



PEIA Fire Safety

Home and Family
Preparedness

PEIA Fire Safety Class Outline

In this class, you will learn:

- ◆ How to make a family disaster plan
- ◆ How to minimize potential hazards in & around your home
- ◆ About emergency supplies
- ◆ What to do during and after a disaster

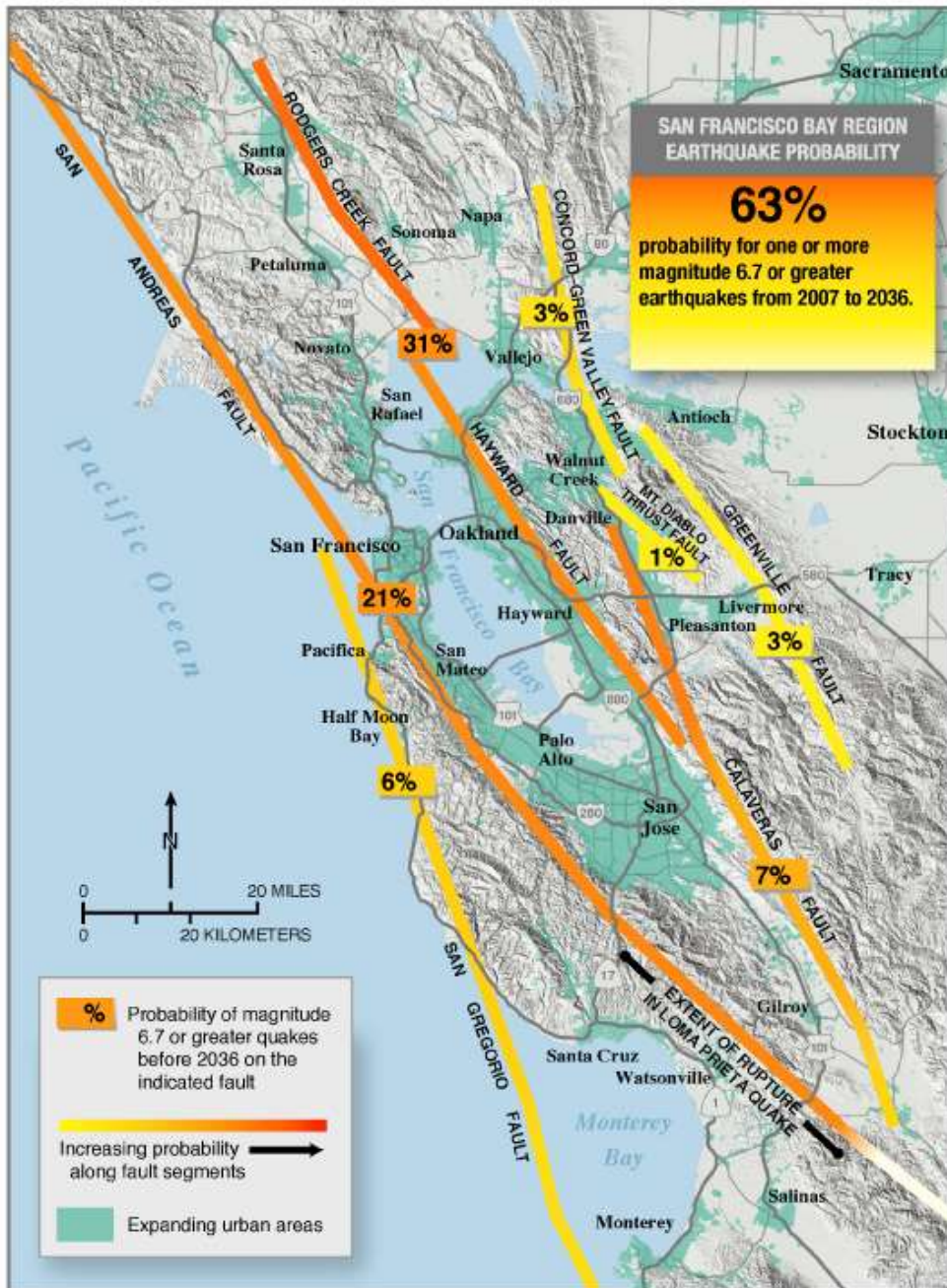
Types of Disaster We Face

- ◆ Natural events like earthquakes, fires, and severe weather events
- ◆ Human actions like terrorism or hazardous materials spills
- ◆ Infectious disease outbreaks like flu
- ◆ A combination of any of these

Earthquake Awareness

In the next 30 years there is a nearly 2 in 3 chance of a magnitude 6.7 or greater quake in the greater Bay Area.

The hazard is **greatest in the East Bay** due to the larger number of faults there.



Source: USGS



The Last Five Hayward Fault Earthquakes Have Been 140 Years Apart on Average



The most recent Hayward Fault Earthquake was more than 140 years ago. Are YOU ready?



PART ONE: Make a Family Disaster Plan

Your Family Disaster Plan includes:

Ways to communicate

How and when to turn off utilities

An escape plan and reunification sites

Provisions for people with functional needs

Family Emergency Information

The best time to prepare for an emergency is before it happens. Fill in these sheets and keep a copy by each phone in your house, vehicle, and your Emergency Supply Kit or "Go-Bag." Update these forms.

Family name(s) _____
Address _____
Language(s) spoken _____
Home Phone #1 _____ #2 _____
Cell Phone #1 _____ #2 _____
Adults in Household
Name _____ Work Phone _____
Name _____ Work Phone _____
Children
Name _____ Age _____ School/Child Care _____
School Phone _____ School Address _____
School Policy is to: Hold the children Release the children
Name _____ Age _____ School/Child Care _____
School Phone _____ School Address _____
School Policy is to: Hold the children Release the children
Name _____ Age _____ School/Child Care _____
School Phone _____ School Address _____
School Policy is to: Hold the children Release the children
Adults authorized to pick up children: _____
Local Emergency Contact (ICE)
Name _____ Relationship _____
Home Phone _____ Work Phone _____
Out of Area Emergency Contact
Name _____ Relationship _____
Home Phone _____ Work Phone _____



How To Stay In Contact

Choose 2 meeting places

- ✓ One close to home in case of fire.
- ✓ One outside your neighborhood in case it is unsafe to return to your home.



9-1-1

Communication

9-1-1 on your cell phone goes to the CHP

Use these numbers from your cell phone:

Emergency

Oakland Fire Dispatch
(510) 444 - 1616

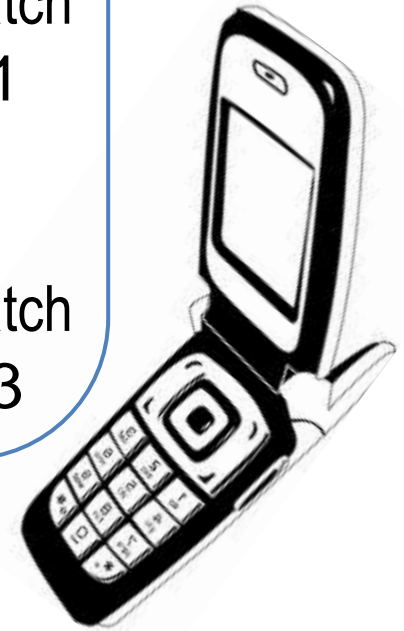
Emergency

Oakland Police Dispatch
(510) 777 - 3211

Non-Emergency

Oakland Fire Dispatch
(510) 444 - 3322

Oakland Police Dispatch
(510) 777 - 3333





Communication

Have an Out-of-Area Contact

- Someone at least 200 miles away
- Make short calls to give status & leave messages

Telephones and Cell Phones May Not Work!

