

Readiness in Times of Emergencies & Disasters (RTED)

LEATHERMAN"



"Preparation through education is less costly than learning through tragedy."

-Max Mayfield, Director
 National Hurricane Center











# Remember the P's

# "AMAT VICTORIA CURAM"

(Victory
Loves
Preparation)

"Chances will always favor the prepared mind..."



Fisher Hotel, Bacolod City

### THE P's

IEMI Since 1994

- Psyche, Paradigm Change
- 2. Positive Attitude
- 3. Protracted Concepts
- 4. Profile
- 5. Plan
- 6. Prepare
- 7. Promote PHIVOLCS, PAGASA, PNP, atbpa
- 8. Personalize the capacity
- 9. Pack up
- 10. Pile Up

- 11. Prioritize
- 12. Post-it
- 13. Place to assemble/evac
- 14. Practice, Polish the drill
- 15. Preventive measures
- 16. Partnership
- 17. Participate
- 18. Platform of Support
- 19. Passover
- 20. Press the gas
- 21. Palpate the Earth
- 22. Plant/Process your own
- 23 PRAY, PRAY, PRAY





















Ombudsman strikes again





































**2<sup>nd</sup> Quarterly Seminar & Meeting (July 26-29, 2017)**Philippine Association for Government Budget Administration (PAGBA)
L Fisher Hotel, Bacolod City











### NEWS OF THE DAY









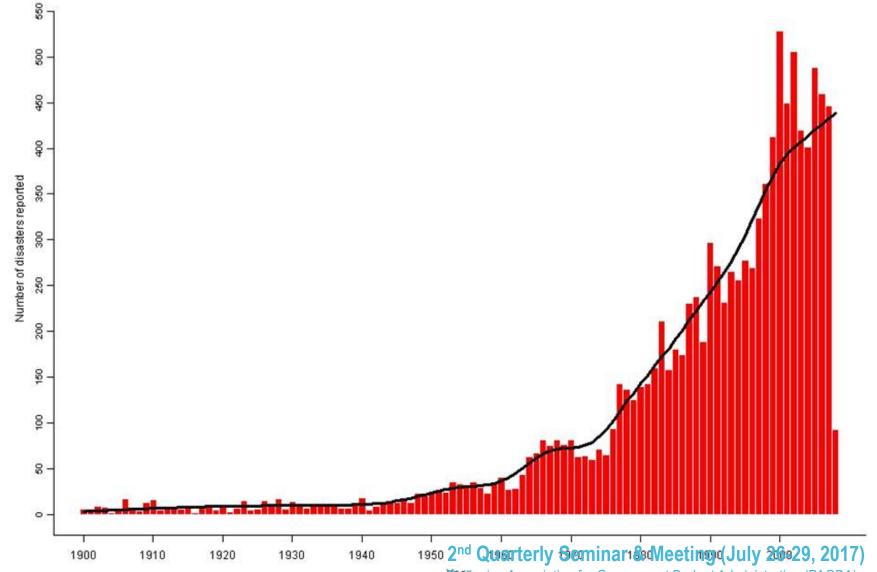












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Database - www.emdatte - University Carbonities de Louisin, Brisselt - Belgium

### DISASTER-PRONE







- •Haiyan: 6,190 dead, 28,626 injured, 1,785 missing (Jan 9 2014)
- •Pablo: 1,901; Sendong: 1,236; Bohol Earthquake: 215
- •Top 9 as the most vulnerable to Climate Change.
- Manila is Top 2 next to Dhaka



### DISASTER-PRONE

Philippines 3rd on UN disaster risk index

By <u>Kristine L. Alave</u>

<u>Philippine Daily Inquirer</u>

8:22 pm | Friday, October 7th, 2011

The Philippines ranked 3rd on the list of most vulnerable countries to climate change (UN agency).

The report by the UN University's Institute for Environment & Human Security and the German Alliance Dev't Works said the top 10 countries facing the highest risk are: Vanuatu, Tonga, the Philippines, the Solomon Islands, Guatemala, Bangladesh, Timor-Leste, Costa Rica, Cambodia and El Salvador.

Vanuatu which is now experiencing a fresh water shortage ranks # 1 with 32 percent disaster risk. Tonga in the 2nd spot has 29.08 percent.

The Philippines ranks No. 3 with a 24.32 percent risk.

### **DISASTER PRONE COUNTRY (2006)**



- •RP ranks as 12<sup>th</sup> among 200 countries most at risk from tropical cyclones, floods, earthquakes and landslides according to the United Nations Int'l Strategy for Disaster Reduction (UNISDR) *Jerry Velasquez*, *Senior Regional Coordinator*
- •UNISDR Mortality Risk Index (MRI) rated RP as "very high" in terms of average number of citizens at risk from natural calamities
- Multiple Climate Hazard Index RP ranked as 0.6 to
   1.0, the highest among all ASEAN countries
- •MCHI NCR ranked as 7<sup>th</sup>, Cordillera as 27<sup>th</sup>, Central Luzon as 30<sup>th</sup>

  Luzon as 30<sup>th</sup>

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#### DISASTER-PRONE COUNTRY



- •According to the International Red Cross and Red Crescent Societies, the Philippines was the fourth most accident prone country in the world. The two institutions arrived at this conclusion after finding out that some 5,809,986 Filipinos were killed or injured as a result of disasters or man-made calamities over a ten-year period (1992-2001).
- •From the Manila Bulletin: The Center for Research and Epidemiology Disasters (CRED) here disclosed the Philippines ranked first worldwide in the most number of disasters that hit a country with 25.



