



## EMERGENCY PREPAREDNESS WORKSHOP:



# Emergency Preparedness Priority Indexed Checklist

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This presentation is available on my website:



www.iwillprepare.com  
Emergency Preparedness



# What is Emergency Preparedness?

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Emergency Preparedness is the process of identifying potential hazards and preparing in such a way to mitigate their effects. Emergency Preparedness also includes properly preparing how to respond during the emergency and the necessary recovery following the event.





# What is Emergency Preparedness?

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- Emergency Preparedness is both a component of Provident Living and Self-Reliance.
- What is Provident Living?
- Managing resources in such a way that you are not only providing for your current needs but also those of the future. Exercising foresight in the management of one's affairs or resources.



# Emergency Preparedness = Self-Reliance

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- What is Self-Reliance?

“The Savior has commanded the Church and its members to be self-reliant and independent. ...

“To become self-reliant, a person must work. Work is physical, mental, or spiritual effort. It is a basic source of happiness, self-worth, and prosperity. Through work, people accomplish many good things in their lives. ...

“As people become self-reliant, they are better prepared to endure adversities” and are “better able to care for others in need.” Church Handbook of Instructions



# Self-Reliance

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Our ability to serve is diminished or increased by our level of Self-Reliance.

“Without self-reliance one cannot exercise these innate desires to serve. How can we give if there is nothing there? Food for the hungry cannot come from empty shelves. Money to assist the needy cannot come from an empty purse. Support and understanding cannot come from the emotionally starved. Teaching cannot come from the unlearned. And most important of all, spiritual guidance cannot come from the spiritually weak.” -Marion G. Romney





# Why Do We Prepare?

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It is our responsibility as adults and parents to take care of our own needs and those of our families.





# Why Do We Prepare?

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Through preparedness, we can serve and help those that are in need around us.







# Preparedness = Love

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Preparedness done for  
hoarding and self-  
centered reasons

Equals

**PRIDE**

Preparedness done for  
selfless and charitable  
reasons

Equals





Our Preparedness Moto:

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**PREPARE  
TO  
SHARE!**



# More Reasons to Prepare...

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- Good Insurance Against the Unknown!
- Recommended by FEMA, Red Cross and other relief agencies.
- Counsel from our Church Leaders
- Wise Financial Investment (Commodities)
- Self-Reliance / Living Providently
- Not a slave to our Debtors
- Learn experience for “future” troubled times. (Gardening, Cooking, Water Treatment, Etc.)





# Do I Really Need to Prepare?

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“Too often we bask in the comfortable complacency and rationalize that the ravages of war, economic disaster, famine and earthquake cannot happen here. Those who believe this are either not acquainted with the revelations of the Lord or they do not believe them.

Those who smugly think these calamities will not happen, that they will somehow be set aside because of the righteousness of the Saints, are deceived and will rue the day they harbored such a delusion. The Lord has warned and forewarned us against a day of great tribulation and given us counsel, through His Servants, on how we can be prepared for these difficult times.”

- Ezra Taft Benson, June 1980





# What is Your Preparedness Plan?

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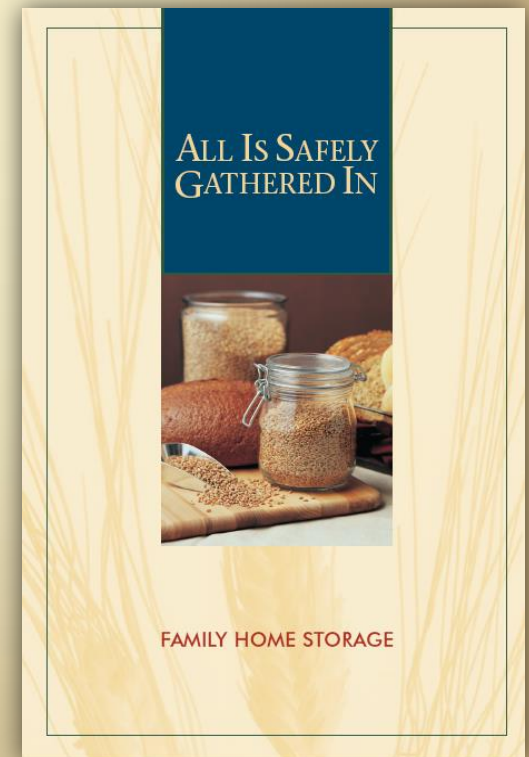


# From Pamphlet: *All is Safely Gathered In*

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Church members are encouraged to prepare a simple emergency plan. Items to consider may include:

- Three-month supply of food that is part of your normal daily diet.
- Drinking water.
- Financial reserves.
- Longer-term supply of basic food items.





