

Be Ready! Get a Kit! Make a Plan!

Sept. 6, 2011

Upcoming Events

Sept. or Oct.
Safety Week-your
school

Sept.10 Preparedness
EXPO- Dixie Center
10:00 am - 3:00 pm

Sept. (TBA)
ICS training with
Eric Grimm (see article)

Sept. 21st & 22nd
District Secretary Training

Oct. 5, Gatekeeper
Training for Front Office
Workers - D.O.
8:00-11:00 am

Oct. 7- Walk to School Day

Oct. & Nov. (dates & time
TBA) CERT training

October—Emergency Prep
Lunchbox Series: What are
your chances really? Guest-
Pete Kuhlman- Emergency
Manager– BYOL

Job Specific Emergency
Plan Training for
Custodian, Bus Driver,
Foods Workers (TBA)

Nov. Student Video Contest
(see article)

It's National Emergency Preparedness Month!

You've all seen the ads: **Be Ready! Get a kit! Make a plan!** Well, that's what we've been working on for a couple of years now here in WCS D. We've been getting ready. We've been making kits and we've been making plans. So, let's do a check up: You have a classroom emergency backpack hanging by the exit door of your classroom. Right? Good.....OK, so what's in it?

- Class roster, for all your classes...updated. Right? Good.
- There's a first aid kit; a pad of paper & pencil; flashlight; some water; tape & scissors...Right? Good.
- There's a bag of hard candy; a hat and a whistle; and maybe a book of jokes.... Right? Good.
- If you are on your school's Incident Command Team you have a radio, a vest, and some special paperwork.... Right? Good.
- Now, here's the kicker... You take this backpack with you every time you have an evacuation drill...Right? Great!
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Need a Backpack?

How about asking the kids to bring in one of their old ones? Many kids get new backpacks each year. Some mother will thank you. Actually, I think I have a couple myself. If you need one...call me!

A Quiz for the Teacher

When would you use these commands?
Drop. Cover and Hold On!
Stop. Drop & Roll!
Sit back & be quiet (Oh, wait. That's my personal one, for long car trips with the kids!)

Video Contest- Seatbelt Safety!

The public health department is holding a video- making contest in order to increase awareness of Seatbelt Safety. There will be \$ prizes for two age groups. If you have students who would be interested, send them to the Southwest Utah Public Health website at: <http://swuhealth.org>



TIP: Keep a case of water in your classroom.

Community Preparedness Expo September 10, 2011 – Dixie Center – 10:00am-3:00pm

- Breakout Sessions
- Vendors and Booths
- Food Storage and Supplies
- CERT
- Red Cross
- Ready Utah
- ARES – Ham Radio

To Register

www.washco.utah.gov/emergencyservices/expo

If you have questions or a comment, contact: LuAnne Forrest -lforrest@admin.washk12.org
673-3553 ex.245 -or- Jan Prince jprince@admin.washk12.org 673-3553 ex.251

Are You a New Incident Command Team Member?

If you are new to your school's Incident Command Team, you need to take 4 basic NIMS courses: IS 100Sca (for schools) IS 200.b, IS 700a , IS 800b

You can take them online at: <http://training.fema.gov/EMIWeb/IS/ICSResource/Links.htm>

—or—

you can take IS 100 (for schools) online and take the rest in one sitting with good old ERIC GRIMM who has agreed to come back and teach his marathon NIMS course **ONE MORE TIME!**

The class will be held Oct. 2011 (TBA). There will be two sessions to choose from:
Morning session 8-11
Afternoon session 4-7
(We do NOT have funds for a substitute)

Here's what to do:

- 1) Take the IS 100Sca online (You may skip to the test at the end)
- 2) Print your certificate and send a copy to Ramona at the D.O. then sign up.
- 3) We'll let you know if the class is a go (we have to have at least ten)
- 4) You'll walk out of there having completed IS 100Sca, IS 200.b, IS 700a and IS 800B.

Just How Prepared is Your Family?

Is your family prepared? You will feel a lot better knowing they are if you have to attend to an extended emergency or disaster at school. Go to: <http://bereadyutah.gov>

Idea: Use google maps to make an evacuation plan for your family. Go to: maps.google.com

Overreacting?

I don't think so... The nation has surely had its share of bizarre disasters lately. I'm thinking of Irene, Katrina, and these are not my old college roommates.

Just consider some of the more likely emergencies for this area. Are we ready for:

Lightning
Flood
Earthquake
Fire
Pandemic
Cardiac emergencies
Heat stroke & and heat exhaustion
Chemical spill
Nearby bank robbery,
Death or suicide
Bus accident
Streaker ...at least we didn't have to worry about a weapon!

What do these all have in common? These are emergencies that our co-workers have faced in the past couple of years. Luckily, they knew what to do and they did it. They saved lives! If you're like me, you said to yourself, "Wow, I'm glad it wasn't me." But the reality is that any one of us could be the first on the scene in an emergency. Let's BE READY.

If you have had an experience with one of these emergency situations and have learned a lesson or two, please share it with the rest of us. Email me with your advice and I'll pass it on. Even a sentence or two would be helpful. We really don't want to have to learn all this by experience!

Emergency Quick Reference Chart

Have you read yours lately?

- Keep your inside classroom door locked. You can keep the door open, but keep it locked, so it can be shut quickly if you need it to!
- Your outside door should be locked too. Don't prop the door open with a rock...or anything else.



Citizen Emergency Response Team (CERT)

Our emergency response agencies have limited resources. In a disaster it may be awhile before they can come to you. You and your team may be it for quite some time and you might have injured people with you.

You might need to do some search and rescue, turn off power, use a fire extinguisher. You might even have to manage some triage. Could you?

You could if you had CERT training. We will be holding a CERT course in Oct. and Nov. (TBA). If you would like to take this training talk to your principal. Maybe your school can host the training. But you've got to let me know right away. Course is 22 hours, usually 3 hours for six weeks —and then a mock disaster to try out your new skills.

Look around you right now. What could you use to barricade your door if you had to?