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# COUNTRIES MOST AFFLICTED BY DISASTERS



INDIA 805 BILLION CHINA 2.27 TRILLION

BANGLADESH 131 BILLION

> THAILAND 76 BILLION

PHILIPPINES 130 BILLION

NUMBER OF PEOPLE AFFECTED FROM 1995-2015

MART

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SOURCE: UNITED NATIONS OFFICE FOR DISASTER RISK REDUCTION / CENTRE ON THE EPIDEMIOLOGY OF DISASTERS

#### **DISASTER PRONE COUNTRY**



# TOP 5 disasters in terms of frequency

- 1. Flood
- 2. Fire
- 3. Earthquake
- 4. Landslide
- 5. Tornado











# Classifications of Hazards (Disasters)

Natural Hazards (slow and sudden) Complex
Hazards
INTERACTION

Human Induced (Technological, civil disorder, environmental)

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### REVIEW OF EVENTS



EVENT	HAZARD/S	PROBLEM
MARAWI, 2017	SHOOTING, BLASTS, FIRE, AOT	STOCKPILING, AOT DRILL
RESORTS WORLD, 2017	SHOOTING, FIRE	AOT DRILL, EVACUATION, MARSHALLING
SURIGAO EQ, 2017	STRUCTURAL COLLAPSE, LIQUEFACTION	COMMUNITY PREP, EVAC, GO BAGS,
YOLANDA, 2013	STORM SURGE, TYPHOON	COMMUNITY PREPAREDNESS, EARLY WARNING SYSTEMS, EVACUATION
BOHOL EQ, 2013	STRUCTURAL COLLAPSE	COMMUNITY PREP, EVAC, GO BAGS
ZAMBOANGA SEIGE	SHOOTING, BLAG Grant Philippine Association for L Fisher Hotel, Bacolod C	ningo Meeting (July 2629 2017)  Government Budget Administration (PAGBA)  CitFIGHTING

#### ISSUES OF THE CENTURY



- Archipelagic / topographic set-up
- Along the Ring Of Fire
- Typhoon belt
- No defined EMS law in the Philippines
- •Large scale disaster usually inflicts damage to the rescue units, too!
- Urban planning /Land use



- Building code
- Climate change
- Economic & EducationFactors



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We cannot be prepared for something while secretly believing it it will NOT Happen

Nelson Mandala/

Walking My Talk



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# 1. PSYCHE CHANGE, PARADIGM



### SHIFT, PROACTIVE CONFIGURATION

- Develop the 'disaster imagination'
- Understand the signs
   of times like Climate change issues
- Understand who, where you are and what you are to do
- Proactive vs reactive
- the 'Japs & the jews'

- No negotiation to 5 issues!
- It is a physical (and physiological), mental, spiritual, psychological undertaking
- Coordinate –
   Cooperate –
   Collaborate
  - Be a Sheepdog

# 2. POSITIVE MENTAL ATTITUDE



- YOU WILL **PREPARE** IN ACCOR-DANCE TO YOUR **UNDER-STANDING OF YOUR** WORTH



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# Magkano ba ang halaga ng pamilya mo?

