

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

<p>Estimated Completion Time</p> <p>This presentation can be customized to fit your needs and time allowance. Ideally 30 minutes.</p> <ul style="list-style-type: none"> • 20 minutes of presentation and 10 minutes of questions • 15 minutes of presentation and 15 minutes of questions 	
<p>OBJECTIVES</p> <p>At the conclusion of this presentation the audience will be able to:</p> <ul style="list-style-type: none"> • Identify the items that should be kept under your bed. • Identify the risks and hazards that could require an under the bed kit 	
<p>The topics that will be discussed in this unit are:</p> <ul style="list-style-type: none"> ▪ Why an under the bed kit is needed ▪ What are the critical under the bed items ▪ What to do when a disaster strikes 	
<p>Setting the Stage</p> <p>There are many disasters that could affect our community. Some give warning but others, like earthquakes, can strike at any time and offer no warning. These no-notice disaster events can leave survivors stunned, and if they strike in the middle of the night confusion can be even greater. Prepare in a year encourages everyone to have some basic supplies near their bed in order to be better prepared for a disaster event that occurs when we are asleep in our beds. Most of these items are already in your home, it’s just a matter of gathering them together and placing them under the bed.</p>	
<p>Prepare in a Year</p>	<p>Slide 1</p> <p>Insert your Agency logo on the first slide</p>

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  <p>Under the Bed</p>	
<p>Under-the-Bed Supplies </p> <p>Day or night: Ready to respond</p> <ul style="list-style-type: none">• When disaster strikes, it may be difficult to think as rationally as in normal conditions.• The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response. 	<p>Slide 2</p> <p>In the best of times a disaster causes massive confusion! Furthermore, we have little experience dealing with the consequences of a disaster.</p> <p>Raise of hands poll: How many of you have involuntarily ben without power, water, or an indoor bathroom for more than one week? (Cabins and camping are voluntary)</p> <p>We grow accustomed to having our water, power and communications and it is disorientating when these normal services are interrupted. It causes a lot of confusion and that can lead to stress and sometimes panic.</p> <p>Being ready to respond to a disaster means that after the initial shock of the event, means that we have resources on hand, and plans in place to deal with the disaster. The under the bed kit help disaster</p>

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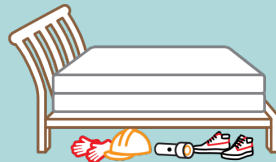
	<p>survivors start the response and recover process on the right foot.</p>
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Under-the-Bed Supplies



Critical Under the Bed Items

- Sturdy shoes — to protect your feet from broken glass
- Work gloves, preferably leather — to protect your hands from broken glass
- Flashlight & light sticks — essential for a nighttime response



Slide 3

So what do we put under our bed? Start with some sturdy shoes. Disasters can really cause a mess and walking through broken debris and shattered glass in the dark can cause serious injuries. We all have a pair of shoes or boots that are not being used on a regular basis. Try to select a pair that are easy to get on.

Work gloves will protect your hands if you need to move debris or broken glass. They can also be helpful if you need to move heavy objects.

You will also need a flashlight or light stick. Maybe both. Disaster events regularly take out power and trying to navigate debris and broken glass can be impossible in the darkness. A flashlight and other forms of light will help you assess the situations and identify hazards.

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Under-the-Bed Supplies



Additional Recommended Under the Bed Items

- Hard hat — to protect you from falling objects like chimney bricks, and downed trees and branches. Bicycle helmets also work.
- An OK/ HELP card or a sheet of paper and marker for you to write on yourself.
- Tape or adhesive bandages to hang the OK/ Help card in the window or on the front door.
- Place a copy of your out-of-area contact card in a plastic bag.
- A whistle (to call for help).

TIP:

QUICK TIP: Keep it simple. Instead of throwing them away, put your old tennis shoes or garden shoes under your bed!



Slide 4

Other items you may want to consider is a hard hat, or other type of helmet.

An OK/Help sign can signify the status of the home. You will want to have tape or some other means to attached this sign on the front of your home.

A copy of your contact list, and/or family emergency plan will help you contact your loved ones.

Finally, a whistle can be used if you are trapped in your home and need help.

Under-the-Bed Supplies



We recommend that you keep these basic response supplies under the bed. That way, day or night, you'll know where to go to get the essentials.



Most of these items are already in your home or can be purchased for a small amount of money. If you have essential items that you cannot live without, like medication, you may want to have a small quantity in your Under-the-bed-kit.

These are small steps that may only take a few minutes to accomplish, but the benefits are be great. So take a few minutes today to get prepared.

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Under-the-Bed Supplies



Use the Web
ready.gov

Local Resources
Check with local emergency
management office



Slide 5

Talk about your local resources as well as resources that are available on the internet.