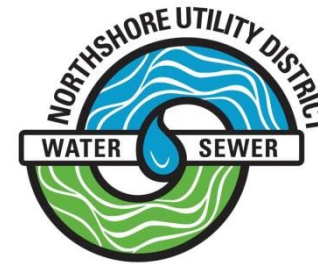


Emergency Preparedness Workshop

Saturday, July 22, 2023



AGENDA

- Sign-in Sheet
- Facility Safety
- Introduction from Emergency Manager
- Community Hazards
- Emergency Preparedness
- Break
- A.C.T. to Save a Life
- Break
- Utilities and Fire Prevention
- Wrap-up

Prepare
in a
Year

The graphic features a 3x4 grid of 12 circular icons representing various emergency preparedness topics: a calendar, a person with a clipboard, water droplets, a first aid kit, a document, a person with a clipboard, a fire extinguisher, a person with a clipboard, a person with a clipboard, a person with a clipboard, a person with a clipboard, and a house.

www.DisasterReadyWashington.com

1 HOUR of planning and action each MONTH
leads to successful PREPAREDNESS

**2 WEEKS
READY**

NorthshoreEMC.com

Northshore Emergency Management Coalition

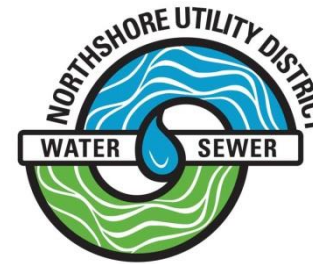


Kenmore

Lake Forest Park

Northshore Fire District

Northshore Utility District



Community Training and Outreach



Community Emergency Response Team (CERT)

- 2 classes a year
- Monthly “all volunteer” meetings

Citizen Workshops

- 2 per year

Radio Amateur Civil Emergency Service (RACES)

- Training classes, FCC License
- Monthly trainings

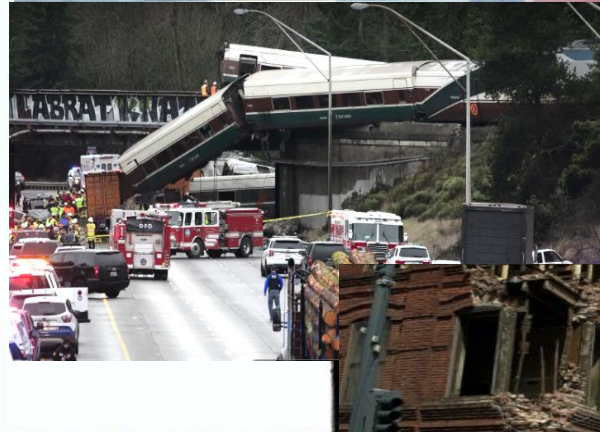
Drone Program

- New, Training classes beginning
- Aid Search & Rescue, support Hazard Assessments



Hazards in Our Community

Natural
Technological &
Accidental
Terrorism



More information: <https://mil.wa.gov/hazards>

Hazards in our Community

Earthquakes



Tsunamis



Volcanoes



Earthquake Secondary Effects

- After Shocks
- Seiche
- Liquefaction
- Fires
- Power Outage

Hazards in our Community



Wildfires



Hot Weather



Floods



Landslides



Windstorms



Winter Storms



Winter Storms



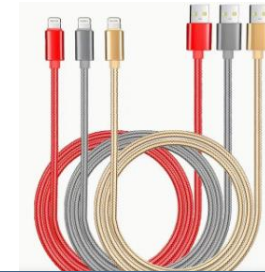
Emergency & Disaster Preparedness

1. **Be Informed**
2. **Make a Plan**
3. **Build Your Kits**
4. **Become Involved**



1. Be Informed

Get the latest information.



Kenmore / Lake Forest Park
ALERT
NORTH SHORE

ShakeAlert

NorthshoreEMC.com

2. Make a Plan



- ✓ Identify an out of area contact
- ✓ List alternative communications
 - Facebook
 - Twitter
 - Text
 - Etc.
- ✓ Family “note” location
- ✓ Call your out of area contact
- ✓ Walk home from work
- ✓ How long does it take?
- ✓ Does your path work?
- ✓ New hazards to consider?

- ✓ Identify a neighbor or friends close by
- ✓ Addresses, Maps, Walking Routes
- ✓ Don't forget your pets
- ✓ Critical information
 - Copies to trusted person
 - Hardcopy of contacts
 - Medical info
 - Insurance
 - Banking
- ✓ Update you plan annually

Talk with your family

To get a monthly email from the "do 1 thing" website, click on the logo:

