



General Readiness:
Individual and Family Readiness
Reduce The Risk
TRAINING

Participant Booklet

As you take this course, use this instructional booklet to complete the assigned tasks and write notes or reminders. Take this booklet home and place in a safe secure location for future reference.

Thank you for your interest in World Cares Center training.

www.worldcares.org



WORLD CARES CENTER

Collaborate. Prepare. Recover.

About World Cares Center

World Cares Center (WCC) trains local leaders who will emerge as disaster managers when their community is stricken by crisis offering disaster management tools as a practical application in response. The result is a proactive community able to reduce suffering by responding immediately to the needs of their neighbors. Working with local governments, WCC provides planning support and training for support teams such as CERT. These teams are prepared to work with community leaders and their constituents extending the capabilities of local governments to interface and connect to grassroots communities during crisis.

WCC provide workshops so that citizens emerge as safe and effective disaster volunteers. Following the plans developed with leadership, constituents learn of volunteer roles in response and how to implement them safely.

About the Founder



World Cares Center was founded by Lisa C. Orloff, a thought leader in disaster management specializing in spontaneous volunteer management and community engagement. Orloff has 15 years of experience in the field and in the classroom. She has authored a field guide on the topic. Orloff has been called up by the Department of Defense, the Sri Lankan Ministry of Health, multiple Offices of Emergency Management as well as

grassroots groups as an advisor.

Orloff has responded to numerous disasters globally from the 9-11-2001 relief effort to the Haitian Earthquake, Hurricane Irene and Super Storm Sandy. She is the recipient of the Mayor's Voluntary Action Award for her relief work in and around Ground Zero and received letters of Accommodation from the Department of Defense and the New Jersey Office of Emergency Management.

Learning Objectives



- ✓ Discover and recognize household hazards.
- ✓ Understand how the most common everyday emergencies occur.
- ✓ Take immediate steps to keep your family and yourself secure at home.
- ✓ Gain tips and suggestions as well as activities to take for special conditions.
- ✓ Learn what to do in an emergency and how to be safe.



Lessons Learned



- ✓ Effective disaster response requires pre-planning that includes all community members.
- ✓ All community members, leaders and officials need to cultivate awareness and relationships **before** disasters strike.
- ✓ “Self Care” is critical to ensure a resilient responder community.
- ✓ Social media will significantly impact disaster response communications and information sharing.



Reduce the Risk

Identifying and Eliminating Household Hazards



Fire



Holiday



Gas & Carbon Monoxide



Steam



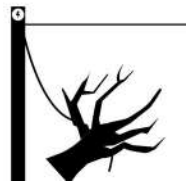
Chemical



Flood



Electrical

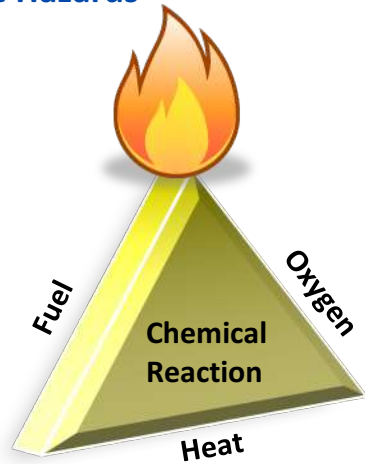


Yard

Fire

Potential Fire Hazards

- ✓ Flammable Liquids
- ✓ Flammable Cloths
- ✓ Electrical Hazards
- ✓ Natural Gas Hazards



- Install smoke alarms on every level of the home and near all sleeping areas.
- Be sure to check them regularly!
- Take time to look around for potential hazards, such as flammable liquids, or items or wiring near water.
- Move materials such as curtains, bedding, towels, clothing, bags, boxes, and chemical solutions away from stoves, heaters, candles, and fireplaces.
- Do not leave matches or lighters within a child's reach.
- Never leave an open flame, such as a candle or fireplace, unattended.



**Know where to locate and
how to use a fire extinguisher.**

Fire Extinguisher

Operating a Portable Fire Extinguisher

The procedure for operating a portable fire extinguisher is simple:

1. **Pull** the safety pin located in the handle, (twist to break the seal).
2. **Aim** the hose or nozzle at the base of the fire.
3. **Squeeze** the trigger.
4. **Sweep** the base of the fire from side to side. Be sure to hold the extinguisher in an upright position as your sweep.

That's all there is to it –
Pull, Aim, Squeeze and Sweep (P.A.S.S.)



Natural Gas

- Natural gas is odorless and tasteless; utility companies add a chemical odor if present in the air.
- Never heat your home with your gas stove or oven.
- If you smell gas, do not use anything that causes a spark including light switches, phones, or appliances.
- If you are at risk, leave the home immediately.
- If there is low risk, open all windows and doors and ventilate the area.



When a natural gas emergency is present, **DO NOT USE** the following items. All are possible sources of ignition!

- Telephone
- Lights and Light Switches
- Door Bell (Knock)
- Garage Door Openers
- Appliances
- Generators
- Cell Phones

Carbon Monoxide



- Carbon Monoxide (CO) is produced by the incomplete burning of carbon-based fuels, such as gas, natural gas, coal, charcoal, oil and wood.
- It is an odorless, colorless and tasteless poisonous gas.
- CO interferes with the body's ability to absorb oxygen.
- Humans can be poisoned by either:
 - Small amounts of CO over a long period.
 - Large amounts of CO over a short period.
- The most susceptible are the elderly.
- Use a Carbon Monoxide Detector which will sound an alarm when it senses lethal levels of CO. This detector can be paired with a smoke alarm.