- Cordless phones do not work in a power outage
- Try a text message instead of a cell phone call
- ICE = In Case Of Emergency



Emergency Alert & Notification Systems

BE INFORMED – STAY INFORMED

If we can't reach you, we can't alert you!



- ◆ **SUBSCRIBE** to receive emergency alerts, notifications and updates via e-mail, text and phone where you live, work and play.
- ◆ **MONITOR** local radio and news channels for official information, instructions and updates.
- ◆ **ENCOURAGE** friends, family, neighbors and co-workers to subscribe.



Emergency Alert & Notification Systems

Subscribe to Oakland's Emergency Notification Systems



www.acalert.org



www.nixle.com



Emergency Alert & Notification Systems

Oakland ALERTING AND WARNING SIREN SYSTEM

Tested at noon on the first Wednesday of each month

There are three notification sounds that be utilized to inform you of the nature of the emergency

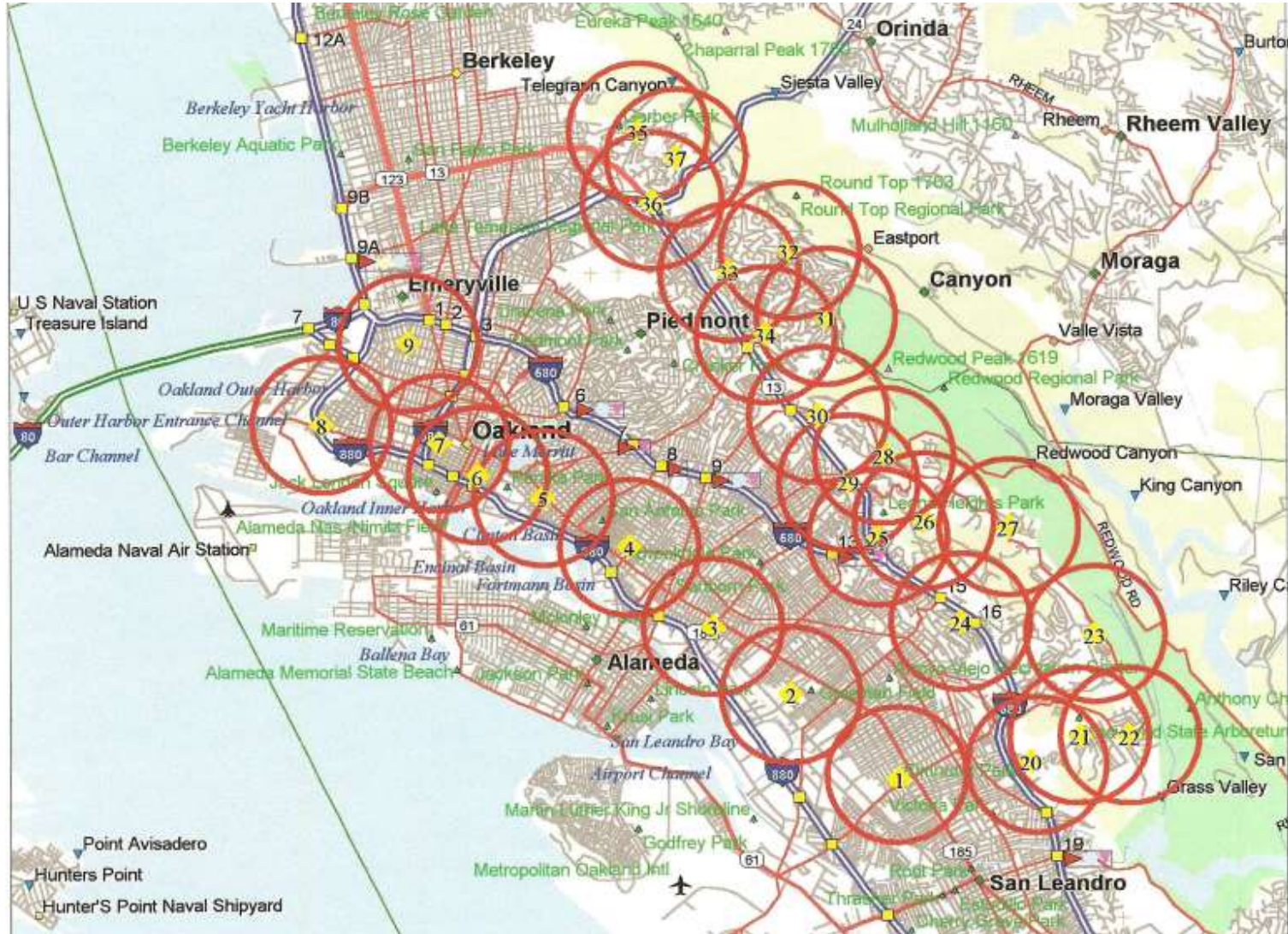
Steady Tone: Shelter in Place. Consult media sources to confirm event details

Slow Wail: A Tsunami is possible or eminent. Consult media sources to confirm event details

Fast Wail: Fire conditions exist. Consult media sources to confirm event details



Emergency Alert & Notification Systems





Emergency Alert & Notification Systems

- **In a disaster tune your radio to KCBS 740 AM**

(primary station for the greater Bay Area)

Alternates: KGO 810 AM or KNBR 680 AM



- **Dial 2-1-1**

For disaster relief information such as shelter locations.



Utilities: Natural Gas

SHUT OFF THE GAS IF YOU



Smell
Gas



Hear
Hissing
Sounds



See the
Gas Meter
Wheels Spinning

Or if the building has collapsed (But only if it is **SAFE** to do so)

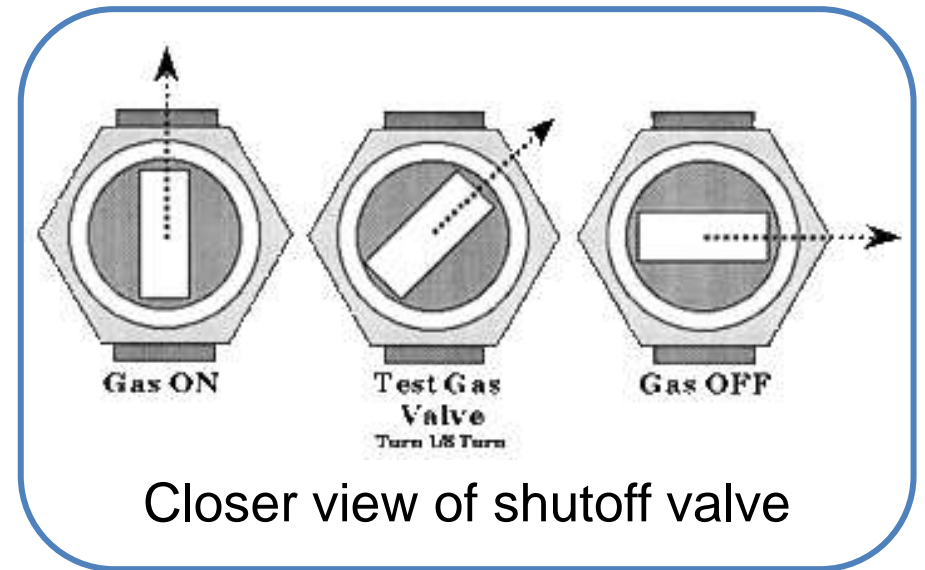
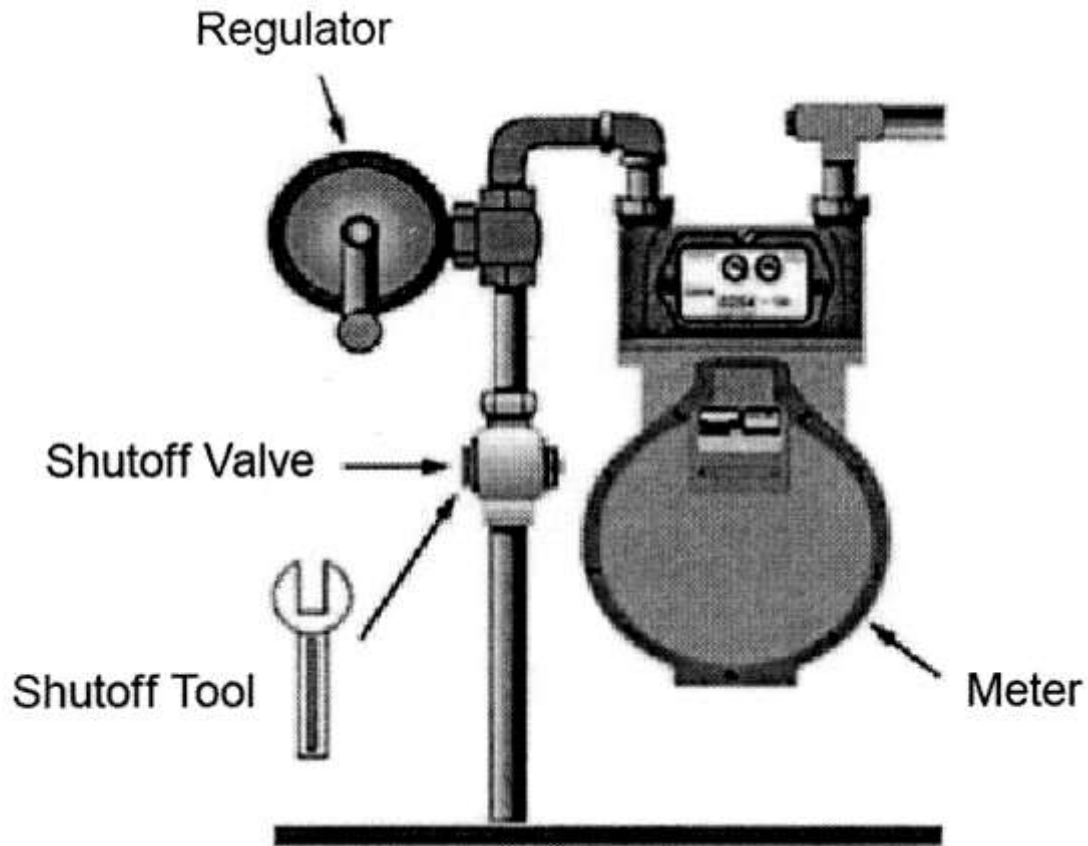
Once you turn off the gas, **DO NOT** turn it back on!

Call PG&E or a licensed plumber.



Utilities: Natural Gas

Where is your gas meter?





Utilities: Electricity

Turn off the electricity when

- your home is threatened by fire or flood
- arcing or burning occurs
- you smell burned insulation
- plugs or switches are hot or blackened

Label all circuits and learn how to turn them off

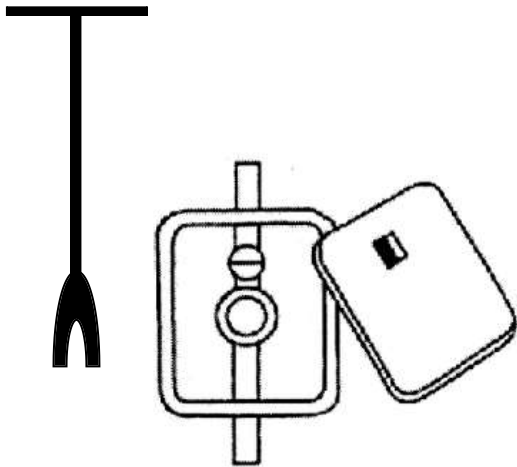
You can safely turn the electricity back on

Treat all downed lines as lethal hazards

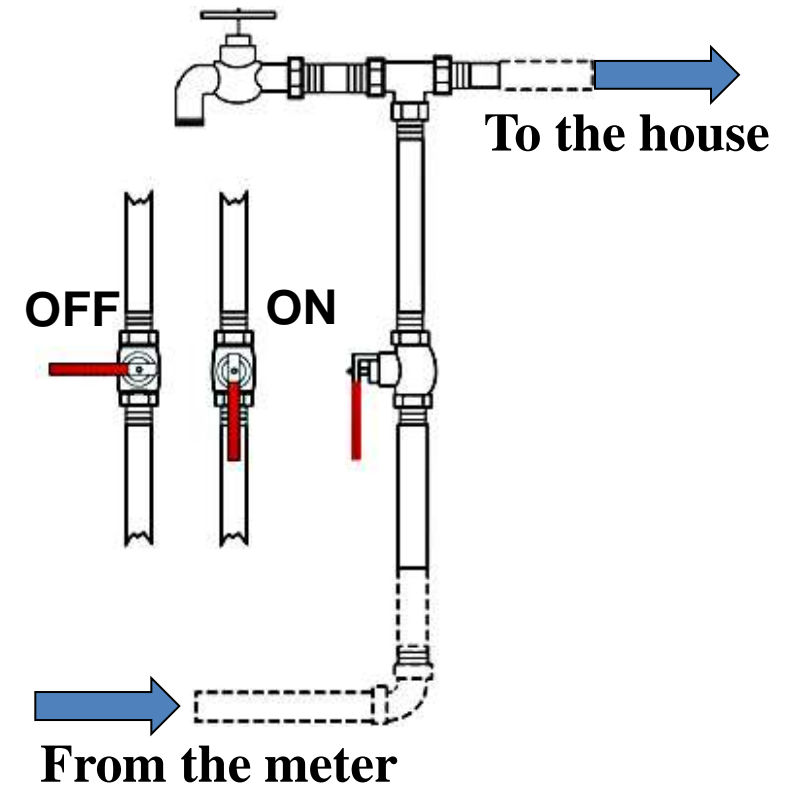


Utilities: Water

Residential Water Shutoffs



Water meter shutoff at the street
and shutoff tool



Shutoff in front of the house



Utilities: Sewage



After an earthquake, sewer lines may be damaged.

