



COMMUNITY YOUTH CENTER



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# **PRE-DISASTER: PERSONAL PREPAREDNESS & SECURING YOUR HOME TRAINING**

**SEISMIC SAFETY OUTREACH PROGRAM**



Some Resource Pictures from Google.com

# SF DEPARTMENT OF EMERGENCY



## SF72 制定一个计划

我们的会合点

发生紧急情况时我们在哪里会合?

地点: \_\_\_\_\_

地址: \_\_\_\_\_

地区以外的联络人

我们会向地区以外什么联络人  
查询?

地点: \_\_\_\_\_

地址: \_\_\_\_\_

## The Three Actions for Disaster Preparedness:

- Get Connected
- Gather Supplies
- Make A Plan

# WHAT CAN HAPPEN HERE?





EARTHQUAKE





FIRES -  
WILDFIRES,  
HOUSE FIRES



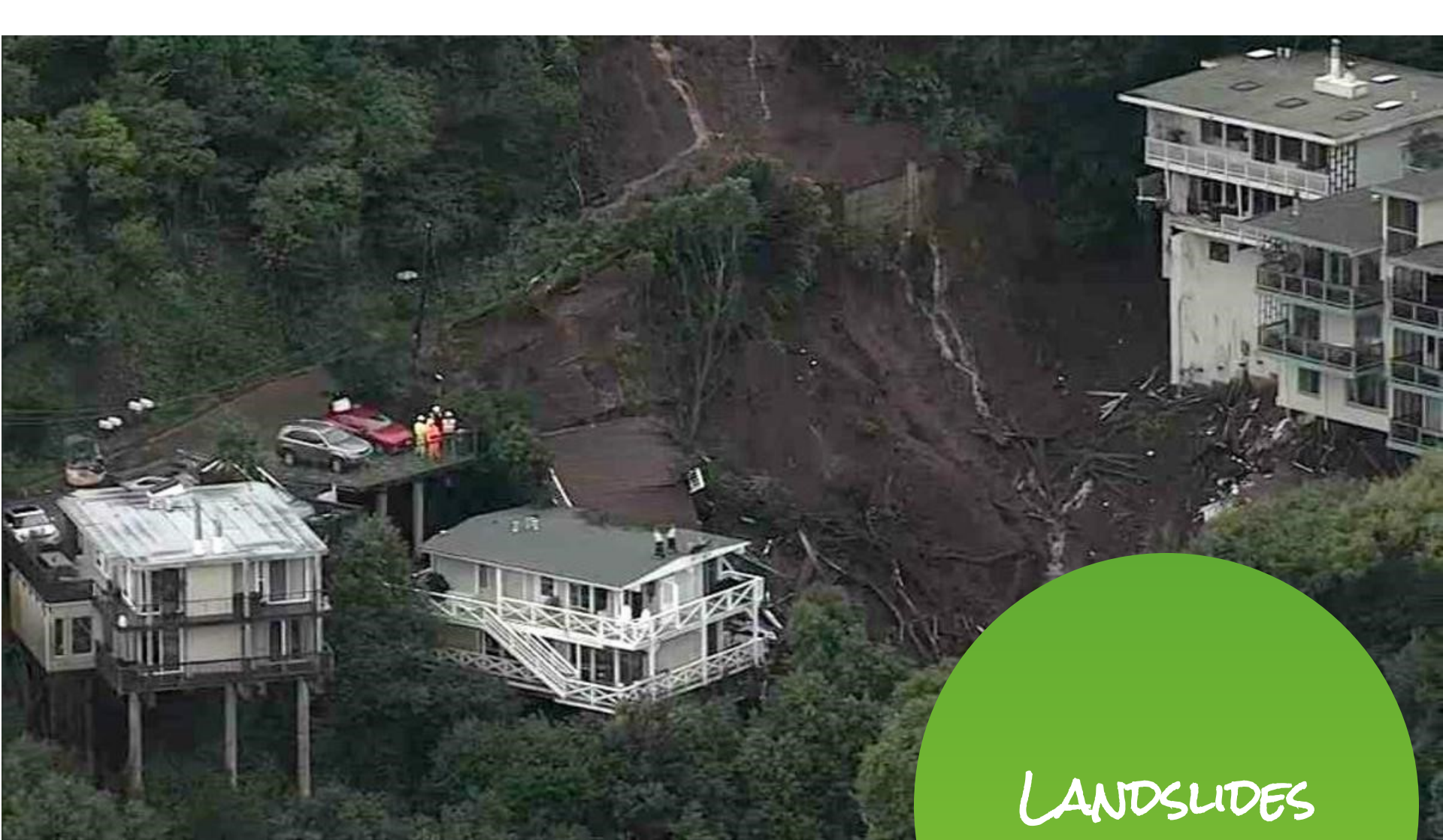




# FLOODING TSUNAMI







LANDSLIDES





# HAZARDOUS MATERIALS

A high-angle, slightly blurred photograph capturing the immediate aftermath of a terrorist attack on a crowded urban sidewalk. The scene is chaotic, with numerous people in various states of distress. Some individuals are lying motionless on the pavement, with visible pools of blood. Others are running or stumbling away from the center of the incident. A man in a red jacket is bent over, attending to someone on the ground. In the foreground, a man in a blue jacket is running towards the left, while a woman in a patterned coat is also moving. To the right, a group of people is gathered, some appearing to be providing aid. The background shows more people running and a sense of general panic. The overall atmosphere is one of a major public safety emergency.

