



Emergency Preparedness Checklist

USE YOUR MAGNET TO POST THIS ONTO YOUR FRIDGE
CHECK OFF SEVERAL ITEMS EACH WEEK AND YOU WILL SOON BE PREPARED!

“TO DO”

- Put a pair of old sturdy shoes by each bed
- Flashlight / batteries or lightsticks near beds
- Practice “Drop, Cover & Hold On” with family
- Arrange a family meeting place
- Find a safe place in each room of your house
- Identify hazards inside & outside of your home
- Store a clothing kit for each family member
- Complete your “out of area” cards
- Prepare an emergency food plan
- Consider alternate cooking / adequate fuel
- Prepare an emergency food plan
- Get a fire extinguisher, learn to use it
- Familiarize with utility shut off locations
- Promote E.P. with neighbours & family
- Take additional E.P. Training:
Fire Extinguisher, First Aid, ERTT,

“TO STORE”

- Emergency water (dated & stored properly)
- Designated Natural gas shut off wrench
- Tarp, Tent, plastic sheeting, Camping supplies
- Crowbar / prybar
- Pet emergency supplies- info collar always on

“IN THE KIT”

- Family Photos
- Work gloves
- Safety goggles & dust masks
- 1 – 2 rolls of toilet paper
- Sanitary supplies (toothbrush, diapers, etc)
- Liquid soap & paper towels
- Ponchos
- Emergency blankets
- Battery operated radio & batteries
- Flashlight & batteries
- Paper plates, plastic cutlery, etc.
- Can Opener
- Duct Tape
- Multi-blade knife
- Whistle
- 50' of rope
- First aid kit
- Garbage bags
- Extra medication / prescription
- Spare glasses / contact lens solution
- Cash
- Notebook & pencil
- Check / replace – every 6 months

VANCOUVER FIRE AND RESCUE SERVICE



CAR & OFFICE

- Water (Nine 4½ ounce pouches)
- Food (3 day supply)
- Out of area cards
- Work gloves
- Dust masks
- Poncho, Emergency blanket
- Battery operated radio & batteries
- Flashlight & batteries, lightsticks
- Multi-blade knife
- Whistle
- First aid kit
- Fire extinguisher
- Sturdy shoes
- Warm clothing
- Area maps
- Road flares
- Vehicle emergency equipment
(Jumper cables, jack, etc)
- Cash / quarters or phone card
- Notebook & pencil
- Tissues

PET KITS

- Sturdy Crate or Carrier
- Identification tag & collar with out of contact #
- Leash
- Work Gloves
- Water / Food - 7 day supply - each pet
- Non -spill Bowls
- Litter box / Plastic bags
- Special Medication
- Can opener/ plastic lids
- Copy of documents / Medical History
- Recent photo of your pet
- Pet first aid training and First aid Kit
- Emergency phone numbers
- News paper and Paper towels

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Vancouver Fire fighters Community CPR/First Aid
Training 604.822.8283





Emergency Preparedness

Planning for the Big One helps Us Prepare for Most Other Emergencies.

Seismic experts say we can expect a major destructive earthquake in Vancouver. We don't know when this will happen, but we do live in a region where some of the largest Earthquakes in the world occur. When an Earthquake occurs, your first warning may be a swaying sensation if you are in a building or a sudden noise or roar. It will be scary! It may last a few seconds or go on for a few minutes. The earth won't open up and swallow you, but you could be hurt by falling glass, falling objects and heavy things moving around. Be prepared for the aftershocks.

You can't prevent an Earthquake but you can:

- Be prepared to avoid injury
- Be prepared to minimize damage to your home
- Be prepared to survive afterwards for at least 72 hours
- Practice Earthquake Drills with your family

Your family should prepare and practice what to do before, during and after an Earthquake:-

- Plan and Practice Evacuation
- Arrange for an out of town contact. In the Interior, or out of Province
- Have a Family meeting place designated if you can't get home
- Learn to shut off Utilities if necessary.
- **Do not shut off the gas unless there is a leak or fire**
- Share your Emergency Plans with your neighbours
- Learn to use Portable Fire Extinguishers
- Know where your Emergency supplies are stored

Your Emergency Supplies: -

Be prepared to be on your own, without help, for at least 72 hours. Assemble these Emergency Supplies and keep them in a secure place, ideally accessible from the outside.

