



GetEmergencyPrepared.com

PERSONAL EMERGENCY PREPAREDNESS COURSE

CLASS # 4 - FIRES and GRAB n' GO SUPPLIES

I. INTRODUCTION: Hello and welcome back to the Personal Emergency Preparedness course. I appreciate you spending the time necessary to get yourself and your family prepared! By now you should have completed the paperwork, gathering your food and water, and first aid kit supplies.

II. COURSE OBJECTIVE: As you know, the intention of this class is not only to provide you the necessary information to face a disaster, but also for you to really get prepared by gathering the supplies you need.

III. DISASTER OF THE MONTH:

THIS MONTH WE WILL REVIEW FIRES. This is a disaster that could affect anyone anywhere. ***Review fire statistics page*** (print-out under Class #4). Fires can engulf a structure within minutes. Make sure you have smoke detectors installed and that they work properly. Test them monthly and replace the batteries at least once a year. Have A-B-C fire extinguishers and teach family members where they are located and how to use them. Always keep one in a convenient location in the kitchen, since cooking accidents are a very common way that home fires get started. Plan at least two escape routes from each room. Arrange an outside meeting place away from your home with your family. Practice fire drills, which should include staying low and evacuating blindfolded from the house. Remember to feel doors before opening, and if the door feels hot, go another way. Learn how to stop, drop and roll if you should catch fire. Teach and practice all of these methods with your entire family. NEVER EVER go back into a burning building or take extra time to save pets or possessions if your home is on fire. Your life is more important. Please review the FEMA Wildfire Brochure (pdf printout).

IV. SUPPLIES – GRAB n' GO BACKPACK

Our shopping homework for this month is to start gathering our supplies we need besides food, water and first aid. We will be creating Grab n' Go Backpacks. The purpose of this pack is that you have minimal survival supplies available that you can easily grab in the event you need to make a hasty evacuation from your home. This backpack will have the necessary items for you to survive a short time until you can make it to an emergency shelter (or a friend's or relative's house who is well supplied with lots of food and water!). There is no way you can carry a 7 day survival kit in your backpack unless you are trained in survival, but this pack will provide you with the bare minimums.

REVIEW CONTENTS OF BACKPACK on the Grab n' Go Backpack Kit page.

V. SUMMARY

Continue to gather your supplies, and work really hard on getting your backpack put together. DON'T GIVE UP!! You are almost there, and you are well on your way to being prepared to deal with a disaster!!

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