

PERSONAL DISASTER PREPAREDNESS | MAY SAFETY SEGMENT



Personal emergency response planning is a crucial step in ensuring your safety and well-being during unexpected situations. By creating a detailed plan ahead of time, you can feel more prepared and confident in handling emergencies effectively. Start by identifying potential risks in your environment, such as natural disasters or medical emergencies, and develop strategies to mitigate these risks.

PERSONAL DISASTER PREPAREDNESS

DIRECTIONS

Start by splitting the group into 2 smaller groups. Ask each to envision themselves as a family (no role playing necessary) and take 10-15 minutes to create an emergency plan for a family. Have one group focus on an evacuation type of plan and the other focus on a shelter-in-place plan. Once complete pose the guiding questions.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What was the most difficult part of making an emergency plan?
- What was the easiest part?
- What would have helped in creating the plan?

Notes to the Team Leader:

- If time permits this [guide here](#), can be used with the online [template here](#) or the [printed template here](#) and re-create their plans with the new resources.



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