- First aid kit and Instruction booklet
- Shelter - a Plastic Tarp, a small tent, or even some large garbage bags
- Water - at least four litres per person per day
- Flashlight and spare batteries
- Battery AM/FM radio and spare batteries, stored in waterproof bags
- Essential medication for all family members. Keep at least one weeks supply in your Emergency Kit
- A minimum **5LB 2A 10 BC Rated** Portable Fire Extinguisher
- Keep a pair of sturdy shoes under your bed
- Wrench to be kept near Gas Shutoff – Oiled in zip lock plastic bag, buried below your gas meter.



2 Emergency Preparedness

Preparing your home:

Go through your home, imagining what could happen to each part of it if it were shaken violently. Previous Earthquakes have proven that these items need attention

- Check for home hazards. Make necessary repairs now
- Strap down your Water Heater and other appliances that could break gas and / or water lines
- Secure top-heavy furniture [E.g. - Shelving units] to prevent tipping.
- Keep heavy Items on lower shelves
- Fix mirrors and other hanging objects so that won't fall off hooks
- Locate beds away from chimneys, windows, heavy pictures etc
- Store valuable documents in a fire resistant place
- Keep sturdy shoes and outdoor cloths handy

During the Earthquake: -

Preparations for an Earthquake include knowing what to do while it is happening. By learning and practicing what you should try to do, you will be more able to remain calm enough to protect yourself and help others.

If you are inside your home, stay there.

- Get out of the kitchen - safer places are inside halls, in corners, in archways.
- Take cover under a heavy table. **DROP, COVER and HOLD ON.**
- Protect your head and face.
- Doors may slam on your fingers if you are in a doorway.
- Avoid areas near windows
- If you are outside your home, stay there and get clear of buildings and wires that could fall on you
- Don't go outside where you may be hit by falling debris
- Avoid Elevators - if you are in an Elevator when an earthquake happens, hit all floor buttons and exit a.s.a.p.
- If you are in a vehicle, pull over to the side, away from bridges, overpasses, and buildings. Stay in your vehicle
- Try to remain calm and help others
- Anticipate aftershocks - they may occur soon after the first Quake

After the Earthquake: -

Preparations for an Earthquake also include knowing what to do, and not do, after the shaking stops.

Remain calm. You may have to take charge of others.

Remember, you may be on your own for 72 hours or more.

- Check your home for damage and other hazards
- If you are evacuating, take your pack of emergency supplies with you
- Check Utilities and do not shut them off unless damaged. Leaking gas will smell
- Wear sturdy shoes, gloves and protective clothing
- Check your neighbors after your own family. First help after an Earthquake will usually come from family and neighbors
- Secure your home against intruders
- Use battery powered radio, or car radio to listen for broadcast emergency instructions
- Don't use your vehicle except in extreme emergency
- Don't use your telephone except in extreme, life threatening emergency
- Stay at least ten metres from downed power lines
- Carefully clean up any spilled hazardous materials
- Don't flush toilets if you suspect nearby sewer lines are broken
- Place a **HELP** sign in windows if you need extra assistance



3 Emergency Preparedness

Planning for Earthquakes will also help you prepare for many *Other Emergencies.*

Be Prepared, not Scared !

Most of the Emergency Supplies that you will require in an Emergency already exist in your home.

Your Evacuation Pack:

The Items in this list are in addition to the Supplies in your home Emergency Kit. They should be kept in a separate pack [Eg. In a Tote bag] which each person would take individually if they have to evacuate.

Remember packs for small children, the elderly and the handicapped in your home.

- Food - dehydrated, dried fruit, high energy bars etc. Enough for at least 72 hours
- First aid kit and booklets
- Flashlight , Portable radio batteries and extra batteries
- Money, including coins
- Photographs of your family and friends
- Gloves and other warm clothing
- Cooking utensils
- Bottled water - ideally 12 litres for 72 hours
- Toiletry Items, Medications , and towelettes
- Map of the region in which you live
- Pen/pencil and paper

Vehicle Pack:

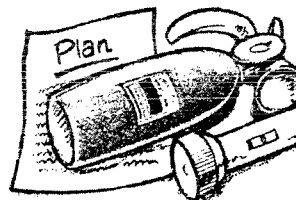
The same as your Evacuation plus the following.

