

# Stoneybrook Village Preparedness Workshop #5

10:00 – 10:05 **Introduction**

10:05 – 10:25 **Red Cross-** Replacement of smoke detectors!

10:30 – 11:15 **Group A:** CPR AED training  
**Group B:** Disaster Planning



11:15 – 12:00 **Group A & B SWAP**

12:00 – 12:30 **Wrap-up & Prizes**

(Prizes courtesy of Linn County Health Dept. &  
Benton County Emergency Services- Jaimi Glass)



# It Takes A Village:

## Your SVOA Preparedness Committee

Steve Napack– Chair

Darrel Bibler

Linda Chism

Kendall Clapper

Sheila Coxon

Judy Harrod

Jan Napack

Tom Payne

& Many Volunteers!

*Continuing the essential contributions by  
Jane Fleischbein*

# CPR/AED Training

Rich Saalsaa-

*Fire and Life Safety Lieutenant, EMT  
Philomath Fire & Rescue*

# Smoke Detectors

Andrew Swift-

*Disaster Preparedness and Safety Coordinator  
American Red Cross Cascades Region*

*Sign up for Red Cross Smoke Detector Program on your way out!*

# GROUP A: CPR/AED Training

*Please go to Meeting Room. Take your chair if you want.*

Rich Saalsaa-

*Fire and Life Safety Lieutenant, EMT  
Philomath Fire & Rescue*

# Disaster Planning

- Objectives:
  - ❖ How to think about disaster planning
  - ❖ Share ideas and options
  - ❖ Incentive to continue your own preparedness efforts
- This will not be your finished final plan.
- Planning is an on-going process

# Disaster Planning

Think About It!

What if...?

# GROUP B: CPR/AED Training

*Please go to Meeting Room. Take your chair if you want.*

**Rich Saalsaa-**

*Fire and Life Safety Lieutenant, EMT  
Philomath Fire & Rescue*



# Disaster Planning

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  - ❖ How to think about disaster planning
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# Disaster Planning

Think About It!

What if...?

# Disaster Planning

- ✓ What ideas did you get?
- ✓ What can you do **THIS WEEK**

*Sign up for Red Cross Smoke Detector Program on your way out!*

# Prizes!!

- ✓ Linn County Health Dept. in honor of Jane Fleischbein
- ✓ Benton County Emergency Service

- *Sign up for Red Cross Smoke Detector Program on your way out!*
- *See: [SVOA-Corvallis.org](http://SVOA-Corvallis.org)>Committees>Preparedness Committee for a list of Resources.*

Name \_\_\_\_\_

*What if...?*

How to think about  
Disaster Planning

# Your Disaster Plan

## LIGHTS:

*Scenario: You are in your kitchen after dark cooking a late dinner. Suddenly the power goes out. No Lights!*

What are the first 3 things you should do?

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Do you have any automatic emergency lights that go on? \_\_\_\_\_

Where are your flashlights/light sticks?

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Are the batteries good?

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Do you have spare batteries?

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How many hours/nights do you have light for

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What happens when all your batteries are all dead?

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My plan to get ready for emergency lighting is:

# Your Disaster Plan

## HEAT

*Scenario: The power goes out. You implement your emergency light plan. You've phoned the power company, and they say it will be at least another day before power is restored. But it is 15-degrees outside. Your home is getting cold fast!*

What can you do to keep warm?

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Will your gas fireplace light without power?

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Do have any non-electric heaters?

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If so, what will you do for ventilation?

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My plan to get ready for emergency heat is:

# Your Disaster Plan

## WHAT ABOUT WATER?

*Scenario: There have been City water system failures where main pipes have broken and portions of the City have not been able to get water. If there is an earthquake, that is even more probable. During extended power failures, the City may not be able to pump water.*

What are some ways you can get water if the City system is down?

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Can you be sure the water is drinkable and not contaminated? How can you tell?

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How can you treat potentially contaminated water to minimize the risk?

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What if the water system is inoperable for weeks/months?

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My plan to get ready for a water problem is:



# Your Disaster Plan

## LONG TERM POWER FAILURE

*Scenario: The power goes out. You implement your emergency light plan. You heard on your portable or car radio that the power outage is from Seattle to San Francisco and will take 1-2 weeks to restore. The entire NW grid collapsed! Pretty much everything is closed because they have no power.*

Without power, what systems may fail (i.e. water? Phones?, etc.)

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Are you going to wait it out, or leave the area? \_\_\_\_\_

How? \_\_\_\_\_ Where To? \_\_\_\_\_

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What supplies do you need to wait it out?

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My plan to get ready for emergency heat is:

# Your Disaster Plan

## DURING AN EARTHQUAKE

*Scenario: You are in bed and awakened by a rumbling and sense of motion. Before you know it, everything is shaking like mad! An Earthquake! It keeps up for 6 minutes as you are thrown around on your bed, grabbing the mattress the best you can. It finally stops.*

What are the first things you do?

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Where do you think anything will be? Your night table? Your shoes? Your flashlight? \_\_\_\_\_

What things do you wish you had at hand? \_\_\_\_\_

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What will you do if you or someone else is injured? \_\_\_\_\_

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Will you stay in the house or go outside? \_\_\_\_\_

Will you shut off your gas? \_\_\_\_\_ water? \_\_\_\_\_

Check on your neighbors? \_\_\_\_\_

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My plan to get ready for an earthquake is: