



Greenbrier Fire Dept.

"Caring For The Community"

Disaster Preparedness covers many different aspects of emergency and disasters. Some areas of preparedness should include Terrorism Preparedness, Earthquake Preparedness, Tornado Preparedness, Fire Preparedness, and any other natural disaster preparation needed to protect your family and business. The following is to give you information to better prepare you for emergency situations that we as citizens of Greenbrier might be at risk for.

Three important things all households should do to prepare for all Emergencies and Disaster situations include:

- *Prepare Your Home
- *Make a Plan
- *Be Informed

The first thing we want to do is [Prepare your Home](#) for an Emergency and Disaster situation. Some ideas are to install smoke detectors in your home and check them often. You should also remember to change your batteries at the same time that you change your clocks for spring forward and fall back. You should also have fire extinguishers in your home and know how to use them. Also we want to prepare our homes by having enough food, water, clothing, medical supplies and other necessary equipment for you and your family for at least 72 hours.

Second, we all should [Make a Plan](#) for our home or place of business. Some ideas for this would be to have a "safe meeting place" for you to be able to find everyone in your home if you have to leave in a hurry when not prepared. Also identify the safe places in your home in case of Tornado warnings or any other Natural disasters that require you to stay in your home. You should also familiarize yourself with emergency numbers for your area.

Third, is [Be Informed](#). We all hope that bad things will not happen to us or our families, but we are all at risk at all times for emergencies. So, we should be informed. Some ideas to prepare ourselves are to develop a family communication plan by knowing who we are going to call and where we are going to go in an emergency situation. You are preparing yourself right now by gaining information from this presentation. Now it is important to share the information learned with others. By doing this, you will be better informed for all situations.

Fire Safety:

Fires can engulf a home in 60 seconds; in fact **Fires double in intensity every thirty seconds to one minute without suppression.** Are you prepared with a quick and safe method of fire escape? You can't afford to be trapped in a burning building. Smoke detectors and heat alarms may warn you, but you still need a safe method of escape from a burning structure. Here are a few tips and fire safety ideas.

Make sure all family members know what to do in the event of a fire. Draw a floor plan with at least two ways of escaping every room. Make a drawing for each floor. Dimensions do not need to be correct. Make sure the plan shows important details: stairs, hallways and windows that can be used as fire escape routes.

Test windows and doors—do they open easy enough? Are they wide enough? Or tall enough?

Choose a safe meeting place outside the house.

Practice alerting other members. It is a good idea to keep a bell and flashlight in each bedroom.

Conduct a family meeting and discuss the following topics:

- *Always sleep with the bedroom doors closed. This will keep deadly heat and smoke out of bedrooms, giving you additional time to escape.*
- *Find a way for everyone to sound a family alarm. Yelling, pounding on walls, whistles, etc. Practice yelling "FIRE!"*
- *In a fire, time is critical. Don't waste time getting dressed, don't search for pets or valuables. Just get out!*
- *Roll out of bed. Stay low. One breath of smoke or gases may be enough to kill.*

Practice evacuating the building blindfolded. In a real fire situation, the amount of smoke generated by a fire most likely will make it difficult to see.

Practice staying low to the ground when escaping. Get low and go!

Feel all doors before opening them. If a door is hot, get out another way.

Learn to stop, drop to the ground, and roll if clothes catch fire.

Install smoke detectors

Check smoke detectors once a month and change the batteries at least twice a year. Smoke detectors sense abnormal amounts of smoke or invisible combustion gases in the air. They can detect both smoldering and burning fires. At least one smoke detector should be installed on every level of a structure. Purchase smoke detectors labeled by the Underwriters Laboratories (UL) or Factory Mutual (FM).

Post emergency numbers near telephones.

Be aware that if a fire threatens your home, you should not place the call to emergency services from inside the home. It is better to get out and place the call to fire authorities from a safe location outside the home.

After a fire emergency

Give first aid where appropriate. Seriously injured victims should be transported to professional medical help immediately. Stay out of the damaged building. Return only when fire authorities say it is safe.

Make sure you have a safe fire escape method for all situations

You may have installed a very expensive home security system. But if you cannot escape the burning structure you have a false level of confidence.

Space Heaters Need Space

Keep portable and space heaters at least 3 feet from anything that may burn. Never leave heaters on when you leave home or go to sleep. Children and pets should always be kept away from them.

Smokers Need To Be Extra Careful

Never smoke in bed or when you are sleepy. Carelessly discarded cigarettes are a leading cause of fire deaths in the United States.

