Disaster Preparedness

CERT Basic Training
Unit 1
For online course

Preparing for a Disaster

- Mitigation is the reduction of loss of life and property by lessening the impact of disasters
  - Any activity that prevents an emergency or reduces effects of hazards
- CERT members should have adequate homeowners coverage
  - Add flood insurance if in a flood hazard area

Non-structural Hazard Mitigation

- Anchor heavy furniture
- Secure appliances and office equipment
- Install hurricane storm shutters
- Childproof cabinet doors
- Locate and label gas, electricity, and water shutoffs
- Secure water heaters and have flexible gas lines installed

Other Mitigation Measures

- Bolt houses to foundations
- Install trusses or hurricane straps to reinforce roof
- Strap propane tanks and chimneys
- Strap mobile homes to their slabs
- Raise utilities
- Build a safe room

Fortifying Your Home

- Different non-structural hazards to fortify against:
  - Home fires
  - Landslides or mudslides
  - Wildfires
Get Involved

- Preparedness requires active participation from all
  - Talk to friends and family about hazards
  - Ask about emergency planning outside the home
  - Make sure those in charge have a plan

- Training provides skills needed to help others and keep skills current
  - CERT program provides training, practice, and connection to others
  - Participate in drills and exercises
  - Talk to friends and family about volunteering

Training provides skills needed to help others and keep skills current

CERT Disaster Response

- Respond in period immediately after a disaster
  - Locate and turn off utilities, if safe
  - Extinguish small fires
  - Treat injuries
  - Conduct light search and rescue
  - Help to relieve survivor stress

- Assist emergency response personnel when requested
  - CERT members’ first responsibility is personal and family safety

CERT Disaster Response

Make a Disaster Supply Kit

- See CERT PM 1-22 through 1-27 'Assembling & Storing a Disaster Supply Kit'

- List includes all disaster supplies recommended by FEMA.

Make a CERT Supply Kit

CERT PM – ‘UNIT 1: ADDITIONAL MATERIALS’

- CERT CHECKLIST
  - Instructions: This checklist will help guide you in the setup of your CERT as well as emergency preparedness at home.

- RECOMMENDED PERSONAL PROTECTION EQUIPMENT (PPE)
  - The following items are minimum safety equipment for all CERT members.

- RECOMMENDED CERT EQUIPMENT AND SUPPLIES
  - The following equipment and supplies are recommended as minimum kit items for each CERT member. These guidelines are recommended in addition to team supplies.

Current FEMA Disaster Preparedness Info

The CERT PM was written in 2011. Current FEMA emergency supplies lists are available at Ready.gov - A comprehensive source of information for individual, family, and community preparedness created by the Federal Emergency Management Agency (FEMA). It provides step-by-step instructions on how to get ready and what to do in case of many different types of disasters.

- ready.gov/build-a-kit
- ready.gov/make-a-plan
- ready.gov/animals
- ready.gov/financial-preparedness

Sign up for Emergency Alerts

- City of Walnut Creek Emergency Preparedness link

- Sign up for cell phone alerts at
  - Contra Costa County CWS – cwsalerts.com
    - Or see alerts online at cwsalerts.com
  - Nixle – www.nixle.com

- WCPD and other government entities post notices to Nextdoor.com
Bay Area CWS Notification Media

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Homework Assignment

1. Discuss preparedness with family and friends
2. Assemble supplies in multiple locations
3. Examine homes for hazards and start fixing them now!
4. Sign up for emergency alerts