Chemical



- Know the hazards! Ammonia, bleach, and chlorine are the most common, high hazard chemicals.
- Note the hazards of laundry detergents, toilet bowl cleaners, drain cleaners, furniture polish, paint, gasoline, pesticide, and even air fresheners.
- If a chemical gets into the eyes, flush with water for at least 15 minutes. If possible, have someone else call 9-1-1.



Poison



- If a poison is consumed, find the containers(s) and call the **Poison Control Center 1-800-222-1222** immediately. Follow the directions that you are given.
- Vomiting may not be recommended, tell the operator what you have ingested so that they can instruct you as to the correct steps to take!
- Add the **Poison Control Center 1-800-222-1222** number to your cell phone or accessible piece of paper.



Electric



- Maintain your appliances. Repair or replace when faulty.
- Do not run electrical cords under carpets or overload outlets.
- Only use extension cords for temporary purposes.
- Discard old electrical cords and wires.
- Be sure your appliances are turned off when not in use and unsupervised.
- Keep electrical wires and cords away from water sources.
- Never touch exposed electric wires or wires in water.
- **Call 1-800-75CONED** if you are unsure about an electrical situation.



Holiday

Cooking

- Holidays are filled with home cooked meals, remember to stay in the kitchen and use a timer when frying, grilling or broiling food.
- Create a “kid-free zone” within three feet hot food and drink areas (stove, oven, etc.).
- In case of a cooking fire, just get out! Close doors when exiting, get everyone out and call 911.
- Keep a lid nearby to smother small grease fires. Slide lid over pan and turn off stovetop. Leave covered until completely cooled.

Candles

- Keep candles more than 12” from anything that could burn. Blow out candles when you are not in the room. Never leave a child or pet alone with a burning candle.
- Place candles in a votive or sturdy holder filled with salt or water so that if it tips over the contents will put out the flame.
- Consider using flameless candles.



Christmas Trees and Decorations

- Make sure the tree doesn’t block exits and is three feet away from all heat sources.
- Unplug lights when not at home or going to bed. Replace worn, broken bulbs or cords. Never use lit candles.
- Dried out trees and needles are a fire hazard, keep fresh trees watered regularly. Discard soon after the holiday.
- Bring outdoor decorations inside to prevent hazards and to last longer after the holiday.



Steam



- Thermal – Associated with the high temperature of the gas. Burns are a thermal hazard.
- Pressure – The build-up in pressure from the gas can cause the street to collapse and objects to become projectiles.
- Sound and Vision – Gas build-up which can explode and cause damage hearing. A steam explosion and projectiles can limit vision as well as damage.
- Asbestos – A common ingredient in fireproof insulating and building materials.



You may not always be able to identify a hazard such as a pressure surge building within the building's pipeline system, but you can take note of any visible concerns.

- Be aware of any leaks, malfunctions, or failure in hardware such as pipes or boilers.
- If a contractor is working in your home, be aware of what they are doing.
- Know how your building withstands heavy rains, and if/when the local sewer system has been compromised.
- IN EMERGENCY: Evacuate the affected area and remain upwind of any plume.
- Call 911 and stay alert for any other hazards.

Floods



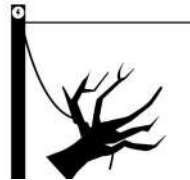
- One of the most common threats to your home in a hurricane is flooding.
- Caution should be take when pumping water from your basement.
- Never enter a flooded basement when the electricity is on.
- When flood waters are no longer covering the ground, you can begin to the water out of the basement.
- Pump water down 2-3 feet, mark the level and wait overnight, if the level does not rise continue this process. By following these steps, you are ensuring the water pressure from the outside does not damage your foundation.
- We offer FREE comprehensive flood response training. Visit www.worldcares.org to request a training.



Yard Safety



- Regularly maintain your yard and trim tree branches that are dead.
- Call your electric company to trim branches that hang over wires.
- In preparation for a storm or hurricane secure inside all garbage cans, gas grills, lawn furniture, and decorates and they become projectiles.
- Secure your storage sheds.
- Equipment that may be needed:
 - Sump Pumps
 - Generators
 - Fuel



Special Considerations



- ✓ If you rely on electric medical equipment, contact your medical supply company for information about back up power.
- ✓ Ask your utility company if you qualify as a life sustaining equipment customer and see if you can sign up for priority power restoration.
- ✓ If you are on oxygen, talk to your oxygen supplier about emergency replacement.
- ✓ If you receive regular treatments such as dialysis or chemotherapy, know your providers' emergency plan.

Next Steps

Household Hazard Assessment

Do an assessment of your home for potential hazards based on the topics discussed:

- ✓ Fire
- ✓ Fire Extinguisher
- ✓ Holiday
- ✓ Carbon Monoxide Alarm
- ✓ Smoke and Carbon Monoxide Alarm
- ✓ Steam
- ✓ Chemical
- ✓ Flood
- ✓ Electrical
- ✓ Yard

Household Disaster Treasure Hunt

Encourage your family, especially children, to make your home safer by helping with following tasks. It's important for children to know that they also can make a difference.

- ✓ Rearrange kitchen. Move items away from stove and other sources of heat.
- ✓ Secure and clean up storage areas that hold chemical products. Throw away unneeded or expired chemicals.
- ✓ Inspect wires for fraying or daisy chains and look for overloaded outlets. Discard worn or old cords.



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Reduce The Risk Training

World Cares Center is a not-for-profit registered 501(c)(3) organization delivering free safety and disaster response training and services through generous contributions. Special thanks to the UPS Foundation, Con Edison, Resiliency Advisors, Rutgers University, and NIEHS for making this training possible.

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