Be Careful Cooking

Keep cooking areas clear of combustibles and wear short or tight-fitting sleeves when you cook. Keep the handles of your pots turned inward so they do not overhang the stove. If grease catches fire, carefully slide a lid over the pan and smother the flames, then turn off the burner.

Matches and Lighters are Dangerous

In the hands of a child, matches and lighters can be deadly! Store them where kids can't reach them, preferably in a locked area. Teach children that matches and lighters are "tools" and should only be used by adults.

Use Electricity Safely

If an appliance smokes or has an unusual smell, unplug it immediately and have it repaired. Replace frayed or cracked electrical cords and don't overload extension cords. They should not be run under rugs. Never tamper with the fuse box or use the improper size fuse.

Cool a Burn

If someone gets burned, immediately place the wound under cool water for 10 to 15 minutes. If the burn blisters or chars, see a doctor immediately!

Be Careful of Halogen Lights

If you have halogen lights, make sure they are away from flammable drapes and low ceiling areas. Never leave them on when you leave your home or office.

You can get your fire extinguishers checked and refilled for around \$15.00. But, you can purchase a new one for about the same price, so it may be wiser to purchase a new one when used or after several years of having one.

Earthquake Safety:

Some thing we all need practice preparing ourselves for are Earthquakes. One thing you should know is that it is better to be over prepared for all situations. Even though we have not had what is considered to be a big Earthquake, We have been told by authorities that we should be ready for the "big one". So here are a few tips and ways to prepare yourselves and homes for an Earthquake emergency. Some of these tips can also help you for other natural disasters that may occur such as Tornado emergencies that we might face.

Preparing your home and business for the "big one" is a way of life. Tall bookshelves, file cabinets, dressers and hutches should be secured to a stud in the wall. Glass and other fragile items should be anchored to the shelf or table top. Pictures and mirrors should not be hung above beds or couches and should be hung with specially designed picture hangers. Latches should be installed on cabinets and drawers so they will not fly open to spill their contents when the earth starts to shake.

Training will help you to keep calm and know what to do when an earthquake occurs.

Discuss earthquakes with your family. Everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.

Talk with your insurance agent. Different areas have different requirements for earthquake protection. Study locations of active faults, and consider purchasing earthquake insurance.

During an Earthquake:

Drop, cover, and hold on! Move only a few steps to a nearby safe place. It is very dangerous to try to leave a building during an earthquake because objects can fall on you. Many fatalities occur when people run outside of buildings, only to be killed by falling debris from collapsing walls.

We don't know where we will be when an Earthquake starts so here are some tips for places that you might be.

If you are inside during Quake:

If you are in bed, hold on and stay there, protecting your head with a pillow. You are less likely to be injured staying where you are. Broken glass on the floor has caused injury to those who have rolled to the floor or tried to get to doorways. Take shelter under a sturdy desk or table if possible. Stay indoors until the shaking stops and you're sure it's safe to exit. More injuries happen when people move during the shaking of an earthquake. After the shaking has stopped, if you go outside, move quickly away from the building to prevent injury from falling debris. Stay away from windows. Windows can shatter with such force that you can be injured several feet away.

In a high-rise building, expect the fire alarms and sprinklers to go off during a quake. Earthquakes frequently cause fire alarm and fire sprinkler systems to go off even if there is no fire. Check for and extinguish small fires, and, if exiting, use the stairs. If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris that could be loosened by the earthquake. Landslides commonly happen after earthquakes.

If you are Outside during Quake:

find a clear spot away from buildings, trees, streetlights, and power lines. Drop to the ground and stay there until the shaking stops. Injuries can occur from falling trees, street-lights and power lines, or building debris.

If you are in a moving vehicle:

Pull over to a clear location, stop and stay there with your seatbelt fastened until the shaking has stopped. Trees, power lines, poles, street signs, and other overhead items may fall during earthquakes. Stopping will help reduce your risk, and a hard-topped vehicle will help protect you from flying or falling objects. Once the shaking has stopped, proceed with caution. Avoid bridges or ramps that might have been damaged by the quake.

If you are trapped under debris:

Remain Calm, do not light a match, and cover your mouth with a cloth. Tap on a pipe or other object to alert rescuers, do not yell or shout as it can cause you to inhale Hazardous Materials.

After the Quake:

Expect Aftershocks. Each time you feel one, drop, cover, and hold on! Aftershocks frequently occur minutes, days, weeks, and even months following an earthquake.

Check yourself for injuries. Often people tend to others without checking their own injuries. You will be better able to care for others if you are not injured or if you have received first aid for your injuries.