# TERRORIST ACTS





PANDEMIC

# Practically Speaking – Losing Access



- No Power
- No Heat
- No Water
- Emergency Help Unavailable
- Family Separation
- Injuries
- Home Damaged & Unable to return



# ARE YOU READY?

FOR THE NEXT BIG ONE?

# STEP 1: GET CONNECTED






**LIVE**

**BAY BRIDGE**  
**CHANNEL 7 NEWS**

TELEVISION

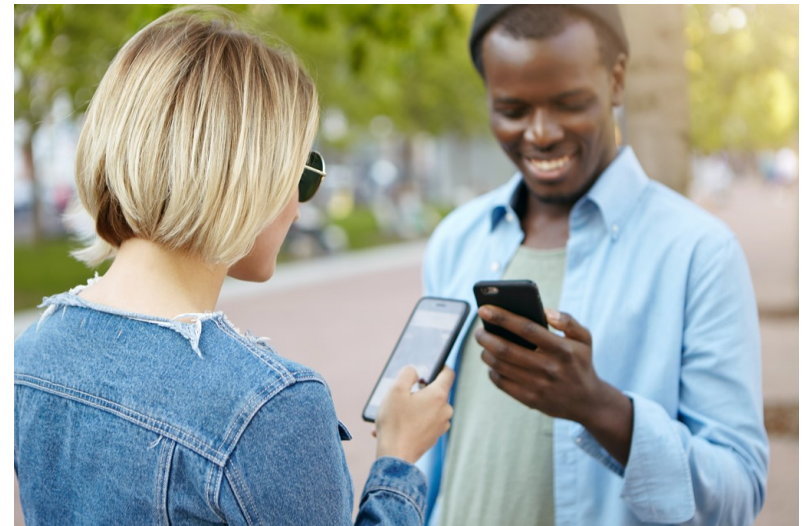
A man wearing a brown fedora-style hat and a dark plaid shirt is smiling and holding a large, vintage black Sony boombox. The boombox has two large speakers, a cassette slot, and various control buttons and knobs. He is standing in front of a pink brick wall. A yellow circular graphic is overlaid on the left side of the image, containing text about radio and weather stations.

RADIO &  
NOAA WEATHER  
STATION  
KCBS  
106.9FM  
740 AM



## PRINTED NOTICES & INTERNET

- Person to person
- Phone or Text Message





# ALERTSF

a text-based notification system  
for San Francisco's residents and  
visitors.

TEXT ALERTSF TO  
888-777

# STEP 2 – GATHER SUPPLIES

Prepare to meet your Own Need  
For up to 5-7 **DAYS**

*WHAT DO YOU THINK YOU WILL NEED?*



## A cartoon illustration of a man with a large, round head and spiky black hair, wearing a white shirt and black pants. He is carrying a large, blue, irregularly shaped water jug on his back, which is tilted upwards. The jug has a small blue handle and a blue cap. The man is walking towards the right.