do 1 thing

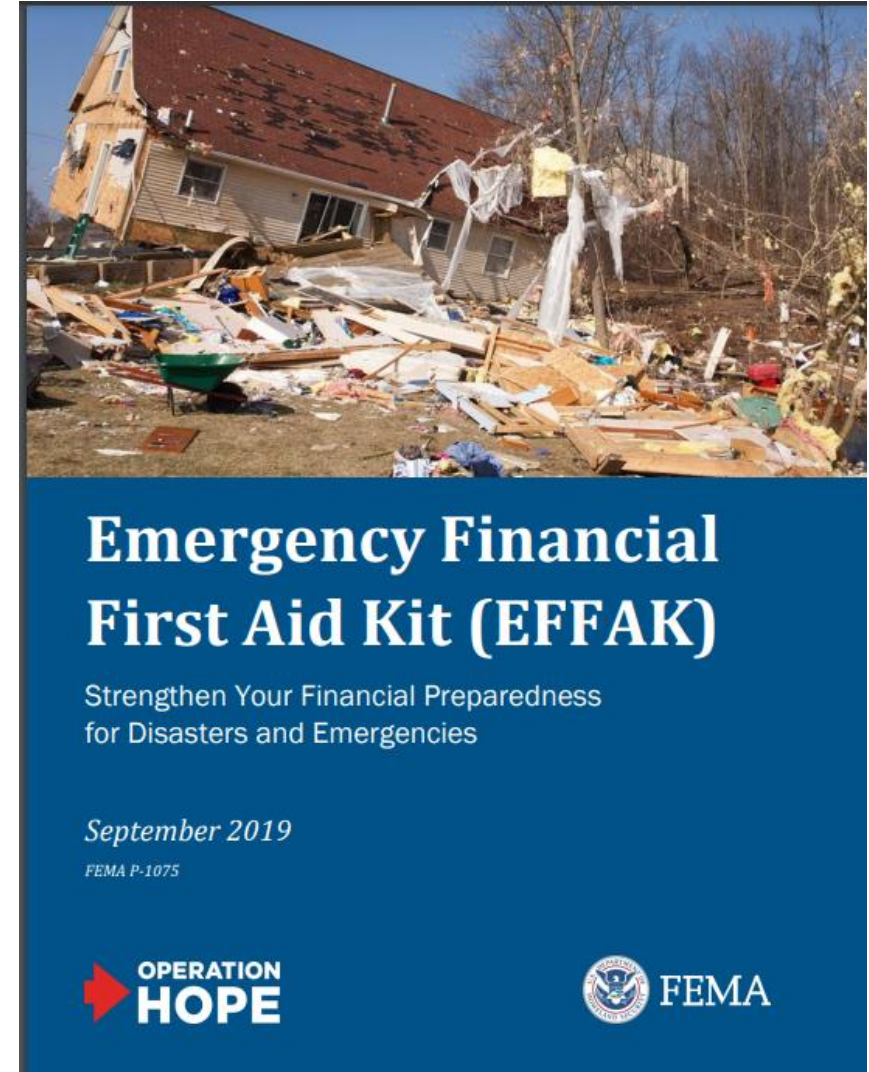
do1thing.com

2. Make a Plan - Finances

The EFFAK includes checklists of important documents and forms vital for disaster recovery :

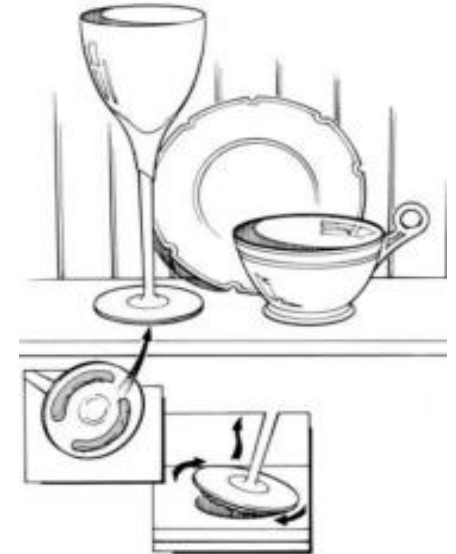
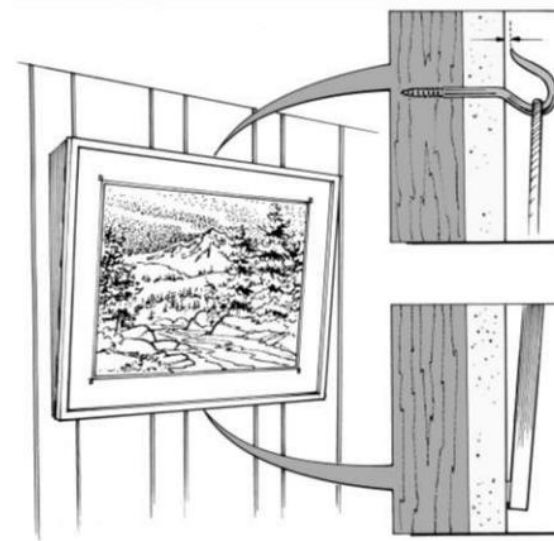
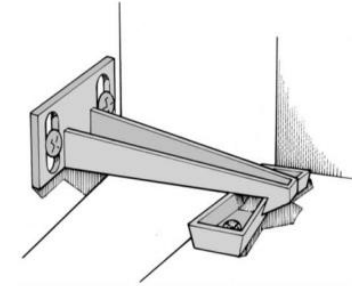
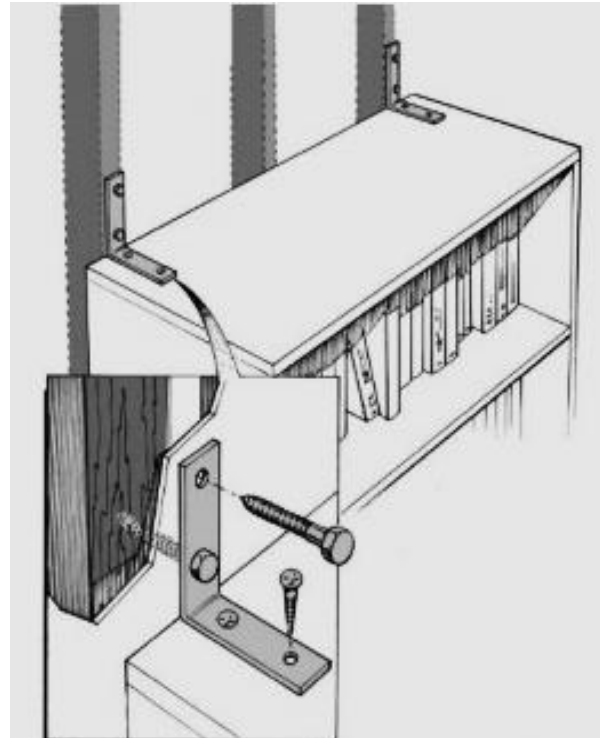
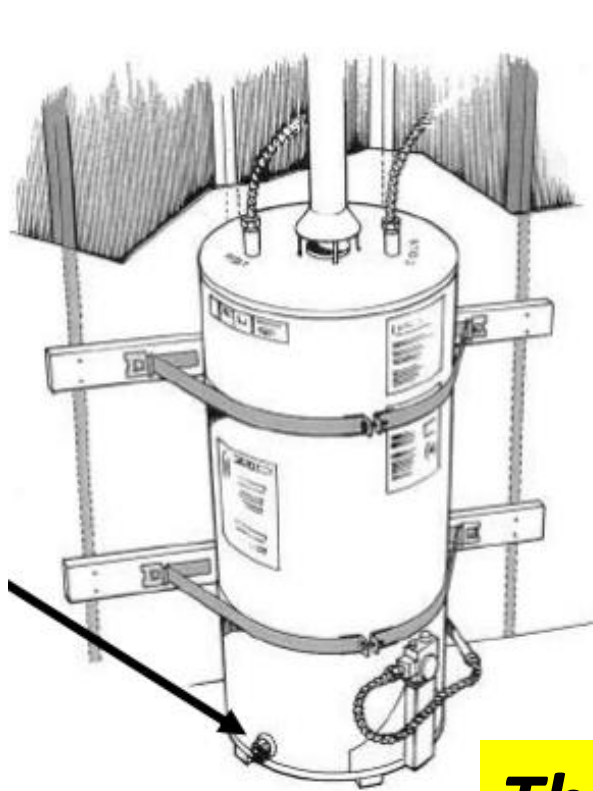
- Household Identification
- Financial and Legal Documentation
- Medical Information
- Household Contacts

