

DISASTER PREPAREDNESS

MESSAGE FROM FIRE CHIEF

Dear Citizens of Los Angeles,

To those of us who live and work in the Greater Los Angeles area, both natural and manmade disasters are a reality. It is not a matter of if, but when, a disaster will strike. In order to deal with this situation, disaster preparedness must become a way of life. Everyone must know how to provide for themselves and their families for an extended period of time, whether at work, home, or on the road.

Our goal in distributing this brochure is to help you prepare for a major disaster and to maintain readiness, as there may be long periods of time between unpredictable disasters. This is why it is also important to maintain fresh emergency supplies through rotation of older stock.

While the Los Angeles Fire Department (LAFD) and all other emergency services will do everything they can in the event of a disaster, your family's quality of life and the potential for recovery and survival are dependent on you being prepared.

Sincerely,



WILLIAM R. BAMATTRE

Fire Chief



WWW.LAFD.ORG

COMMUNITY EMERGENCY RESPONSE TEAM



Your local government prepares for everyday emergencies; however, during a disaster, the number and scope of incidents can overwhelm conventional emergency services. The Community Emergency Response Team (CERT) Program is an all-risk, all-hazard training program. This valuable course is designed to help protect yourself, your family, and your neighborhood in an emergency situation.

CERT provides a realistic approach to emergency and disaster situations in which citizens may initially be on their own and they are being counted on to act. The CERT Program is designed to help them do so effectively and efficiently without placing themselves in unnecessary danger. In the CERT training, citizens learn to:

- ▶ Manage utilities and put out small fires.
- ▶ Treat the three major medical killers by opening airways, controlling bleeding, and treating for shock.
- ▶ Provide basic medical aid.
- ▶ Search for and rescue victims safely.
- ▶ Organize volunteers effectively.
- ▶ Collect disaster intelligence to support first responders' efforts.

CERT members receive 17½ hours of initial training (one day a week for seven weeks). The seven-week course is followed by full-day biannual refresher drills, and an opportunity to assist the LAFD at local incidents.

CERT is provided free of charge within the city of Los Angeles to anyone 18 years or older. Classes are taught mornings, afternoons, and evenings continually throughout the year in locations all over Los Angeles.

For additional information visit: www.cert-la.com or www.lafd.org



You can't predict..



But you can prepare.

EARTHQUAKES



An earthquake is a sudden slip or movement of a portion of the earth's crust, caused by a release of stresses, usually less than 25 miles below the surface.

A large earthquake in Los Angeles would cause structures and roadways to collapse, utilities to fail, and increase the potential for fires and explosions throughout the city.

In the United States, the west coast has the greatest likelihood to experience a major earthquake.

The 1994 Northridge earthquake, for example, left behind the following damage:

- ▶ 51 lives lost
- ▶ \$44 billion in damage
- ▶ 25,000 dwellings uninhabitable
- ▶ 22,000 people left homeless
- ▶ At the time, it was the costliest disaster in United States history

FIRES



Los Angeles is known for its urban life, beaches, and vast mountain ranges.

The geography is abundant with vegetation due to the moist coastal airflow. Within this vegetation is a vast array and network of streets, homes, and trails; however, extreme temperatures in the summer and high winds in the fall can create the potential for disastrous brush fires.

In 2003, California suffered one of the worst fire seasons in its history. Dozens of separate wildfires raged in Los Angeles, Orange, Riverside, San Bernardino, and San Diego counties.

- ▶ Fires blazed for weeks
- ▶ Tens of thousands of people were displaced.
- ▶ Over 13,000 firefighters and every air tanker in the state was committed at one time.
- ▶ 17 civilians and 1 firefighter were killed, dozens more injured.
- ▶ 2,000 structures were destroyed

FLOODS & MUDSLIDES



Many people believe that Southern California floods only occur during periods of intense rain. While this is certainly the most likely scenario, there are other events that can easily impact our region.

For instance, a break in a local reservoir or dam could flood low-lying areas downstream and cause catastrophic damage, as in 1928, when the walls of the St. Francis Dam collapsed.

In 2004/2005, Los Angeles faced record-breaking rainfall, which resulted in severe flooding and mudslides and necessitated large-scale evacuations in the area.

The Southern California coastline is also at risk of flooding from a tsunami, as a result of a major seismic event along the Pacific coast. This tsunami could cause severe flooding in low-lying coastal areas.



You can't predict... But you can prepare.



Prepare as if your family's life depends on it, because it does.
Prepare for your family to survive on its own for a minimum of one week.

