

# Your Role in Disaster Preparedness, Response & Recovery

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Who is the first person on the scene  
at any disaster or emergency?

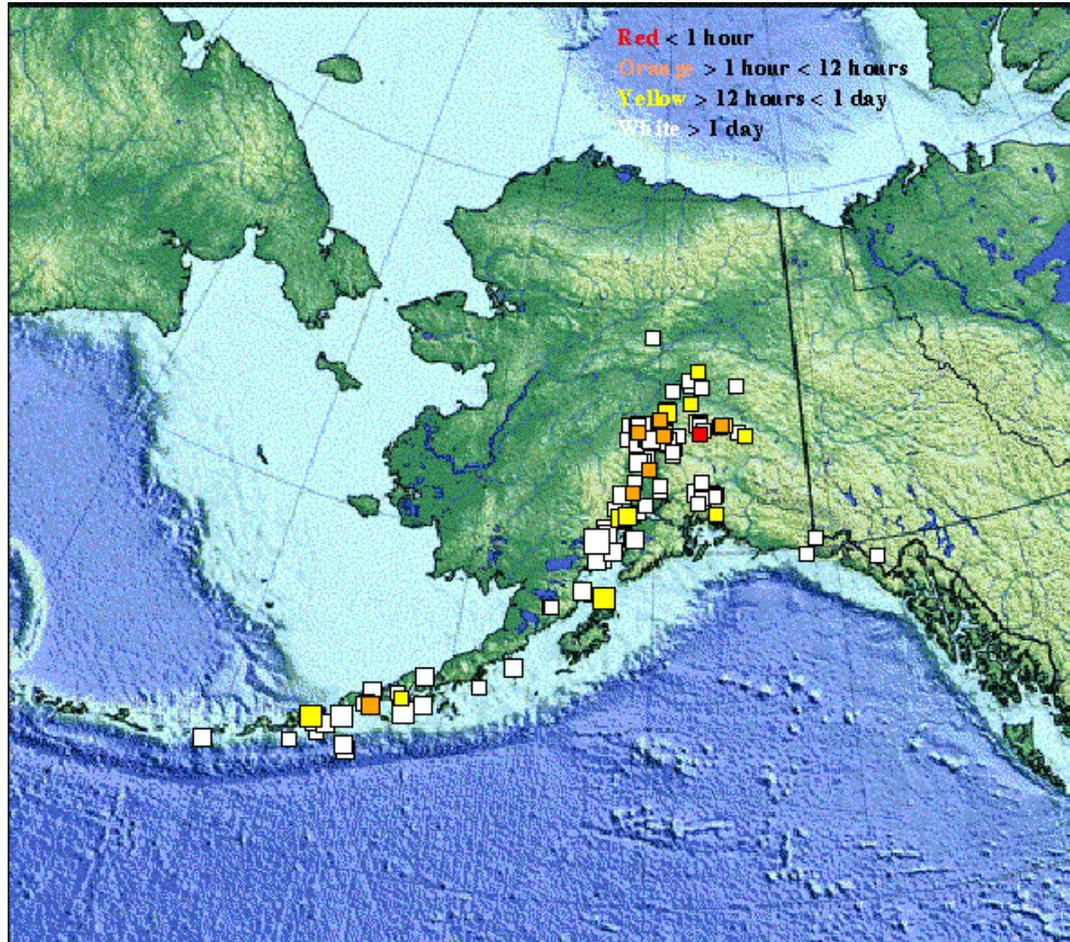
**YOU!**

What can you do?

Know the potential  
disasters and hazards in  
your region.

# Natural Disasters

# Recent earthquakes in Alaska







# Man-Made Disasters

- Hunting accident
- Shooter at the high school
- Snowmachine breakdown far from home
- Overcrowded concert
- Major fight breaks out after a ball game
- Terrorist attack
- Bus accident

# Be Prepared!

- Make a family plan
- Stockpile basic supplies
- Make plans for
  - The elderly
  - The very young
  - Those with special needs – oxygen, wheelchair, insulin
  - Pets

# Be Ready to Respond

- First aid training
- CPR – cardiopulmonary resuscitation
- Bystander training
- Community Emergency Response Teams
- Local Fire Department
- Local ambulance training
- Search and rescue training: urban or wilderness



County of Los Angeles

# FIRE DEPARTMENT

HOME FROM THE CHIEF PHOTO & VIDEO GALLERIES DOING BUSINESS HISTORY & INSIGNIAS FAQs CONTACTS LINKS

LACoFD IN ACTION

BEHIND THE SCENES

SAFETY PREPAREDNESS

PROGRAMS & EVENTS

HELP WANTED

PRESS ROOM

Administrative Services Medical Director Compliance Office LACoFD Executive Team Chaplains Honor Guard Affiliated Organizations



## YOUTH PROGRAMS

### EXPLORERS



The Los Angeles County Fire Department Explorer Program is designed for young adults from 15 to 21 years of age who are interested in learning about a career in the Fire Service. The program is a joint venture with Learning for Life. In addition to learning about the Fire Service, the Explorer program's main goal is to provide the young adult with a sense of responsibility to their neighborhood through on-going community related activities.

