

Westside Village Earthquake Preparedness Guide



CHRISTCHURCH, NEW ZEALAND
MARCH 26, 2011

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**Come to our Earthquake
Preparedness Fair
Thursday August 21**

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Plan

Neighborhood Preparedness Planning

Preparing for disasters isn't a luxury, it's an imperative. Los Angeles is webbed with earthquake faults, and The Big One can occur any time without warning. With over 4 million residents, LA City emergency responders will be overwhelmed. You will need to rely on yourself and the people around you for hours, days, or even weeks. Are you ready? Our neighborhood must develop a plan where neighbors can help neighbors until outside assistance arrives.

The LA City Emergency Management Department created a program so that we, in Westside Village, can "Build a Neighborhood Disaster Plan in Just Five Steps." The plan recognizes that the priorities in a disaster are to take care of yourself first, your family second, and your neighbors third.

Support The WVHA - We're Working For You!

Your Westside Village Homeowners Association is working on behalf of all of Westside Village to provide an Emergency Preparedness Event as our way to make our community safer and more prepared to deal with whatever emergency we may encounter. We hope that you will take advantage of this opportunity and attend the **Earthquake Preparedness Fair on August 21st**. Your \$20.00 annual dues helps to make these events happen. If you haven't paid this year, please make sure you submit your dues in the attached envelope.

www.westsidevillage.org

The 5 Steps To Building A Neighborhood Preparedness Plan Are:

STEP 1

DEFINE YOUR AREA:

Identify and map a manageable area such as your immediate block, or a few surrounding streets, which you can organize with relative ease. Twenty-five to forty households is the ideal size.

STEP 2

RECRUIT LEADERS:

Develop leaders who, with the support of neighbors, help build the plan and carry out emergency support activities when the time comes.

STEP 3

SCOUT YOUR AREA:

Learn the lay of the land: what resources you have, what the landscape is, and the risks, disasters, or other emergencies common to your area.

STEP 4

BUILD YOUR TEAM:

Find out who lives in your area, how they can help in a disaster, and who may need extra assistance.

STEP 5

PLAN YOUR APPROACH:

Create a plan that outlines what your neighborhood will do before, during, and after a disaster.

For a short, informative, and inspiring video about a neighborhood that adopted this plan, see: <http://youtu.be/QK56uKII9jo>



NORTHRIDGE, CALIFORNIA
JANUARY 19, 1994

Prepare

Build An Emergency Supply Kit

When the Big One hits, you won't be able to run to the store for supplies. In fact, you might not be able to stay in your home if it's heavily damaged. Prepare an emergency supply kit in an easy-to-carry container or backpack. Virtually every disaster preparedness brochure or website offers a checklist of items you should have on hand. For example, see the NTP brochure in this newsletter or <http://preparesocal.org/tips-tools/get-a-kit/#sthash.4WSVPYzo.dpuf>.

Most importantly, you must have an adequate supply of water on hand—at least one gallon per person, per day. A three-day supply is recommended for evacuation. A two-week supply is recommended if you stay in your home.

Don't forget some cash in small denominations since computerized banking, ATMs, pay-at-the-pump machines, and computerized cash registers may not be operational.

If your family includes elderly, children, anyone with health problems or special needs, or pets, add supplies to your basic kit accordingly.

Simple Measures To Protect Your Home From Earthquakes

This has been said before by many experts in the field, but there are a few simple precautions that bear repeating.

1.

Have a flashlight in every room.

2.

Avoid hanging heavy pictures over the bed or placing unanchored heavy, breakable, or potentially dangerous objects near the bed.

3.

Have a number of fire extinguishers distributed around the house and mark your calendar for their service dates.

4.

Put rubber net-type mats in all of your kitchen cupboards to prevent glasses, dishes and food from slipping.

5.

Put baby-proof hooks on your kitchen cupboard doors so they won't fly open.

6.

Be sure you know how to turn off your gas and water. Installing a ¼ turn water shut-off valve where the water line goes into the house is a great way to prevent damage following an earthquake or in the event of a burst pipe. Be aware that the Gas Co. does not recommend turning off the gas automatically—only if there is reason to believe that there is a leak.

7.

Objects displayed on shelves can be secured with Quake Wax or Sticky Wax. It can be applied directly to surfaces like porcelain and most metals, but it could leave a residue on wood.

8.

Locating the center of gravity of an object can be helpful. The most stable objects are pyramids. You can stabilize many hollow objects by putting a small plastic bag with sand or lead shot in the interior. This lowers the center of gravity, making tipping less likely.

9.

Attach tall cupboards, hutches and book cases to the wall by screwing L brackets to the pieces of furniture and into the wall with a toggle bolt.

10.

Hang heavy pictures or paintings with closed-loop hooks so that the objects can't jump off the hooks.

Start or supplement your disaster supply kit with items from a variety of local vendors at the Westside Village Preparedness Fair on Thursday, August 21, 2014, 7-9pm at St. John's Church.

React

When The Earth Moves...

