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Be Ready Before It Counts

Instructor -- Chris Jenkins

Division -- Seattle

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Job Name -- Capital medical center

Foreman --

Attendance -- , Chris Jenkins, Duane Lyphardt

Comments:

Every September, National Preparedness Month reminds us to get ready for the unexpected: whether it's a natural disaster, power outage, fire, earthquake, or workplace emergency. While no one can predict exactly when a disaster will strike, being prepared helps reduce panic, protect lives, and speed up recovery.

Types of Emergencies to Consider

Earthquakes

Wildfires

Flooding

Tornadoes or hurricanes

Hazardous material spills

Power outages

Medical emergencies

Workplace violence or active threats

How We Prepare at Work

Emergency Action Plans posted in SSSP's and throughout our shops and offices.

Evacuations and rally points clearly identified and reviewed with all employees.

Fire extinguishers, first aid kits, & AED's that are readily available and regularly inspected.

Toolbox Talks like this one to increase awareness and build confidence.

Ongoing training for CPR/First Aid and rescue procedures keeps our teams ready.

How YOU Can Be Prepared Personally

Create a family emergency plan (communication, meeting points & evacuation routes).

Build a :Go Bag: or :Get Home Bag: with essential supplies, (more on that next week).

Keep a pair of sturdy shoes and a flashlight in your vehicle or at your workstation.

Sign up for local emergency alerts in your city or county.

Learn where utility shutoffs are in your home and how to use them.

Keep extra medication and copies of important documents in a secure, accessible place.

Emergency Preparedness Information Resources

[Ready.gov](https://www.ready.gov)

FEMA's official site with planning guides, supply lists, and evacuation tips.

[CDC Emergency Preparedness](#)

Guidance for staying safe during disease outbreaks and public health emergencies.

[National Weather Service](#)

Offers local and national weather alerts, forecasts, and hazard warnings. Sign up for alerts for your area to stay informed in real-time.

State-Specific Emergency Management Resources

Washington

[Washington Emergency Management Division](#)

Oregon

[Oregon Department of Emergency Management](#)

Montana

[Montana Disaster & Emergency Services](#)

Idaho

[Idaho Department of Health & Welfare - Preparedness](#)

Colorado

[Colorado Department of Public Health & Environment](#)

Kansas

[Kansas Division of Public Health](#)

Emergency Preparedness Apps

Red Cross Emergency App

Monitor severe weather and disasters near you or loved ones. Check in as 'safe:' and get preparedness info.

Free download [App Store](#) or [Google Play](#).

Red Cross First Aid App

Step-by-step guidance for common first aid emergencies, plus videos and interactive tools.

Free download [App Store](#) or [Google Play](#).

FEMA App

Get real-time alerts, shelter locations, emergency checklists, and more.

Free Download [App Store](#) or [Google Play](#).

Remember This!

:You don't rise to the occasion : you fall to your level of preparation.:

Take the time this month to check your emergency plans, talk with your family, and review your supplies: both at home and on the job. Emergency response isn't just a safety requirement: it's a personal responsibility.