



WELCOME TO ROSEVILLE UNIVERSITY



Being prepared for a disaster



What we will cover

- ▣ How to keep your family safe
- ▣ How to control house utilities
- ▣ Basic First Aid
 - Hands only CPR
- ▣ How to use a fire extinguisher
- ▣ How to prepare
 - Simple home kits

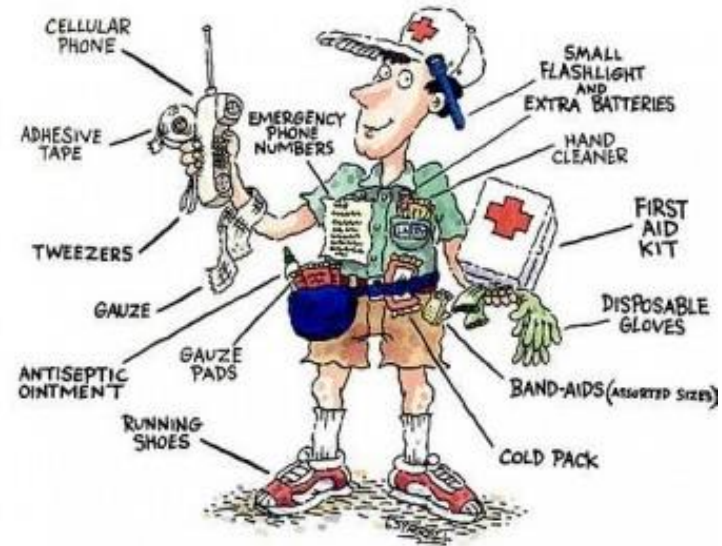
We are not going to be like this...



Think ahead.....

- Boy Scouts of America
Motto.....

Be prepared!



Best advice when faced with emergency

- ❑ Stay calm
- ❑ Look around you
- ❑ Never lose focus of your surroundings
- ❑ Keep yourself safe!!!

Common disasters

- ❑ Weather
 - ❑ Snow
 - ❑ Ice storms
 - ❑ Wind storms
 - Straight line and tornados
 - ❑ Heavy rain



Downed wires

- ❑ Always assume that a downed wire is conducting electricity.
- ❑ Be careful of what you touch outside such as fences. Posts may be energized by the downed line.



Keeping your family safe

- Remember that things that we take for granted everyday may not work when there is a disaster.
 - ▣ Cell phones
 - ▣ Internet
 - ▣ Power

Keeping your family safe

- ❑ Make sure that you and family members can identify and know how to shut off things in your home.
 - ▣ Main fuse
 - ▣ Water
 - ▣ Gas

Electrical panel main breaker



Main breaker

Individual
breakers

Gas shut off

- ❑ The main gas shut off for homes is located on the outside meter.
- ❑ This should be used if you are unable to locate the valve for the specific appliance.



Keeping your family safe

- Generators
- Always use them outside and away from open windows or locations where the exhaust could get into the structure

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Basic first aid

- ❑ Bleeding control
- ❑ Simple bandaging
- ❑ Burns
- ❑ Broken bones



Basic first aid

- ❑ Bleeding control
 - ▣ Direct pressure
 - ▣ Elevation

Tourniquets are ok in cases of severe bleeding that cannot be controlled



Simple bandaging

- ❑ Keep it simple!
- ❑ Wrap the location so that it keeps the wound covered.
- ❑ Start from the furthest location away from the heart and work inwards.



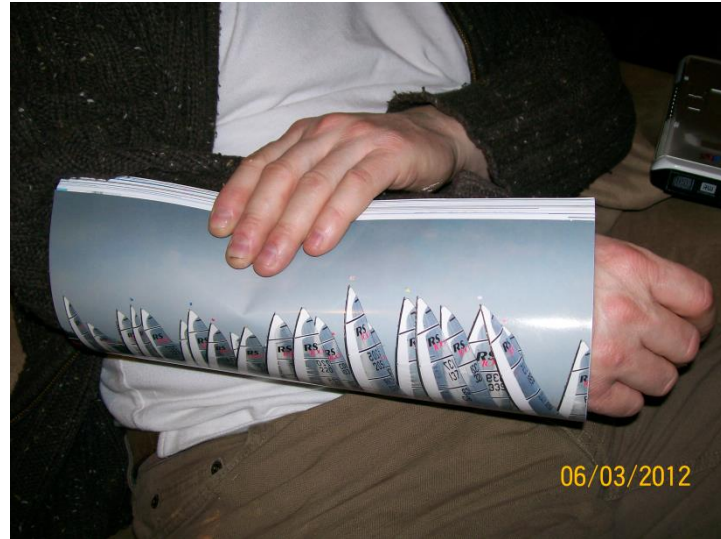
Burns

- ❑ Cool, clean water is typically the best treatment
- ❑ No creams or ointments!



Broken bones

- ❑ Support above and below the break
 - ❑ Splint the location with whatever is available
 - ▣ Wrist- magazine
 - ▣ Leg- broomstick
- Be creative!



What to keep in a first aid kit

- Band aids of various sizes
- Tape
- Gauze pads
- Gauze rolls
- Good scissors
- Tweezers
- Antiseptic wipes
- Benadryl
- Aspirin
- Ziplock bags

How to use a fire extinguisher

□ Remember the acronym
P.A.S.S

- ▣ Pull (the pin)
- ▣ Aim (at the base of the fire)
- ▣ Squeeze (the handle)
- ▣ Sweep (at the base of the fire)

□ <https://www.youtube.com/watch?v=Hw4uliXUCY4>

□ <https://www.youtube.com/watch?v=ZCSms-iyOao>

If you have to leave your home...

- ❑ Take only what is necessary-
 - ▣ Medications
 - ▣ Passports/birth certificates
 - ▣ Insurance information
 - ▣ Diapers/formula
- ❑ Change of clothes
- ❑ Toiletries
- ❑ Pet food and leash
- ❑ Kennel
- ❑ List of important phone numbers

Home kits

- ❑ Flash light(s) and batteries
- ❑ Spare cell phone charging cables
- ❑ First aid supplies
- ❑ Dust masks
- ❑ Simple tools
- ❑ Handy wipes
- ❑ Weather radio
- ❑ Local maps
- ❑ Important phone numbers
- ❑ Supply of food
(Optional)

Questions???





TIME 😊
FOR A
BREAK

Hands only CPR



More information

- [Emergency.cdc.gov](https://emergency.cdc.gov)
- [Ready.gov](https://ready.gov)



Thanks for attending!!!