If in doubt, DO NOT flush!



Alternate Toilet Facilities

How to use a dry toilet bowl or 5 gallon bucket with a lid



- Line dry toilet bowl or bucket with 2 heavy duty trash bags
- Use only for solid human waste
- Use kitty litter or shredded newspaper for absorbancy
- Keep closed when not in use
- Place full bags in a trash can labeled “human waste” and store well away from human activity
- Urinate in a *separate bucket* and dispose away from human activity where it will not affect waterways
- Practice good hygiene



Smoke Detectors



Smoke detectors save lives!

Don't forget carbon monoxide detectors!

Change the batteries twice a year.



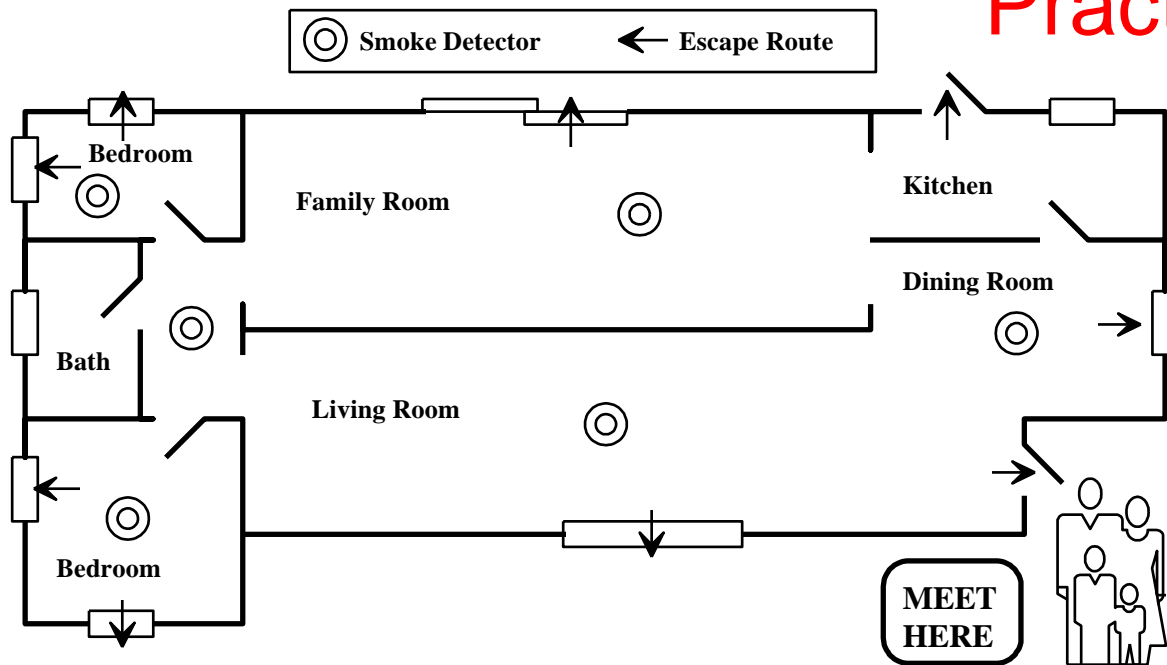


Develop a Home Escape Plan

Escape routes from every room

Meeting place outside the home

Practice your escape plan





People with Functional Needs

Supplementary Emergency Supplies
Service Animals





Vital Documents

To help recover after a disaster:

Make copies or digital records of your important documents

Take photos or video of your home and its contents

Store the copies in two different locations



Multi-Unit Buildings

Plan escape routes

Locate utilities

OK to secure furniture to wall?