fema.gov/emergency-financial-first-aid-kit



2. Make a Plan – Hazard Hunt

- Secure Wall Hangings
- Secure Tall Furniture, Kitchen & Cabinet Safety
- Securing the Water Heater
- Structural Mitigation – older then 1985? Retrofitted?



MUSEUM WAX



The Entire Family Can Help Get Ready

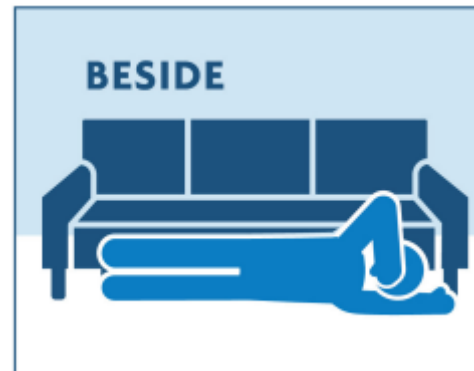
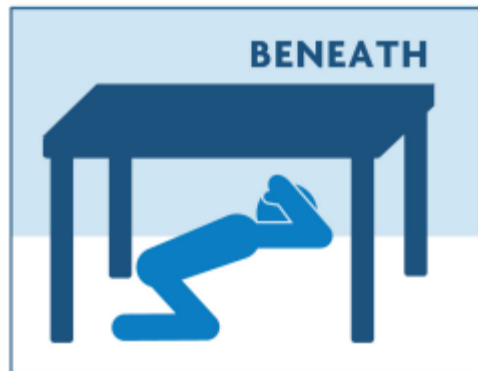
2. Make a Plan – Drop, Cover, Hold



Never stand in a doorway

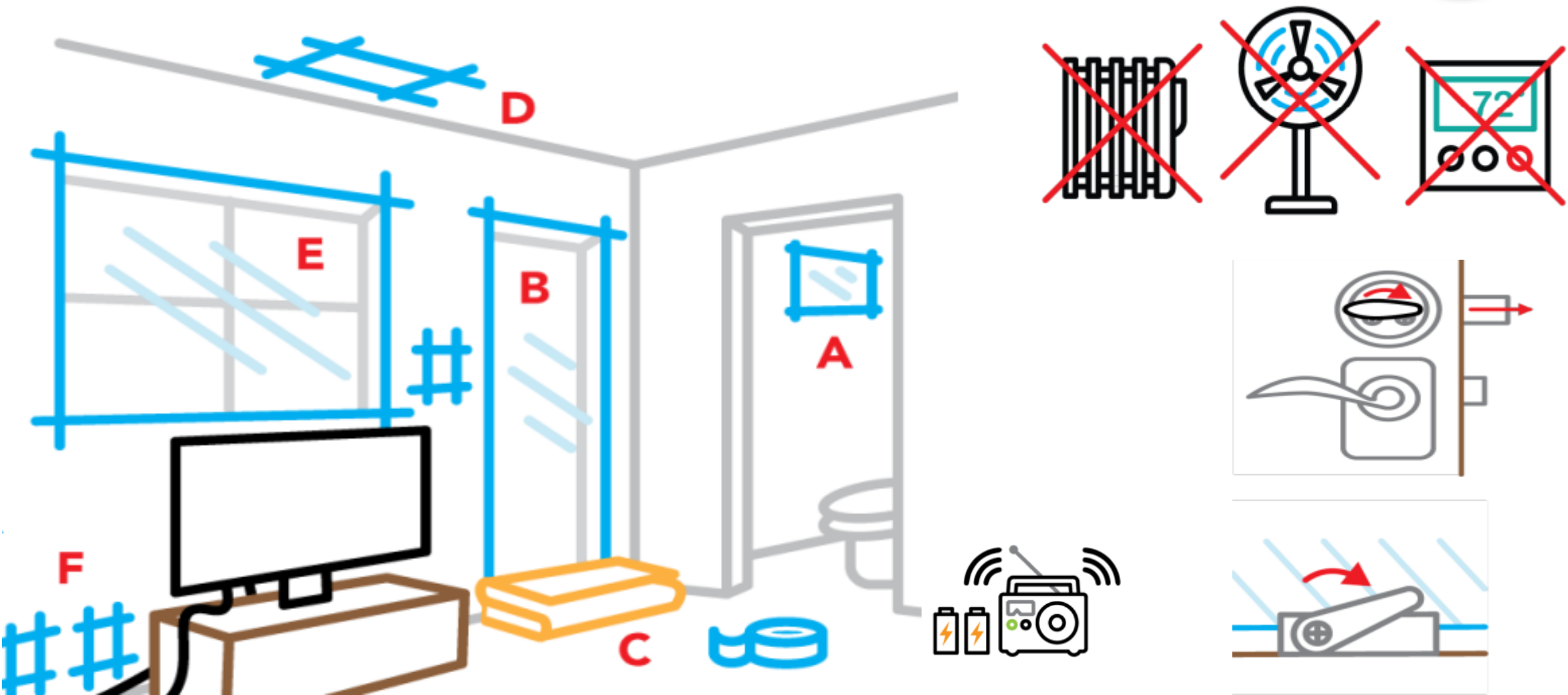
Three steps to take after an earthquake:

- 1) Check yourself for injuries.
- 2) Check the people around you for injuries.
- 3) Check your environment. Is it safe for you to stay where you are?



