

# **Emergency Preparedness for Employees and their Families**

**Preparing Makes Sense  
Get Ready Now**

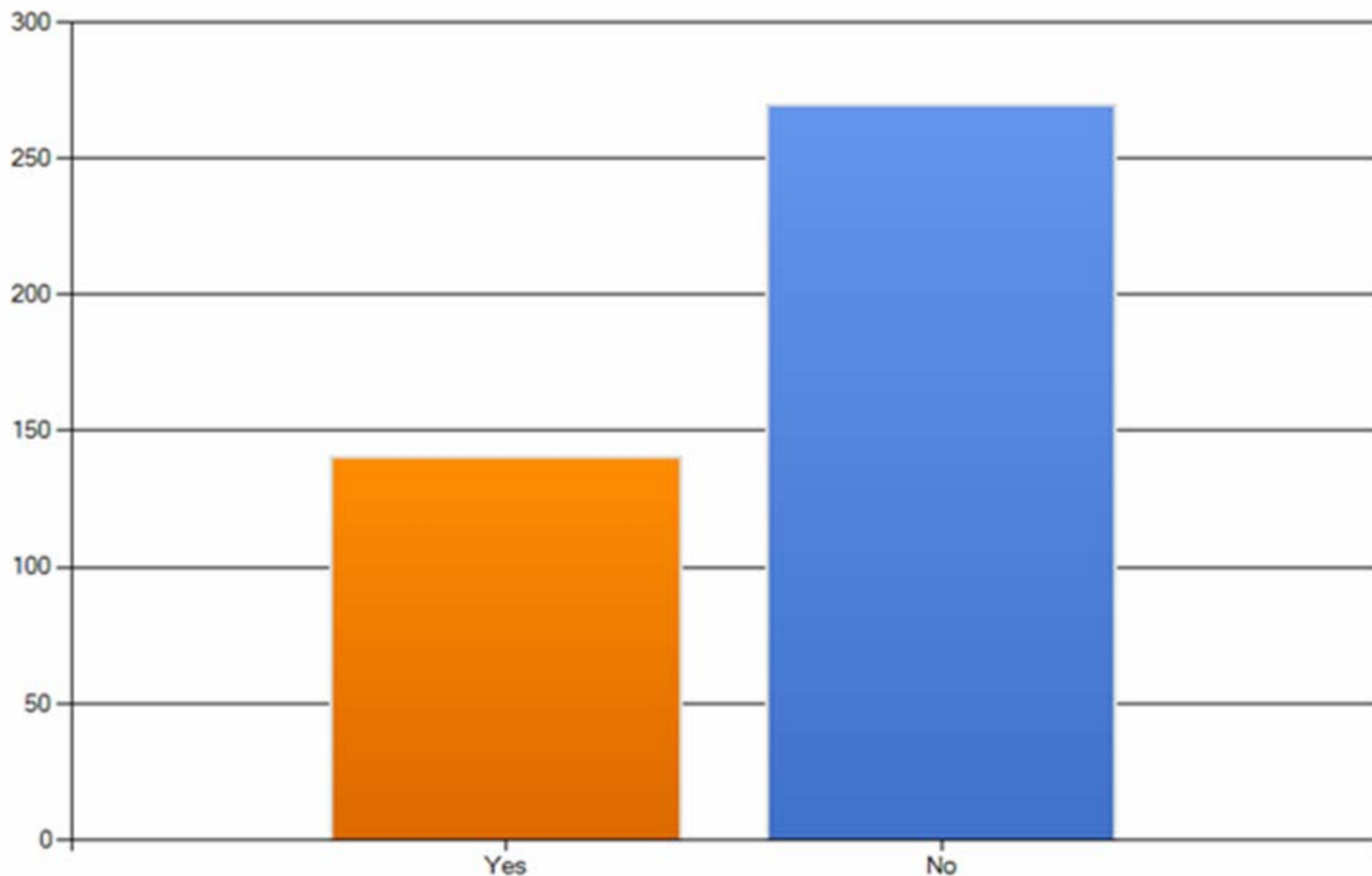
**Karla Smith**

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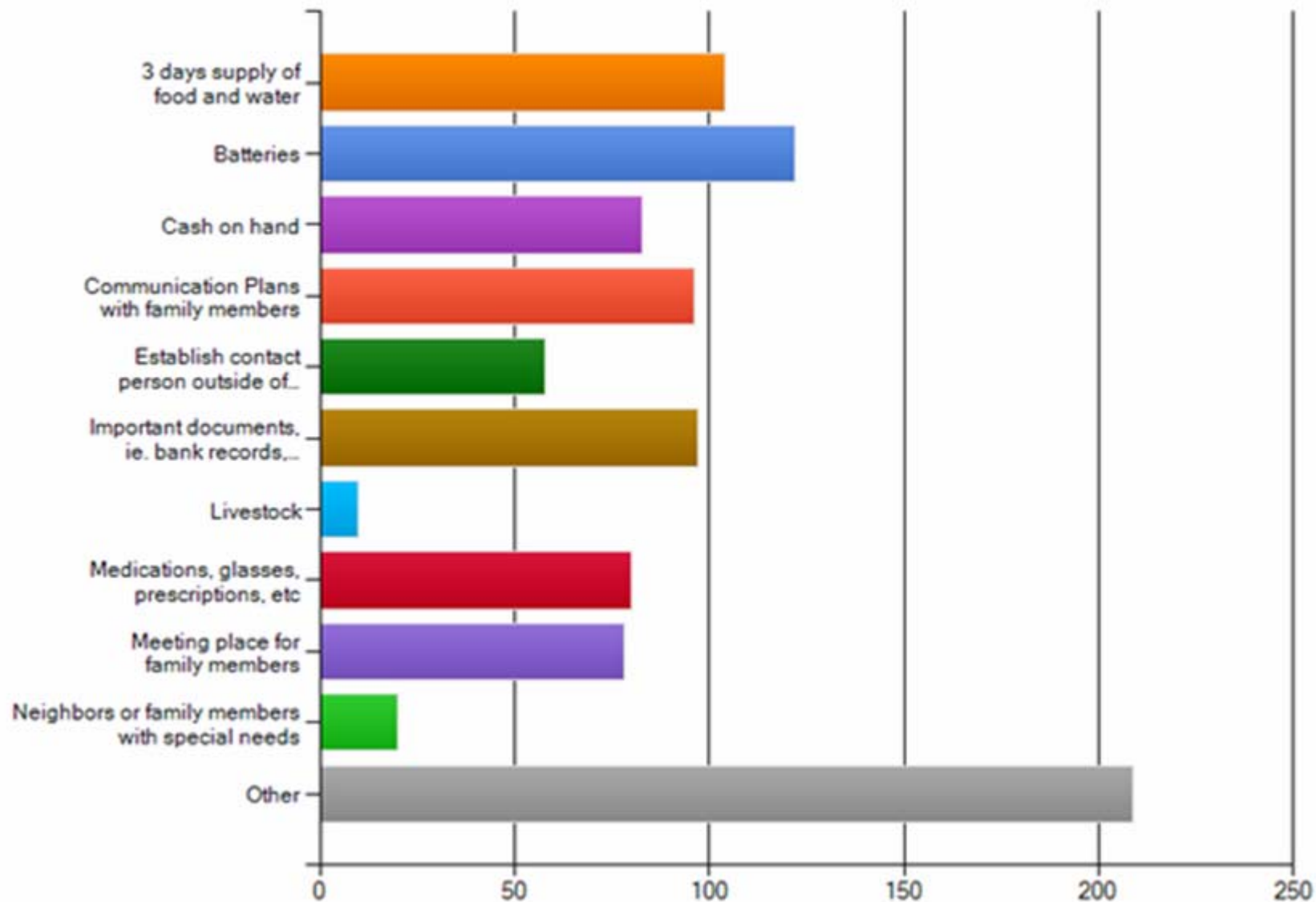
# Personal Emergency Preparedness Survey and Results

- Survey opened on October 4, 2009
- Survey closed on October 31, 2009
- 433 employees participated in the Survey