Protect yourself from further danger by putting on long pants, a long-sleeved shirt, sturdy shoes, and work gloves. This will protect you from further injury by broken objects.

After you have taken care of yourself, help injured or trapped persons. If you have it in your area, call 9-1-1, and then give first aid when appropriate. Don't try to move seriously injured people unless they are in immediate danger of further injury.

Look for and extinguish small fires. Eliminate fire hazards. Putting out small fires quickly, using available resources, will prevent them from spreading. Fire is the most common hazard following earthquakes. Fires followed the San Francisco earthquake of 1906 for three days, creating more damage than the earthquake.

Leave the gas on at the main valve, unless you smell gas or think its leaking. It may be weeks or months before professionals can turn gas back on using the correct procedures. Explosions have caused injury and death when homeowners have improperly turned their gas back on by themselves.

Clean up spilled medicines, bleaches, gasoline, or other flammable liquids immediately and carefully. Avoid the hazard of a chemical emergency. Open closet and cabinet doors cautiously. Contents may have shifted during the shaking of an earthquake and could fall, creating further damage or injury. Inspect your home for damage. Get everyone out if your home is unsafe. Aftershocks following earthquakes can cause further damage to unstable buildings. If your home has experienced damage, get out before aftershocks happen.

Help neighbors who may require special assistance. Elderly people and people with disabilities may require additional assistance. People who care for them or who have large families may need additional assistance in emergency situations.

Listen to a portable, battery-operated radio (or television) for updated emergency information and instructions. If the electricity is out, this may be your main source of information. Local radio and local officials provide the most appropriate advice for your particular situation.

Watch out for fallen power lines or broken gas lines, and stay out of damaged areas. Hazards caused by earthquakes are often difficult to see, and you could be easily injured.

Stay out of damaged buildings. If you are away from home, return only when authorities say it is safe. Damaged buildings may be destroyed by aftershocks following the main quake.

Use battery-powered lanterns or flashlights to inspect your home. Kerosene lanterns, torches, candles, and matches may tip over or ignite flammables inside.

Inspect the entire length of chimneys carefully for damage. Unnoticed damage could lead to fire or injury from falling debris during an aftershock. Cracks in chimneys can be the cause of a fire years later.

Take pictures of the damage, both to the house and its contents, for insurance claims.

Avoid smoking inside buildings. Smoking in confined areas can cause fires. When entering buildings, always use extreme caution. Building damage may have occurred where you least expect it. Carefully watch every step you take. Examine walls, floor, doors, staircases, and windows to make sure that the building is not in danger of collapsing.

Check for gas leaks. If you smell gas or hear a blowing or hissing noise, open a window and quickly leave the building. Turn off the gas, using the outside main valve if you can, and call the gas company from a neighbor's home. If you turn off the gas for any reason, it must be turned back on by a professional.

Look for electrical system damage. If you see sparks or broken or frayed wires, or if you smell burning insulation, turn off the electricity at the main fuse box or circuit breaker. If you have to step in water to get to the fuse box or circuit breaker, call an electrician first for advice.

Check for sewage and water line damage. If you suspect sewage lines are damaged, avoid using the toilets and call a plumber. If water pipes are damaged, contact the water company and avoid using water from the tap. You can obtain safe water from undamaged water heaters or by melting ice cubes.

Watch for loose plaster, drywall, and ceilings that could fall.

Use the telephone only to report life-threatening emergencies. Telephone lines are frequently overwhelmed in disaster situations. They need to be clear for emergency calls to get through.

We hope this information has helped you recognize ways to prepare for and respond to an earthquake. For more information visit FEMA's web site at www.fema.gov.

[Here are some great links and resources available](#)

The Federal Emergency Management Agency Website or FEMA is specifically designed to give you information about disasters and how to prepare for them. There is a library of information online on various topics, as well as news flashes on the latest disasters. Another site to visit is the United States Geological Service Website or USGS. This site can provide you more in-depth information on earthquakes and why they occur. A really interesting feature of this site is that you can sign up to be e-mailed every time an earthquake occurs around the world. The e-mail lets you know where in the world the earthquake occurred, and how it measured on the Richter scale. We've found it really eye opening to find out just how often earthquakes happen around the world. The Red Cross also has a comprehensive website; you can find information on this charity's activities, as well as tips on how to avoid accidents and disasters. There are great tips on how to prepare for different months and other useful information. There's also ways to find information about your local Red Cross chapter.