Conquer the instinct to run

2. Make a Plan – Shelter in Place



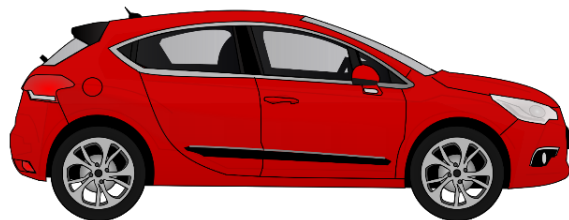
2. Make a Plan - then Practice



Practice: evacuation, shelter-in-place, walk home, send a text, **GO CAMPING!**

3. Build Your Kits

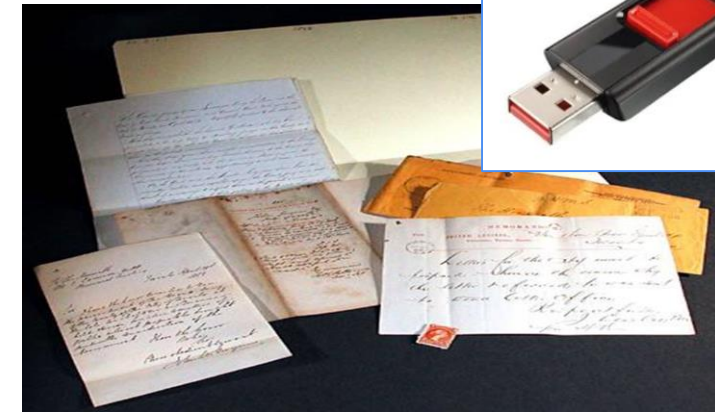
- Home Supplies Kit
- Grab & Go Kits
 - ✓ Adults
 - ✓ Child/Infant
 - ✓ Pets
- Vehicle Safety Kit



3. Build Your Kit - Documents

Safe Deposit Box/Home Safe/Thumb Drive

- Marriage, divorce and Child Custody papers
- Identity documents
 - Drivers' license, birth certificate, Social Security card, passport, Green Card
- Military records
- Mortgage/property deeds, car titles
- Stock and bond certificates
- List of insurance policies
- Copies of power of attorney, living will, and other medical power
- Trust documents



- Federal and state tax returns
- Recent pay stubs and employee benefits information
- Copies of important medical info
- Inventory of your possessions (appraisals, receipts)
- Bank and credit card statements
- Lease and/or mortgage documents
- List of emergency contacts
- Safe deposit box information

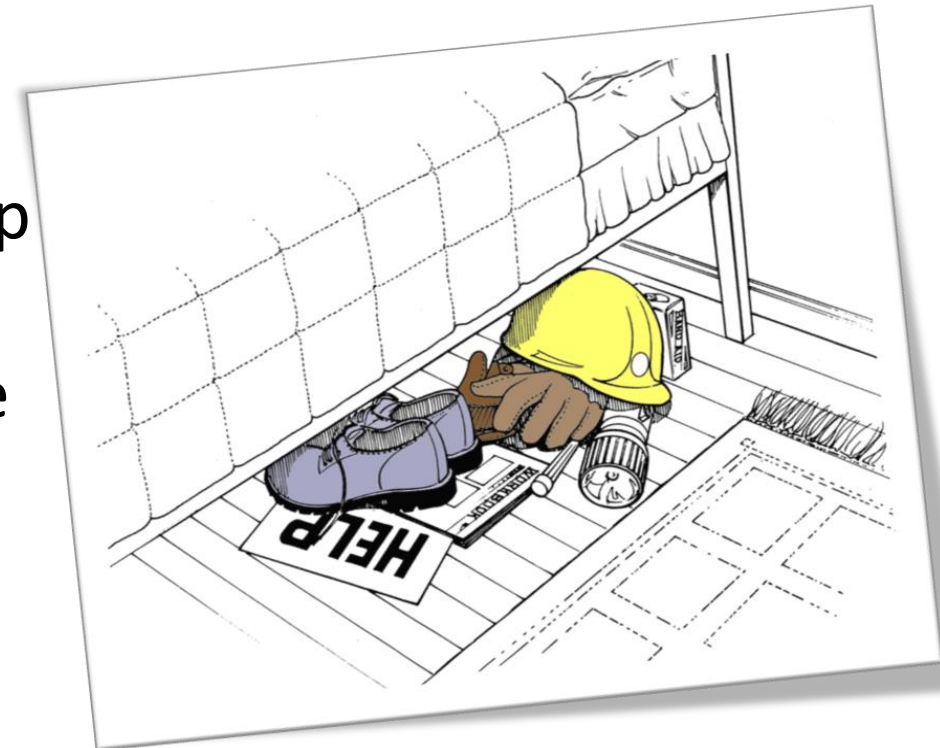
3. Build Your Kit – Home Supplies

What do you already have?

- Food
 - Refrigerator
 - Freezer
 - Pantry
- Water
 - Hot water heater
 - Ice cubes
 - Toilet tank (not bowl)
- First Aid

Under your bed!