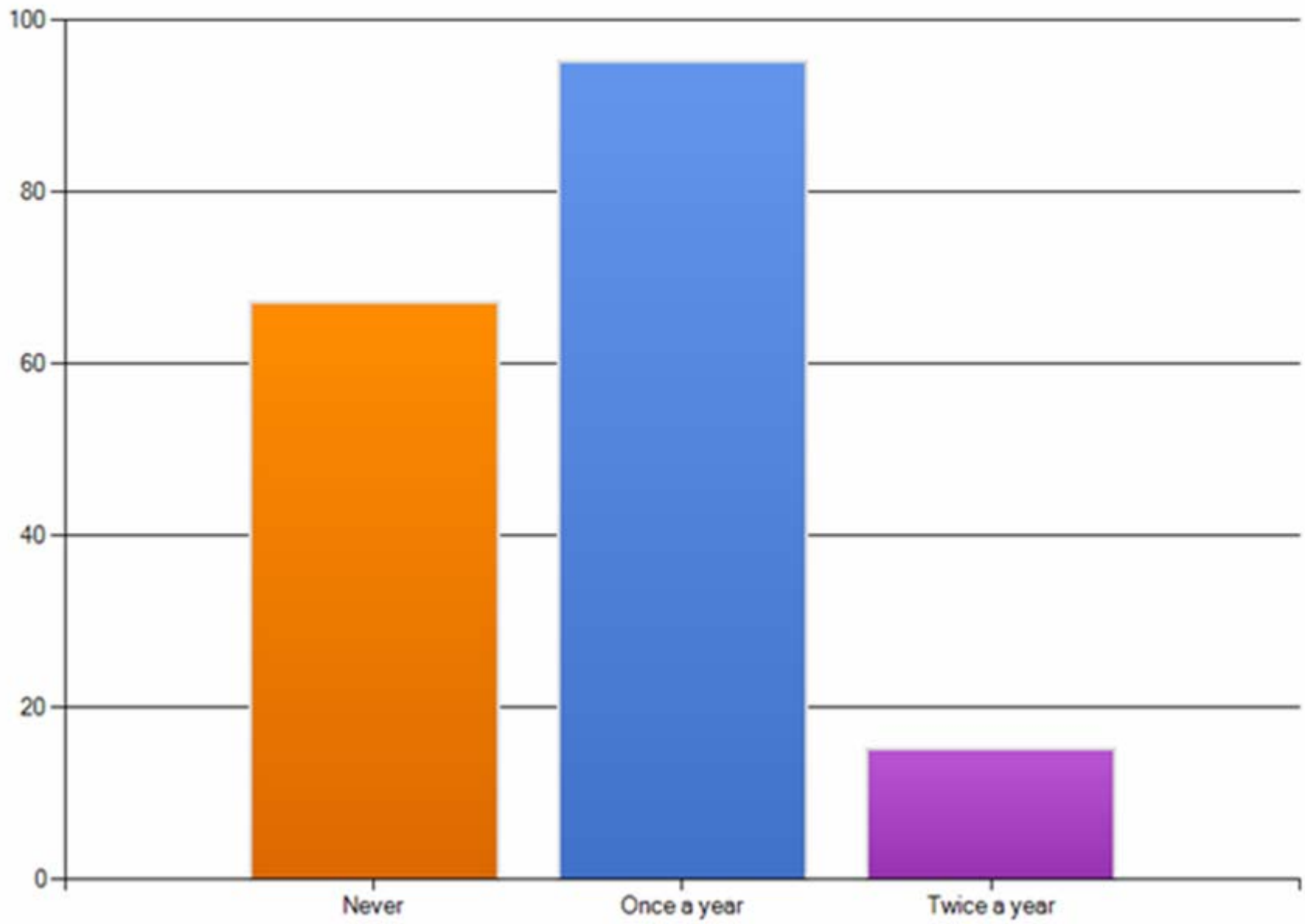
**Do you currently have a personal emergency preparedness plan for yourself and your immediate family? If no, please skip to Question #4.**



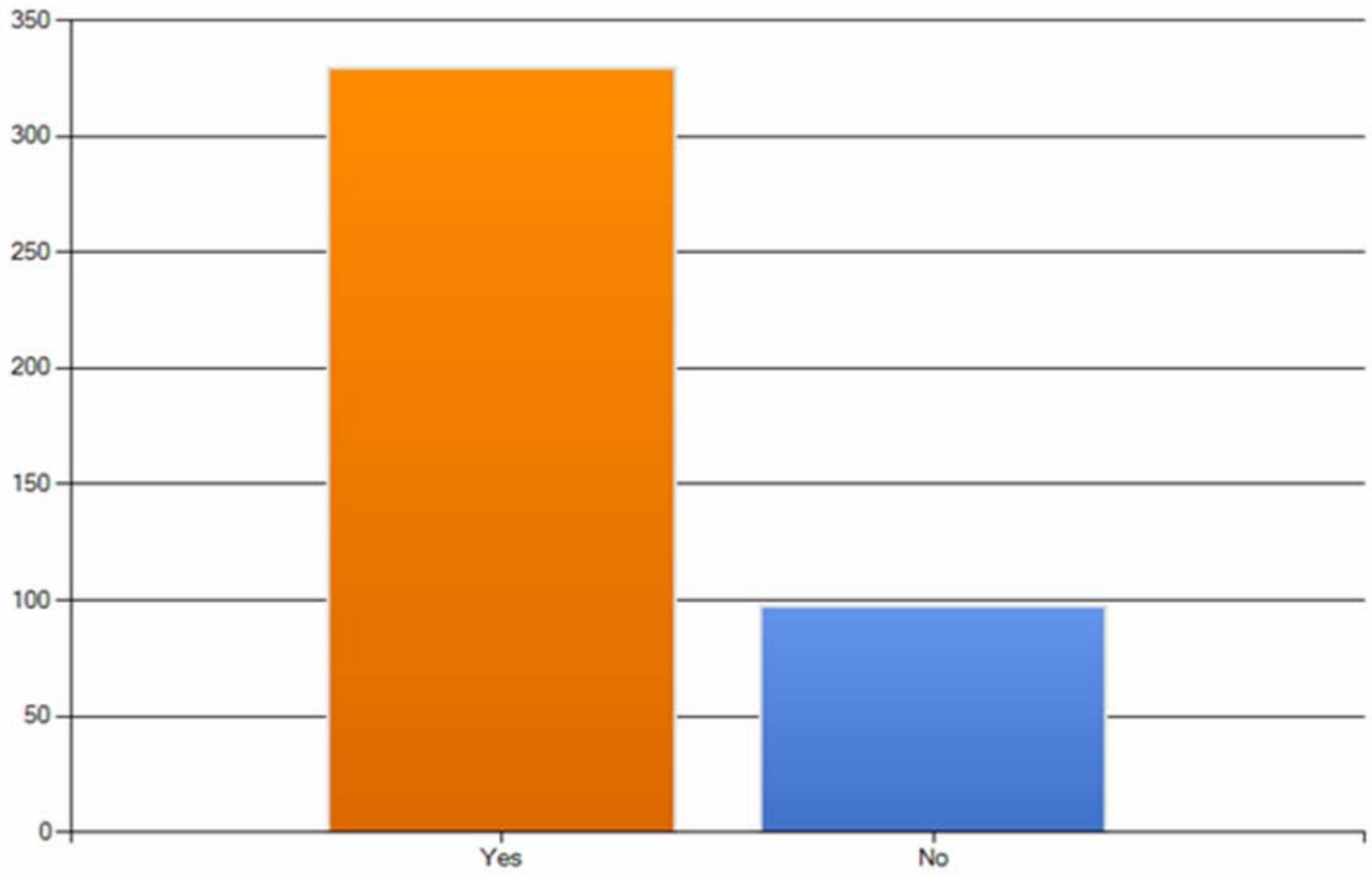
If yes, what does your plan include? Please check all that apply.



