

Emergency Preparedness and Urban Survival

Disaster can strike quickly and without warning. It can force you to evacuate your neighborhood or confine you to your home. What would you do if you did not have water, gas, electricity or telephones after a major emergency? No matter how well your community has planned their response to a disaster, in the event of a large-scale incident, first response resources may quickly become overwhelmed or be delayed in reaching you or your loved ones. Covered are topics of proper planning and prevention, practice and training, finding and maximizing essential resources for urban survival and identifying/facilitating the need to leave or "bug out". This course is designed to help ensure the safety and well-being of you and your family; and teach you how to prepare to take care of your own basic needs through self reliance following major disasters both natural and human.

Course is 12 hrs in length broken up into four 3 hr classes once per week

Day 1

- Building A Home Emergency Plan
 - Exit plan design and use
 - Utilities
 - First aid kits
 - Car kits
 - Supplies and storage considerations
 - Disasters when outside of the home
 - Self reliance and living sustainability

Day 2

- Training The Family for Emergencies in the Household
 - The family survival weekend challenge
- Accident Prevention in the Home
 - Considering appliances and large objects
 - Interior design and how it effects health
 - Properly securing and storing dangerous materials and goods
- The "Bug Out" Plan
 - Considerations for domestic travel (methods and locations)

- Cache methods that really work and where best to use them
- International travel considerations

Day 3

- Introduction to Urban Group Survival
 - Survival psychology
 - The importance of group cooperation and consensus
 - Maximizing shelter in an urban environment
 - Simple lighting for emergencies

Day 4

- Introduction to Urban Group Survival Con't
 - Methods of large scale water sterilization
 - Sanitation and hygiene methods
 - Cooking methods
 - Communication considerations
- Dealing with emergencies outside of the scope of natural disasters
 - Human related issues
 - Medical threats