- Shoes
- Flashlight
- Gloves
- Pry bar
- Ok/Help Card
- Whistle



3. Build Your Kit – Home Supplies

CAMPING

Water & Food



Warmth/Shelter



Sanitation



Cooking



Lighting



Battery, Shake, Crank,



Light Sticks



Solar Lights

3. Build Your Kit – Grab & Go



**Purchased
Kit**



Adult Kit

**Can you leave your home
in < 15 minutes?**

3. Build Your Kit – Grab & Go

Grab & Go – Child & Infant



Child Kit



Infant Kit

Extra Supplies

(heavy, large, and bulking items can be stored in your vehicle)



Grab & Go – Pets



Dog, Cat, Other



Vaccination Records



Bird, Hamster,
Rabbit, Other



3. Build Your Kit – Car Kit



4. Get Involved - CERT



Contact your local emergency manager or visit
www.fema.gov/cert



NEMCo NORTHSHORE EMERGENCY MANAGEMENT COALITION

CERT

Community Emergency Response Team

What is CERT?
CERT is an organization of volunteer emergency workers who have received specific training in basic disaster response skills to supplement existing emergency responders in a major emergency or disaster or utilize their skills to assist family members and neighbors. Following a major disaster, local fire, police, city, and other first responders may not be able to meet the demand for their services. Residents and visitors to our community may need to rely on each other for help in order to meet their immediate life-sustaining needs.

NEMCo CERT TRAINING
NEMCo offers Federal Emergency Management Agency (FEMA) training on a regular basis throughout the year. Examples of the curriculum include:

- DISASTER PREPAREDNESS:** Addresses hazards specific to the community. Materials cover actions that participants and their families take before, during, and after a disaster, as well as an overview of CERT and local laws governing volunteers.
- FIRE SUPPRESSION:** Covers fire chemistry, hazardous materials, fire hazards, and fire suppression strategies. However, the thrust of this session is the safe use of fire extinguishers, controlling utilities, and extinguishing a small fire.
- MEDICAL OPERATIONS:** Participants practice diagnosing and treating airway obstruction, bleeding, and shock by using simple triage and rapid treatment techniques.
- LIGHT SEARCH AND RESCUE OPERATIONS:** Participants learn about search and rescue planning, size-up, search techniques, rescue techniques, and rescuer safety.
- PSYCHOLOGY:** Covers signs and symptoms that might be experienced by the disaster victim and workers, and addresses CERT organization and management.

SPONSORED BY: Volunteer Hours Available FOR MORE INFORMATION CONTACT US: Emergency Manager Kevin Lowrey northshorecertteam@gmail.com www.northshoreemc.com

TRIAGE
Medical triage is the key to doing the most good for the most people whenever there are more survivors than rescuers, resources are limited and time is critical. This training provides an overview of the medical triage process and portrays the steps that CERT members need to follow to provide survivors with the most effective lifesaving support available until professional responders arrive on the scene.

Join us! CERT Meets 7pm, the 2nd Tuesday of the month, at Fire Station 51 Kenmore Washington
Please consult website for most current information

The CERT program offers a consistent, nationwide approach to volunteer training and organization that professional responders can rely on during disaster situations, allowing them to focus on more complex tasks.

4. Get Involved - RACES



NEMCo RACES consists of a group of amateur radio (ham) operators who may be activated to enhance emergency communications in the Northshore area. **RACES** provides backup communication on behalf of local government to other communities, county emergency services, and state emergency services.

A screenshot of the NEMCo RACES website. The page has a teal header with the NEMCo logo and the text 'RACES Radio Amateur Civil Emergency Services'. The main content area is white with blue accents. It includes a 'WHAT IS NEMCo' section, a 'Volunteer Hours Available' section with a QR code and contact information for Emergency Manager Kevin Lowery, a 'Ham Radio Repeaters' section with an illustration of a radio tower, and an 'EVENTS FOR YOU' section with four blue boxes: 'WEEKLY', 'BIANNUALLY', 'MONTHLY', and 'PERIODICALLY'. The footer contains logos for various partner organizations like the City of Northshore, Fire Department, and others.

Individual preparedness is extremely important during an emergency. Beyond that we welcome and appreciate any contributions that volunteers can make to both our organization and their community. If you are interested in learning more about emergency preparedness and related activities in your community, please feel free to attend our meetings and workshops. As detailed more in our [About Us](#) page, there are several levels of participation.

A.C.T. to Save a Life

ARE YOU PREPARED TO ACT IN AN EMERGENCY?



Administer an Antidote



Perform CPR



Apply a Tourniquet or Pack a wound

SOUTH COUNTY FIRE



ACT TO SAVE A LIFE FIRST AID & CPR

WHAT IS ACT?

*"ACT is how citizens can help firefighters save more lives in the first 5 minutes of an emergency."
- Shaughn Maxwell, Deputy Chief, South County Fire*

ACT stands for the top 3 things that will kill someone within the first 3-5 minutes:

- A** is for _____ for an opiate overdose
- C** is _____ for sudden cardiac arrest.
- T** is for _____ and wound packing for severe bleeding.

Each intervention follows steps to:

CALL SEND ACT

Page 1

Pull out your work sheets to make notes

Fire Prevention & Utilities



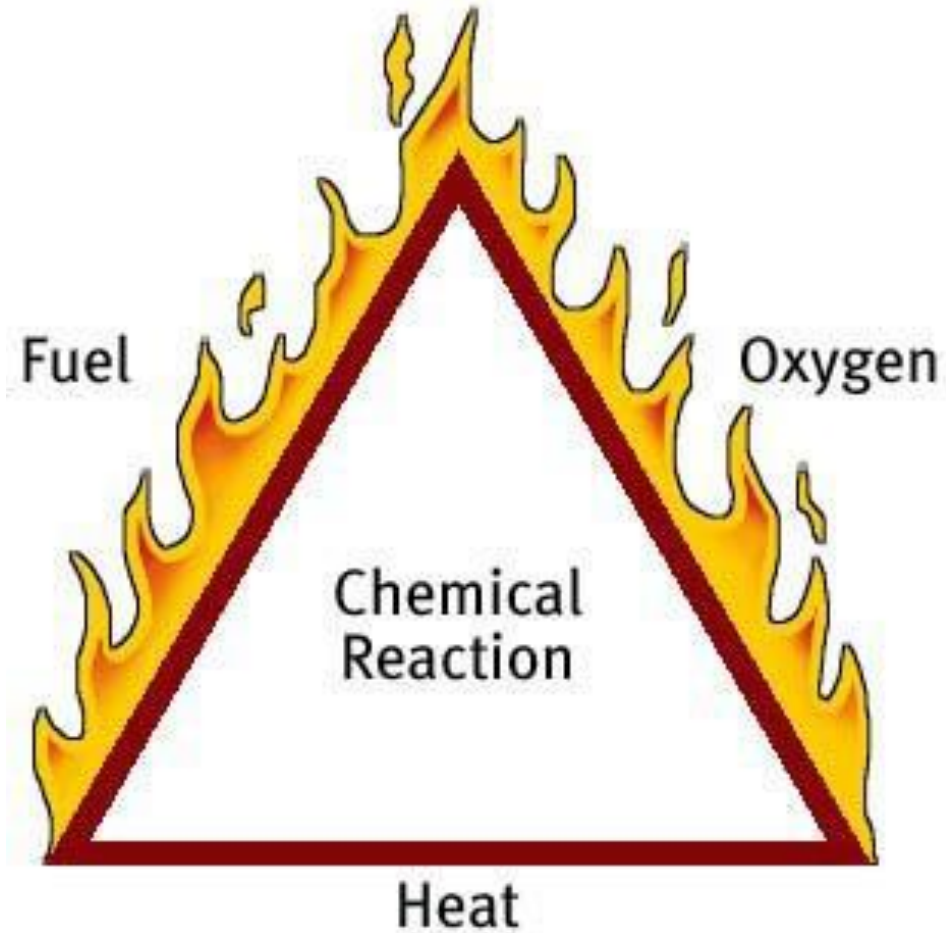
Priorities

Safety is number one priority

- Always work with a buddy
- Always wear safety equipment



The Fire Triangle



PM 6-3



Classes of Fire



Class A: Ordinary combustibles

Class B: Flammable and combustible liquids

Class C: Energized electrical equipment

Class D: Combustible metals

Class K: Cooking oils

Fire Size-up



Answers these questions:

- Do my buddy and I have the right equipment?
- Are there other hazards?
- Is the building structurally damaged?
- Can my buddy and I escape?
- Can my buddy and I fight the fire safely?

Remember: The safety of individual is always the top priority

PM 6-4



Firefighting Resources



- Local fire department
- Fire alarm system
- Sprinkler systems
- Portable fire extinguishers
- Interior wet standpipes



PM 6-7

Fire Extinguishers



- Water
- Dry chemical
- Carbon dioxide
- Specialized



PM 6-7

Extinguisher Rating/Labeling



Labels show types of fires for which that extinguisher is used

- Class A fire ratings: 1A to 40A
- Class B fire ratings: 1B to 640B

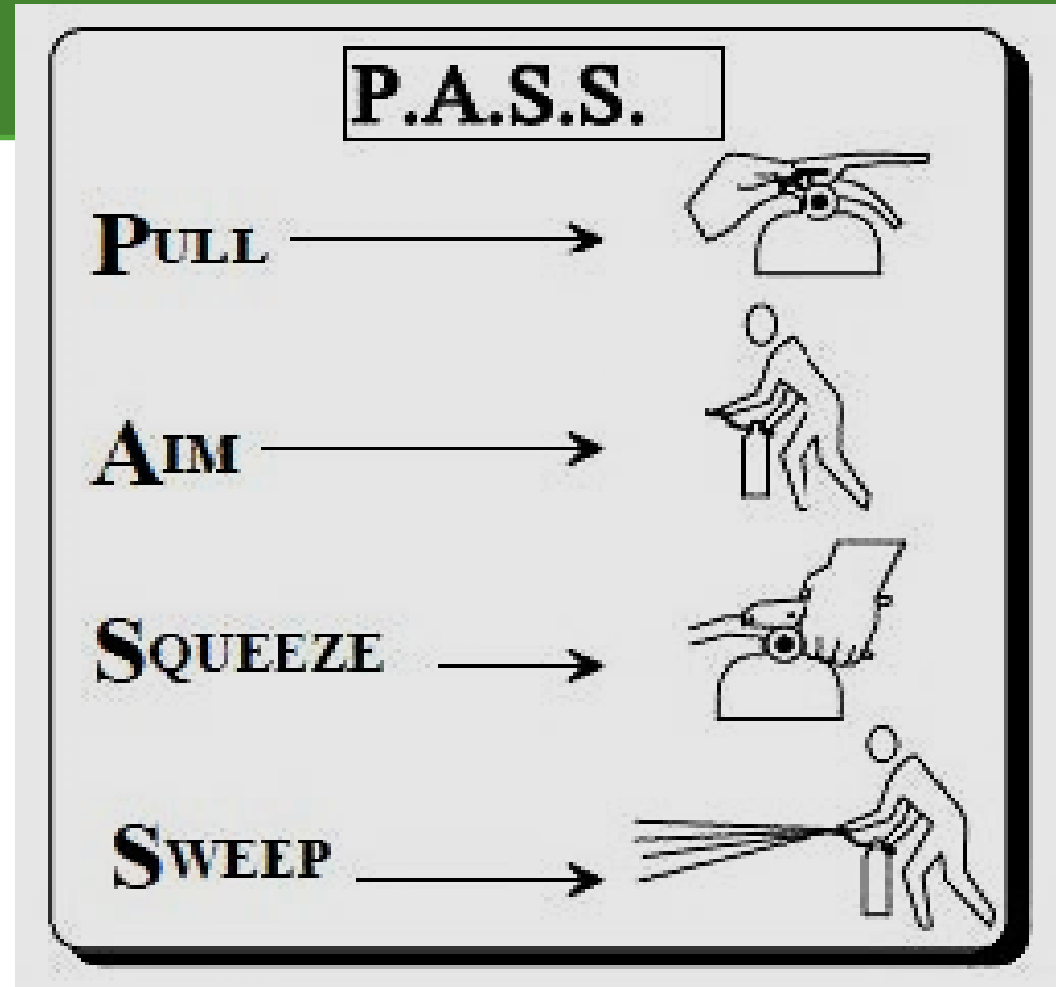
Higher number on label = greater amount of extinguishing agent

Sample Label



PM 6-8

P.A.S.S.



