Paramedic Chiefs of Canada
Chefs Paramédics du Canada

Paramedic Services Week

May 23-29, 2021

Paramedic as Educator: Citizen Ready

Emergency Preparedness
The First 72 Hours

PARAMEDIC AS EDUCATOR
Citizen Ready

So, What Can *YOU* Do?

- **Prepare**, **Prepare** and **PREPARE <u>MORE</u>** (***<u>Citizen Ready</u>***) will be the biggest influencing factors in the success of the first 72 hours of any emergency or disaster for anyone.
- Education can be focused to the importance of having to "take care of ourselves and/or family" in these situations and how to PREPARE. Do Not Rely solely on someone else to help!
- It is a difficult topic to have individuals focus on regularly because it is not something that is dealt with every day, only in extreme or occasional situations. After an event has happened; we often think either "*it will never happen to me*" or that "*the government will take care of me*" … both are a false sense of security.
    - The government has to "find" and "get" to you to help; that will take time
    - Chances are you are not alone in needing help and many others are in need as well; often more vulnerable populations are focused on first

- Because each region has its uniqueness, (1) Knowing the Risks and (2) Making a Plan are two very important steps. Educating the public on what unique elements of your community exist (railways, transportation hubs, factories or manufacturing, gas/energy distributions) and how they might impact services (i.e. water, access, etc.) helps residents think about what will impact them and reinforce the need to prepare.

- Preparing and (3) getting an Emergency Kit are also the final steps in the process in preparing for these events. Demonstrating how easy it is to "be prepared" will give comfort to those who don't know what to take with them and when. Many of the necessities are already in the home and only need to be ready in a "*Grab-in-Go Bag*".

- Consider what Ontario has done as an example! ☺

<u>National Resources</u>

Government of Canada Emergency Preparedness Guide

- https://www.getprepared.gc.ca/cnt/rsrcs/pblctns/yprprdnssgd/index-en.aspx

Government of Canada Emergency Preparedness Toolkit

- https://www.getprepared.gc.ca/cnt/rsrcs/ep-wk/tlkt-en.aspx

Canadian Red Cross (First 72 Hours)

- https://www.redcross.ca/about-us/red-cross-stories/2013/does-your-family-have-a-plan-for-the-first-72-hours-after-a-disaster

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EMERGENCY

preparedness and planning in Canada

1 CANADIANS THAT RESIDE IN A HOUSEHOLD WITH THE FOLLOWING WORKING DEVICES

98% smoke detector

60% carbon monoxide detector

66% fire extinguisher

About **42%** of Canadians live in a home with **ALL THREE** of these devices.

2 SAFETY PRECAUTIONS CANADIANS HAVE TAKEN TO PREPARE IN CASE OF AN EMERGENCY

wind-up or battery-operated radio **58%**

48% alternative source of heat

alternative source of water **43%**

23% back-up generator

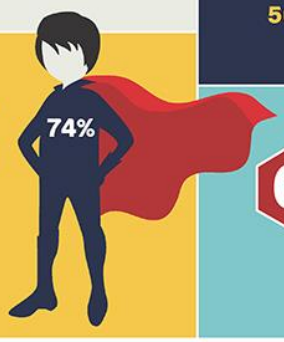
3 EMERGENCY PLANNING AND PREPAREDNESS ACTIVITIES

- **69%** list of contact numbers
- **60%** emergency exit plan
- **53%** copies of important documents
- **33%** designated meeting place for household members
- **47%** emergency supply kit

4 MOST COMMON PERCEIVED WEATHER-RELATED, NATURAL AND HUMAN-INDUCED HAZARDS

- **86%** winter storms
- **76%** extended power outages
- **51%** outbreaks of serious or life-threatening disease
- **50%** industrial or transportation accidents
- **49%** heat waves
- **44%** contamination or shortages of water or food
- **42%** floods
- **41%** earthquakes

5 CANADIANS THAT FEEL CONFIDENT THEY WOULD KNOW WHAT TO DO IF CONFRONTED WITH AN EMERGENCY SITUATION



Source: Survey of Emergency Preparedness and Resilience in Canada, 2014

6 CANADIANS THAT HAVE SOMEONE TO RELY ON FOR HELP IN CASE OF A MAJOR EMERGENCY

	ONE TO 5 PEOPLE	MORE THAN 5 PEOPLE
Help if injured	34%	60%
Emotional support	36%	59%
A place to stay	40%	54%
Financial help	59%	24%

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