

Prepare in a Year – September 2010

This is the ninth of a series of short action articles that will enable you, over the next 12 months, to better take care of your family, friends, neighbors, and yourself in times of disaster. Perhaps some of you recall the “drop, cover, and hold” / take cover atom bomb drills of the 1950s. “Drop, cover, and hold” is still important while we live in “Earthquake Country.” It’s important to resist the natural tendency to run during the shaking of an earthquake. “Drop” to get beside a taller, strong, object that is unlikely to be crushed. “Cover” your neck and head as best you can for critical protection. “Hold” onto the object as things tend to move about during major shaking events. It is also a good idea to close your eyes. Breaking window glass and other debris can injure; and you are better off, psychologically, not watching the damage to your personal property. If you have been acting upon these preparation articles; you are well on your way to mitigating the consequences of disasters that will affect your family.

Prepare in a Year – October 2010

This is the tenth of a series of short action articles that will enable you, over the next 12 months, to better take care of your family, friends, neighbors, and yourself in times of disaster. A house fire can be a very local and a very personal disaster. Your first concern should be to get all occupants safely out of the house. Most rooms have two exits; be familiar with them. Exit by crawling if heavy smoke is present. Secondly, a reunion meeting place should be established to insure all are accounted for and safe. Candidate meeting places could be the mail boxes across the street, a neighbor’s lawn, etc. Practice using a fire drill. Call 911 / the Fire Department from outside the house using a mobile or cell or neighbor’s phone. Analyze your need for the appropriate fire extinguishers (wood, chemical, or electrical.) Purchase, read the instructions, and place on all floors. All extinguishers have limited capacity, so don’t jeopardize your safety attempting to fight a major fire. If you have been acting upon these preparation articles; you are well on your way to mitigating the consequences of disasters that will affect your family.