

The First Three Hours



Marcussen Emergency
Response Training

Personal & Family Disaster Response

March 3, 2022

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Introduction

Goals during the first 3 hours of a community-wide disaster:

- 1) Personal & family safety
- 2) Long-term sustainability for seven days
- 3) Then... your neighborhood

Additional Handouts:

- www.getreadyatherton.org/resource-library
- **MERT Family Emergency Plan handout**

Please ask questions along the way

What to Prepare For



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Marcussen Drive Disaster Reality – 7.0 Earthquake

No Water	3 days to 10 days and beyond
No Electricity	3 days to 10 days and beyond
No Internet	3 days to 10 days and beyond
No Cell Phones	3 days to 10 days and beyond
No Sewage Processing	3 days to 10 days and beyond
No Evacuation	3 weeks

Multiple aftershocks from 6.0 to 5.0 to 4.0 for several hours and days following

Downed trees

Downed power lines

Duplex and potential canopy fire

Sewer and water line ruptures

Duplex water leaks until water line ruptures deplete water

Hospitals will be closed or unavailable

What to Prepare For



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Can you camp out in your backyard for 2 weeks?

Can you camp out in your front yard for 2 weeks?

Can you shelter with your neighbors for 2 weeks?

Can you care for the deceased or injured in your family?

Can you care for the pets, the elderly and the children
in your family?

Do you know how to perform limited light search and
rescue?

Immediate Response



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- Duck and cover
- Get to safety with your BUG OUT BAG
 - Where is safe?
- Call 911 if needed to get into the emergency response queue
- Throughout your response – use “OODA”
 - Observe – Orient Yourself – Decide – Act

Step 1 – Check Personal Condition



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- Pat yourself down: first your arms, then head, then torso, then legs noting any blood formation
- Move slowly and deliberately
- Pay attention – adrenaline rush may impair judgement
- **Observe, Orient, Decide, Act**



A volunteer checks his personal health condition during the 2019 Atherton Community Emergency Drill

Step 2 – Assemble Your Family



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- Call out or use whistle to gather
- Follow **MERT Family Emergency Plan handout**
 - Bug Out Bags
 - Connect with those at work or school if possible
 - Notify out-of-area contact if possible
- Assume that within 5 minutes of a major earthquake there will be NO cell, phone, or Internet service

Step 3 – Perform Needed First Aid



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- Perform family first aid assessment (similar to Step 1)
- Are the conscious and responsive
- Perform basic first aid as you can or get neighbor's help



The Fogelbergs show how to make a splint in the December 2019 A.D.A.P.T. Community Meeting

Step 4 – Organize and Assign Family Response Functions



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- Leader
- Scribe
- Communications
- Medical
- Reconnaissance
- Shelter setup
- Evacuation



Scribe



Medical

Step 5 – Set Up Family Communications Network



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- FRS/GMRS radio network
(immediate local communications)
- Ham radio (future out of area communications)
- Establish your family channel and family call signs.

Step 6 – Check on Your Pets



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- Secure your pets; large scale disaster can disorient them
- See **MERT Pet Care Essentials**



Jon Mosby shows how to care for your cat in the
Feb 2020 A.D.A.P.T. Community Meeting

Step 7 – Check Your Property



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- Which areas?
 - Your home
 - 2 homes next door + 3 in front + 3 in back
- What to look for?
 - Potential hazards (trees, poles)
 - Gas, water, electrical
 - Structural damage (slanted structure, damaged roof)
 - Note weather & other conditions
 - Be ready for aftershocks



Zach Whitman performs a property assessment in the
2019 Atherton Community Emergency Drill

Step 8 – Move Car to Driveway (not in the street)



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- Inside your car:
 - Bug Out Bags
 - Fire extinguishers
 - Boost Oxygen
 - Extra water
- Vehicle can provide:
 - Shelter/warmth
 - Source of fuel and power
 - Security
 - Radio information



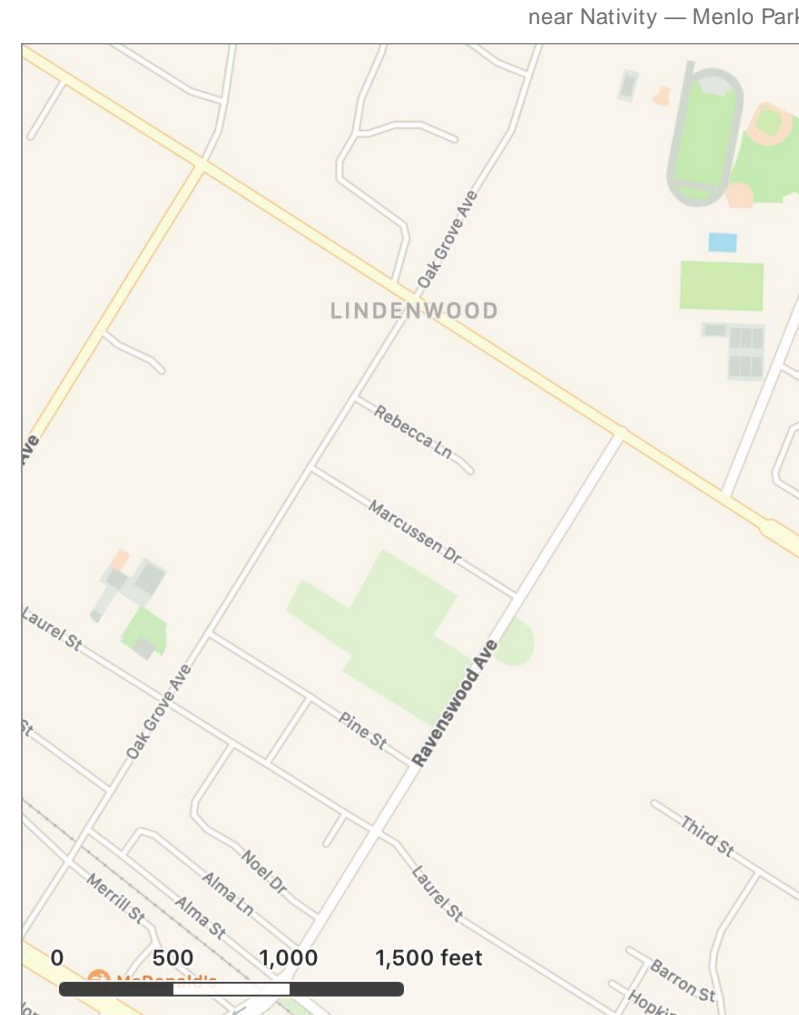
Car in driveway facing out

Step 9 – Evacuate or Stay?



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- If you evacuate, do so quickly
 - Know primary & backup routes
- Either way, if possible:
 - Secure home, notify neighbors
 - Prepare for secondary hazards
 - Note weather & potential for fire
 - Follow your emergency plan



What Now?



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What if...

- There are aftershocks
- Exits are blocked
- Your home's structural stability is uncertain
- Family members need care, comfort and shelter

Backyard disaster cache: accessible location for camping gear and other supplies

Step 10 – Disaster Sheltering



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Consult ***MERT Priorities for Disaster Camping*** to establish your campsite for three to ten days in the case of a large scale emergency or disaster



