and the percentage of large corporations located there is relatively small. Of these corporations, many sustained heavy damage. What if the epicenter had occurred directly below an area densely populated with corporations such as downtown Los Angeles, San Francisco or Seattle? Is your company prepared for such an event? Will your employees, equipment, and assets survive? Are shareholders protected?

Failure to maintain standards of protection opens managers and officers to personal liability if losses or injuries occur because of their failure to act. Corporate managers and officers are expected to perform within the duty of good faith. This is done by doing things known to be right. Conversely, knowingly doing the wrong thing is a violation of good faith. Knowing of risks associated with a damaging earthquake, and doing nothing to prevent these risks, would construe an act of bad faith.

There is no legal defense under the claim that an earthquake is an "act of God" if the fact is that earthquakes are known to occur in your area and therefore they are a "foreseeable dangerous condition". Damage and/or injury resulting from an earthquake striking your work site is foreseeable and therefore a liability that can be the result of an act of bad faith.

An administrator's lack of necessary responsibility constitutes an act of bad faith to that employee. Earthquakes are known to cause injuries. Employees are likely to need essential emergency provisions. If these are not available and injury or death occurs, the employee may now sue the employer for failing to protect him from this known hazard. Your company could likely be held liable for his injuries and the damages he seeks. Earthquakes are so expected that insurance companies no longer consider them an Act of God. They are a foreseeable dangerous condition. Earthquake preparedness information is readily available through the American Red Cross, the phone book, etc. Doing nothing is an act of bad faith. Pleading ignorance to earthquakes is not acceptable. Managers that fail to take risk reducing measures are personally and legally liable to both employees as well as shareholders. Therefore, companies must take all precautions to make their facilities as safe as possible for their employees or face legal lawsuits from resulting injury or death following the occurrence of an earthquake.

Corporations are perhaps the most vulnerable to earthquakes. It is agreed that the death toll in Northridge would have been substantially higher had it occurred during normal business hours when offices, malls, and parking structures were filled. The possibility of the next quake occurring while people are on the job is great.

What steps the corporation chooses in caring for these employees, and reducing their risks, may determine whether or not this corporation survives the next catastrophic event. The recommended strategy to protect oneself from the liability game is to develop a disaster preparedness plan. Identify and Document these specific risks. This demonstrates steps taken to reduce your risk, and puts the burden on the next level of management, should they refuse to act on your recommendations. Documentation is the best preparation in such an environment.

Earthquakes and other natural disasters strike suddenly and destructively and can kill or injure your employees, damage structures and equipment, and interrupt or terminate business operations. Yet, injuries and damage can be reduced or avoided entirely if appropriate preparedness measures are taken. An effective emergency preparedness plan can keep your business in business after a disaster.

## Why Your School Needs Emergency Preparedness Supplies

Following a catastrophic disaster during school hours, students and school administrators may be stranded on campus for days to weeks until roads are cleared for safe driving. And, if the school building suffers structural damage, students may be forced to shelter outdoors and endure the elements. Electricity may be out for weeks leaving everyone in the dark and causing water treatment plants to stop working. There may also be injuries requiring medical attention when no emergency assistance will be available. Not only do you want to keep your students safe, but also it is your responsibility to take measures to protect your students from foreseeable dangers such as natural disasters. Failure to maintain standards of protection opens administrators up to liability if losses or injuries occur because of their failure to act.

Below is a summary of the different categories of emergency preparedness supplies that you should have at your school for students and staff.

### Emergency Food

Many schools rely on their students to bring in an "earthquake kit" with "emergency food." Unfortunately, this usually consists of nothing more than some sugar-filled snacks that have a shelf-life of less than 6 months. What students and parents don't realize is that this food may already be spoiled when students need it if stranded at school in the event of a major emergency. Each of our 72 Hour Kits come with a 3 day survival supply of emergency food per student which is the minimum survival recommendation. Don't risk students getting sick from eating spoiled food or other survival food products which contain coconut oil; the last thing you want is a student to be sick or have an allergic reaction during in an emergency situation. We have proudly offer the ER Bar a US Coast Guard Approved, 5-year shelf-life, 3-day supply of survival food.

### Emergency Water

Your school also should have a gallon of water per student per day for emergency preparedness. As a minimum survival recommendation, each of our school survival kits comes with a 3-day supply of emergency drinking water which is US Coast guard approved to store safely for 5 years. However, it is important to remember that running water may not be available or safe to drink after a disaster. The cheapest and easiest way to prepare to have enough water for drinking and sanitation is to have water purification and storage supplies such as water purification tablets and 55 gallon water storage barrels.

### Emergency Shelter Supplies

There is a possibility that your schools building(s) may be unsafe to occupy after a major disaster. Since students may be forced to stay overnight and outside at school for several days if not weeks, our emergency school survival kits also come with the emergency shelter supplies to protect your school staff and students from the elements. These supplies include space blankets and emergency rain ponchos which offer protection from harsh weather conditions. Additional recommended emergency school shelter supplies to help protect students from extreme weather include a canopy shelter, body warmer pads, and tube tents.