# Simple Preparedness

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If preparedness can be refined to these 4 recommendations?  
Why do so many people have problems preparing?

- Three-month supply of food that is part of your normal daily diet.
- Drinking water.
- Financial reserves.
- Longer-term supply of basic food items.

Preparedness really includes much more. The church, like in many ways, provides a minimum basic recommendation and leaves it up to you and the Spirit to determine the rest.



# Simple Preparedness

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- How do you usually address a problem or take-on a project that you know nothing about?
- First: Educate yourself ...Right?
- Second: Once you understand the problem you make an informed decision.
- Third: You present your decision to your Heavenly Father and ask if the decision you made is right for your family?
- Fourth: The Spirit either validates or rejects your decision.





# Simple Preparedness

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- Emergency Preparedness is no exception.
- The first step is to gain an education...
- Let's look at some of the areas you might need to research.



Play Video

<http://youtu.be/OUNPkMNpJL8>



# Overwhelmed?

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- As you can see, getting an education in Emergency Preparedness can be overwhelming.
- There are a lot of topics to cover, so it can take a lot of time to research everything, let alone, prioritize them.
- Maybe that's why so many "would-be" Preparers fail to be successful.



# A Case for a New Approach!

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- Busy families need a program that will compile preparedness information in one location, make it easy to digest and simple to follow.
- It must save them time and be flexible to the special needs of the diversity of situations within each family or individual. (Time, Resources, Family Makeup, Location, Education, Health, Etc...)
- It must help them accomplish tasks but also teach them principles.
- It cannot force feed. It must simply offer recommendations that can be accepted or skipped.



# Introducing EPPIC Preparedness

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**EPPIC**

**PREPAREDNESS**





# EPPIC Preparedness

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- E.P.P.I.C. or EPPIC attempts to bridge the gap between the complexity of Emergency Preparedness and the busy family.
- EPPIC stands for **Emergency Preparedness Priority Indexed Checklist** and it is simply that. It is a list of tasks to being prepared.
- This list is then prioritized with the most important ones first and the more advanced and specialized tasks further down the list.





# Common Sense Preparedness

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- It attempts to remove the “Hype” from Emergency Preparedness such as “Crazy Preppers”, “Hoarding”, “Our Government turning on its Citizens” and “Zombie Apocalypses”.
- It attempts to restore what has been lost...Common Sense.
- Life never goes according to plan. Cars break down, jobs are lost, storms cause damage, homes catch on fire and people get sick.
- Statistically, things go wrong from time to time. Some of them are man-made and some caused by nature.
- If you live in Oklahoma, you have greater odds of experiencing a tornado. In Phoenix, Arizona the summers are going to be hot. The Gulf coast will be hit by hurricanes regularly. Most everyone will lose their job at some point in their lives and loved ones may die due to health problems.



# EPPIC Inspires Self-Reliance

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- EPPIC helps you develop your own self-reliance.
- Those who are self-reliant do not need to rely on assistance from others when there is a bump in the road of life.
- Self-reliant people will have some cash on hand if they have an unexpected car repair, flashlights with fresh batteries if the power goes out and an emergency kit assembled and ready if they have to evacuate.
- Those who are self-reliant are also in a position where they, not only can help themselves, but can lend assistance to those around them.
- Family, friends and neighbors might be saved from inconvenience or serious harm because you decided to prepare.



# Eating an Elephant...

- Large projects will usually fail unless you become organized and break them into small manageable tasks, preferably in priority order and then get started on the first one.
- EPPIC provides you with bite-sized pieces of Emergency Preparedness.
- EPPIC consists of a priority ordered checklist, with 20 items on it. Each item is small and hopefully something that you can do in an hour or less.
- These small steps will help you:
  1. Stay Organized.
  2. Stay Focused on the task at hand.
  3. Delegate or assign tasks to family members.
  4. Increased Family Involvement and Buy-in.
  5. Have great material for Family Night Activities.
  6. See Frequent Successes.
- Frequent Successes will help you:
  1. See and measure your results.
  2. Keeps you Excited!
  3. Helps you feel in control.
  4. Diminished desire to give up.







# More Information

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- In addition to the 20 item checklist. Each step is accompanied with information explaining how to accomplish the task, providing you with best practices, money and time saving tips and more.
- This “Quick Guide” will provide you with the basics needed to understand the concepts and direct you to other sources should you choose to learn more.





# Important Notes

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- Every person/family has different needs. EPPIC won't cover everything you need to do, but, will cover more than just the basics and place you firmly on the path to success.
- You may find some items on the list do not apply to your family, that's ok! Just skip it and go on to the next one.
- All items are optional, especially those outside your scope and comfort zone.





# Important Notes

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- At times you might feel tempted to jump around, and complete a later task first and then go back to do an earlier one. Go for it, but remember the plan is designed to be in priority order and many tasks build on what you have done in earlier tasks.
- Once you are done with your Level 1 checklist. Move on to number 2. Don't feel compelled to do all the levels. Stop when you feel you are done. Later you can always pick-up where you left off if you feel your family is ready for more.
- Preparedness is difficult when you are on your own. Make your life easier and ensure your preparedness journey is EPPIC!

## Let's take a look!

## EPPIC PREPAREDNESS

### Emergency Preparedness Priority Indexed Checklist

A comprehensive, step-by-step, list of tasks for successful family preparedness



www.iwillprepare.com  
Emergency Preparedness

#### Level 1 Checklist – Basics

1. ☐ Hold a family meeting to kick-off your preparedness efforts.
2. ☐ Create an emergency contact list. Post it on fridge or near phones.
3. ☐ Program all Emergency Contacts into all family member's cell phones.
4. ☐ Write down and memorize important numbers in your cell phone.
5. ☐ Setup a home fire escape plan and do a practice drill.
6. ☐ Setup Emergency Regroup Locations.
7. ☐ Register your cell phones with your local reverse 911 service.
8. ☐ Enter "ICE" (In Case Emergency) numbers into all of your family member's cell phones.
9. ☐ Conduct a Home Hazard Hunt.
10. ☐ Identify people and homes in your neighborhood as designated regroup locations.
11. ☐ Teach children how to use the phone and how to call 911.
12. ☐ Help children memorize their full name, parents' full name, home address, and phone number.
13. ☐ Setup an out-of-state/long-distance contact.
14. ☐ Select a safe location for your important documents.
15. ☐ Locate water main, gas shutoff valves and electricity circuit breaker.
16. ☐ Make sure you have functional smoke alarms in your home, in the kitchen, and in the bedrooms.
17. ☐ Select a family code word and teach your children how to use it.
18. ☐ Store 6 gallons of drinking water per person in portable containers.
19. ☐ Plan and do a "No Utilities" night with your family.
20. ☐ Place a flashlight (with fresh batteries), a chemical light stick and a whistle under each bed.

#### Level 1 Quick Guide – Basics

1. ☐ Hold a family meeting to kick-off your preparedness efforts.

No plan to get a family prepared will be successful if the entire family is not invested in the effort. A family meeting is a good way to discuss the importance and common sense of preparing for emergencies. If you feel you need an object lesson to drive the point, plan this meeting right after doing your "No Utilities" night. This will help you discuss the problems you experienced and share ideas of what can be done to make things more comfortable the next time the power goes out. This meeting would be a great time to introduce EPPIC Preparedness as your family plan and/or your own personal plans. Don't forget to pray for success and request guidance from the spirit throughout your efforts.



2. ☐ Create an emergency contact list. Post it on fridge or near phones.



During the stress and uncertainty of an emergency, it can be difficult to think quickly and clearly. Smart decisions in these critical moments can literally mean the difference between life and death. Planning out what you will do ahead of time is essential to good preparedness. This includes who to call during and after the emergency takes place. Names and phone numbers of critical contacts should be written down and kept at home, in wallets, purses and children's backpacks. Having numbers programmed into phones is great too, but can be unreliable if power, batteries or cell networks are down. Having critical numbers given to close friends, family, long-distance contacts, babysitters and church members is also wise. Don't overlook placing numbers by phones and on the refrigerator. Visitors, babysitters or even paramedics may need to contact you or your loved ones and having the list clearly visible is ideal. Teach your children how to call for help in an emergency if you are not home or can't get to the phone. Download a template at [www.iwillprepare.com](http://www.iwillprepare.com) > Communications > Emergency Contacts List.

3. ☐ Program all Emergency Contacts into all family member's cell phones.

Creating a list of Emergency Contacts is only helpful if you have the list at hand when you need it. While having a printed list with you is a great idea, it may be more practical to program the numbers into your cell phone. Make sure that your spouse and children also have these important numbers programmed in their cell phones as well. This simple, yet often overlooked activity may help you reach loved ones or other contacts during stressful moments.



4. ☐ Write down and memorize important numbers in your cell phone.

I am the first to admit that in the days before I owned a cell phone, I had all my friends and family members phone numbers memorized. Now that they are all programmed into my phone, I never have to dial their number anymore. So if my cell phone died or becomes lost or broken, I would have no idea what numbers to call to reach many of my loved ones. Take some time and memorize those important numbers and from time to time, when you call them. Skip asking the phone to call mom and actually dial the number on the key pad. This will help you retain those numbers so you remember them when you need them.

5. ☐ Setup a home fire escape plan and do a practice drill.



From the time a smoke alarm sounds, you can have as little as two minutes to exit your home before it is too late. Every moment counts, so plan ahead how you will evacuate your home, in case of a fire, and test it. Draw a floor plan of your home and make sure there are two ways to escape each larger room and bedroom. Setup a regroup location in front of a neighbor's house where you can wait for family members and the fire dept. If you have family members who need assistance during an escape, assign someone to be a designated helper. A pouch or fanny pack containing a flashlight, chemical light stick, safety goggles (closed sides), face mask (N95) and a whistle under each bed is a great idea. Do a practice drill twice a year so everyone is familiar with the plan. For more information and a sample floor plan, go to [www.iwillprepare.com](http://www.iwillprepare.com) > Evacuation > Home Fire Escape Plan.



# Level Overview

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## Level 1

- Get the Family Involved in Preparedness
- Start Gathering Important Docs into your Red File
- Fire Escape Plan
- Emergency Communications
- Child Safety
- Water in Portable Containers
- Home Safety

## Level 2

- Continue Gathering Important Docs into your Red File
- Basic Home Security
- Baby Needs
- Budget for Preparedness
- Prescription Medication

- Power Outage Preparedness
- Child Safety
- Fire Safety
- Share Preparedness with your Neighbor

## Level 3

- Continue Gathering Important Docs into your Red File
- Start building your Emergency Evacuation Kits (EEK)
- Light for Power Outages
- Basic Home Protection
- First Aid Kit
- Child Safety & Identification
- Special Needs Planning
- Local Risk Awareness
- Assemble a Sanitation Kit





# Level Overview

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## Level 4

- Continue Gathering Important Docs into your Red File
- Complete your Emergency Evacuation Kits (EEK)
- Take a Free Online Preparedness Class
- Fire-Starting Supplies
- Water Treatment Supplies
- Can Keep Cellphone charged for at least a week without power.

## Level 5

- Complete Gathering your Important Docs into your Red File
- 90 Day Food Supply
- Be able to Cook Without Electricity
- 14 Day Water Supply
- Pet Emergency Evacuation kit.
- Perform a practice evacuation drill.



# EPPIC

- Go to [iwillprepare.com](http://iwillprepare.com) and click on EPPIC Preparedness.
  - Learn more about the EPPIC program and download the checklists.
- Join the “I Will Prepare” Facebook group and share your experiences following the EPPIC program.
  - Learn from others or maybe your ideas/stories will help someone else.
  - Check out our Pinterest and Instagram sites and our YouTube channel as well.



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