Basic Earthquake Supplies

Fire extinguisher

Medications that you or your family are taking

Crescent and pipe wrenches to turn off gas & water

First aid kit and handbook

Flashlights with extra bulbs and batteries

Portable radio with extra batteries

Water for each family member for at least 3 days (allow at least 1 gallon per person per day) and purification tablets or chlorine bleach to purify drinking water from other sources Canned and packaged foods, enough for several days and a mechanical can opener. Extra food for pets if necessary.

Camp stove or barbecue to cook on outdoors (store fuel out of reach of children) Waterproof, heavy-duty plastic bags for waste disposal.

[MorePrepared.com](#) has the following items to prepare for an Earthquake

Most Expensive Kit for Home \$45.00

Quake Alarm \$25.00

Water Heater Strap \$25.00

Straps for Furniture \$11.00

Tornado Safety:

What to do before a Tornado

Be alert to changing weather conditions.

- Listen to [NOAA Weather Radio](#) or to commercial radio or television newscasts for the latest information.
- Look for approaching storms
- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train.

If you see approaching storms or any of the danger signs, be prepared to take shelter immediately.

What to Do During a Tornado

If you are under a tornado **WARNING, seek shelter immediately!**

If you are inside:

Go to a pre-designated shelter area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of an interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck. Do not open windows.

If you are in a vehicle, trailer, or mobile home:

Get out immediately and go to the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.

If you are outside with no shelter:

Lie flat in a nearby ditch or depression and cover your head with your hands.
Be aware of the potential for flooding.

Do not get under an overpass or bridge. You are safer in a low, flat location.
Never try to outrun a tornado in urban or congested areas in a car or truck.
Instead, leave the vehicle immediately for safe shelter.

Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.

Returning Home

Don't return to your flood-damaged home before the area is declared to be safe by local officials. ***Returning home can be both physically and mentally challenging. Above all, use caution.***

Check for injuries. Do not attempt to move seriously injured persons unless they are in immediate danger of death or further injury. If you must move an unconscious person, first stabilize the neck and back, then call for help immediately.

Keep a battery-powered radio with you so you can listen for emergency updates and news reports.

Use a battery-powered flash light to inspect a damaged home.
Note: The flashlight should be turned on outside before entering - the battery may produce a spark that could ignite leaking gas, if present.

Watch out for animals, especially poisonous snakes. Use a stick to poke through debris.

Be wary of wildlife and other animals

Use the phone only to report life-threatening emergencies.

Stay off the streets. If you must go out, watch for fallen objects; downed electrical wires; and weakened walls, bridges, roads, and sidewalks.

Before You Enter Your Home

Walk carefully around the outside and check for loose power lines, gas leaks, and structural damage. If you have any doubts about safety, have your residence inspected by a qualified building inspector or structural engineer before entering.

Do not enter if:

- You smell gas.
- Floodwaters remain around the building.
- Your home was damaged by fire and the authorities have not declared it safe.

Going Inside Your Home

When you go inside your home, there are certain things you should and should not do. Enter the home carefully and check for damage. Be aware of loose boards and slippery floors. The following items are other things to check inside your home:

Natural gas. If you smell gas or hear a hissing or blowing sound, open a window and leave immediately. Turn off the main gas valve from the outside, if you can. Call the gas company from a neighbor's residence. If you shut off the gas supply at the main valve, you will need a professional to turn it back on. Do not smoke or use oil, gas lanterns, candles, or torches for lighting inside a damaged home until you are sure there is no leaking gas or other flammable materials present.

Sparks, broken or frayed wires. Check the electrical system unless you are wet, standing in water, or unsure of your safety. If possible, turn off the electricity at the main fuse box or circuit breaker. If the situation is unsafe, leave the building and call for help. Do not turn on the lights until you are sure they're safe to use. You may want to have an electrician inspect your wiring.

Roof, foundation, and chimney cracks. If it looks like the building may collapse, leave immediately.

Appliances. If appliances are wet, turn off the electricity at the main fuse box or circuit breaker. Then, unplug appliances and let them dry out. Have appliances checked by a professional before using them again. Also, have the electrical system checked by an electrician before turning the power back on.

Water and sewage systems. If pipes are damaged, turn off the main water valve. Check with local authorities before using any water; the water could be contaminated. Pump out wells and have the water tested by authorities before drinking. Do not flush toilets until you know that sewage lines are intact.

Food and other supplies. Throw out all food and other supplies that you suspect may have become contaminated or come in to contact with floodwater. Your basement. If your basement has flooded, pump it out gradually (about one third of the water per day) to avoid damage. The walls may collapse and the floor may buckle if the basement is pumped out while the surrounding ground is still waterlogged.