- Booster cables and Tools
- Outdoor clothing and a Backpack
- Sleeping bags or Space Blankets

Remember !

Keep your vehicles gas tank at least half full

There should be a pack for each vehicle in your household.





4 Emergency Preparedness

Use this page to write down important phone numbers, including your Out-of-Town contacts. Detail your Family meeting places and Family members' names.

Important Phone Numbers:

Fire _____
Police _____
Ambulance _____
Out of Town contacts _____

Family Meeting Places _____

Do the list and give a copy to each Family member. Have an alternate meeting place. Leave a note if you leave the designated meeting area

Home Hazard Checklist:

Hot Water Tank _____
Gas Shutoff _____
Electric Shutoff _____
Wall Mountings _____
Window locations _____
TV, VCR, Computer _____
Valuable Documents _____
Cupboards _____
Top Heavy Furniture _____
Stoves and Fridges _____
Sturdy shoes _____
Flammable Storage _____
Book Shelves _____
Other Misc. Hazards _____



Your Emergency Supplies

Use the Itemized list below to ensure that you will have enough
EMERGENCY SUPPLIES to last you and your family for at least 72 hours
Remember, most of your Emergency Supplies are already in your home or workplace.

- First Aid Kit / Instructions _____
- Shelter: Plastic Tarp/Tent _____
- Water. 4 litres per person _____
- Flashlight and Batteries _____
- Battery AM/FM Radio _____
- Essential Medication _____
- Large Garbage bags _____
- Portable Fire Extinguisher _____



Learn to use the Fire Extinguisher before you actually have to use it.



- Non perishable food _____
- Personal toiletry Items _____
- Crescent or pipe wrench _____
- Heavy protective shoe _____
- Gloves. Winter clothing _____
- Waterproof matches _____
- Money, including coins _____
- Portable toilet _____
- Rope, heavy duct tape _____
- Crowbar or Prybar _____
- Toys for kids' _____

**Vancouver Fire and Rescue Services welcomes the opportunity to advise
you on personal preparedness at home or in the workplace**
Fire Extinguisher and Emergency Response Team Training Courses also offered

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Helping You to Be Safe and Prepared
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Earthquake definitions:

Earthquake:

- Vibration of the crystal layer of the Earth. The lack of uniformity in the composition and structure of the crust, plus the action of gravity and centrifugal force sets up tremendous stresses both on and below the surface of the crust.

Fault:

- Large stress factors cause the surface crust to break; the line of such a break is called a fault.

Hypocentre:

- First movement on the fault known as the focus or hypocentre, commonly below ground.

Epicentre:

- The point on the surface directly above the focus from which the waves radiate elliptically rather than in perfect circles.

Seismograph:

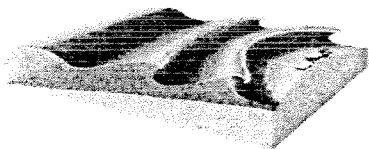
- A device for recording Earthquake tremors. Over 100 measuring stations exist across Canada.

Richter Scale:

- Invented in 1935 by Charles Richter. Logarithmic measurement of Earthquake intensity. By increasing tenfold with each increase in whole number. Thus, a magnitude of M7 is ten times M6, M8 is a 100 times M6 and M9 is 1,000 times M6.