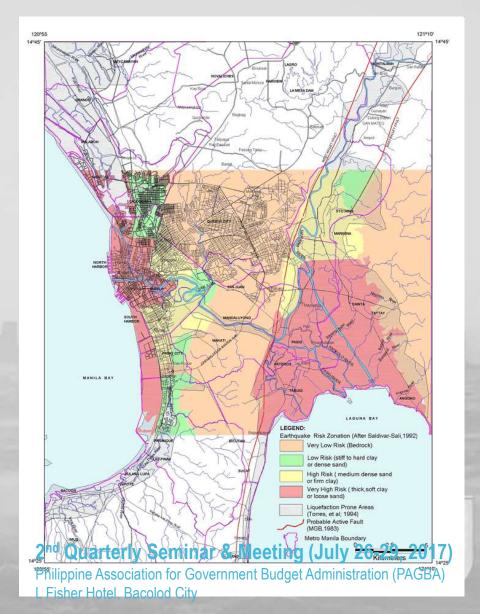


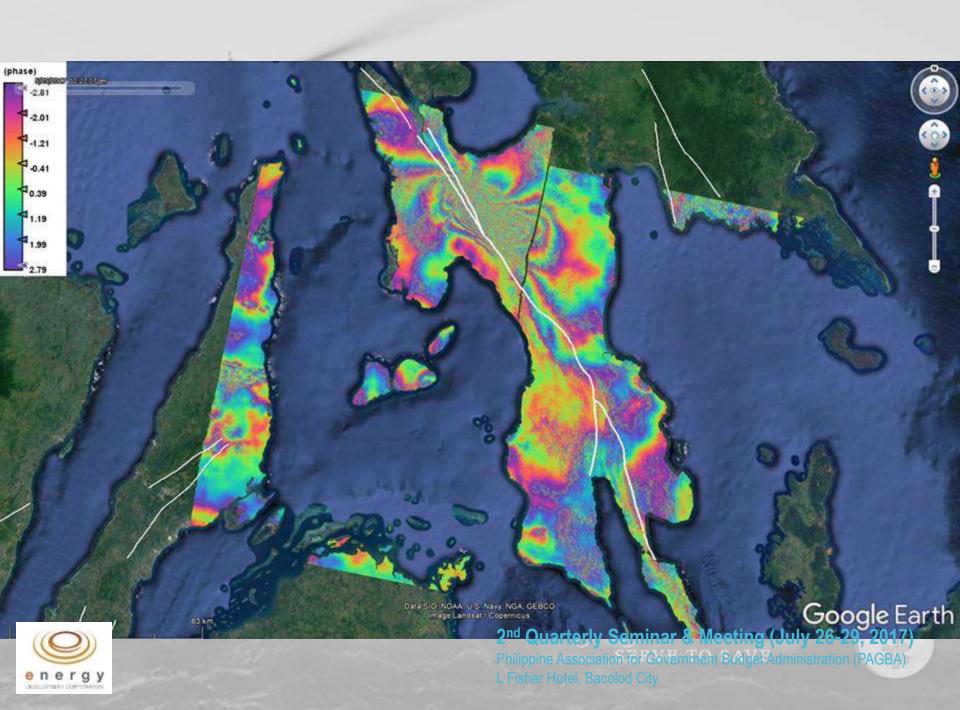


# 4. PROFILE YOUR COMMUNITY



- Prone to flood, landslide?
- Earthquake fault?
- Ghetto set-up
- Security profile?
- Historical accounts on hazards?
- Check HAZARD Map?





# THE VALLEY FAUL 0



# PROJECTED DESTRUCTION AND EFFECTS:



33,500 Deaths



113,600 Injuries



Collapse of 40% of Residential **Buildings** 



Breakage of 4,000 Water **Pipes** 



Failure of 95 kms. of Telecommunication Cables



Failure of 30 kms. of Electrical Power Cables



Suspension of Port Operations



1,412 **Schools** Damaged



Collapse of 177 Hospitals

# **SECONDARY HAZARDS:**



Fire



Land@iderterly Seminar & Meethiguelaction6-Philippine Association for Covernment Budget Administration (PAGBA)

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Source: MMEIRS

.2017)



Be Aware of Your Surroundings Know Your Risks





Know Your Risks



Assure Water and Food

Live with Resilience Involve Your Community





Communicate

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# WHERE ARE YOU



- AWARENESS
- PREPAREDNESS
- RESPONSE



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# 5. PLAN (Family EAP, DP, Incident Action Plan, ETC

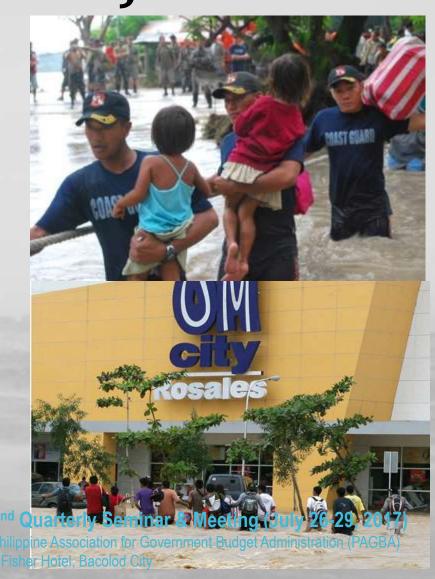


SAFE – no one gets hurt

EFFECTIVE – gets the job done

EFFICIENT – resources utilized to the max





# FOUR PHASES OF EMERGENCY MANAGEMENT



PREPAREDNESS – Preparing for what to do in an emergency

**RESPONSE** 

Responding safely in an Emergency

**RECOVERY** 

Recovering from an emergency

**MITIGATION** 

- Preventing or minimizing (July 26-29, 2017)
dangerous effects of emergencies

# **Emergency Action Plan**



# **Elements of an Emergency Action Plan**

- Scenario
- Objective Protect Life, Environment and Property
- Hazards
- Resources Available
- Implementation
- Communication
- Lessons Learned





# WHAT TO DO ...

# IENI Since 1994

# **BEFORE-DURING-AFTER**

- Fire
- Flood
- Landslide
- Storm Surge/Tsunami
- Vehicular Accident
- Earthquake
- Volcanic Eruption
- Acts of criminality/terrorism
- Hazardous material incident
- Technological Breakdown
- Epidemic / Pandemic

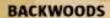


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# WHEN IT HITS

Where will you be?



Move away from cliffs and steep embankments where there might be falling debris or a landslide.



After the quake, get away from river beds, which may be carrying debris or surges of water and mud.

# INDOORS

Avoid objects that could fall.

Don't go outside, or use stairs or elevators, until the shaking stops.

