



# ‘PROGRESS’

*MEETING CHALLENGES*

*National & Global*

*Building Partnerships,  
Promoting Sustainability*

## **DISASTER** Facing The Big Ones ! Are You Ready ?

A Disaster Preparedness Plan and  
Practice Drill for the General Public



A Foundation for 'Progress' Publication

# DISASTER

Preparedness Plan and Practice Drill

## Ready to Respond !

**'Sometimes it takes the worst to bring out the best in people'**

"Disaster" means occurrence or imminent threat of widespread or severe damage, injury, or loss of life or property resulting from any natural or man-made causes, including, but not limited to, fire, flood, earthquake, hurricane, tornado, high water, landslide, mudslide, wind, storm, wave action, volcanic activity, epidemic, air contamination, blight, drought, infestation, explosion, radiological accident, water contamination, bridge failure or collapse.

If you think that your community is not at risk from disasters, you are grossly mistaken. No community is immune to the havoc and devastation caused by disasters. The high density of cities and human settlements make them particularly vulnerable to disasters and hazards. Not a week goes by without news of a disaster, natural or man-made, effecting huge losses on humans and the environment as a whole. Disasters are becoming more complex, where a range of multiple factors in the social, cultural and natural spheres are increasing the risks associated with disasters.

Volunteers and everyday citizens – are eager to respond and contribute to the community's recovery, but usually lack the training to help them be effective in these roles. It is critical that meaningful and constructive opportunity be provided to them in preventing, preparing for, responding to, and recovering from a disaster, thereby reducing the negative impacts and affects of such events.

Disaster preparedness refers to proactive efforts undertaken by individuals, families, groups or whole communities to place themselves in a better state of readiness to withstand or avoid the immediate impact of any kind of disaster. This is now recognized to be of critical importance as a disaster itself can hamper emergency services, and relief can best be delivered by those closest at hand. Community based disaster management is now an integral part of any local or national disaster management planning.

Most important in disaster preparation is to **HAVE A PLAN!** How prepared are you? Have you discussed your Disaster Plan at home? Do you have a first aid kit, flares or reflectors, water and dry chemical extinguisher in your home, office or vehicle?

Where will your family be when disaster strikes? They could be anywhere – at work, at school or in the car. How will you find each other? Will you know if your children are safe? Knowing **WHAT** to do, **WHERE** to go, **HOW** to get there and how to **NOTIFY** everyone where you are and if you are OK is the framework of your disaster plan. Have you practiced **EDITH?** It stands for Exit Drill in the Home. Do your family members know where and how to shut off the electricity, gas and water at the main sources, should they need to evacuate.

People who are prepared for such an event have a better chance of survival. Preparedness means figuring out what you'll do when a disaster occurs, planning for problems that may occur during the disaster, and practicing the plan.

**Disaster preparation saves lives. Knowledge helps survival.**