PREPARE BEFORE A DISASTER

- Secure Water Heater
- Keep Flashlights in Each Room
- Keep Fire Extinguisher Available/Visible
- Identify/Correct Potential Hazards
- Have a Gas Shut Off Tool, Attach to Meter**
- Establish Contact Person Out of State
- Discuss Communication Plans
- Discuss Disaster Plans With Family/Friends
- Place Disaster Box/Bag in Cars and Garage

SET UP SURVIVAL KIT

- Portable Radio, Money
- Water, Tools, Flashlight, Batteries
- Wrist Bands, Paper, Pens
- Shelter
- Blankets, Non-Perishable Food
- Work Gloves
- Place Kit in Garage or Shed
- Clearly Label Kit

CONSIDER OTHER SUPPLIES

- Baby, Elder and Pet Supplies
- Medicines, Toothpaste, Clothes
- Generator, Snacks, Extra Shoes

DURING THE DISASTER

REMAIN CALM, THINK CLEARLY

PREVENT INJURIES

- Wear Shoes, Get Jackets, Flashlights
- Turn on Radio/TV, Monitor News
- Gather Family/Friends
- Gather Medicine
- ▶ Watch For Falling Hazards
- ▶ Evacuate Building if necessary
- ▶ Don't Use Matches or Candles
- ▶ Stay Away From Windows / Heavy Objects
- ▶ Place Disaster Box or bag in Cars and Garage

DEFINE THE SCOPE

DETERMINE THE FOLLOWING:

- ▶ Is This A Local or Regional Event?
- ▶ Am I Affected Directly? Injured?
- ▶ Do I have Elect/Water/Safe Travel?
- Get Cash
- Gather Important Papers
- Monitor News

AFTER THE DISASTER

DON'T USE CANDLES OR MATCHES PREPARE FOR SURVIVAL

ASSESS HAZARDS

- Smell Gas? Shut off Gas Meter
- Electrical Hazards? Shut of Main Breaker
- Caution: Water Near Electricity
- Anyone Injured? Treat and Bandage

GATHER NECESSITIES

- Shop for Supplies
- Recover Disaster Kit

IMMEDIATELY

- Gather All Water Possible
- Bottled Water
- 10 Drops Bleach per Gal Water
- Boil if Safe To Do So
- Gather Food

IMPROVISE. USE COMMON SENSE.

- Fuel Cars if Possible and Safe**
- Do NOT use Generators or BBQ Indoors:
THESE ARE DEADLY!**

PRACTICE "WHAT IF" OPTIONS

- What If Kids Are at School?
- What If Dad Is At Work?
- What If Kids Are Alone?

WHO IS YOUR OUT OF STATE CONTACT?

- Name _____
- State _____
- Phone # _____

PLACE WRIST BAND ON ALL FAMILY MEMBERS

- Write Name, Birthday, Address On Band
- Helps Rescuers Re-Unit Families
- Use Pen/Permanent Marker on Skin

The Disaster Hits — How Do I...?

HOW TO SHUT OFF YOUR GAS

1. Turn off gas meter **ONLY** if you smell gas or hear the hissing sound of gas escaping.
2. Know exactly where your gas meter is located (See **Diagram A**), and how to shut it off. (See **Diagram B**).
3. As you face the meter, you will see a pipe running from the ground to the meter. There is a shut-off valve running parallel with the pipe usually located about 6 to 8 inches above the ground.
4. Take a 10 "or 12" adjustable wrench (any wrench that fits will work) and turn the valve 1/4 turn in either direction, until the valve is crosswise to the pipe.
5. **DO NOT TURN BACK ON!**
Only The Gas Company should turn gas back on.

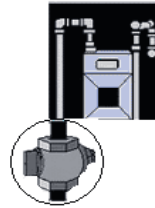


Diagram A



Close-up of a typical gas valve



Diagram B

HOW TO GET SAFE DRINKING WATER

1. Use bottled water. **If safe to drive or walk**, buy bottled water immediately.
2. Purify water using 10 drops of bleach in 1 gallon of water. Let stand 1 hour before using.
3. Turn off Water Heater. Open valve on bottom of water heater when water is needed. This will provide 30-50 gallons. **DON'T WASTE WATER!**



NEIGHBORS UNITE TO SURVIVE

PERSON ASSIGNED	TEAM	TEAM DUTIES
	Security Team	Post/Walk Security in Neighborhood
	Home Check team	Check Door to Door
	First Aid Team	Provides First Aid
	Supplies Team	Secures Tools, Water, Food, etc.
	Search and Rescue Team	Identify Trapped/Injured Persons
	Worker Team	Shuts off Gas/Water/Electricity
	Documentation Team	Records Where People Go

EVACUATION CHECKLIST

10 ESSENTIAL ITEMS

- 1. Emergency Supply Kit
- 2. Out-of-State Contact List
- 3. Cash and Credit Cards
- 4. Personal Information
 - Social Security Cards
 - Drivers License
 - Passport
 - Medical Card and Records
 - Insurance Information
- 5. Change of Clothing
 - For Each Person
- 6. Personal Hygiene Items
 - Toothbrush and Toothpaste
 - Shampoo and Soap
 - Lotion
 - Deodorant
 - Kleenex and Toilet Tissue
- 7. Family Photos
- 8. Baby Items
 - Diapers
 - Formula
 - Food
- 9. Special Needs Items
 - Wheelchair, Canes, & Walkers
 - Medications
 - Hearing aids (Batteries)
- 10. Pet Care Items
 - Identification & Immunizations
 - Carrier or Cage
 - Muzzle and Leash
 - Food and Water