In crowded public places, such as a store, do not rush to the exit. Move away from shelves and other objects that could fall. In an auditorium or stadium, crouch down between the rows and cover your head and neck.

Duck under a sturdy table, desk or counter, and cover your head and neck to prevent injury from glass and debris. Hang onto a furniture leg and move with it if the shaking is severe.

# Avoid bridges and underpasses.

Parking garages are especially vulnerable during quakes.

### ON FOOT

If you're among high-rises, duck into a lobby. In other areas, move away from buildings. Falling bricks, debris and glass pose the greatest risks.



# OUTSIDE

Move to an open area, away from buildings, streetlights and utility wires.

# IN TRANSIT

If you are driving, stop your vehicle away from buildings, bridges and utility lines. Set your parking brake. Stay inside the car until shaking stops.



If there's no table, go to an inside wall, a corner of the room or lie down next to a couch.



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If you are near the water, move to high ground immediately to escape a potential tsunami. If the epicenter is near, you could have only a few minutes before the first wave hits.

# Home Disaster Preparedness Plan before an **Identify** safe spots at your house or Prepare an emegenbuilding cy bag or "GO-BAG" Secure any shelves or heavy objects that may block your way **Establish a family** earthquake plan Be informed. Keep radio or Keep a list of emerother communigency hotline num-Stabilize LPG cylincation device bers, as well as numders, and other on hand bers of family and kitchen appliances friends that might cause fire during earthquake **Hotline numbers:** NDRRMC ...... (02) 911-1406 RED CROSS ...... 143 DSWD ......(02) 931-8101 POLICE .....117

PEOPLE360™

BFP ..... (02) 729-5166

(to 07)

# EARTHQUAKE SAFETY CHECKLIST

0 0

SPEND 1 MINUTE TO FINISH PREPARING



# PROTECT YOUR FAMILY

Have you practiced "Drop, Cover, and Hold On" with your family?	Ö	Õ
Do you have a home emergency kit with a radio, and a 3 day supply of food and water per person?	0	0
Does each family member	^	^

have an emergency wallet card?

# PROTECT YOURSELF

to you have a personal emergency let with shoes, a flashlight, and work gloves in your bedroom?	O	Õ
Are your bookcases secured to the wall?	0	0
is your entertainment center secured to the wall?	0	0

# PROTECT YOUR KIDS

Do you know what your children's school disaster plan is?	Ö	Ö
Do your kids have personal emergency backpacks with shoes, a flashlight, water, snacks, and a toy?	0	0

# PROTECT YOUR PETS

Do you have at least a 3 day supply pet food?	Ö	Ö
Do you have a carrier or leash?	0	0
Do you have copies of your pet's vaccination records?	0	0

# PROTECT YOUR STUFF

0	0
0	0
0	0
0	0
	_

# PROTECT YOUR HOME

Are flammable or hazardous chemicals stored on high shelves?

to prevent collapse?

A 100 CO			
Do you know where your water shutoff is and do you have a wrench to do it?	0	0	
Do you know where your <b>gas shuteff</b> is and do you have a <b>wrench</b> to do it?	0	0	
is your water heater secured to wall studs?	0	0	
Does your water heater have a flexible connector?	0	0	
is your house bolted to the foundation?	0	0	
Have you reinforced crawl spaces	^	^	

Home and renters insurance does not cover earthquakes. Do you know how much earthquike multimor coast Got and estimate at Earthquake Authority.com.

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ttle preparation will help you survive the next earthquake and recover faster.

0

# You must have available



First Aid Kit



Dynamo Flashlights



Bottled Water and Nonperishable Food



Whistle



Radio with Batteries



Fire Extinguisher

### Computer-controlled weights on roof to reduce movement

Steel frames which can sway during earth movements

Automatic window shutters to prevent falling glass

Open areas where people can assemble if evacuated

'Birdcage' interlocking steel frame

Outer panels flexibly attached to steel structure

Roads to provide quick access for emergency services

Fire-resisitant building materials

### Foundations sunk into Rubber shock-absorbers bedrock avoiding clay to absorb earth tremors

# What to do during an earthquake



**DROP!** 





# **HOLD ON!**



# CALM DOWN

Try to stay as calm as possible



# INSIDE

Stay away from furniture, windows and lamps



# **OUTSIDE**

Stay away from buildings, walls and power poles



If you are driving stop in a safe place, turn on the 2hazard lighterly Philandista Asso inside the vehicle



If you use a wheelchair, put the brakes on eminara& Meeting Motest yeur Pheladt with your arms



If you are in a crowded place protect your head vaur gour aunis or tiskim not PAYOR other seats and tables

# PLAN - STRATEGIC RISK

# **MGT**



- a) Database
- b) Logistics
- c) Technological Needs
- d) Self Reliance
- e) Communication Infrastructure
- f) Emergency Preparedness
- g) Forecasting



# PLAN FRAMEWORK

- •VULNERABILITY ASSESSMENT
- PLANNING
- •INSTITUTIONAL FRAMEWORK
- INFORMATION SYSTEMS
- •RESOURCE BASE
- WARNING SYSTEMS
- RESPONSE MECHANISMS
- •PUBLIC EDUCATION & TRAINING
- •REHEARSALS / DRILLS





