

Because our Training Day is so packed and want to have enough time to practice the skills, and the Personal and Community Preparedness part of the course is stuff to do at home, we have decided to let you do this at home. We feel this is a better way for you to make sure you, yourself, are prepared so you are more ready to respond. This is one of the most important aspects of the CERT training because it focuses on your family and your preparedness needs and actions. We hope you will take the time to thoroughly accomplish the steps we have outlined here for you.

*Personal and Family Preparedness
Question Sheet. Bring with you to the
CERT Training Day*

1. Name at least 4 of the likely disasters that might happen in Tooele County.
a. _____ b. _____
c. _____ d. _____
2. What are some of the potential Infrastructure damage that might occur? -

3. How can this affect your family? The community? The State? The economy?

4. A disaster is defined as an event that would overwhelm public services for possibly many, many days. How can you help lessen the impact of a disaster on your family and at the same time help the responders focus on where they are needed most? _____
5. There are some great resources online to help you understand the things that you can do to help your family prepare for any type of emergency. The next questions are going to help you explore those resources and help you set some goals for your family preparedness. Go to your web browser and search Be Ready Utah.
6. On that first page of Be Ready Utah what are the main steps found on the first page?
7. Go to the Make a Plan. Why should you make a family emergency plan? Read to the bottom of the page and download the Emergency Family Plan. Check when you have done this.
8. Print out the 72 Hr Kit Checklist. Since Katrina Officials have said to plan for longer than 72 hours for your kit. 96 hours is a good time frame to prepare for. Add how many hours you feel would help your family be fairly comfortable after a disaster to the checklist and plan accordingly.
On the stansburyparkcert.com website there is a 96 hour kit checklist if you would like to print off that one. It is under Family Preparedness Info Files.
9. Click on Be Informed. What comes up? _____
10. Click on Earthquakes. Read about protective actions you can take for your house.
11. By taking this CERT training you are doing the step of getting involved. Stay in contact with the CERT Leadership. Keep your contact information current. Come to the CERT Drills in the spring. Volunteer to help CERT or your neighborhood preparedness efforts. You don't have to spend a lot of time, but being more involved will help everyone around you.
12. Click on the Be Ready Business Heading. Watch the Wasatch Fault Flyby and the Business Continuity Planning Videos. Name two ways you can help your workplace become better prepared.
1. _____ 2. _____
13. Click on the Top 10 List for Preparedness on a Budget and list 3 of them you will do.
1. _____ 2. _____ 3. _____
14. Another great Resource we have in Tooele County is the Tooele County Emergency Management website. It is www.tcem.org . Go to this website and go all the way to the bottom of the first page and download the Family Emergency Preparedness Guide. This will be a valuable resource for you as you work with your family on your preparedness efforts.
15. Take a few minutes right now and write down 3 goals you have to improve your preparedness.
1. _____ 2. _____
3. _____ Set a date you will accomplish these goals by ___/___/___