The Los Angeles County Fire Department Explorer Program is divided into 22 Explorer Posts. Each post is centrally located enabling membership to reflect the community. Post size is limited to 25 Explorers led by an Explorer Post Advisor who is a Professional Firefighter.

<http://www.fire.lacounty.gov/ProgramsEvents/YouthFireExplorer.asp>



CERT



<http://www.fire.lacounty.gov/ProgramsEvents/PECERT.asp>



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CERT





CERT

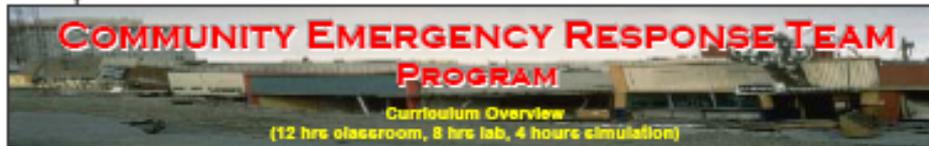




♦ SAFETY  
♦ SURVIVAL  
♦ SECURITY

## LTR TRAINING SYSTEMS, INC.

230 EAST POTTER, UNIT ONE  
ANCHORAGE, ALASKA 99518  
(907) 563-4463 ♦ FAX 563-9185  
EMAIL: SURVIVAL@ALASKA.NET



The Community Emergency Response Team Program is designed to provide persons responsible for disaster planning and response with the information and skills on how to deal with a large scale disaster. The training is accomplished through classroom lectures, technical demonstrations and realistic scenarios which increase an individual's ability to survive, locate victims, extricate the injured, provide initial first-aid and provide shelter.



### Course Objectives:

- 1) To know the theory behind disaster planning and be able to conduct disaster hazard analysis in the home and work environment.
- 2) To recognize the common factors involved with structural building failures and basic victim extrication methods from buildings.
- 3) To demonstrate methods for improvised trauma management and techniques for the emergency sheltering of mass casualties.
- 4) To recognize the psychological reactions to a critical disaster incident and list methods of dealing with them.
- 5) To know the importance of concise communication in disaster response and methods for improving present emergency coordination.
- 6) To brief employees and family members as to appropriate actions that should be taken to improve disaster survivability.

### Course Content:

- Typical Earthquake Scenarios, Wood Frame And Concrete Structure Failures, Rescuer Theory, Search Methods, Building Evacuation
- Surface Rescue, Clothing & Equipment, Tools For Extrication, Cribbing & Shoring Techniques.
- 4 Hour Active Disaster Simulation And Debrief.

### Certifications:

- Red Cross CPR, Remote Alaskan First Aid, Blood Borne Pathogens Certification
- LTR DRLP Certificate, LTR Ball Cap



### Program Information

Class Location: LTR & Anchorage Fire Training Center      Student Maximum: 20 students

Student Requirements: Safety Helmet/Hard Hat, Heavy Work Gloves, Safety Glasses/Goggles, Boots, Work Clothing For Current Outdoor Conditions, Fitness to Participate and Risk Agreement.

CERT training in Anchorage

# Teen CERT Highlight

Algoma (Wisconsin) high school and middle school students took part in a mock disaster on Friday March 9, completing 21 hours of the local version of Teen CERT—school emergency response training (SERT).

The incident was based on a scenario in which an explosion in the high school's chemistry lab caused a power outage and injured some theater students in an adjacent room. The mock disaster tested the students' training in search and rescue, first aid, cardio-pulmonary response, emergency medical operations and emergency preparedness.

Using what they learned in the class, students evaluated the situation, made their way to the accident scene, identified who was injured and the extent of injuries, escorted students who could walk and carried others out into the hallway where first aid was administered.

<http://www.greenbaypressgazette.com/apps/pbcs.dll/article?AID=2007703100563>

**Alaska: Since 2004, more than 200 students in the Colony High School (Palmer, Alaska) Junior ROTC program have completed CERT training. During the 2005-2006 school year, kindergartners through sixth graders from around the state participated in the state Division of Homeland Security and Emergency Management Emergency Preparedness Poster Contest.**

Elementary school children were first challenged to learn about the ways to prepare for emergencies in their homes and communities using information provided to schools by Alaska's Division of Homeland Security and Emergency Management. Then the students drew a picture depicting a way to prepare for, or respond to, an emergency.

The contest was judged by Alaska's First Lady Nancy Murkowski and the state's Homeland Security and Emergency Management Director David E. Lieberbach. Winning entries received U.S. Savings Bond prizes.

# Be Ready to Rebuild & Recover

- Know where to volunteer
  - through the American Red Cross
  - through your school or your local government
- Be a kind presence and listening ear
- Use your handyman or mechanical skills to rebuild
- Assist at a shelter, senior center, hospital
- Help clean up disaster debris
- Assist with meals, water delivery

Disaster recovery volunteering  
can take you places.