# ESSENTIALS TO A SOLID BUSINESS DISASTER PREPAREDNESS PLAN

Have a reputable professional disaster restoration firm on hand



Create & test evacuation plans



Formulate a business impact analysis (BIA)



Create an emergency

Educate & train employees on procedures to follow in an emergency

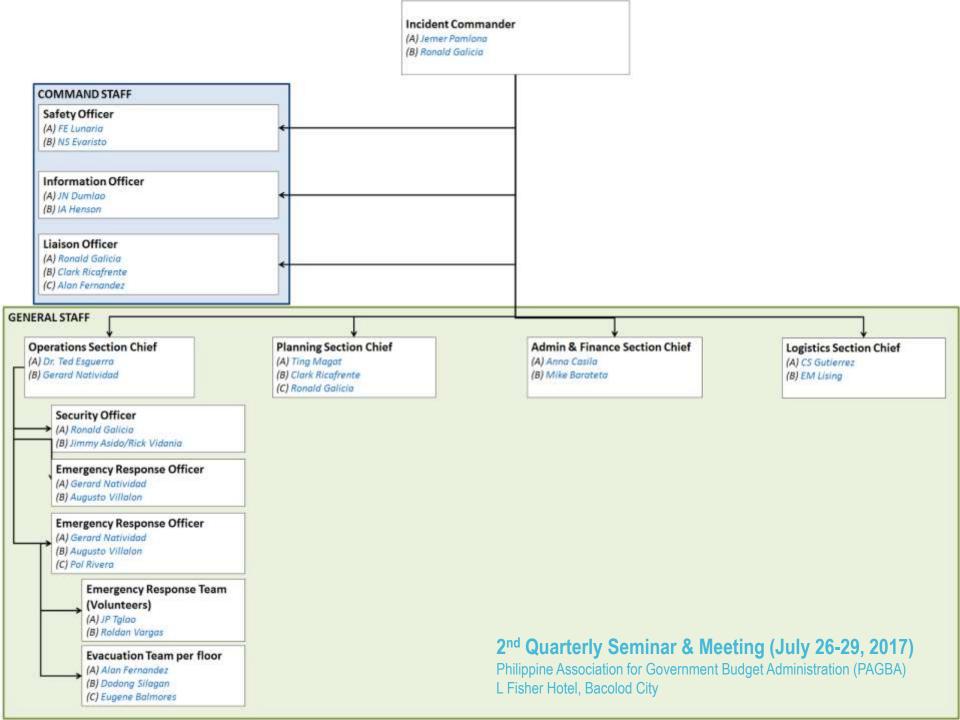


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supply kit



6. PREPARE (% of Disaster Survival = % of Preparation)

- Learn life skills (1st Aid, BLS to ALS, navigation, rope mgt, fire-building, Basic fire fighting, water & food acquisition, selfdefense, etc
- Small to large scale
- Be fit!



# PREPARE PHYSICALLY, MENTALLY, etc

- LIFE SKILLS
  - 1<sup>st</sup> Aid
  - Basic Life Support
  - Fire Fighting
  - Flood crossing
- PERSONAL LEVEL
- FAMILY LEVEL
  - Train and perform house drills on fire, etc
- COMMUNITY LEVEL

- community talents
- stockpile, evac pts
- COMPANY LEVEL
  - ELSAROC (MMDA)
  - 1<sup>st</sup> Aid/BLS (PRC)
  - Fire Fighting (BFP)
  - ICM (OCD)
  - Bomb Drill (PNP)
- WELLNESS

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sher Hold Pa Company-/ group-led

# PREPARE BY



- Learn life skills in the house and in school
  - Basic Fire Fighting
  - Basic Life Support and 1<sup>st</sup> Aid
  - Evacuation Protocols
- Create and INCIDENT MANAGEMENT TEAM
  - Incident Command System
  - Marshalls, Security, Safety, Eng'g
  - Student Leaders/Volunteers
  - Responders
- Drill with LGU, parents, church EVERYONE at least 2 x a year

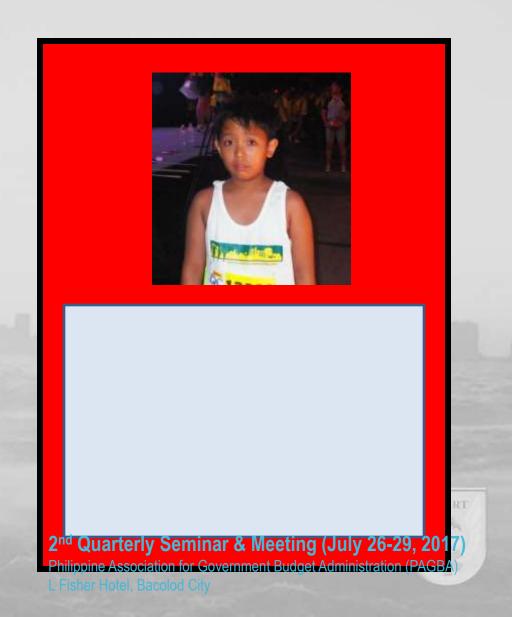
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# Secondary ID Card



