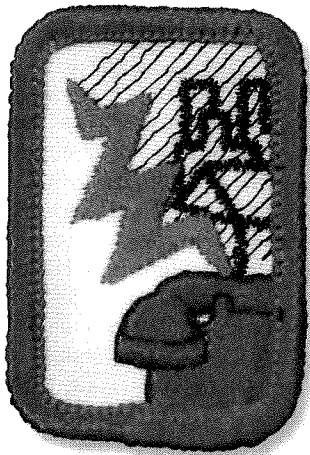


# Emergency Preparedness



**T**he Girl Scout motto, "Be Prepared," applies to many life situations, including readiness to deal with emergencies and disasters. Knowing the kinds of emergencies and disasters that might happen in a given area is the first step to being prepared. Making a plan to ensure your own and your family's safety is next. This interest project will enable you to prepare yourself through practice and knowledge so that you can take care of yourself and others in an emergency situation.

## Skill Builders

\* Activities with an asterisk must be completed.

**1** Complete a basic first-aid course offered by the Red Cross, a local hospital, fire station, or school. Know how to stop bleeding, give artificial resuscitation, do the Heimlich maneuver, and treat for shock.

**2** Complete a certified cardiopulmonary resuscitation (CPR) course offered by the Red Cross, American Heart Association, a local hospital, fire department, or other certifying agency. Know how to administer CPR to an adult as well as a child whose breathing and pulse have stopped. Keep your certification up to date.

**3** Read "Life Success Skill #4: Staying Safe" in the *Cadette Girl Scout Handbook* or pages 56-57 in *A Resource Book for Senior Girl Scouts*. Complete a personal safety course offered by a women's group or your local police. Learn basic principles of self-defense and how to avoid situations that might put yourself in danger.

**4** Evaluate your home or apartment for fire hazards and help to remove any that you find. Prepare evacuation plans for all areas of your house to be adopted and practiced by your family. Know how to test doors prior to opening them. Establish meeting areas outside of the home in case of a fire. Make sure that your home has suffi-

cient and charged smoke detectors, as well as recommended fire extinguishers for the kitchen and other areas. Know when, how, and where to use a fire extinguisher.

**5** Make up first-aid and emergency preparedness kit(s) for your home and family car. Include items that are recommended by your local emergency managers or the Red Cross for disasters. Discuss with your family what to do in case of a crisis: if you are all at home and if you are separated. Choose and make plans for three different disasters that might happen in your community, such as a forest fire, tornado, hurricane, lightning storm, toxic spill, power failure, flooding, water contamination or drought, tsunami (tidal wave), earthquake, snowstorm, or ice storm. Practice disaster plans at home. Include one disaster that would require evacuation from your house.

## Technology

**1** Visit a local or state command center (police station, hospital, fire station, U.S. Forest Service, emergency manager, military) to learn about different technologies used for communication and handling emergencies in your community. Find out what back-up technologies are available for use in case of a disaster.

**2** Learn about ham or CB radio operation through a club meeting, special training, or by spending time with an active