Step 10 - Backyard Disaster Caches



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Canopy,
tent &
tarps

Port-a-
potty

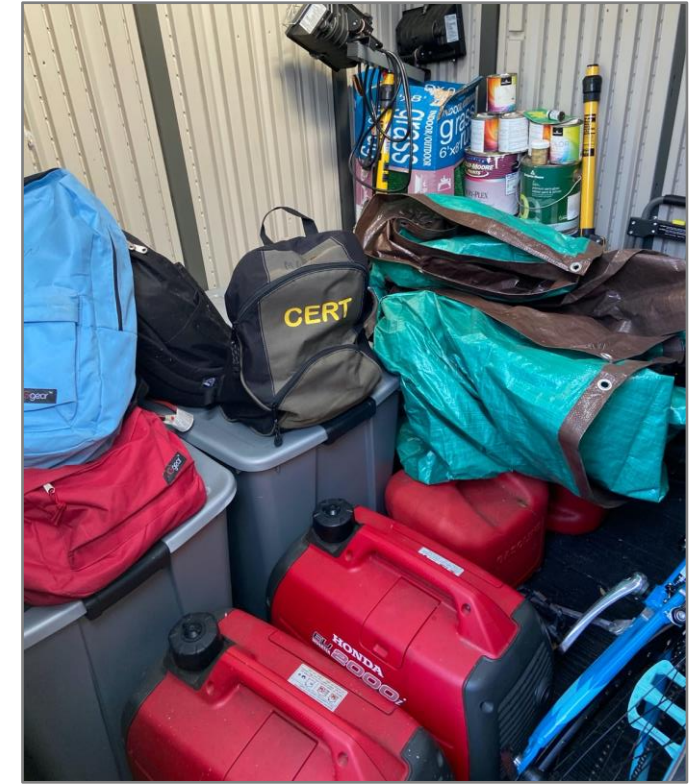
Water
storage

Folding chairs

Food & first aid

Sleeping bags

Camping equipment & *Home Disaster Essentials*
in an accessible location (1/3 of existing shed)



Generators, Go Bag, tarps, lighting & more

Step 10 - Prepare Your Backyard



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1a. Home site perimeter designation and security

Away from treefall and damaged
structures

Set out perimeter markers, flags or
lighting



1b. Home site perimeter security (non-lethal defense)

Boat horn

Bull horn

One-mile whistle

Wasp spray

Taser flashlight

Fire extinguisher

1000L – 3000L flashlight



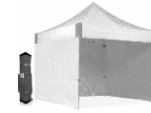
Step 10 - Prepare Your Backyard



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2. Weather-safe Shelter and Lighting

Canopies/tents



Tent/canopy repair kits and whisk broom

Tarps and ground covering

Folding table and chairs



Cots

Lanterns, headlamps, flashlights, batteries



Your vehicles



3. Water

Life Stream Bottle



One gallon per person per day minimum

Storage – water pouches, 5-gallon,
50-gallon, Polymart 150



Step 10 - Prepare Your Backyard



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4. First Aid

Family medical and trauma kits
Medications, vitamins, Emergen-C
Designate medical area and morgue, if
necessary



5. Family Communications

Portable broadcast radio
Motorola T465 FRS radios
Yaesu FT-60R
One mile Fox 40 whistle



Step 10 - Prepare Your Backyard



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6. Warmth (heat and clothing)

Camp clothing (caps, coats, ponchos, gloves)

Sleeping bags and blankets

Fire starting kit/tools

Outdoor BBQ with propane/fire pit



7. Sanitation and Hygiene

Camp port-a-potty

Shovel with pick, lye (lime), plastic trash bags, toilet paper

Personal hygiene kits with sanitizer, water, towels



8. Specialized Care

Child, Elderly, Handicapped, Pet

See [MERT Elder, Child and Pet Care Essentials](#)

Step 10 - Prepare Your Backyard



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9. Fire Fighting

Pool, power source, pump, 100-ft hose (1")

Shovels and dirt/sand



Fire extinguishers



10. Food Preparation and Preservation

Refrigerator (~8 hours) and freezer (~48 hours)

Refrigerated/frozen food, MREs, canned food, freeze-dried food

Preserve food by dry heating it (jerky)

Coleman stove with propane



Outdoor BBQ with propane

11. Debris Clearing

Chain saw (gas/genset)



Shovels, rakes, wheelbarrow, trash bags



Step 10 - Prepare Your Backyard



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12. Power

3 Kw Generator with gas reserve



5-gal Gas storage

Portable wind or solar power with batteries



Vehicle

13. Critter Remediation

Disease/contamination prevention



Sling shot

Boat horn



Wasp spray



Noise, fire and activity

Remember:



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- Maintain hydration
- Watch for low blood sugar & exhaustion
- Check in regularly as family unit
- Watch for psychological cues/stress
- Know that you and family members are OK, *before* you leave to assist your neighbors

To be continued in April: The Next Five Hours

Wrap-Up



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- Thank you for participating!
- Handouts were sent out to you via email
- Additional Resources:
 - www.mpcready.org
 - www.getreadyatherton.org
 - www.menlofirecert.com
- Sign up for emergency alerts: www.smcalert.org
- Q&A

Next Class – April 7, 2022

6:00 PM – 7:30 PM

On Zoom