- NAME & BLOOD TYPE
- ADDRESS
- CONTACT NUMBER & ADDRESS OF RELATIVE/S IN CASE OF EMERGENCY
- ALLERGIES, MEDICATIONS TAKEN, SPECIAL NEEDS
- NUMBERS OF:
   HOSPITAL, POLICE,
   POISON CONTROL,
   FIRE, EMS, SCHOOL,
   DOCTOR, RED CROSS



# 7. PROMOTE PHIVOLCS, PAGASA, PNRC, PNP, PDRF, atbpa

# RAINFALL ADVISORIES, CLASSIFICATION, AND MEASUREMENT

	DED RAINFALL D CLASSIFICATION	RAIN M	EASU	IREMENT		FLOOD POSSIBILITY	RESPONSE
RED RAINFALL ADVISORY	TORRENTIAL	MORE THAN 30mm RAIN observed in 1 hour and expected to continue in the next 2 hours	=	56L 36L	8 gallons per square meter/hour	Serious Flooding expected in low lying areas	EVACUATION
ORANGE RAINFALL ADVISORY	INTENSE	15-30mm RAIN observed in 1 hour and expected to continue in the next 2 hours	=	4GL	4 to 8 gallons per square meter/hour	Flooding is threatening	ALERT for possible evacuation
YELLOW RAINFALL ADVISORY	HEAVY	7.5-15mm RAIN observed in 1 hour and expected to continue in the next 2 hours	=	2GL	2 gallons per square meter/hour	Flooding is possible	MONITOR the weather condition
	MODERATE	2.5 - 7.5mm RAIN observed in 1 hour and expected to continue in the next 2 hours	=	2.5L	2.5 liters per square meter/hour to 7.5 liters per square meter/hour	(Flooding still possible	
		LESS THAN 2.5 mm RAIN observed in 1 hour and expected	=	up to		y Seminar & Meeting (	

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LIGHT



# PAGASA'S REVISED STORM WARNING SYSTEM AS OF MAY 2015

SIGNAL NO.1

winds of 30 to 60 kph in the next 24 hours

**SIGNAL NO.2** 

winds of 61 to 120 kph in the next 24 hours

SIGNAL NO.3

winds of 121 to 170 kph in the next 18 hours

**SIGNAL NO.4** 

winds of 171 to 220 kph in the next 12 hours

**SIGNAL NO.5** 

winds of more than 220 kph in the 2<sup>nd</sup> Quarterly Seminar & Meeting (July 26-29, 2017)

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# UPDATED TROPICAL CYCLONE CLASSIFICATIONS

TROPICAL DEPRESSION

winds of up to 61 kph

TROPICAL STORM

winds of up to 62 to 88 kph

SEVERE TROPICAL STORM

winds of up to 89 to 117 kph

**TYPHOON** 

winds of up to 118 to 220 kph

SUPER TYPHOON

winds exceeding 220 kph

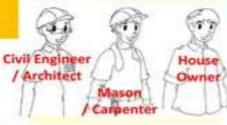




# SAMPLE OF PHIVOLCS CHECKLIST



# Who built or designed my house?



Items		point
A: Built or designed by a licensed civil engineer/architect.	-	1
B: Not built by a licensed civil engineer/architect.	-	0
C: It is not clear or unknown.	-	0

This question refers to the person who supervised the building of the house.

# QUESTION

2

# How old is my house?



Earthquake, Flood, Fire etc

Items		point
A: Built in or after 1992.		1
B: Built before 1992.		0
C: It is not clear or unknown.	+	0

This checks if your house was built under more recent earthquake-resistant building standards.

# QUESTION

3

# Has my house been damaged by past earthquakes or other disasters ?

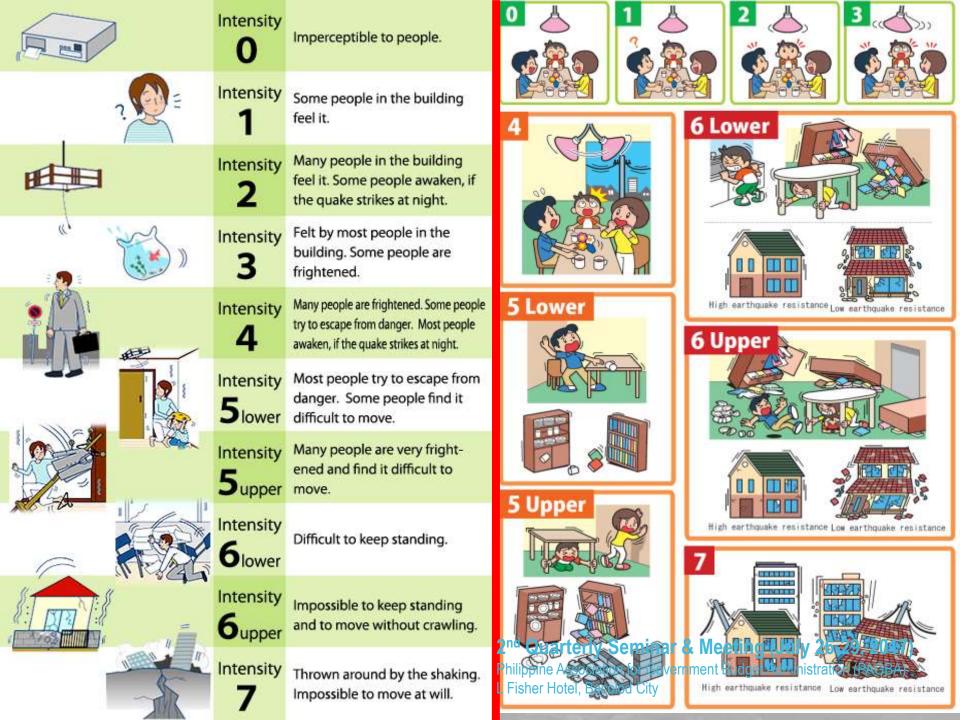
Items		point
A: NO or YES but repaired.		1
B: YES but not yet repaired.	9	0
C: It is not clear or unknown.	-	0

