



Prepare Bay Area Disaster Preparedness



**American
Red Cross**
Bay Area Chapter

Preparedness Courses & Resources Offered to You

Earthquakes. Pandemics. Tsunamis. Floods. Fires. Terrorist attacks. Residents of the Bay Area are in the unfortunate position of having to worry about all of these potential disasters. Many choose to throw up their hands in early defeat, but there are other choices. While we cannot control whether a catastrophe occurs in the Bay Area, we can choose to prepare in advance for such an event. Not just catastrophic events but house fires and neighborhood flooding can totally debilitate employees and their families if they haven't properly prepared for the chance of it occurring.

The goal of the American Red Cross Bay Area's *Prepare Bay Area* (PBA) program is to guide one million residents through the process of getting ready for various types disasters, through three simple steps:

- 1) Make a household emergency plan
- 2) Build a personal disaster kit
- 3) Be Informed/Get preparedness training.

Get ready now, we'll show you how...

Host Free Preparedness Courses for your group!

- Community, Workplace, Seniors, Personal Preparedness Courses –60 minutes (minimum 20, maximum 500 participants)
- Youth Personal Preparedness courses including First Aid and Preparedness for grades K-12
- Through personal disaster preparedness courses you will learn how to make a disaster plan, assemble a disaster supplies kit, and get trained to stay safe when disaster strikes. These courses can be offered to a wide range of audiences with diverse cultural and ethnic backgrounds. Some course material can be condensed to accommodate time constraints, or expanded to meet the needs of audiences with specific concerns.

Courses are offered in English, Cantonese, Mandarin, Spanish, Tagalog and Vietnamese

These preparedness courses are free, non-certificate classes which are available at Red Cross Chapter offices or at your site. Let us know the date, time, and location for your on-site course (3 weeks notice needed). Host organizations also receive a free copy of the Red Cross Guide to Business Continuity Planning CD-ROM (*while supplies last*).

Individuals can enroll in scheduled courses held at Red Cross Chapter offices. To register, call 510-595-4459 or visit www.redcrossbayarea.org

Teach free Red Cross preparedness courses to your group!

Our workshops are for community partners interested in providing Preparedness Courses for their community, workplace, or schools. Workshops are also available to volunteers interested in teaching these courses. Previous public speaking or teaching experience required. You will learn:

- How to present Bay Area disaster risks and how to teach others to prepare for them
- How to select messages and materials for specific audiences
- Effective use of preparedness resource materials
- How to deliver quality preparedness presentations to the public

Training is available for multi-lingual facilitators.

For more information about becoming a Preparedness Instructor, contact Andrea Scharf at (650) 259-1771
ZussmanA@usa.redcross.org .

Other Opportunities Offered by ARCBA

Businesses, organizations, schools, and communities can greatly benefit from becoming personally prepared for disasters and other unexpected events. Studies and the aftermath of previous disasters have shown that those who were already personally prepared were able to return to their daily routines more quickly because of their preparations.

Certified Emergency Preparedness Courses Taught at Red Cross locations:

- Standard First Aid/CPR/AED(Automated External Defibrillator)
- Course is 7 hours, and cost is \$65.
- First Aid with Adult, Infant and Child CPR: Course is 8.5 hours, and cost is \$70
- Adult CPR/AED: Course is 4.5 hours, and cost is \$45
- Web-based Blended Learning (First Aid, CPR and AED), combined with a 2 hour skills check

Specialty Courses

- Babysitter's Training for ages 11 to 15
- California Child Care, 15 hour course, meets CA EMSA requirements
- Sports Safety Training
- Injury Control in the Workplace
- Pet First Aid

For more information and course registration, please visit our website www.redcrossbayarea.org/cprfirstaid. Or call 800-520-5433.

Any of these Certified or Specialty Courses can also be offered at your location, taught by skilled American Red Cross instructors.

Call 415-427-8095 for fees and details of booking a course at your site.

Shelter Operations and Training

If your facility has the capacity to meet the basic living needs of a specific number of people (25 up to thousands), then you may have what it takes to become a designated shelter facility. Some of the basic requirements we look for in a shelter:

- Large open space for a dormitory area (gym, meeting hall, etc.)
- Area to prepare and/or serve food
- Sanitation needs (toilets, showers, etc.)
- Handicap accessibility
- Space to meet with clients, office space, etc.

Organizations with staff and volunteers willing to help, availability of special skills (i.e. various languages), or the ability to meet other shelter needs such as food preparation can also be utilized. The Red Cross would be happy to discuss other resources that you can provide in the event of an emergency, even if your facilities do not meet our needs. Contact L. Philipson, philipsonl@usa.redcross.org for more information.

Products Available to You

- First Aid Kits
 - Disaster Supplies
 - Preparedness Literature
 - Red Cross Merchandise
- www.redcrossshop.org

Become an Authorized Provider for Certified First Aid & CPR Preparedness Courses

If you are interested in teaching Red Cross courses and building your in-house training team, then become an Authorized Provider for your workplace. Contact us at 800-52-5433 or HHService@usa.redcross.org for more information.

- Flexible affordable training
- Meets OSHA requirements
- We handle administrative tasks



For General Information:
1-877-PREPBAY

www.preparebayarea.org

Contact us at:
preparebayarea@usa.redcross.org