There's no telling where you'll be when an earthquake hits, so you need to know what to do in any situation. At the outset, you can't predict how big the temblor will be, so when you feel the first jolt:

DROP to the ground (before the earthquake drops you!),

Take COVER by getting under a sturdy desk or table, and

HOLD ON to your shelter and move with it until the shaking stops.

If there is no shelter nearby, drop and crawl to an interior corner or wall (or next to low-lying furniture that won't fall on you), covering your head and neck with your arms and hands. Move away from windows and anything that can fall on you.

What to do if you are:

Wheelchair-bound

Lock your wheels and remain seated until the shaking stops. Protect your head and neck with your arms or whatever is available.



In bed

Hold on and stay there, protecting your head with a pillow or covers. Broken glass on the floor can cause injury if you roll to the floor or try to get up.

Keep a pair of hard-soled shoes by your bed so you can safely move once the shaking stops.



In a high-rise building

Drop, Cover, and Hold On. Avoid windows and other hazards and don't use the elevators.



In a store

Again, Drop Cover and Hold On. If you must get away from heavy items on high shelves, drop, and crawl the shortest distance necessary, shielding yourself as much as possible.



In a stadium or theater

Stay at your seat and drop to the floor between rows and protect your head and neck until the shaking stops. Then exit slowly, watching for anything that could fall in the aftershocks. Remember, panicking crowds also are dangerous!



Outdoors

Move to a clear area avoiding power lines, trees, signs, buildings, vehicles, and other hazards.



Driving

Pull over, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs, and other hazards. Stay in the vehicle until the shaking stops. If a power line falls on the car, stay inside until a trained person removes the wire.



What NOT to do:

Don't run outside

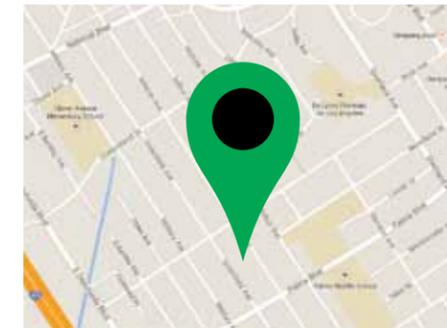
The area near exterior walls of a building is dangerous because windows, facades, and architectural details often are first to collapse.

Don't stand in a doorway

Most are no stronger than any other part of the house, and won't protect you from falling or flying objects. You can fall during strong shaking or be battered by a swinging door.

The "Triangle of Life" myth debunked: The "triangle of life" theory advises you to seek shelter next to solid items rather than under a table. The belief is that a protective space, or void, could prevent injury in the event of a major structural failure or "pancake collapse". This advice has been soundly refuted by authorities such as the American Red Cross, the Southern California Earthquake Center, the FEMA, and many others, as potentially life threatening.

Family Communications And Meet-up Plan



When an earthquake hits, your family might be home, or scattered about the city at school or at work. Prepare for any contingency by creating a family disaster plan which you must keep up to date and practice regularly.

Plan home escape routes, with at least two exits for any room in your house, in case one is blocked or unsafe. Establish a safe meeting place right outside your home to reunite. Also designate a meeting place outside your neighborhood in case you can't return home or are asked to leave your immediate area. Find out where your children's school or day care will take them if it's necessary to evacuate, and plan how you will pick them up.

After a disaster, local phone lines—if working at all—may be tied up by emergency responders. Therefore, designate out-of-area friends or family members to serve as primary and alternative contacts. Each family member should call to check in and account for others with them. Keep updated family and emergency contact information loaded on everyone's cell phone.

Utilities Can Spell Disaster!

We're spoiled with hot and cold running water, natural gas cooking and heating, and electricity for all our gadgets and appliances. After a large quake, however, not only may we be doing without our utilities, we may be endangered by them.

Before disaster strikes, locate your gas, water, and electric meters and shut off valves. Make sure you have access to the valves and know how to operate them. See the NTP brochure included in this newsletter for diagrams and information about how to turn off your utilities.

Gas

Stash a 12" or larger adjustable wrench with your emergency supply kit or tie it to your gas meter shut-off valve.

Alternatively, have your plumber install an automatic shut-off valve, which turns off your gas when the earth shakes violently. Turn off your gas meter only if you smell or hear gas leaking, and ONLY if it's safe. Don't attempt to turn it back on yourself; only SoCalGas employees may do so. WARNING: After an earthquake, use flashlights only. Don't strike a match or use any electrical appliances, light switches, or other devices that can cause



a spark until you're sure there are no gas leaks.

Water

Prevent your water heater from moving or toppling in an earthquake by fastening it firmly to wall studs in two places with heavy bolts and metal strapping. Shut off your water after a major earthquake to protect water stored in your water heater and toilet tanks from contamination from the main water system. Purify water by boiling it for at least a minute. If you don't can't, add non-scented, household bleach (sodium hypochlorite) to contaminated tap water—1/8 teaspoon per gallon for clear water and 1/4 teaspoon per gallon of cloudy water. Mix well and wait at least 30 minutes before drinking. Don't drink water from swimming pools or spas because it contains harmful chemicals.



