



## The First Three Hours for an Area, Neighborhood or Block Coordinators

The first three hours in a community-wide disaster for an Area, Neighborhood or Block Coordinator are critical in achieving the goals of personal and family safety first, seven days of sustainability during a disaster second and, then and only then, leading your neighbors to that same safety and sustainability.

This outline is intended as a guide to achieving those three goals starting with the **FIRST THREE HOURS** of personal and family response activity.

### **WHEN THE DISASTER STRIKES THE CLOCK STARTS TICKING.**

Duck and cover or respond immediately to the disaster scenario presented to you

**Observe, Orient yourself, Decide and then ACT** (OODA – United States Air Force)

Using the Marcussen Disaster Assessment.PPTx, run through the various scenarios and plan ahead your response

Using the Marcussen Disaster Assessment.PPTx, practice your response in advance so that you will be confident when a real disaster scenario presents itself

Check personal health condition

Perform self-assessment check your arms first, then your head, torso and legs

Perform basic body movements slowly to determine your ability to move effectively

It is important to know if you are injured because a disaster adrenaline rush may not allow you to feel that you are injured

Assemble your family

Call out to your family and gather in a predetermined SAFE location on your property – front yard, back yard, at the curb in front of your home

Grab your Bug Out Bags (BOBs) and bring them with you

What's in your BOB?

Execute your predetermined plan for when you are at work or children are at school with alternate meeting points

Make your single phone call out of state to an acquaintance or family member and activate your emergency phone tree

Assume that within thirty minutes of a major earthquake there will be NO CELL, NO PHONE SERVICE or NO WIFI SERVICE

Perform any necessary family triage or first aid

Perform full body assessment - check your arms first, then your head, torso and legs

Perform basic body movements slowly to determine your ability to move effectively

It is important to know if your family members are injured because a disaster adrenaline rush may not allow them to feel that you are injured

Apply immediate first aid as you are able from your BOBs

Organize your family members into functional capabilities:



## Marcussen Emergency Response Training

Family leader

Scribe with clipboard, pen, pencil

Follow your family response checklist

Family communications net

Medical treatment as needed

Property-neighborhood reconnaissance (rapid assessment)

7-day shelter and campout

Evacuation

Create a communications network

FRS/GMRS family radio network

Ham radio set up for future out-of-area communications when you have established solid and safe disaster sustainability

Check on your pets

Secure your pets – large scale disaster can disorient them

Perform reconnaissance around your home, property and immediate neighborhood surroundings

Either side of your property, the three properties behind you and the three properties across the street

Note potential hazards (trees, poles) on your property and neighbors

Prepare for aftershocks if the disaster scenario is an major earthquake

Inspect gas, water and electrical outlets and panels

Determine whether you are going to turn them off

Note your neighbors' gas, water and electrical outlets and panels if you can

Note the weather

Note the life-threatening situations in your neighborhood closest to your home

CALL 911 and report life-threatening situations

Determine whether to evacuate or stay

If you decide to evacuate, do so quickly with your BOBs

Secure your home as best you can

Try to notify your neighbors if you are able without delaying your evacuation

Know your primary evacuation route, your backup route and destination, if possible

Prepare for secondary emergency potentialities

Share them with your family members

Use the ADAPT Atherton Assessment PPT on the [www.getreadyatherton.org](http://www.getreadyatherton.org) as a guide

Note changing weather conditions

Be most aware of FIRE

Establish a security perimeter

Move your car to edge of driveway facing out with BOBs inside

Place fire-extinguishers, Boost Oxygen in your vehicle

If your home is not able to occupied because of aftershocks and your backyard campout space is compromised, your vehicle is shelter, source of fuel and power and security



## Marcussen Emergency Response Training

Prepare backyard campout for seven (7) days from your backyard disaster cache:

1. Re-establish your security perimeter
  - Non-lethal means of self-defense:
    - Bull Horn
    - One-mile whistle
    - 1000L -3000L flashlight
    - Boat horn
    - Wasp spray
    - Fire extinguisher
2. Weather-safe Shelter and Lighting
  - Ground tarp, tent, canopy (with three sides) over tent
  - Folding table, chairs, cots
  - Propane lanterns, LED lanterns with batteries
  - Solar portable perimeter lights
  - Headlamps and LED flashlights with batteries
3. Water
  - Hydration, medical application, food preparation, hygiene
  - Life Stream Bottle
  - One gallon per person per day minimum
  - Storage – water pouches, 5-gallon, 50-gallon, Polymart 150
4. Secure first aid supplies
  - Create a communications network
  - Medications, vitamins, Emergen-C
  - Establish a separate medical area (and morgue if needed)
5. Reset your family communications network
  - FRS/GMRS family radio network
  - Ham radio set up for future out-of-area communications when you have established solid and safe disaster sustainability
6. Warmth and Heat
  - Prepare for the cold and rain
  - Clothing – caps, coats, ponchos, gloves
  - Sleeping Bags, Blankets
  - Ponchos
  - Heat
    - BBQ pit, fire pit
7. Sanitation and Hygiene
  - Toilet Paper, shovel, lye, plastic bags
  - Commercial oort-a-potty unit
  - Personal hygiene kits, water, towels
8. Establish special needs plan
  - Elderly/handicapped
  - Children
  - Pets
  - Severely injured



## Marcussen Emergency Response Training

9. Fire Fighting
  - Pool, Utility Source, Pump, 100 Feet of 1" Hose
  - Fire Extinguishers
  - Shovels and dirt
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. Property Debris Clearing
  - Chain saw (Gas or Electric (2.5 kW Genset))
  - Shovels, rakes
  - Use fuel from your vehicle if necessary
12. Power
  - 3 Kw Generator with gas reserve
  - 5-gal Gas storage
  - Portable wind or solar power with batteries
  - Vehicle
13. Develop Critter Remediation Plan
  - Disease/contamination prevention
  - Sling shot, wasp spray, boat horn
  - Noise, fire and activity

MAINTAIN HYDRATION

WATCH FOR LOW BLOOD SUGAR AND EXHAUSTION

CHECK IN REGULARLY

WATCH FOR DISASTER PSYCHOLOGICAL QUEUES

Place your ADAPT Go Bag in your vehicle

Evacuation planning

If you cannot evacuate and there is a canopy fire, solve the problem

**Only after you have established your family safety, check on your immediate neighbors prior to deploying to your EAP as a resident emergency leader**

**THE NEXT FIVE HOURS** is the topic at our next advance leadership meeting.