Test the extinguisher after pulling the pin

PM 6-11

Fire Suppression Safety



Safety is top priority



PM 6-12



Fire Suppression Dont's



- Don't get too close
- Don't try to fight a fire alone
- Don't try to suppress large fires
- Don't enter smoke-filled areas

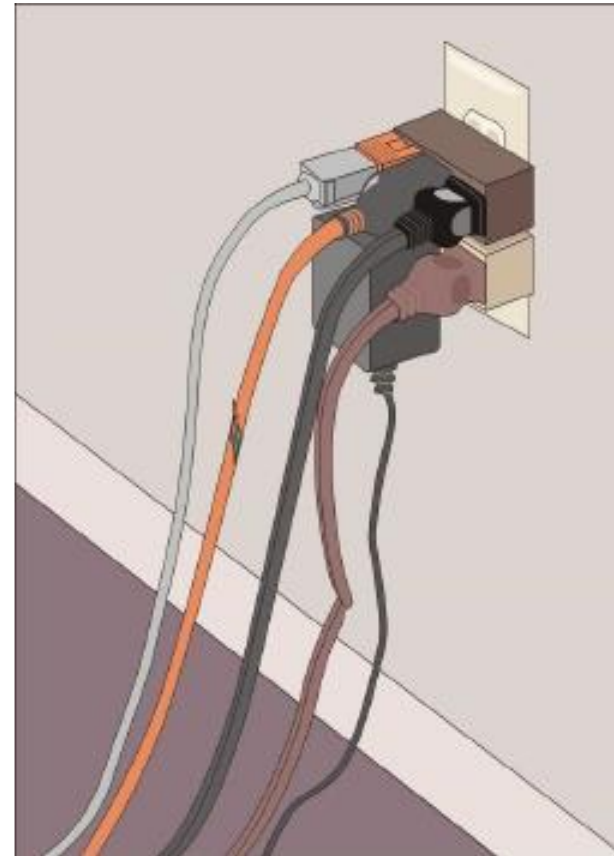


PM 6-12

Reducing Electrical Hazards



- Avoid the “electrical octopus”
- Don’t run cords under carpets
- Check for and replace broken or frayed cords
- Maintain appliances



PM 6-14

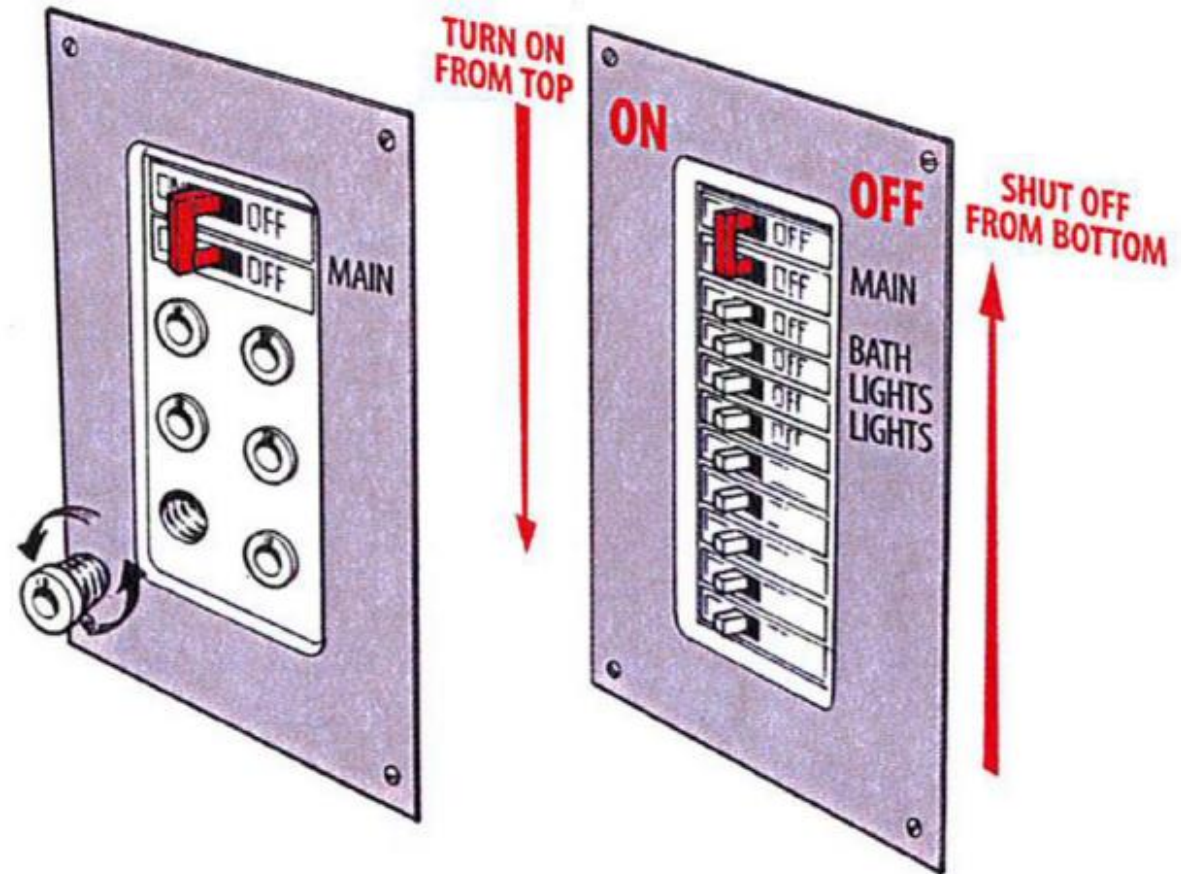
Electrical Emergencies



- Know where power shutoffs are
 - Appliances
 - Circuit breakers
 - Fuses
- Post shutoff directions next to all utilities
- Know procedures for turning power back on after the fire