Store supplies to the extent possible

PART TWO: Minimize Potential Hazards In and Around Your Home

**Make your home
a safer place**

**Look for potential hazards
in every room**

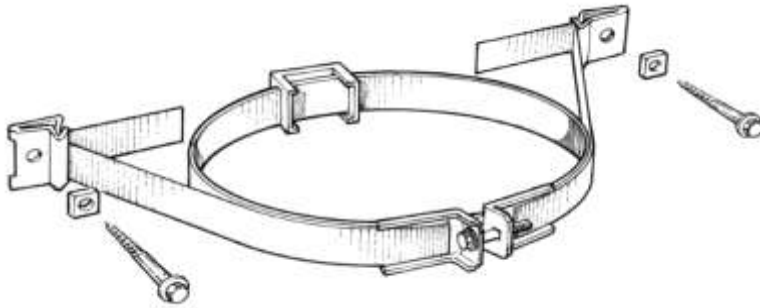


Minimize Hazards Around Your Home



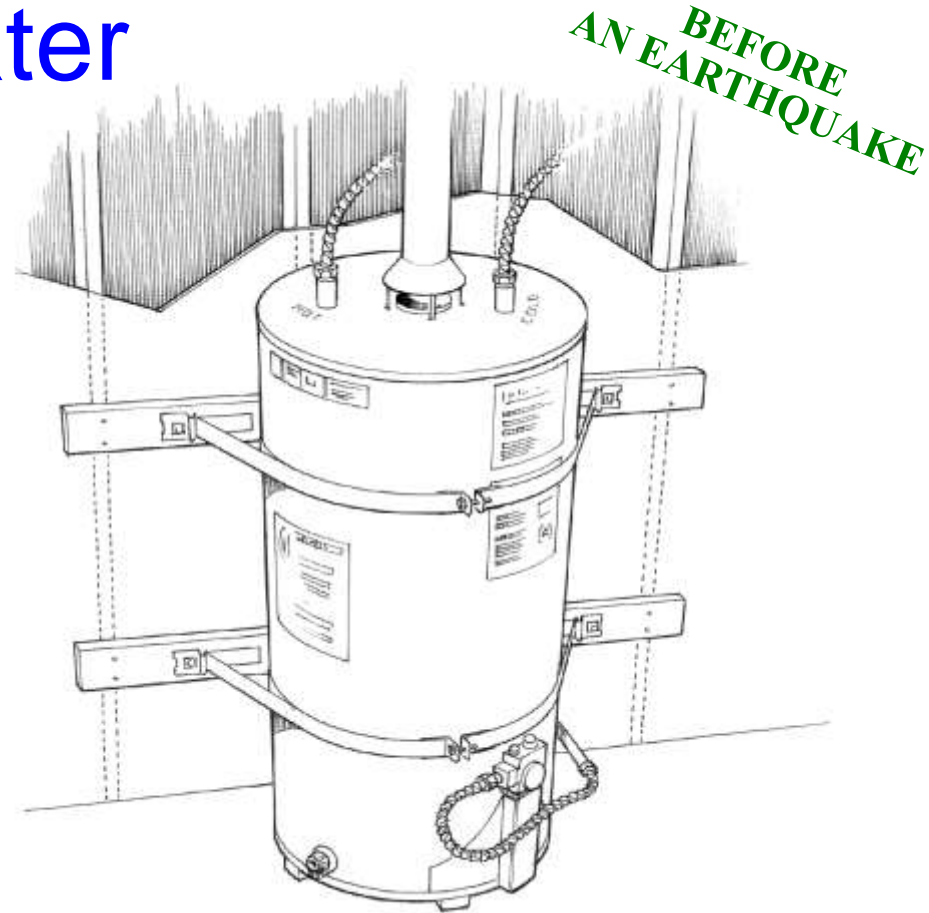
Secure Your Water Heater

1. Strap the water heater to wall studs



Use the right materials

2. Install flexible gas and water lines
(include all appliances as well)

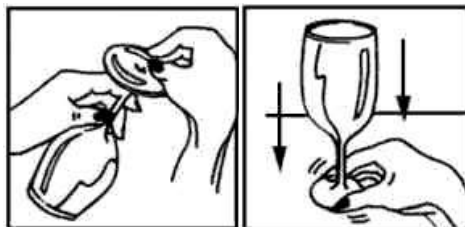
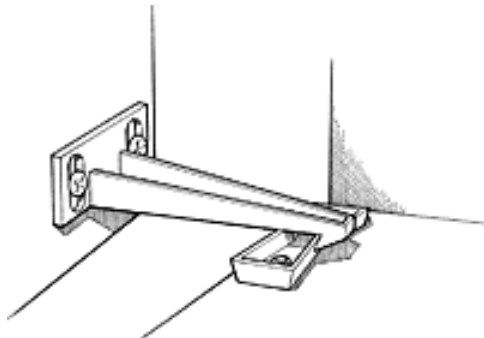


All appliances should have tether lines.

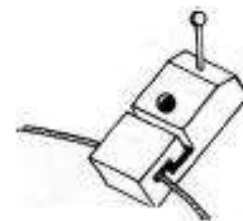


Minimize Hazards Around Your Home

Cabinet latches

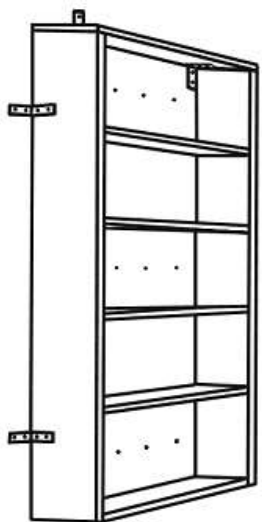


Museum wax
for breakable
objects



Picture and mirror
hangers

**BEFORE
AN EARTHQUAKE**



Secure
bookshelves &
tall furniture.
**Light items high,
Heavy items low**

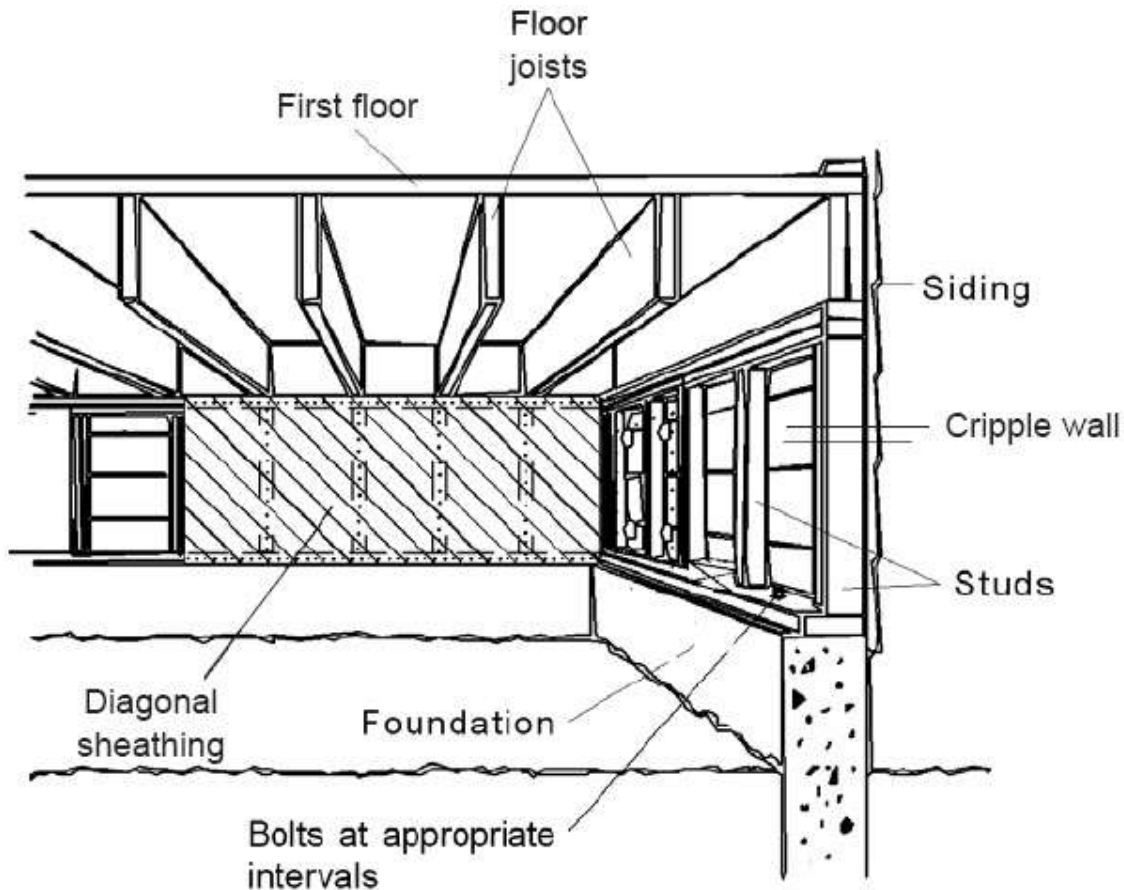


Store household chemicals safely





Seismic Safety and Retrofitting



Questions about
your home's
seismic safety?
Consult a licensed
engineer or
contractor with
experience in
seismic work.

*source: California
Seismic Safety Commission*

PART THREE: Emergency Supplies

- ◆ Plan to be on your own for 7-10 days
- ◆ It will take at least 3 days for outside assistance to begin
- ◆ Keep basic supplies on hand





Emergency Supplies: Water

Water is the most important life-saving item you can store.

How Much?