This checks if the house sustained structural damage and had undergone repair works.

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# R.E.A.C.T. upon discovery of Fire



R emove persons in immediate danger.



E nsure that doors are closed.



A ctivate the fire alarm located in the barangay. (i.e. barangay hall or health center)



C all local fire department.

reat fire as DANGEROUS!

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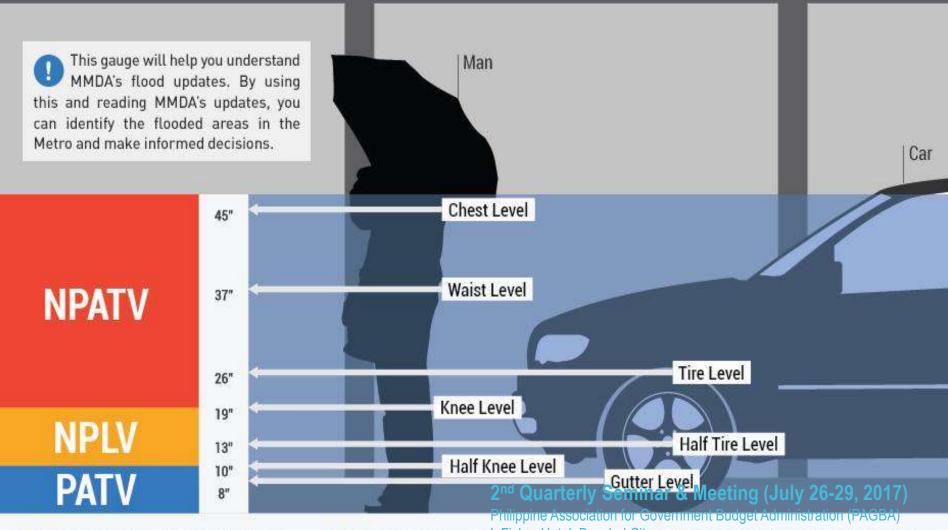






# MMDA FLOOD GAUGE

For more information, contact: MMDA Twitter Account: @MMDA MMDA Hotline: Dial 136



# PANAHON PUBLIC STORM WARNING SIGNALS





Effective May 1, 2015

SIGNAL NO.	WINDS (KPH)	LEAD TIME (HRS)	IMPACTS
11	30 - 60	36	No damage to very light damage.
2	61 - 120	24	Light to moderate damage.
3	121 - 170	18	Moderate to heavy damage.
4	171 - 220	12	Heavy to very heavy damage.
5	Above 220		Very heavy to widespread damage.



MODUS OPERANDI OF THE MOST COMMON CRIMES

# SALISI GANG

Common Crime Scene:

Hotel lounges, coffee bars, cafes, and restaurants frequented by perceivably wealthy tourists and businessmen

# **TACTICS DESCRIPTION**

Suspects are typically well-dressed, mild-mannered, and project an aura of legitimate businessman or an affluent matron.

The perpetrator moves closer to the would-be victim and waits patiently until the victim is engrossed in a serious conversation with a companion or leaves his or her bags and other belongings unattended.



In a swift motion, the perpetrator takes the unattended bag or belongings and casually leaves the place.



**MODUS OPERANDI OF THE MOST COMMON CRIMES** 

# **BESFREN GANG**

Common Crime Scene:

Bargain malls and open-air markets

# TACTICS DESCRIPTION

Targets shoppers who check out items sold in stalls (i.e. watches, jewelry, mobile phone, and other electronic gadgets).

A member stands next to the victim and borrows the item being checked, pretending to be the victim's friend. The thief will quickly flee the stall premises bringing with him/her the said item.



The store owner/attendant naturally assumes that the victim is an accomplice and will ask him/her to pay for the item.

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# **DURA BOYS**

Common Crime Scene:

Public transportation terminals, jeepneys, and buses

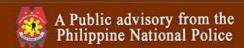
# **TACTICS DESCRIPTION**

It is usually carried out by a group of three wherein the first member informs the victim that a man or a woman has spit on her/his sleeve and back.

The victim **will be distracted**, trying to wipe the spit on his or her sleeve.



One of the other members of the gang steals the victim's valuables, usually a wallet or a mobile phone.



