



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



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- 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:
 - 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 as a guide
 - Note changing weather conditions
 - Be most aware of FIRE



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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

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



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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

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



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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.