Open cabinets. Be alert for objects that may fall.

Clean up household chemical spills. Disinfect items that may have been contaminated by raw sewage, bacteria, or chemicals. Also clean salvageable items.

Call your insurance agent. Take pictures of damages. Keep good records of repair and cleaning costs.

Flood Emergencies:

Flooding is the nation's most common natural disaster. Flooding can happen in every U.S state and territory. However, all floods are not alike. Some can develop slowly during an extended period of rain, or in a warming trend following a heavy snow. Others, such as flash floods, can occur quickly, even without any visible signs of rain. It is important to be prepared for flooding no matter where you live, but particularly if you are in a low-lying area, near water or downstream from a dam. Even a very small stream or dry creek bed can overflow and create flooding.

Step 1: Prepare your Home

It is a good idea to prepare a an [Emergency Supply Kit](#) which includes items like non-perishable food, water, a battery powered or hand crank radio, extra flashlights, and batteries. You may want to prepare a portable kit and keep it in your car.

This kit should include:

- Copies of prescription medications and medical supplies;
- Bedding and clothing, including sleeping bags and pillows;
- Bottled water, a battery- operated radio and extra batteries, a first-aid kit, a flashlight;
- Copies of important documents: Driver’s license, social security card, proof of residence, insurance policies, wills, deeds, birth and marriage certificates, tax records, etc.

Step 2: Make a Plan

Prepare your family

- Make a [Family Emergency Plan](#). Your family may not be together when disaster strikes, so it is important to know how you will contact one another, how you will get back together and what you will do in case of an emergency.
- Plan places where your family will meet, both within and outside of your immediate neighborhood.
- It may be easier to make a long-distance phone call than to call across town, so an out of town contact may be in a better position to communicate among separated family members.
- You may also want to inquire about emergency plans at places where your family spends time: work, daycare, and school. If no plans exist, consider volunteering to help create one.
- Be sure to consider the specific needs of your family members: Notify Caregivers and babysitters of about your plan, Make plans for your pets.

Step 3: Be Informed

Familiarize yourself with these terms to help identify a flood hazard.

- **Flood Watch:** Flooding is possible. Tune in to NOAA Weather Radio, commercial radio, or television for information.
- **Flash Flood Watch:** Flash Flooding is possible. Be prepared to move to higher ground; Listen to NOAA Weather Radio, commercial radio, or television for information.
- **Flood Warning:** Flooding is occurring or will soon; if advised to evacuate, do so immediately.
- **Flash Flood Warning:** A Flash Flood is occurring; seek higher ground on foot immediately.

Never attempt to cross a flooded street by vehicle; it doesn't take much water to lose control of your car.

Turn Around Don't Drown

Prepare Your Home

- Find out if your home is at risk for flood and educate yourself on the impact a flood could have on you and your family. Then safeguard your home and possessions with flood insurance. And visit www.floodsmart.gov.
- Elevate your furnace, water heater and electric panel in your home if you live in an area that is high flood risk.
- Consider installing "Check Valves" to prevent flood water from backing up into the drains of your home.
- If feasible, construct barriers to stop floodwater from entering the building and seal walls in basement with waterproofing compounds.
- Property insurance does not typically cover flood damage. Talk to your insurance provider about your policy and consider if you need additional coverage.

In an Emergency, always listen to the instructions given by local Emergency Management Officials.

How much do you know about emergency preparedness? In a crisis, would you panic or prevail?

- Prepare your Home
- Make a Plan
- Be Informed

Cody Fulmer
Chief of Department
Greenbrier Fire Department

Certifications and Achievements:

EMT
FEMA ICS 100, 200, 300, 400, 700, & 800 Course Completion
FEMA Search and Rescue Specialist (ESF) # 9
FEMA Firefighting Specialist (ESF) # 4
Wildland Fire Suppression
Rescue Dive Technician
Ice Dive Technician
Swift Water Rescue I
Rope Rescue
High Angle Rescue
Confined Space Rescue
Hazardous Materials Awareness & Operations
Basic & Advanced Auto Extrication and Vehicle Stabilization
Drug Task Force, Meth Lab Recognition
Firefighter Survival
Firefighter of the Year 2003, 2007, 2008
2008 Arkansas Red Cross Medical/EMS Heroes Recipient
2009 Faulkner County Red Cross Heroes Recipient
2013 City of Greenbrier Volunteer of the Year