## ► First Aid Kit



CYC



- ▶ **Fire Extinguisher**
- ▶ **Can-opener**
- ▶ **Food – Non-perishable,  
No cooking, No water,  
Nutritious, Tasty.**



# Useful

► Warm clothes,  
Sturdy shoes, gloves



► Radio



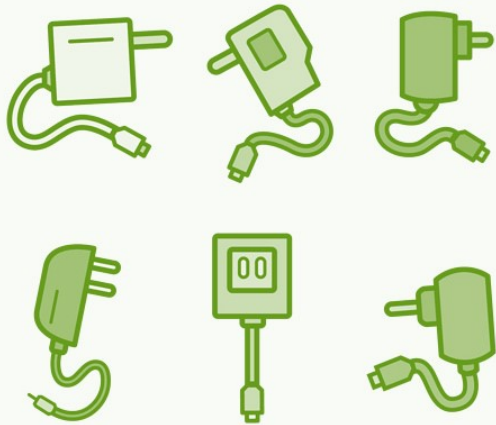
► Cash



# ► Sleeping bag or blanket



- Cell phone Charger
- Power bank



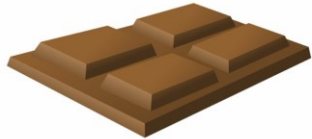
# ► Tools





# PERSONAL

► Medications -  
prescription &  
non-prescription



• Sweet Treats

► Hygiene + Sanitation





## ► Personal Documents

- Children Toys and Games
- Pet Items



- Electric/Solar Powered Generator
- Rechargeable or Hand-Crank Flashlight



# STORE YOUR SUPPLIES

- At home
- At work
- In your car or carry in-transit



# IS YOUR HOME FIRE-SAFE?

# PORTABLE HEATERS

- Plug heaters directly into the wall socket, and not into extension cords
- Place heaters where they will not be knocked over easily.
- Do not use heaters to dry clothing or other items
- Turn portable heaters off when you leave the room or go to sleep
- Keep heaters at a safe distance from curtains, furniture, and all o combustibles.





# WOODSTOVES & FIREPLACES

- Only use seasoned wood, and never use green wood, artificial logs or trash.
- Always use a protective screen And Clean interiors, hearths and chimneys yearly.



# SMOKE DETECTORS

- Place smoke detectors inside AND outside of every bedroom
- Test the batteries monthly and replace the batteries if needed
- Place smoke detectors at least 4 to 6 inches away from ceiling and corners
- Keep away from Bathrooms and Kitchens to prevent False Alarms

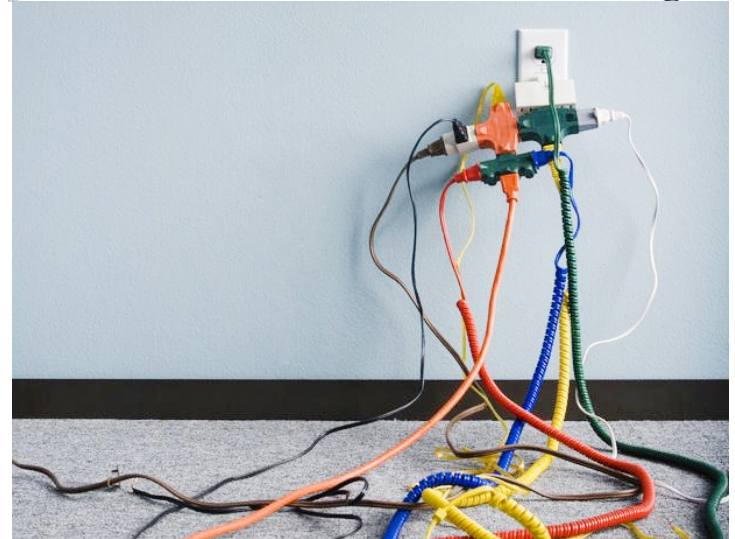
# CARBON MONOXIDE

Install carbon monoxide alarms in central locations on every level of your home and outside sleeping areas and If the carbon monoxide alarm sounds, move quickly to a fresh air location outdoors or by an open window



# ELECTRICAL WIRING

- Replace wiring if it's frayed or cracked
- Do not cover the wire , over nails or in high traffic areas
- Avoid overloading outlets and make sure they stay cool to the touch





# SAFE SMOKING HABITS



# Step 3 : MAKE A PLAN

- Choose an out-of-area contact
- Choose two meeting places
  1. Right outside your home
  2. Open Space i.e. Park, Empty Lot





## SF72 Make a Plan

### Our meeting spot

Where will we meet in an emergency?