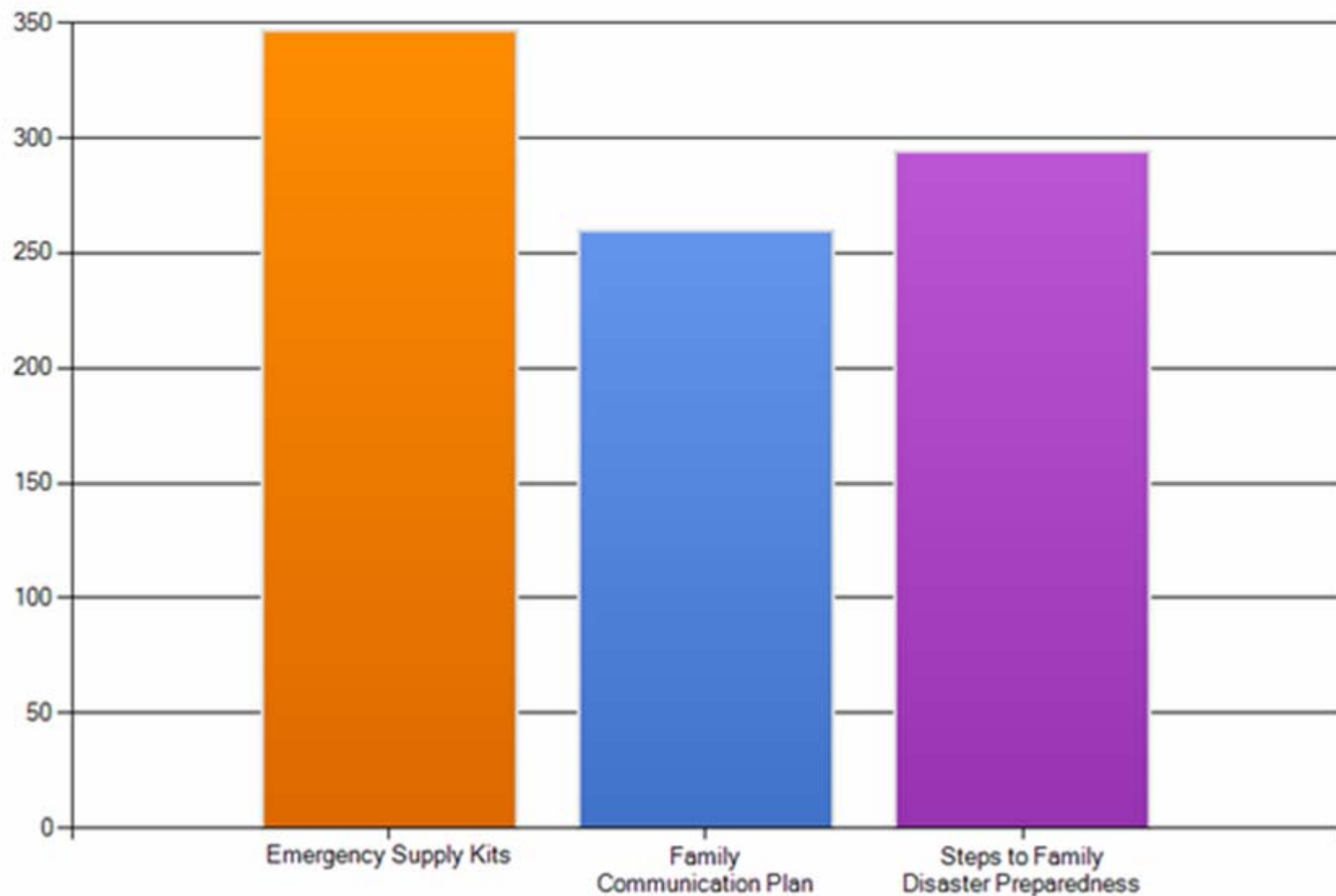
### How often do you review your plan with your family?



### Would additional Emergency Preparedness information provided by St. Peter's Hospital help with your planning needs?



What type of information would be beneficial in reference to personal emergency preparedness? Check all that apply.