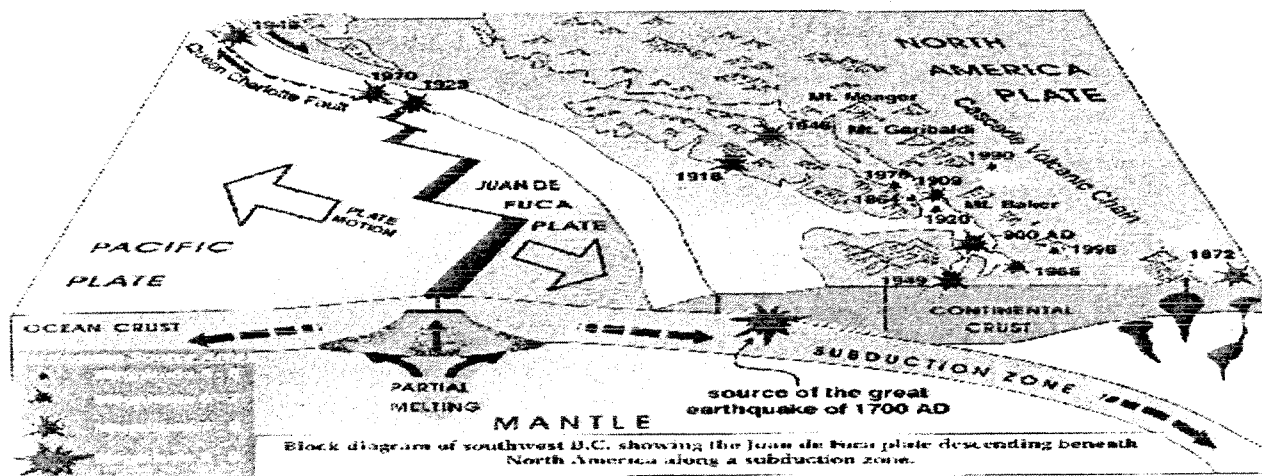
Seismic Waves:

- Seismic Waves are of two kinds:
 1. Primary - a series of rapid compressions and expansions that travel outward from the source.
 2. Secondary - which are slower vibrations, perpendicular to the direction of travel.The latter causing the most damage.



Tsunami:

- A shallow water progressive wave, potentially catastrophic, caused by an underwater earthquake or volcano.



Earthquake Preparedness

- Braidner Survival Kits –Specialty Store for Emergency Preparedness**
Location: Suite 340, 1000 Parker St, Vancouver Telephone: 604 254-0455,
www.preparecenter.com General Inquiries: bsk@preparecentre.com
- Krasicki & Ward Emergency Preparedness Ltd–Specialty Store for Emergency Preparedness**
Telephone: 604 739-9455. (604) 739-1937 (fax)
Location: Suite 2500 - 900 West 8th Ave, Vancouver, BC V5Z 1E5
www.krasickiandward.com General Inquiries:info@krasickiandward.com
- Kerrisdale Lumber Co. Ltd. - In store Emergency Preparedness Supplies**
6191 West Boulevard Vancouver, British Columbia V6M 3X3 Phone: (604) 261-4274
www.kerrisdalelumber.com General Inquiries: info@kerrisdalelumber.com
- F.A.S.T. First Aid & Survival Technologies Ltd. - Emergency Preparedness- fastlimited.com/**
8850 River Road Delta BC V4G 1B5, Canada Phone: 604-940-3222 Fax: 604-940-3221
- Mountain Equipment Co-op - wilderness and survival gear. Telephone: 604 872-7858.**
130 West Broadway, Vancouver BC (at Columbia, between Cambie and Main). www.mec.ca/
- Three Vets - wilderness and survival gear. 2200 Yukon St, (at West 6th Ave).**
Vancouver BC V5Y 3P2 Telephone: 604 872-5475.
- St. Johns Ambulance - Emergency First Aid supplies 6111 Cambie St., (45th and Cambie)**
Telephone: 604 321-7242
- Local: Canadian Tire, Costco, Home Depot, Home Hardware, London Drugs, Rona, Wal-Mart, Zellers**
- Pickering Safety - Safety Supplies 298-6465 www.pickeringsafety.com**
- Daves army surplus (<http://www.davesarmysurplus.com/>).** 742 12th st. New West. Tel. 524-5867
- Terra Firm Earthquake Preparedness Inc. www.terrafirm.ca**
Non-structural seismic restraint for commercial, industrial and high-tech settings
Location: 301 – 260 Raymur Avenue, Vancouver 604-254-3311 General Inquiries:info@terrafirm.ca.

Emergency Preparedness for Industry and Commerce Council (EPICC) - a non-profit business group whose purpose is to strengthen the capability of business to recover from all types of disasters. Membership is open to all business and organizations. They publish a comprehensive guide to earthquake planning for business. Address: 1110-1040 West Georgia Street, Van. BC V6E 4H1. Telephone: 687-5522.

Earthquake preparedness guide for British Columbians.

Comprehensive, user-friendly, and written with input from numerous experts. This guide is highly effective – it makes it easy to plan and prepare for a major earthquake or any comparable disaster. Graem Castell - author
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