- **Two gallons per person per day for 7 -10 days**
- Include extra water for your pets
- Store in food grade containers
- Rotate every 6 months

If water is contaminated, cloudy, or over 6 months old, purify by boiling or with plain chlorine bleach.



Emergency Supplies: Food

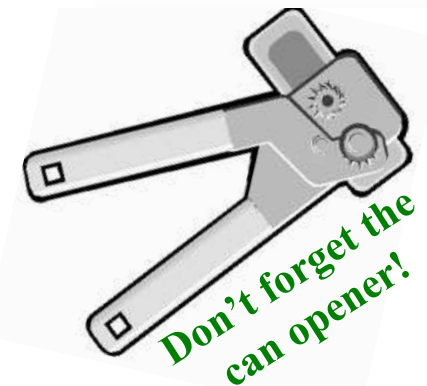
Store a 7 – 10 day supply of non-perishable food

Select foods that:

- Need little or no cooking
- Are compact and light weight
- Do not need to have water added
- Are low in sodium
- You like to eat
- Have a long shelf-life

Rotate your food every 6 – 12 months

Use food in the refrigerator and freezer first

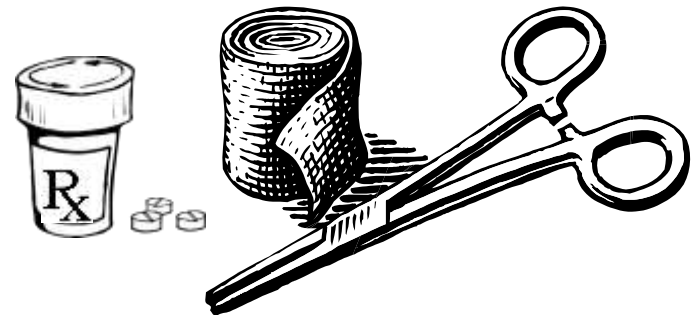


*Don't forget the
can opener!*



First Aid Supplies

- ◆ You can make your own first aid kit
- ◆ A home-made kit will have supplies suited to your family
- ◆ Assemble a complete first aid kit for your home and smaller ones for your car and Go Bag
- ◆ 14 day supply of prescription medications
(One idea: use weekly dosage boxes and rotate them regularly)
- ◆ Check expiration dates

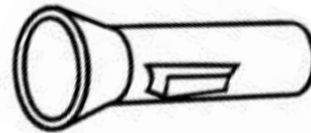




Tools and Personal Supplies

Some basics for every home:

Flashlight & extra batteries



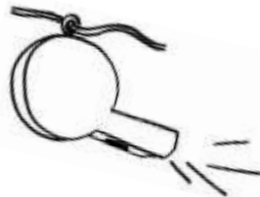
Portable radio (battery, crank or solar)



Tools to shut off gas and water, if necessary



Whistle



Special items for adults, babies, or pets

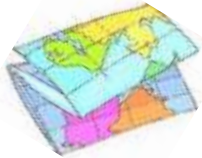




Your Go Bag

A few items for an evacuation “Go Bag”

- Map



- Comfortable sturdy shoes
- Copies of vital documents, ID cards, emergency contact list
- Enough supplies to get you to a shelter
- Cash in small denominations
- An extra set of car keys and house keys



Keep supplies at home, in your car, at work

PART FOUR: What To Do During and After A Disaster

In this section you will learn how to recognize and respond to several types of disaster

- Evacuation vs. Shelter in Place
- Earthquakes
- Fires
- Hazardous Materials Incidents



Evacuation

Your Evacuation Plan:

- Plan more than one place to go.
- Map two routes by car and two routes on foot.
- What will you take? Where is it located?
- Plan for pets & service animals.
- Keep your gas tank at least half full.



Shelter in Place

Shelter, Shut, Listen

- Shelter** Get everyone inside the building
- Shut** Close exterior doors and windows
Turn off heaters, air conditioners and ventilation systems
- Listen** Listen for instructions on the radio



During an Earthquake

- **Stay calm**
- **Drop, Cover and Hold On!**
- Stay away from windows.
- Protect yourself from falling objects.
- If you are inside a building, stay inside until the shaking stops.
- If you are driving, pull over and stop safely.





After an Earthquake

Stay Calm and Follow Your Plan!

- Expect aftershocks
- Check yourself from head to toe
- Give first aid
- Extinguish small fires
- Inspect your home for damage
- Tune your radio to KCBS 740 AM
- Help your neighbors



Using a Fire Extinguisher

Get everyone out of the building.

Call 911!

***THEN* consider using your fire extinguisher.**

P.A.S.S.

PULL →



Pull the pin

AIM →



Aim at the base of the fire

SQUEEZE →



Squeeze the handle

SWEEP →



Sweep the fire



Fire in Your Home

Get everyone out!
Call 911!

Test doors for heat with the back of your hand.
Smoke in the hallway? Use an alternative escape route.
Follow your plan! Go to your meeting place.

If your clothing is on fire



Stop, Drop, and Roll





Fire Near Your Home

Prepare to Evacuate

- ◆ Listen to radio/TV emergency alerts and first responders
- ◆ Map safe escape routes
- ◆ Assemble irreplaceable possessions
- ◆ Confine pets for quick departure
- ◆ Do not delay - leave when instructed to do so



Hazardous Materials Incident

Keep 'SIN' in mind

Safety: Leave the area

Isolation: Keep others away

Notify: Call 911

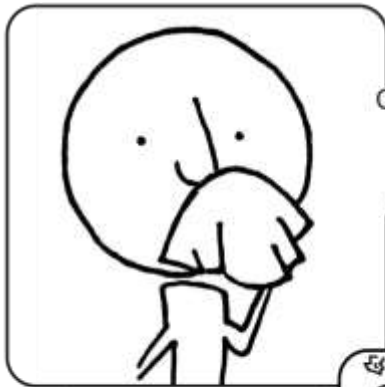


**If You Hear the Oakland Sirens:
Shelter in Place
Listen for instructions on the radio**



Infectious Disease Outbreak

Protect yourself and reduce the spread of infectious disease



Cover your mouth and nose with a tissue when you cough or sneeze

or
cough or sneeze into your upper sleeve, not your hands.

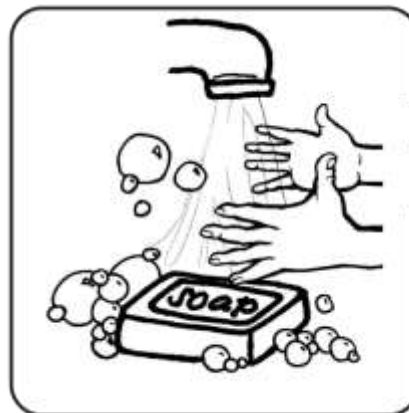


Cover Your Cough

Put your used tissue in the waste basket.