### Emergency Lights

After a disaster, your students may be stuck at school without any electricity. This can obviously be a dangerous situation in and of itself. When you add dangerous debris lurking in the dark, you can quickly realize why it is so important to have emergency lights for your students at school. Storing a few flashlights and batteries in your school's emergency preparedness kit is not enough. Batteries have limitations such as their limited shelf-life and the fact they only last a few hours. That is why we recommend that each classroom has at least one am/fm solar and hand crank radio with lantern light which never needs batteries. We also recommend supplying each student with one of our 12 hour emergency lightsticks which have a 5-year shelf-life. We also recommend each classroom stores a a fluorescent lantern for additional lighting capabilities.

## Emergency Radios

In the event of an emergency while students are in school, there is a chance that the faculty and students will have to evacuate the school and travel to a safe location. Because electricity will likely be out, the faculty members need to have emergency radios for listening to emergency broadcasts in order to know where to go for safety. Due to the limitations of battery use, we recommend our solar and hand crank powered radio with lantern light which never needs batteries. Regular battery operated emergency radios have many limitations because the batteries only last for hours and have an extremely limited shelf-life of around only 6 months.

## Emergency First Aid Kits

In a major disaster at school, many students may become injured as they evacuate the building or campus due to the amount of dangerous debris. That is why schools need to keep comprehensive emergency first aid kits that can easily be mobilized to safety. We recommend the Trauma Central Supply Kit which contains the appropriate supplies to treat up to 75 people for injuries and is ideally suited for school emergency preparedness.

## Emergency Search & Rescue Supplies

Collapsed structures such as your school's buildings could trap students inside if the building suffers damage during a disaster. There will also likely be broken glass and dangerous debris that you will have to deal with when evacuating students to a safe area. That is why your school needs to have emergency preparedness kits in each classroom that include the appropriate emergency search and rescue supplies. These kits should include an emergency pry/crow bar to open jammed windows and doors following structural damages to buildings. For setting up camp or shelter for evacuated students, kits should also include nylon cord and duct tape. School emergency preparedness kits should also contain leather-palmed work gloves, vinyl gloves, and dust masks for protection from dangerous debris.

## Emergency Sanitation Supplies

Your school must consider the fact that plumbing will likely be unavailable after a major disaster. Schools need to have the proper emergency sanitation supplies for maintaining proper sanitary health conditions. Remember that students and faculty may be forced to stay outdoors in close proximity to one another. That is why for each classroom we recommend having a bucket-style portable toilet or portable folding toilet with sanitation accessory such as toilet bags, toilet chemicals, and tissue packs.

## Liabilities and Disasters at School

Every school should be prepared to cope with the hazards and disasters of today's complex world. Earthquakes pose a constant threat. They are unpredictable and strike without warning.

This was driven home with the 1994 Northridge Earthquake. The area around Northridge is mostly residential, and the percentage of large schools located there is relatively small. Of these schools, many sustained heavy damage. What if the epicenter had occurred directly below an area densely populated with schools such as downtown Los Angeles, San Francisco or Seattle? Is your school prepared for such an event? Will your employees and students, equipment, and assets survive?

Failure to maintain standards of protection opens school administrators and officers to personal liability if losses occur because of their failure to act. School Administrators are expected to perform within the duty of good faith. This is done by doing things known to be right. Conversely, knowingly doing the wrong thing is a violation of good faith. Knowing of risks associated with a damaging earthquake, and doing nothing to prevent these risks, would construe an act of bad faith.

There is no legal defense under the claim that an earthquake is an "act of God" since the fact is that earthquakes are known to occur in your area and therefore they constitute a "foreseeable dangerous condition". Therefore damage and/or injury resulting from an earthquake at your school is foreseeable and liability can be the result of an act of bad faith.

An administrator's lack of necessary responsibility constitutes an act of bad faith to that student or employee. Earthquakes are known to cause injuries. Students and employees need the proper emergency provisions. If these are not available and injury or death occurs, the employees and students' families may now sue the administrator for failing

to protect him from this known hazard. Your school could likely be held liable for injuries and damages.

Earthquakes are so expected that insurance companies no longer consider them an "act of God". They are a foreseeable dangerous condition. Earthquake preparedness information is readily available through phone companies, the Red Cross, etc. Doing nothing is an act of bad faith. Pleading ignorance to earthquakes not acceptable. School administrators that fail to take risk-reducing measures are personally and legally liable to both employees as well as students. Therefore schools must take all precautions to make their facilities as safe as possible for their employees and students or face legal lawsuits from resulting injury or death following the occurrence of an earthquake.

Schools are perhaps of the most vulnerable to earthquakes. It is agreed that the death toll in Northridge would have been substantially higher had it occurred during normal business hours when schools, offices, malls, and parking structures were filled. The possibility of the next quake occurring while schools are in session is great.

What steps the school chooses in caring for their students and employees, and reducing their risks, may determine whether or not this school survives the next catastrophic event.

The recommended strategy to protect oneself from the liability game, especially in situations where superiors refuse to act, is relatively simple, develop a disaster preparedness plan, identifying your potential risks Document these specific risks. Make recommendations to purchase these critical supplies and mitigate them. Forward the study to the next level of management. This demonstrates steps taken to reduce your risk, and puts the burden on the next level of management, should they refuse to act on your recommendations. Documentation is the best preparation in such an environment.

## Emergency Preparedness on the Road

### Why You Need Emergency Supplies In Your Car

The car is one of the most important places to store emergency preparedness supplies because you usually are located in the same place as your car. And, in the event that you are away from home when a disaster strikes, the roads may become unsafe or impossible to drive. You may be forced to travel great distances and endure extreme weather conditions as you walk to a safe location or to meet up with loved ones. Keeping emergency supplies in your car can also be a life-saver in the event you have a roadside emergency and become stranded in a remote location.

Below are recommended emergency preparedness supplies that you should store in your car in case of a disaster.

#### Emergency Food

Just keeping preserved food in your car is not enough because most store bought food will not store safely in a car for more than a few months. Each of our emergency car survival kits come with a 3 day supply per person of United States Coast Guard Approved emergency food that will store safely in your car for a minimum of 5 years. We proudly use the ER Bar, a revolutionary emergency food bar designed with the the perfect balance of required nutrients and a non-thirst provoking formula for disaster victims. A 3 day survival supply of emergency food is the minimum survival recommendation and you should maintain a week's supply of emergency food in your vehicle for proper emergency preparedness.

#### Emergency Water

You should also keep a minimum of 3 days of emergency drinking water in your car emergency kit. However, storing bottled water is not the smartest or cheapest way to store emergency water in your car. Because of the extreme temperatures that occur inside your vehicle, bottled water will store safely for less than 6 months. That is why each of our car survival kits come with US Coast Guard Approved, 5-year shelf-life, 3-day supply of emergency water rations. Since water remains the most important survival item to have, each car survival kit also comes with water purification tablets which can be used to purify extra water for drinking without having to carry it in your kit if you have to walk to a safe location.

#### Emergency Shelter Supplies

If you get stuck in your car or have to travel by foot in the cold, you will need proper emergency shelter supplies. That is why you need emergency shelter supplies in your car emergency preparedness kit. Each of our car survival kits come

with the proper shelter supplies including emergency thermal blankets for warmth, ponchos to protect you from the weather, and a tube tent for easy emergency shelter from the elements. Additional recommended emergency home shelter supplies include body warmer pads.

### Emergency Lights

If you have to get out of your car and walk to a safe location during or after a disaster, you may be stuck walking at night and the street lights may also be out. People usually know that it is very important to keep emergency lights such as flashlight in their car but often people forget that they also have to replace the batteries every 6 months. That is why our deluxe emergency car survival kits come equipped with an am/fm solar and hand crank radio with lantern light which never needs batteries. This is highly recommended due to the limitations of battery use. Our emergency car survival kits also come with 12 hour emergency lightsticks and emergency flashlights. We also recommend the inclusion of a fluorescent lantern for additional lighting capabilities. Don't forget batteries...save yourself money and trouble in replacing batteries by purchasing our Code Red Batteries with a 20 year shelf life.

### Emergency First Aid Kits

In a major disaster at while employees are work, many may become injured as they evacuate the building or campus due to dangerous debris. That is why businesses need to keep comprehensive emergency first aid kits that can easily be mobilized to safety. We recommend the Trauma Central Supply Kit which contains the appropriate supplies to treat up to 75 people for injuries and is ideally suited for school emergency preparedness.

### Emergency Radios

If you need to travel by foot to a safe location after a disaster, you will need to know where to go. In order to avoid walking into a potentially more dangerous situation, you should keep an emergency radio in your car. Each of our emergency preparedness kits for your car come with emergency radios for listening to emergency broadcasts following a disaster. Our deluxe car survival kits come equipped with a solar radio with lantern light which never needs batteries. This emergency radio is highly recommended because regular battery operated emergency radios have many limitations such as the facts that batteries only last for hours and have an extremely limited shelf-life of around 6 months.

### Emergency Roadside Tools

Being stranded on the road without any tools or vehicle safety supplies can be a dangerous situation. When broken down on the side of the road, you put you and your passengers at risk of getting hit by oncoming traffic and passing strangers. Getting stranded can also be deadly due to extreme hot and cold weather conditions; especially following a disaster when emergency assistance may not be available. That is why you need to be self-reliant and keep a roadside emergency kit in your car.