

FedHealth

BE AWARE... BE PREPARED... and HAVE A PLAN!

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FedHealth e-news JAN 2015

FedHealth's opt-in e-newsletter shares ideas, stories, program and product announcements, and other resources we hope you find of interest. *(Note: **Most** links open a new window.)*

Fedhealth e-news is also available [in PDF](#) (best for printing / sharing)

This month's topics:

[In the Spotlight: Should I stay or should I go?](#)

Evacuation and sheltering tips when away from home

[On The Front Lines](#)

- FEMA's new Data Visualization Tool
- LLNL's ultra-realistic radiation detection training
- Save Your Horse! A Horse Owner's Guide to Large Animal Rescue
- USFRA Youth Scholarship Award (for kids of first responders)

[From our blog](#)

- Are you vigilant? (things we all can do to be more aware and alert)
- How to prepare for & respond to explosive device or bombing incident
- What to do if your office receives a Bomb threat or suspicious pkg?
- A Practical Guide to Situational Awareness

[In the news](#)

Oct & Nov PREPARE Mag (articles on Hygiene after disaster & Cyber safety)

[Did You Know...](#)

Fukushima Unit 4 cleared; Northeast earthquakes; NV earthquake & wildfire systems

[Cool Links / Ideas](#)

Converting poop to water; Eating bacterial slime & bugs; Monster Guard app for kids



In the Spotlight: Should I stay or should I go? (Evacuation and sheltering tips when away from home)

Evacuations are quite common and happen for a number of reasons -- fires, floods, mudflows, hurricanes, or chemical spills on the roads or railways. Most preparedness data for the general public focuses on things to do around your home before, during and after an evacuation.

But what if you are at work or school or traveling? Things can happen near your workplace that can force evacuations or sheltering-in-place as seen recently in Paris when terrorists were holed up at a business ... or during active shooter incidents at workplaces or schools. And sometimes accidents happen when riding public transit like Washington DC and New York City experienced recently with fires at their train stations.



Whenever these types of emergencies or incidents happen hopefully people take a moment to reflect on some things like...

- Would you, your co-workers and loved ones know what to do and where you would go if you had to evacuate from work, daycare, school, nursing home, etc?
- What if you had to shelter-in-place for several hours or even days at work, school or someplace away from home?
- Have you done evacuation and shelter-in-place drills at work, school or home?
- Do you have meet up places established so you can rejoin your co-workers and family if you're not able to go back to work or home?
- Have you discussed these things with your family members, neighbors and fellow workers?
- If not, why not?

People don't need to live in fear but we all should take time to think about various scenarios that might impact your daily lives so you'll know what to do if something happens. And when you are out in public or using mass transit, more of us should start making a habit of being more aware of our surroundings. You don't have to be paranoid or obvious – just make a mental note of the EXITS when you go to places or ride public transit, and watch for things that look strange or out of place.

Many of us spend as much time at work or school as we do at home so we tend to get complacent and comfortable with our surroundings. Managers, owners and school administrators should develop plans for a “shelter-in-place” scenario as well as have an evacuation plan in place for employees, students, visitors and customers that may be in your facility during a crisis. And hopefully management and administrators are proactive about explaining these plans with staff and everyone participates in monthly or quarterly drills. If they don't, encourage them to start doing it and below are some very basic tips to get the ball rolling.

Things to plan for if instructed to “Shelter-in-place” at work:

- Listen to local authorities and tune in [radio](#) or TV for updates.
- If possible, know who's in the building if there is an emergency.
- Set up a warning system (and remember folks with hearing or vision disabilities or non-English speaking workers).
- Determine which room or area will be used for shelter for each type of disaster in advance (i.e. some emergencies require staying above ground - others may be best underground or in a sealed room). Discuss ideas with others in your building or complex or with First Responders.
- Calculate air requirements for sealed room in the event of a hazardous materials incident.
- Consider installing a safe room at your facility to provide protection from the high winds expected during hurricanes, tornadoes and from flying debris. Shelters built below ground provide the best protection, but could be flooded during heavy rains.
- Assign certain people to grab Kits, take headcounts, seal off room, etc. and have backups lined up in case someone's off or injured.
- Take a headcount or have a checklist of people in shelter.
- Practice, practice, practice -- make sure employees know shelter-in-place plans and be ready to explain procedures to newbies not familiar with your plans (like customers or



suppliers who might be at your building when an event occurs).

Things to plan for when making an “Evacuation plan” at work:

- If possible, know who's in the building if there is an emergency.
- Decide in advance who in your staff and your building has the authority to order an evacuation. And if local authorities tell you to leave - DO it!
- Determine who is in charge of shutting down critical operations and systems and locking doors (if possible) during evacuation.
- Draw a map of your shop or building and mark locations of exits, disaster and first aid kits, fire extinguishers and utility shut-off points. Plan at least **two** escape routes from different sections of facility. Post copies of maps so employees can find them easily and share copies with local First Responders.
- Set up a warning system (and remember folks with hearing or vision disabilities or non-English speaking workers).
- Have flashlights handy or install emergency lighting to help staff exit safely. (Note: never use lighters since there may be gas leaks.)
- Pick two meeting places (assembly sites) in advance for staff to go - one near the facility and one further away. Also discuss how employees should notify someone if they need to leave the site or aren't able to reach one.
- Take a headcount or have a checklist of people at assembly site.
- Practice, practice, practice -- make sure employees know evacuation plans and be ready to explain procedures to newbies not familiar with your plans (like customers or suppliers who might be at your building when an event occurs). Practice drills with other tenants or businesses in your complex and share plans and ideas.



Please review some additional safety resources in the [“From our blog”](#) section below ... and [download some free topics](#) from our book (including things to do before, during and after evacuating your home).

And [learn more](#) about our customizable preparedness and first aid books and programs in case this “tool” can help your agency, business, volunteer group, faith-based organization, school and/or community.



On The Front Lines



FEMA's new **Data Visualization Tool** allows the public to see a visual representation of the agency's federal grant data as it relates to fire, preparedness, mitigation and public assistance. The tool also visualizes disaster declarations by state, hazard and county. The system is in BETA because FEMA is seeking comments on how it can be improved, so comments and suggestions are welcome, plus they will continue to add data and update the visual based on feedback in the coming months. The OpenFEMA data used in the visualization were derived from the publicly available datasets on www.fema.gov and www.data.gov. FEMA is committed to updating these

existing datasets in a timely manner and as feasible, to provide new datasets for our external partners to manipulate and use. Learn more at www.fema.gov/data-visualization

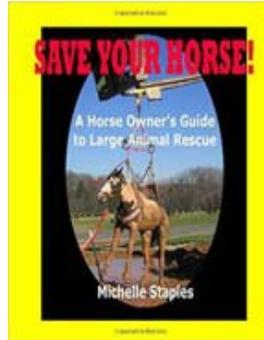


Ultra-realistic radiation detection training without using radioactive materials by *PHYS.org* - Training of first responders on the hazards of actual radiological and nuclear threats has been challenged by the difficulties of adequately representing those threats. Training against such threats would involve using hazardous, highly radioactive materials, experiencing actual radiation doses in training, or requiring the distribution of radioactive material over a large geographical area. To avoid these issues in exercises to train responders, surrogate radioactive materials have historically been used. However, these materials do not completely represent real threats due to their non-hazardous size and inability to be

geographically distributed.

Lawrence Livermore National Laboratory (LLNL) researchers have solved the problem by developing a new technology that provides realistic radiation detection training by directly injecting simulated radiation signals into the analog amplifier of the real detectors used by first responders and inspectors. The **Spectroscopic Injection Pulser (SIP)** will yield training results that are indistinguishable by detection instruments from actual radiation sources.

This technology simulates the presence of live radioactive sources by providing instrument responses such as count rates, energy fingerprints (spectra) and dose rates. Such responses would normally only occur if the instruments were close to a real radiation source. [Continue reading on Phys.org](#)



Save Your Horse! A Horse Owner's Guide to Large Animal Rescue (LAR) by **Michelle Staples** is now available on Amazon. Save Your Horse! offers a step by step approach to safely and efficiently remove a large animal (particularly a horse) from basic natural or mechanical entrapment using lifts or drags. In other words, whether your trailer overturns with your horse trapped inside, or your horse has fallen into a ravine or off a cliff, this book shows how to rescue him while minimalizing additional injury to either horse or rescuers.

Save Your Horse! is designed to be used as a resource for emergency responders who do not understand horses and are unfamiliar with LAR training, and it complements existing training and text books in LAR. The format of the book is simple and efficient. Incidents are sectioned into type: an overturned trailer; a vertical lift; and a diagonal lift or drag. Each section is fully self-contained and gives specific information on how to use ropes and straps to get the job done safely.

Other sections of interest to responders include explaining the responders' role in LAR, basic horse behavior and handling, and responding to livestock transport incidents. According to experts, the most critical safety issue at the scene of a large animal incident is the responders' lack of knowledge of and experience around large animals, so consider **donating** a copy to your fire department and animal control. Available in [paperback](#) or on [Kindle](#)

USFRA.ORG



NETWORKING • TRAINING • LEARNING • SHARING

USFRA's Youth Scholarship Award provides college scholarships to the children of law enforcement officers, firefighters and military personnel. To be eligible you must be a dependent child of a law enforcement officer, firefighter or military, (full-time active service, retired, or killed in the line of duty), must be a current high school senior or currently attending a community college or

4-year university, education must be in the field of law enforcement, fire-rescue/EMS or medicine, must have a cumulative Grade Point Average of 3.3 or higher (based on a 4.0 system), and must be active in the community through volunteer work. Learn how to support USFRA's initiative at www.gofundme.com/iuggghg

Do you have a story or resource from the front lines you'd like to share? Send it to info@itsadisaster.net

From our blog

In addition to the tips to our [Spotlight article](#) above, some other safety resources we've posted on our blog include...

[Are you vigilant?](#) (we don't need to live in fear but there are some things we all can do to be more aware and alert)

[How to prepare for and respond to an explosive device or bombing incident](#)

[Would you know what to do if you or your office received a Bomb threat or suspicious package?](#)

[A Practical Guide to Situational Awareness](#) (on USFRA's Homeland Security forum)



In the news



Bill and Janet Liebsch contributed a few articles that recently appeared in PREPARE Magazine. The [October 2014 Digital Issue](#) of PREPARE Magazine focuses on "**Hygiene when the Grid goes Down**". The editors understand this may be a topic that is a little uncomfortable for some folks, but it needs to be discussed along with all other topics of preparedness.

The [November 2014 digital publication](#) takes a look at technology and how it impacts us in our preparedness. In this issue we must ask the question – **Technology: Friend or Foe?** Then we each need to take a broad look at the potential answers. The Modern Off-Grid Homesteader has had to learn the balance of living off-grid with today's advanced technology. A key thing we should all

be aware of is **how to help your kids stay safe online**. Another area, more constructive than otherwise is Using the Internet to Increase Skills – but it doesn't stop on the internet.

All monthly issues of PREPARE magazine are packed with data to help empower, equip and encourage people along their preparedness and self-sustaining journey without fear, pressure or conspiracy. Signup for PREPARE Magazine's free digital magazine (and learn how to subscribe to their print magazine) at www.prepagemag.com and please share the link with others.



...all fuel assemblies have been removed from 1 of the 4 damaged TEPCO Fukushima reactor buildings..? The fuel removal, which began more than a year ago in Japan **removed 1,535 fuel assemblies** including the 1,331 spent fuel and the other unused fuel **from Unit 4** after extensive work to stabilize the heavily damaged building. The spent fuel assemblies have been moved from a spent fuel pool that is suspended four stories high to a pool in a separate building at ground level, work that was completed on November 5, 2014. The unused fuel was removed and transported to a pool in Unit 6, one of two reactor buildings at the facility that was undamaged by the March 2011 earthquake and tsunami, where it is being stored. [Continue reading on USFRA](#)

...Five small earthquakes were recorded within a 5½-hour span in eastern Connecticut on Monday, including a 3.1-magnitude quake that was felt in parts of Rhode Island and Massachusetts. John Ebel, senior research scientist at the Western Observatory, said such a series of **small earthquakes in the Northeast is not unusual**. The eastern U.S. is in the **middle** of a tectonic plate that stretches from the West Coast to the middle of the Atlantic Ocean, and earthquakes are caused by pressure emanating from those two boundaries, he said. [Source: Turnto10.com](#)

...Nevada scientists working to expand early earthquake warning systems around Lake Tahoe are developing new plans to eventually **ring** the mountain lake's **basin** with a **network of cameras to help alert authorities** to potentially disastrous **wildfires**. Researchers are seeking private funding to substantially expand the system after a pilot program conducted by the University of Nevada's Seismological Laboratory was determined to be an encouraging success. [Source: Las Vegas Sun](#)

Cool Links / Ideas



Bill Gates wants to turn your **poop** into clean drinking water, and he's got just the machine to do it. The "**Omniprocessor**", designed and built by the Washington-based engineering firm **Janicki Bioenergy**, is a steam-powered sewage processor that burns up solid waste and creates both potable water and electricity.

At least 2 billion people the world over relieve themselves in bathroom facilities that aren't properly drained, according to Gates, who also noted that many others don't have access to bathrooms at all and must defecate out in the open. All of this improperly processed waste contaminates the drinking water of millions of people in communities around the globe resulting in disease that kills about 700,000 children every year, and stunts the physical and mental development of many more.

Measuring about 75 feet (23 meters) long and 26 feet (8 m) across, Omniprocessor can handle about 14 tons of waste every day. That means it's large enough to continually process sewage from a community of about 100,000 people, according to the Gates Foundation. The machine is loaded up with sewer sludge, which travels up a conveyor belt and is fed into large tubes known

as dryers. The dryers boil the sludge, removing all the liquid and capturing it as water vapor, which is then heavily processed, making it suitable to drink. The solid waste is dumped into an incinerator, which burns up the rest of the waste, creating a good deal of heat. This heat, in turn, is funneled through a steam engine, which produces high-temperature steam that fuels a generator. The generator creates electricity that is used to power the machine. There's even a little extra electricity left over that can be transferred into the power grid.

This self-sustaining machine will soon be launched in a pilot project in Dakar, Senegal, where Janicki engineers will study the Omniprocessor's operation in a real-world setting. Read full article and watch a short vid on [LiveScience.com](http://www.livescience.com)



If natural or human-made disaster strikes, causing global crop failures, the world won't starve -- providing they are willing to eat bacterial slime and bugs. "People have been doing catastrophic risk research for a while. But most of what's been done is dark, apocalyptic and dismal. It hasn't provided any real solutions," says the author of a new book called *Feeding Everyone No Matter What: Managing Food Security After Global Catastrophe* that provides a more optimistic outlook.

Michigan Technological University professor **Joshua Pearce** explains how we would feed billions of hungry mouths if there is no more sunshine or farming. Basically, swap your Big Mac and fries for bacterial slime and a side of bugs, and you'll be okay. "We came up with two primary classes of solutions," Pearce says. "We can convert existing fossil fuels to food by growing bacteria on top of it -- then either eat the bacterial slime or feed it to rats and bugs and then eat them." The second (and easier) set of solutions uses partial rotting of woody plant fiber to either grow mushrooms or feed to insects, rats, cows, deer or chickens. "The trees are all dying from the lack of light anyway. If we use dead trees as an input, we can feed beetles or rats and then feed them to something else higher on the food chain," Pearce says. "Or just eat the bugs." More information on the book can be found [here](#) and read the full article on [ScienceDaily.com](http://www.sciencedaily.com)



Monster Guard is the first mobile app created by the **American Red Cross** that's designed specifically for kids. Follow Maya, Chad, Olivia and all the monsters as they teach kids (aged 7-11) about how to prepare for real-life emergencies-at home plus other environments-in a fun and engaging game.

Their motto is Learn-Practice-Share! Emergencies can happen at any time, so we need to LEARN how to stay safe during an emergency, PRACTICE what we learn, and SHARE with our friends and family. By training as a Monster Guard, you will learn how to prepare for home fires, tornadoes, hurricanes, floods, severe winter weather and other types of emergencies.

Sponsored by **Disney**, this free app is available on the [App Store](http://www.apple.com) and [Google Play](http://www.google.com). Learn more in below [video](#) or visit www.redcross.org/monsterguard



Got a cool link or idea? Email it to info@itsadisaster.net

Please help us spread the word about our customizable tools and fundraising programs by sharing this with others.

And if you know an agency, nonprofit, school, church, Scout troop, or volunteer group (like a CERT, MRC, Radio Club, Rotary, etc) who could benefit from our preparedness book and/or funding ideas, please have them visit www.itsadisaster.net/ppp.html or call **1-888-999-4325** or [email](mailto:info@itsadisaster.net) us for a **FREE** information kit!

Also ... we're always looking for input, stories, news, products or services from agencies, volunteer groups, schools and others so feel free to email them to info@itsadisaster.net .

Stay safe out there, j & B

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