Shutoff Procedures

- Circuit box with shutoff
- Fuse box with shutoff



Natural Gas Hazards

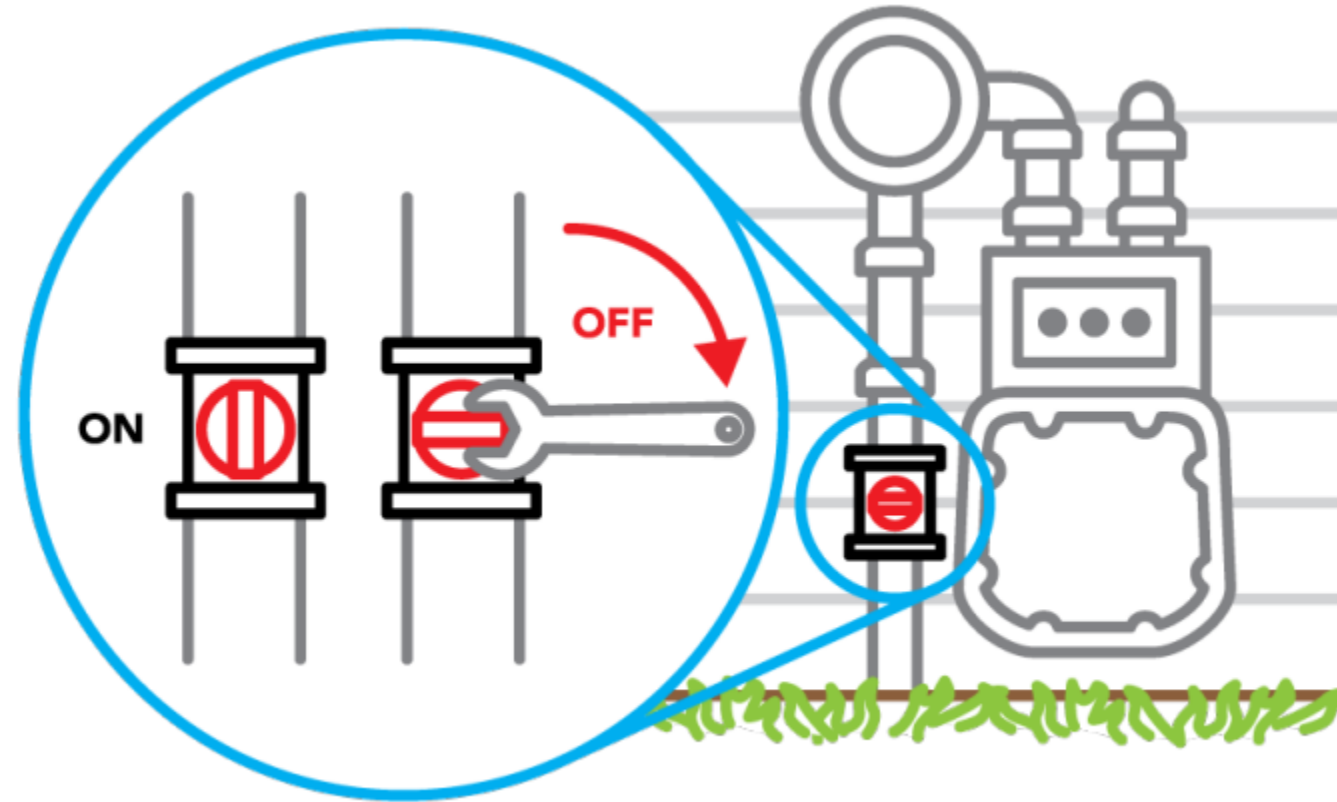


Asphyxiant

- Displaces oxygen in the body

Explosive

- Can readily ignite under the right conditions
- Locate and label gas shutoff valves
- Know procedures for shutting off gas



Remember: Right is Tight. Left is Loose.

Natural Gas Hazard Awareness



Install natural gas detector

Install carbon monoxide detector in home

Test batteries for natural gas and carbon monoxide detectors every month

- Change batteries every six months

Locate and label gas shutoffs

- Have proper non-sparking tool

L.I.E.S.



Always read labels

Use L.I.E.S. storage procedures

– (Limit, Isolate, Eliminate, Separate)



PM 6-17

Hazardous Materials



Corrode other materials

Explode or are easily ignited

React strongly with water

Are unstable when exposed to heat or shock

Are otherwise toxic to humans, animals, or the environment through absorption, inhalation, injection, or ingestion

Global Harmonized System



<ul style="list-style-type: none">• Carcinogen• Mutagenicity• Reproductive Toxicity• Respiratory Sensitizer• Target Organ Toxicity• Aspiration Toxicity	<ul style="list-style-type: none">• Flammable• Pyrophoric• Self-Heating• Self-Flammable Gas• Self-Reactives• Organic Peroxides	<ul style="list-style-type: none">• Irritant (skin and eye)• Skin Sensitizer• Acute Toxicity (harmful)• Narcotic Effects• Respiratory Tract Irritant• Hazardous to ozone layer (non-volatile)
<ul style="list-style-type: none">• Gases Under Pressure	<ul style="list-style-type: none">• Skin Corrosion/Burns• Eye Damage• Corrosive to Metals	<ul style="list-style-type: none">• Explosives• Self-Reactives• Organic Peroxides
<ul style="list-style-type: none">• Oxidizers	<ul style="list-style-type: none">• Environmental Toxicity	<ul style="list-style-type: none">• Acute Toxicity (fatal or toxic)

PM 6-20

HazMats in Transit





Remember:

All hazardous material placards are a stop sign