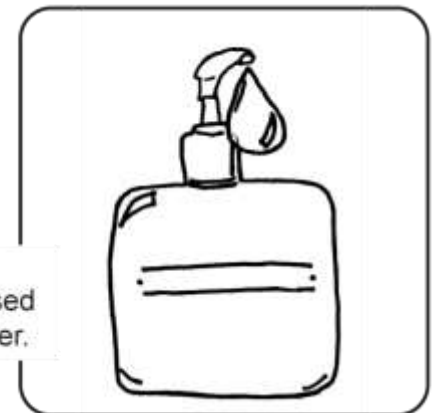


Clean Your Hands



Wash hands with soap and warm water

or
clean with alcohol-based hand cleaner.

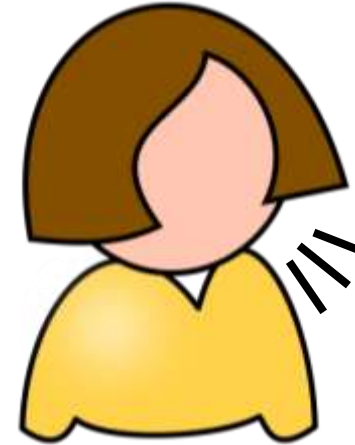




Terrorist Events

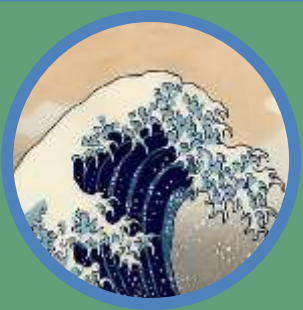


See Something
Say Something



If you observe any indications of a terrorist incident you should:

- **Not touch it**
- **Move away from object or area**
- **Report it to authorities immediately**

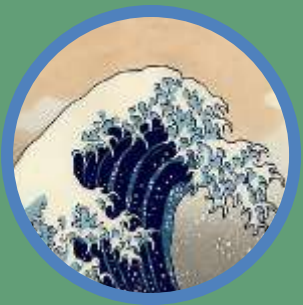


Tsunami

If a Tsunami Threatens Our Neighborhood

- ▶ Alert the media



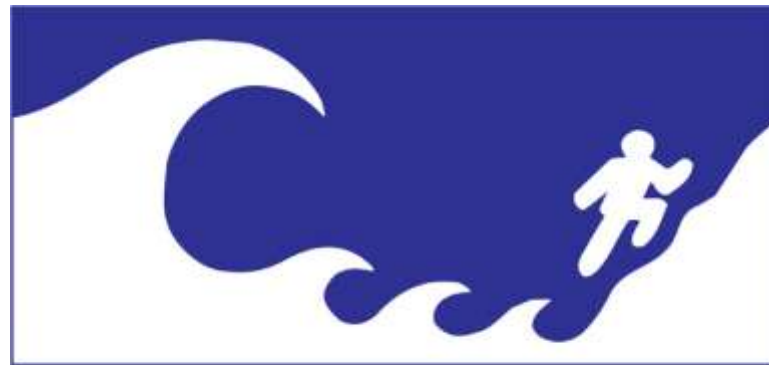


Tsunami

Never go to the coast to watch a tsunami

If there is a tsunami warning

- ▶ **Listen for instructions on the radio**
- ▶ **If you are near the coast, head for high ground**



TSUNAMI!

Want More Info?

Where to find supplemental disaster information

For those who want to dig further, here's where to find supplemental disaster preparation and safety information:

Living in earthquake country

<https://pubs.usgs.gov/gip/2005/15/gip-15.pdf>

Survival kits

www.sf72.org/supplies
www.ready.gov/build-a-kit
<http://bit.ly/2lYtjXJ>

Preparing your home

abag.ca.gov/tools-resources/data-tools/resilience-open-data-portal
www.earthquakebracebolt.com/homeownerregistration

Family resources

“Trinka and Sam: The Day the Earth Shook,” a children’s book:
piploproductions.com/stories/trinka-and-sam-earthquake
Sesame Street Emergency Preparedness Toolkit:
www.sesamestreet.org/toolkits/ready
Family Emergency Preparedness Checklist:
uclahealth.org/patient-resources/patient-education/emergency-preparedness

Pet safety

www.aspca.org/pet-care/general-pet-care/disaster-preparedness

During and after a quake or other disaster

www.earthquakecountry.org/dropcoverholdon
www.ready.gov/earthquakes
www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/earthquake#Before
<https://www.conservation.ca.gov/cgs/earthquakes>

Regrouping

Search for a family member via the Red Cross:
redcross.org/safeandwell
Family finder phone apps:
www.life360.com/family-locator
<http://mamabearapp.com>

Other useful technology

www.tesla.com/powerwall
www.tesla.com/solarpanels
<http://powerequipment.honda.com/generators/wattage-calculator>
<http://powerequipment.honda.com/generators/wattage-calculator>
www.bluecosmo.com

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<https://s3.documentcloud.org/documents/24027035/quakeguide2023.pdf>

What's Next?

The screenshot shows a web browser displaying the City of Oakland website. The page title is "Communities of Oakland Respond to Emergencies [CORE Program]". The main content area includes a paragraph describing the CORE program as a free emergency preparedness and response training program. Below this, there are two green buttons: "Stay Informed!" and "Know Your Zone!". The "Stay Informed!" button links to "EMERGENCY MASS NOTIFICATIONS" and the "Know Your Zone!" button links to "ZONEMAVEN EMERGENCY EVACUATION INFO". On the left side, there is a vertical menu with links: "Community Outreach & Engagement", "Emergency Preparedness & Response Training", "Hands-on Drills & Exercises", "Invest in the CORE Program!", "FAQ", "CORE Program Team", and "Contact Us!". The main content area also features a section titled "Community Outreach & Engagement" with a sub-heading "In addition to signing up for AC Alert, the Mass Notification System used by City and County agencies throughout Alameda County to rapidly disseminate emergency alerts, here are some other ways to get connected:". Below this are three white boxes with green borders: "Request a Ready Oakland Sidewalk Decal", "Download Community Outreach Materials", and "CORE Program Volunteer Opportunities". The browser's address bar shows the URL "https://www.oaklandca.gov/services/readyoakland".

www.oaklandca.gov/services/readyoakland

What's Next?

CITY OF OAKLAND Services Departments My Government

Personal Emergency Preparedness Classes [PEP]

Self reliance is key. Learn how to identify and anticipate hazards, reduce hazards in the home and workplace, and apply basic lifesaving medical techniques to better support yourself, your immediate family, and your home. This training is great for individuals who just need basic information and general awareness for themselves.

