The Four Aspects of Emergency Preparedness

This is what emergency preparedness is all about: preparing for, responding to, recovering from, and mitigating and preventing emergency situations. First, please remember to bring in a new article that details an emergency situation or example of emergency preparedness.

Make a chart that demonstrates your understanding of each of the aspects of emergency preparedness. You must use the first 5, boldface situations, but you may choose any other five listed here for a total of 10. We will be reviewing and discussing this chart as a group during the clinic, so fill in as much as you can to be one step ahead!

<table>
<thead>
<tr>
<th>Emergency Situation</th>
<th>Prepare</th>
<th>Respond</th>
<th>Recover</th>
<th>Mitigate and Prevent</th>
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</thead>
<tbody>
<tr>
<td>Home Kitchen fire</td>
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<tr>
<td>Home basement/storage fire</td>
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<tr>
<td>Explosion in the home</td>
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<tr>
<td>Automobile crash</td>
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<td>Food-borne disease</td>
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<td>Fire or explosion in a public place</td>
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<tr>
<td>Vehicle stalled in the desert</td>
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<tr>
<td>Vehicle trapped in a blizzard</td>
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<td>Flash flooding in town or in the country</td>
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<td>Mountain/backcountry accident</td>
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<td>Boating or water accident</td>
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<tr>
<td>Gas leak at home or a building</td>
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<tr>
<td>Tornado or hurricane</td>
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<td>Major flood</td>
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<tr>
<td>Nuclear power plant</td>
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<td>emergency</td>
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<tr>
<td>Avalanche</td>
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<tr>
<td>Violence in a public place</td>
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Safety Checklist

Stairways, Halls, and Outdoor Steps
- Stairways with three or more steps have a strong handrail.
- Stairs/halls are kept free from boxes, toys, brooms, tools, etc.
- Gates at top and bottom of stairs prevent children from falling.
- The head and foot of stairs have no small or loose rugs.
- Stair carpeting or covering is fastened securely.
- Stairways & halls have good lighting, controllable at each end.

Kitchen
- Matches are kept where children cannot get them.
- Knives & sharp instruments are kept in knife drawers or holder.
- Can openers don't leave sharp edges on cans.
- Disinfectants & cleaning products are out of reach of children.
- Pan handles are turned away from stove edges.
- Spilled grease, water, or bits of food are wiped up immediately.
- Pot holders are within easy reach.
- A fire extinguisher is mounted near the stove.

Bathroom
- Tub and shower are equipped with strong handholds.
- Tub floor has non-slip surface.
- Poisons are marked, sealed shut, and out of reach of children.
- Medicines are out of reach of children in childproof containers.
- No one takes medicine in the dark.

Attic and Basement
- Ladder is strong, solid, and sturdily constructed.
- Stairway is sturdy and well lighted.
- Children keep skates and play gear in a specific place.
- Walls and beams are free from protruding nails.
- Fuses or circuit breakers are the proper size.
- Rubbish & flammable materials are in covered metal cans.
- Wastepaper is kept away from furnace and stairs.

Living Room and Dining Room
- Furniture is placed to allow easy passage in an emergency.
- Before bedtime, furniture placement is checked for orderliness.
- Furniture and woodwork solid, and in good repair.
- Fireplace screen fits snugly.
- Rugs are fastened or laid on non-slip pads.
- Rugs are kept from curling at their edges.
- Wax on floors is thoroughly buffed.
- Fire in fireplace is extinguished at bedtime.

Bedroom
- Smoke alarm has fresh battery or electrical connection & is tested regularly.
- Carbon monoxide detector has fresh battery or electrical connection and is tested regularly.
- Furniture placement for clear passage between bed and door.
- Light switch or lamp is within easy reach from bed.
- A night-light illuminates bedroom or hall.
- Bureau and dresser drawers are closed when not in use.
- Bar across bunk beds helps prevent falls.
- Children are taught not to lean against windows or screens.
- Sturdily screen low windows to prevent children from falling.
- Smoking in bed is prohibited.
- Gas and electric heating devices are turned off at bedtime.

Stoves, Furnaces, and Heaters
- Stoves are away from curtains.
- Stoves & furnaces are inspected & cleaned annually.
- Gas burners are properly adjusted and free from leaks.
- Gas water and space heaters are equipped with vents or flues.
- Water heater or boiler has a safety valve & is checked yearly.
- Flames of gas burners are protected from drafts.
- Insulating shield protects woodwork within 18” of furnace, etc.
- Keep flammable materials away from stoves, furnaces, etc.
- A wrench is stored near the shut-off valve of outside gas line.

Porch, Yard, and Garage
- Railings and banisters are sound and inspected periodically.
- Steps and walks are kept free from ice and snow.
- Yard/play space are free from holes, stones, glass, etc.
- Tools and dangerous articles are out of reach of children.
- Dangerous products & chemicals are kept in original containers in locked storage areas.
- Wires and low fences are brightly painted or clearly marked.
- Wells, cisterns, and pits are kept securely covered.
- Disposable materials are not burned outside.
- An area is marked off in the garage for bicycles, wagons, etc.
- Lawn mower is equipped with proper safeguards.
Workshop
☐ Good ventilation exists, especially when sanding.
☐ Safety goggles and/or face mask are available, with eyewash.
☐ Baking soda is kept handy to neutralize acid burns.
☐ All electrical tools are either three-wire or double-insulated.
☐ Work area is well lit & free of clutter, scraps, rags.
☐ All tools have a place & are in their place.
☐ Guards are in place on all power tools.
☐ A push stick is available for use with power saws.

Electrical Devices and Fixtures
☐ Electrical fixtures and appliances are located & used beyond arm’s length of the sink, stove, tub, shower, or other grounded metal unless outlet is protected by a ground-fault interrupter.
☐ Do not touch electrical fixtures or appliances with wet hands.
☐ Disconnect seldom-used appliances when not in use.
☐ All pull-type sockets have an insulating link.
☐ Household appliances are disconnected before repairs.
☐ Unused, open, screw-type sockets are plugged closed.
☐ Frayed or worn electric cords are promptly replaced.
☐ Long trailing cords are not in evidence.
☐ UA-approved extension cords are the proper size.
☐ Cords are kept out from under rugs, doors, and furniture.
☐ Children are taught never to touch electric sockets or fixtures.
☐ Fuses are adequate for the load and are not bypassed.
☐ Circuit breakers are not overloaded.

General
☐ At least one smoke detector in each bedroom & garage.
☐ Everything has a place and is in its place.
☐ Stepladders are in good repair and stored out of the way.
☐ Window screens and storm windows are securely fastened.
☐ Guns are stored unloaded and in locked cases.
☐ Guns and ammunition are stored separately.
☐ Children are permitted to use only blunt-end scissors.
☐ Housework clothing has no drooping sleeves, sashes, or frills.
☐ Shoes worn for housework have low heels.
☐ All shoes are in good repair.
☐ Kerosene, gasoline, paint thinners, and other volatile materials are stored outside in special, clearly marked metal containers.
☐ Oil mops, dust rags, painting equipment, and other oily materials are stored outside in open metal containers.
☐ Everyone turns on a light before entering a dark room.
☐ Matches are extinguished before they're thrown away.
☐ Children are never permitted to play with matches.
☐ Fire extinguishers are readily available.

For Emergency
☐ Know how to get emergency help (911, poison control, etc.).
☐ Be able to find water, gas, & electric shutoffs. Check annually.
☐ First aid kit approved by your doctor/American Red Cross.
☐ Know basic first aid procedures.
☐ Have a fire escape plan from your home.
☐ Emergency water supply.
☐ Handheld flashlights readily available.
☐ In earthquake-prone areas, make sure that the water heater and bookcases are bolted to the wall.