Electrical

Shut off power at the control box if there's any damage to your house's wiring. Don't touch downed power lines or any people, objects, or liquids in contact with them. Always assume that power lines are energized. Only a qualified power company employee or a trained rescuer such as a fire fighter should attempt a rescue.



Learn more about all of the above disaster preparedness topics—and more—at the Westside Village Preparedness Fair

on Thursday, August 21, 2014, 7-9pm at St. John's Church.

Learn From First Responders

FREE Training by LA Fire Department

Once we organize through the Neighborhood Disaster Planning process, we must learn the skills we'll need in the event of an actual emergency. CERT (Community Emergency Response Team) training gets you ready to help yourself, your family, and your neighborhood. The classes are open to everyone over 18, including those who took the course previously and want to refresh their disaster preparedness skills.

CERT training consists of seven weekly 2-1/2 hour evening classes. If you miss a class, you can go to any other location to make it up.

You will learn to:

- Prepare your home and family for emergencies;
- Manage utilities and put out small fires;
- Treat the three top medical killers by opening airways, controlling bleeding, and treating for shock;
- Provide basic medical aid;
- Search for and rescue victims safely;
- Effectively organize volunteers;
- Collect disaster intelligence to support first responder efforts.

Your CERT Neighborhood Team Program (NTP)

Over 25 years of Community Emergency Response Team (CERT) training by the LAFD resulted in a core of trained personnel living throughout the city, including several of our neighbors in Westside Village. In the event of a disaster, however, there will not be enough of those CERT-trained residents to go around. They will need assistance from their neighbors to help others.

Not everyone is interested in or able to undertake the entire CERT training. The Neighborhood Team Program (NTP), while not a substitute for CERT training, offers a shorter, simplified training and response program in which everyone can participate.

Volunteers of any fitness level join with local CERT-trained volunteers and form small, very local, emergency preparedness and response teams. Groups of neighbors are instructed in personal, family, and group preparedness techniques adapted to the needs and circumstances of each particular team. A brochure describing the Neighborhood Team Program (NTP) is included in this newsletter.



We Can Do It, Too!

Our neighboring community, Mar Vista Hill, is organized for disaster relief, and we can follow their lead. The Hilltop neighborhood, just west of us (bounded by National, Charnock, Centinela, and Inglewood Bl.) is similar to Westside Village in size and location. They recently developed a Neighborhood Team consisting of 44 people split into five sub-teams:

1. Command Post Operations to record incidents, and allocate and track resources.

2. Damage Survey to assess assigned areas of the neighborhood for damages, check on the elderly and disabled, knock on doors of homes not displaying their "We're OK" sign, and use radios to request Fire Suppression, Search & Rescue and/or Medical Teams as needed.

3. Fire and Rescue to suppress fires using large fire extinguishers and small fire hoses; run light search and rescue operations, including structure and hazard size-up, utility management, systematic search patterns, victim extraction, and prepare the injured for transport.

4. Medical (current and retired medical professionals and those with First Aid training) to handle casualty triage, head-to-toe medical evaluation, first aid, and treatment area management.

5. Transport (residents with vans, SUVs and trucks) to take victims to hospitals.

Training for each sub-team took from one to four weeks. Free sessions were conducted twice a week, once during the week and repeated on a Sunday evening to accommodate busy schedules. Each two-hour session consisted of an hour lecture followed by hands-on practice. All classes included personal disaster survival training, but each team trained separately, learning the skills necessary for its job.

We, too, can organize and learn. Don't we want to be just as prepared in Westside Village when disaster strikes?

Prepare For Recovery

After the shaking stops, you'll need key paperwork to get your life back on track. It's important to have copies of those documents safeguarded in a bank deposit box (keep the key handy!), a water-and fireproof safe, on a thumb-drive you keep with you, or stored in the cloud—or in several of these places. Depending upon how devastating the disaster is, you may not be able to access some of your storage locations.

Have copies of the most immediately

important documents in a zip-lock plastic storage bag ready in your grab and go kit in the event of an emergency.

Essential documents include identification such as driver's license, passport, and birth certificates as well as personal records like citizenship papers, marriage / divorce decrees, estate planning documents, and military discharge papers. Key financial documents include credit card, bank, credit union, and investment account numbers; powers of attorney; deeds or leases; auto title, and a household goods inventory. Especially important is a list of all insurance policy numbers.

You can help our neighborhood get organized for disaster relief by attending the Westside Village Preparedness Fair on Thursday, August 21, 2014, 7-9pm at St. John's Church!

For more information on CERT, visit the CERT table, or see www.cert-la.com.



Westside Village Earthquake Preparedness Fair Thursday August 21 7 to 9 pm

Get to know your neighbors and learn how to protect yourself, your family, and your neighborhood!

**St. John's Presbyterian Church
at National Blvd. and Military Ave.**

Start or supplement your earthquake kit with supplies from a variety of local vendors.

Hear from the LA Fire Department, LA Police Department, Neighborhood Watch, and CERT, as well as a seasoned disaster planning expert who will walk us through Neighborhood Preparedness Planning.

Learn how you can get further disaster preparedness training for FREE!



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