Location:	
Address:	

### Out of area contact

Who will we check in with, outside the area?

Location:	
Address:	

### My people

Identify a group of friends and family with whom you'll coordinate.

Name:	
Mobile phone:	
Home phone:	
Address:	

Name:	
Mobile phone:	
Home phone:	
Address:	

### Important contacts

What other numbers would be handy in an emergency?

Doctor:	
Pediatrician:	
Pharmacist:	
Veterinarian:	



- Discuss your family's emergency communication plan
  - Identify reunification point
  - Select out of area contact
- Plan Evacuation Route
- Gather Supplies



# HOME FIRE ESCAPE PLAN

- Have an escape plan & make sure all family members know it
- Practice the plan every 6 months
- Keep emergency number, a whistle & a flashlight near the telephone
- Identify an outside meeting place and never return a building



# PRACTICE FIRE DRILL

**RUN A DRILL**



**The number one goal of a fire drill is to see that everyone can get to the safe spot in under two minutes.**

# IS YOUR FURNITURE SECURED?

*ARE YOUR HOME ITEMS SECURE?*

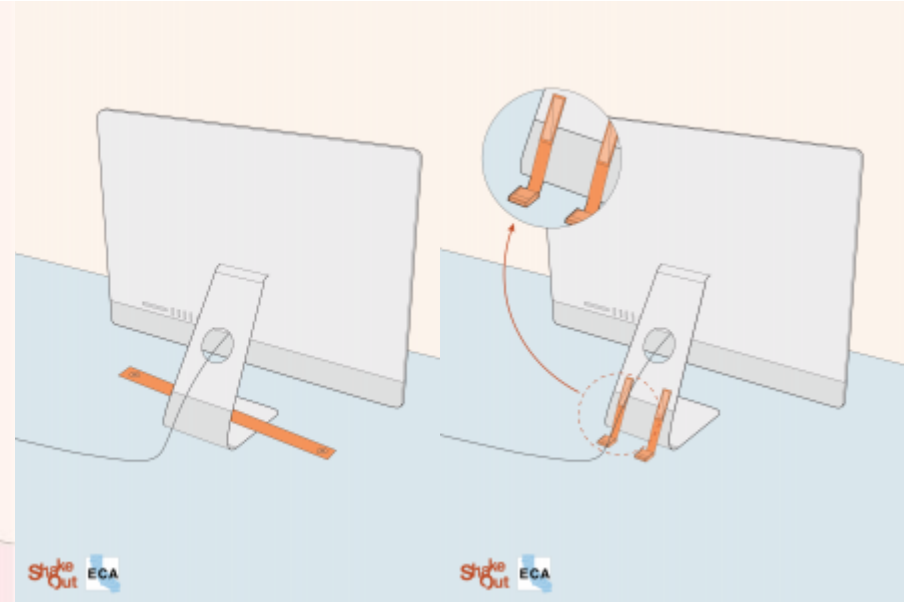
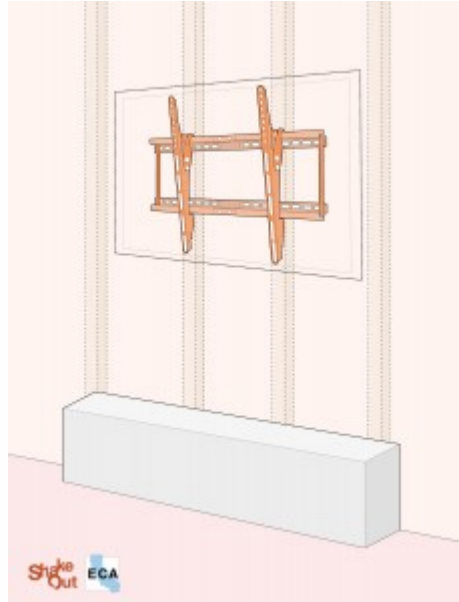
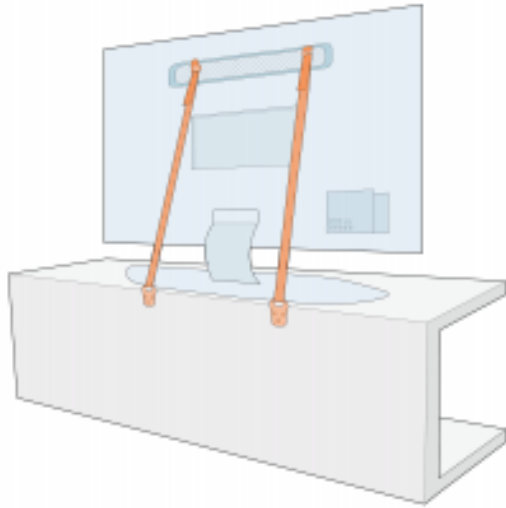


# Identify Potential Hazards -

- Top-heavy Furniture
- Loose Objects  
e.g. Lamps on shelves
- Hanging pictures & mirrors
- Glassware, dishes, kitchenware
- Flammable Materials
- Water Heater

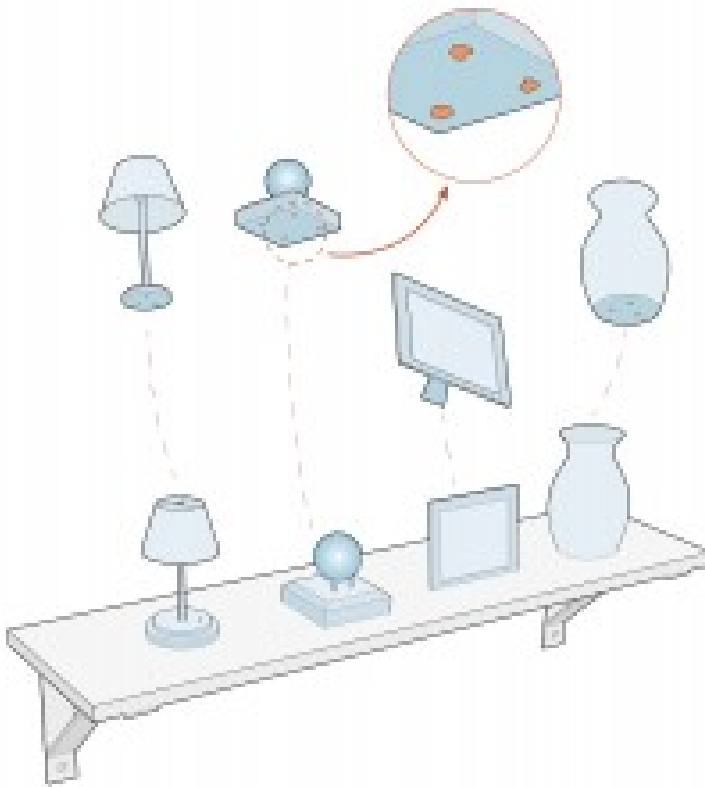


# Secure Television & Electronics



- They can be secured with flexible nylon straps and buckles for easy removal and relocation. Commercial packages are available at hardware stores
- #2 – Another easy way to protect against these types of losses is to use Velcro™ or other similar products.