[Host a PEP training for your neighborhood!](#)

2023 PEP Class Schedule
Host A PEP Training for your Neighborhood!

Related Events

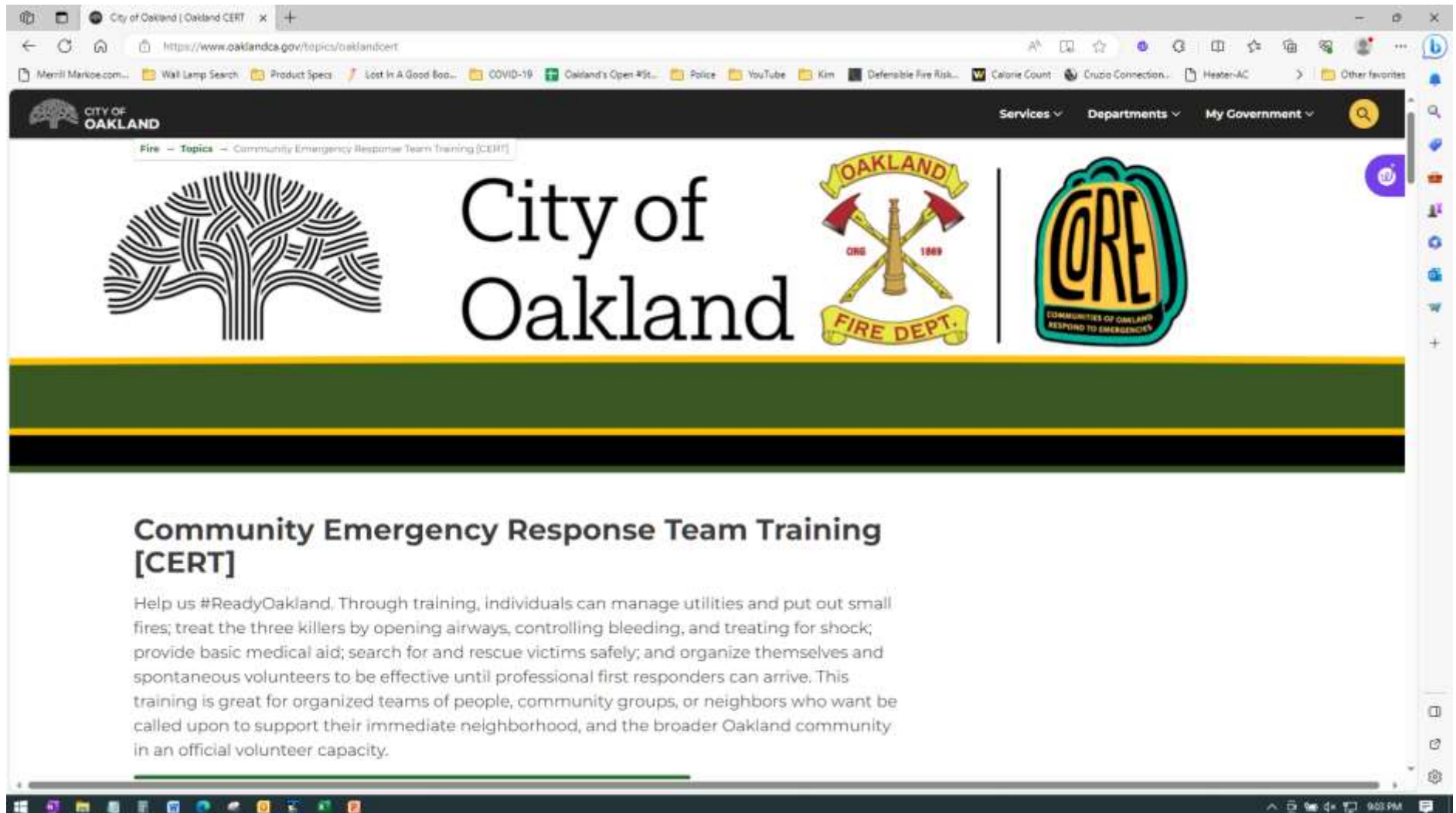
Personal Emergency Preparedness [PEP] Class
Tuesday, December 12, 2023
6:00pm to 7:30pm

[See All Events](#)

[Promote PEP Training In Your Neighborhood | Download a Flyer \(9/6/23\)](#)

Host A PEP Training for your Neighborhood!

What's Next?




City of Oakland | Oakland CERT



https://www.oaklandca.gov/topics/oaklandcert

Services | Departments | My Government

Fire - Topics - Community Emergency Response Team Training (CERT)



City of
Oakland



Community Emergency Response Team Training [CERT]

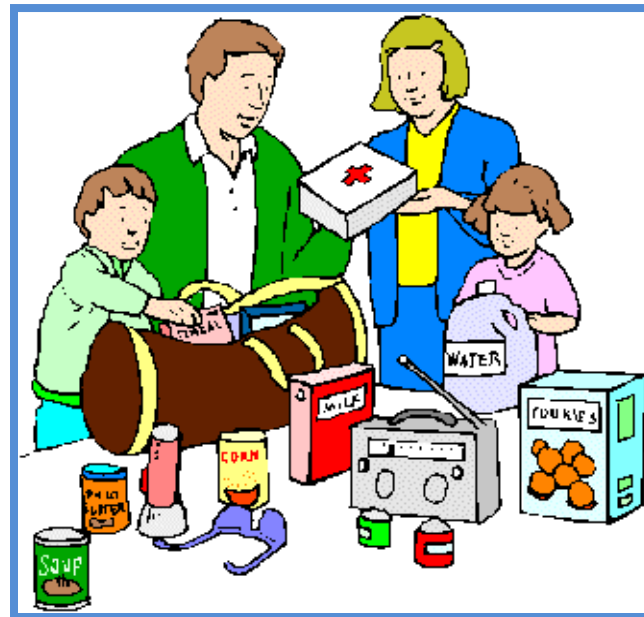
Help us #ReadyOakland. Through training, individuals can manage utilities and put out small fires; treat the three killers by opening airways, controlling bleeding, and treating for shock; provide basic medical aid; search for and rescue victims safely; and organize themselves and spontaneous volunteers to be effective until professional first responders can arrive. This training is great for organized teams of people, community groups, or neighbors who want to be called upon to support their immediate neighborhood, and the broader Oakland community in an official volunteer capacity.

You Can Do It!

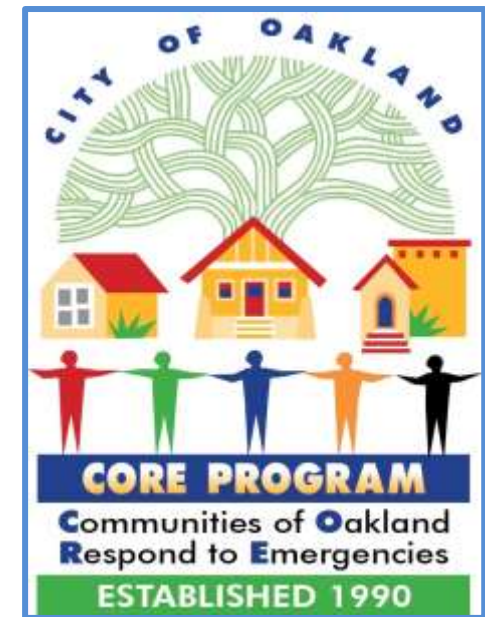
Make a Plan.



Build a Kit.



Get Involved.



www.oaklandcore.com ~ 510-238-6351 ~ core@oaklandnet.com