# Why You Need a Family Disaster Supplies Kit

- When disaster strikes, you may not have much time to respond
- A family will best cope with disaster by preparing before the disaster strikes
- You will be able to function in your role at St. Peter's Hospital better if there is a disaster knowing your family is safe

# Steps to Becoming Prepared

- Get a Kit
- Make a Plan
- Be Informed

# Emergency Supplies Kit

## Six basics that should be stocked

- Water
- Food
- First Aid Supplies
- Clothing and Bedding
- Tools and Emergency Supplies
- Special Items

# Emergency Supplies Kit (Cont.)

- Supplies in kit should last for at least 3 days or longer
- Consider two different kits
  - One that will have everything you will need to stay somewhere
  - One that is lightweight and can be taken if you need to get away

# Water

- Store one gallon of water per person per day
- Needed for drinking and sanitation
- More water may be necessary for warmer weather

# Food

- Choose food that will not spoil and does not need to be heated or cooked
- Protein bars, fruit bars, dry cereal or granola, canned food/juices, dried fruit, nuts, crackers
- Remember to pack a manual can opener, cups and eating utensils

# First Aid Supplies

- Assemble a first aid kit for your home and for each vehicle
- First aid kit should include: thermometer, iodine wipes, zinc oxide, chap stick, decongestant, multi-vitamins, surgical blades, saline solution, insect repellent, 2 tongue blades, butterfly sutures, ammonia inhalants, antibiotic ointment, wet wipes, burn gel, soap, latex or non-latex gloves, Vaseline, alcohol pads, and a needle
- Many stores have pre-made First Aid Kits

# Clothing and Bedding

- Warm clothing is especially important in Montana – layer your clothing
- Warm clothing for each family member in your supply kit, including a jacket, long pants, a long sleeve shirt, sturdy shoes, hat/gloves
- Sleeping bag or blanket for each family member

# Tools and Emergency Supplies

- Assemble an emergency supply and tool kit
- Kit should include: a flashlight, a battery powered radio, extra batteries, utility knife, local map, toilet paper, soap, garbage bags and other sanitation supplies, plastic sheeting, duct tape, extra cash and identification
- Make sure to rotate extra batteries so they will work when you need them

# Special Items

- Think about your family's unique needs
- Pack diapers, formula, bottles, prescription medicines, pet food, comfort items, books, paper, pens, a deck of cards or other forms of entertainment

# Make a Plan

- Your family may not be together when disaster strikes
- Plan how you will contact one another and review what you will do in different situations
- Consider a plan where each family member calls, or e-mails, the same friend or relative in the event of an emergency

## Make a Plan (cont.)

- Consider having an out-of-town contact because they may be in a better position to communicate among separated families
- There may be situations where you have to stay where you are
- There may be situations where you have to be evacuated

# Family Communication Plan

- Fill out information for every family member and keep it up to date
- Understand the emergency plan for where each family member spends the most time (work, school, home or daycare)

# Be Informed

- The more information that is known, the easier it will be to handle a disaster

## Family Disaster Preparedness---5 easy steps

1. Discuss
2. Train
3. Assemble
4. Identify
5. Maintain

# Discuss

- Discuss the disasters that will most likely happen in your area
- Blizzards and Winter Storm Hazards are more likely to occur in Montana than a Hurricane.

# Train

- Train all family members to be ready for disasters
- Take first aid classes
- Learn how to use fire extinguishers
- Learn how to shut off utilities

# Assemble

- Assemble your disaster kits before the disaster occurs
- Periodically check the kits to make sure the supplies are ready to use
- Always make sure there is enough supplies for every family member

# Identify

- Identify in and out of state emergency names and numbers with the Family Communication Plan and make sure each family member has a copy
- Have different ways to communicate such as a phone number and an e-mail address

# Maintain

- Maintain your readiness
- Review your disaster plan often
- Identify any new needs that arise

# Conclusion

- If individuals and families are prepared, St. Peter's Hospital and its employees are better positioned in an emergency situation
- E-mail me if you are interested in receiving a copy of this presentation

# Additional Resources

- [www.ready.gov](http://www.ready.gov)
- [www.mt.gov/dma/des](http://www.mt.gov/dma/des)
- <http://www.co.lewis-clark.mt.us/DES>