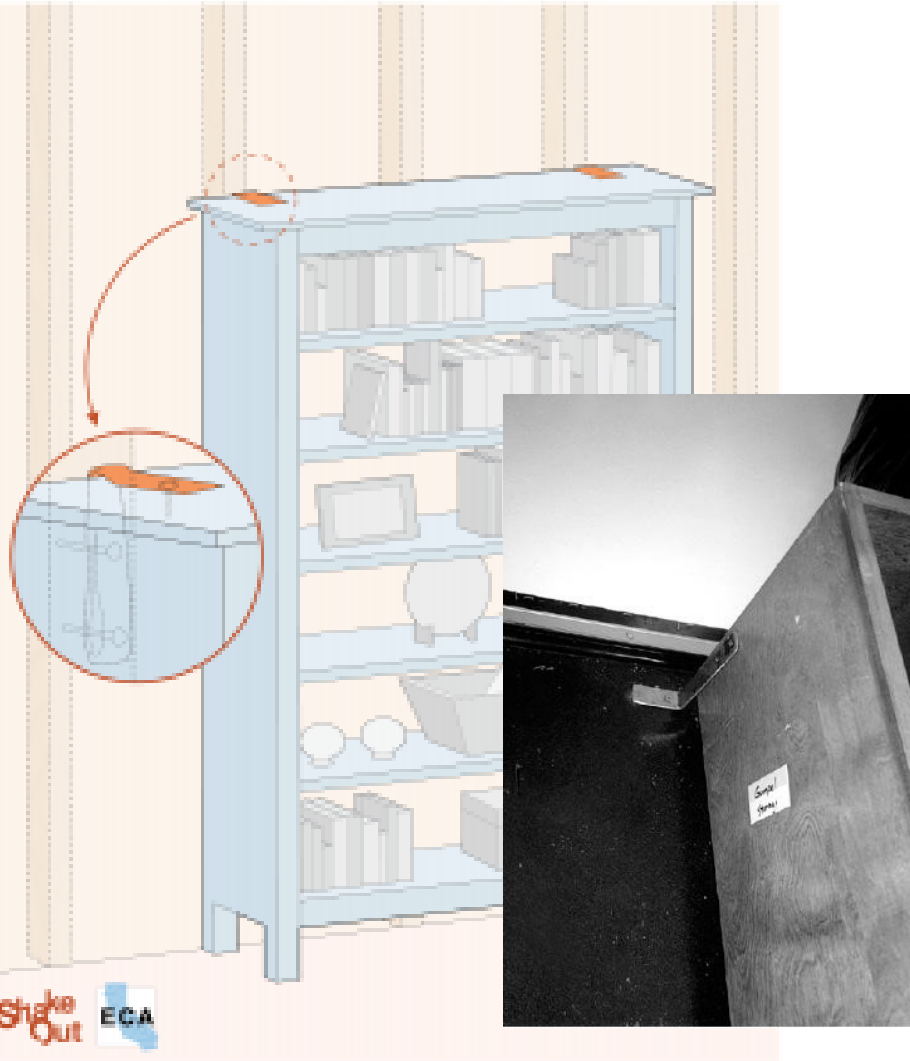
# Secure small objects @ home



- Move heavy items and breakables to lower shelves.
- Use either hook and loop fasteners on the table and object, or non-damaging adhesives such as earthquake putty, clear quake gel, or microcrystalline wax to secure breakables in place.
- Museum Wax or Quick Hold



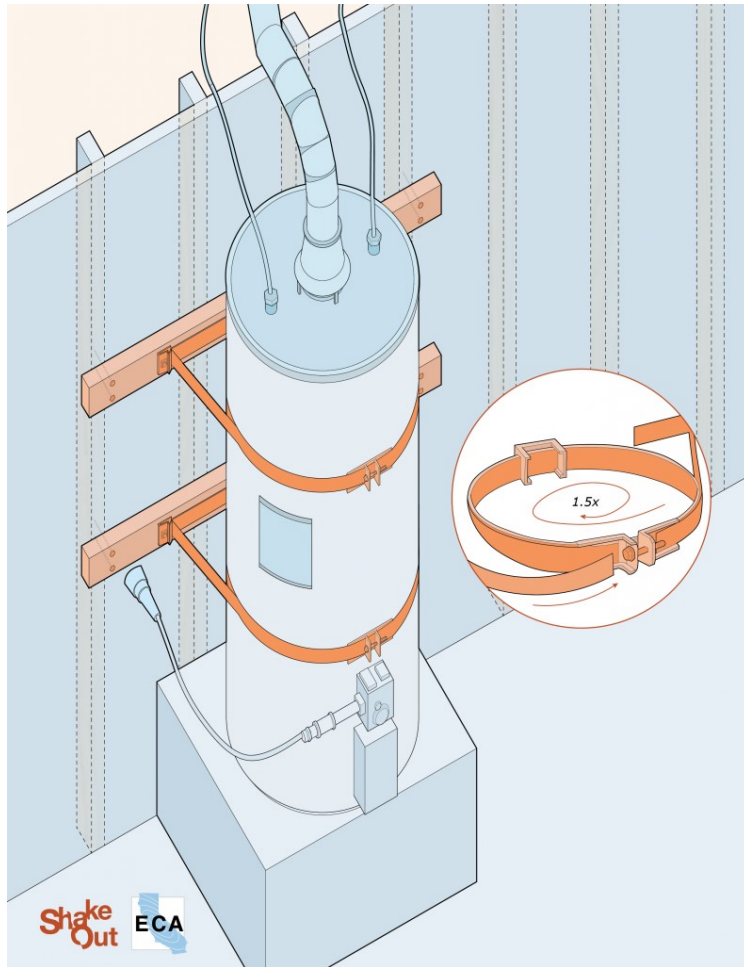
# Secure bookcases



- Tall furniture should be attached to wall studs to avoid toppling in an earthquake.
- Place heavy and/or large items on lower shelves to prevent them from flying around the room in an earthquake.

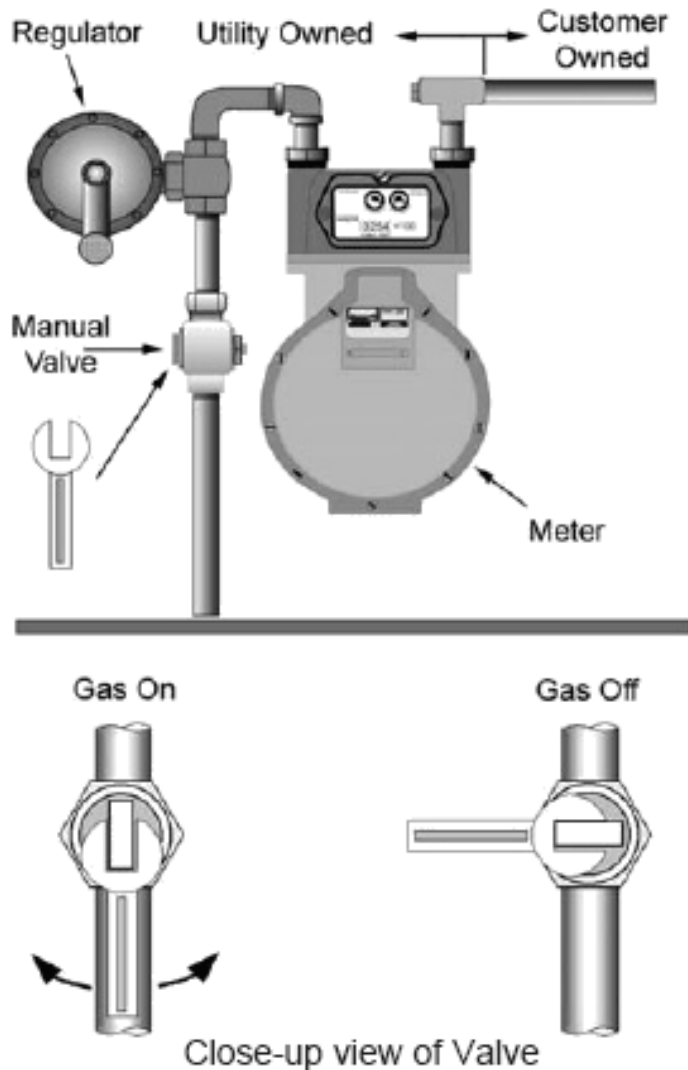


# Secure Water Heater



- Fresh water after a disaster may be as close as your water heater – provided, of course, that it remains standing upright. A typical water heater holds 30 to 50 gallons of water. However, this supply of water is extremely vulnerable to ground undulation (swells and rolls) and ground acceleration of earthquakes, causing them to tip over.
- You can protect this valuable resource by securing your water heater to the wall studs.

# MANUAL GAS SHUT OFF



- Use the wrench to turn off the manual valve located at the gas meter
- Shut off your gas only if you
  - Smell gas
  - Hear gas escaping
  - Suspect a broken gas pipe, appliance, vent, or flue.
  - Monoxide detector goes off

Once the gas has been shut off, service can be restored only by utility personnel or qualified plumbers

# BEST PRACTICES

- Check your disaster plans and replace water and food every six months
- Review the details of your disaster plan with all family members
- Make sure everyone knows the locations of disaster supply kits and emergency contact information.
- Practice Your Plan





# Seismic Safety Outreach Program

THANK YOU!