@pnppio

MODUS OPERANDI OF THE MOST COMMON CRIMES

# PITAS GANG

Common Crime Scene:

Provincial and city operation buses, jeepneys, motorized passenger sidecars (tricycles), and schools

# **TACTICS DESCRIPTION**

Typically targets passengers seated near the windows of public buses, jeepneys, and tricycles.

Among the items usually snatched include wrist watches, rings, necklaces, mobile phones, and hand bags.



Another variant occurs when the thieves grab the ears of women and young girls and steal their earrings or snatch their bracelets from their wrists.

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# BOMB THREAT CALL PROCEDURES

Most bomb threats are received by phone. Bomb threats are serious until proven otherwise. Act quickly, but remain calm and obtain information with the checklist on the reverse of this card.

### If a bomb threat is received by phone:

- 1. Remain calm. Keep the caller on the line for as long as possible. DO NOT HANG UP, even if the caller does.
- Listen carefully. Be polite and show interest.
- Try to keep the caller talking to learn more information.
- If possible, write a note to a colleague to call the authorities or, as soon as the caller hangs up. immediately notify them yourself.
- If your phone has a display, copy the number and/or letters on the window display.
- Complete the Bomb Threat Checklist (reverse side) immediately. Write down as much detail as you can remember. Try to get exact words.
- Immediately upon termination of the call, do not hang up, but from a different phone, contact FPS immediately with information and await instructions.

### If a bomb threat is received by handwritten note:

- Handle note as minimally as possible.

### If a bomb threat is received by email:

- Call
- Do not delete the message.

### Signs of a suspicious package:

- No return address
- Excessive postage
- Stains
- Strange odor
- Strange sounds
- Unexpected delivery
- Poorly handwritten
- Misspelled words
- Incorrect titles
- Foreign postage
- Restrictive notes

### DO NOT:

- Use two-way radios or cellular phone; radio signals have the potential to detonate a bomb.
- Evacuate the building until police arrive and evaluate the threat.
- Activate the fire alarm.
- Touch or move a suspicious package.

### WHO TO CONTACT (select one)

- Follow your local guidelines
- Federal Protective Service (FPS) Police 1-877-4-FP8-411 (1-877-487-7411)
- 811

Date:		Time	9:	
Ime Caller		Phone Nu	mber	Where
lung Up:	1	Call Recei		
27,142,1	_			
		Ask Caller:		
	he bomb loca Floor, Room			
<ul> <li>When will</li> </ul>		(500)		
<ul> <li>What does</li> </ul>	it look like?	}		
<ul> <li>What kind</li> </ul>	of bomb is it	?		
<ul> <li>What will n</li> </ul>	make it explo-	de?		
<ul> <li>Did you plo</li> </ul>	ace the bomb	7 Yes No		
<ul><li>Why?</li></ul>				
<ul> <li>What is yo</li> </ul>	urname?			
	Brack	Words of Thre	at-	
	Likact	··· cres or rime	-	
	and the second	and the second second second	**	5-1
	Inform	ation About Ca	ller	
			-	CONTRACTOR CO
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Estimated     Is voice fa     Other poir	the caller local lage: amiliar? If so	ated? (Background ar	nd lev	el of noise) reaf Language
Estimated     Is voice for     Other polit     Caller's Voice     Accent     Angry	the caller loc	who does it sound it okground Sounds: Animal Noises House Noises	ke?	reat Language Incoherent Message reac
Estimated     Is voice for     Other poin  Caller's Voic     Accent     Angry     Calm	the caller loc	who does it sound it okground Sounds: Animal Noises House Noises Kitchen Noises	ke?	reaf Language Incoherent Message read Taped
Estimated     Is voice for     Other poin  Caller's Voice     Accent     Angry     Calm     Clearing	the caller local age: amiliar? If so ints:	who does it sound it okground Sounds: Animal Noises House Noises Street Noises	ke?	reaf Language Incoherent Message read Taped Irrational
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Security



# To prepare myself and my family for an earthquake, I pledge to:

- Make a disaster plan and assemble an emergency supply kit
- 2. Practice "drop, cover and hold on"
- 3. Identify an out-of-state contact
- 4. Secure heavy objects with bolts and straps
- Expect and prepare for fires, aftershocks, landslides and tsunamis

# #fivefor5

Learn more at preparesocal.org



# A **7.2-magnitude earthquake** generates 3.98 petajoules or same as the energy in:



63.5 Hiroshima atomic bombs



951.5 kilotons of TNT (a measurement of energy released in explosions)

**-**



796,214 average lightning flashes



30.16 million gallons of gasoline



sticks of dynamite

wild How to Prepare for a Taunami

That seismic energy is also equal to 1,105.56 gigawatt hours, or 1.5% of the Philippines' total generated power in 2012.

Sources: Department of Energy, http://alabamaquake.com/energy.html

Create an emergency kit and store it in a safe, accessible place

Keep an emergency kit for your office



3 Practice what to do in an earthquake with family

5 Keep a pair of shoes and flashlight by all beds

Secure items that may fall



Locate and tag water, power and gas shutoffs in your home

Store water at home and work

Buy a battery operated or wind-up radio

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# 9. PACK UP (Go Bag)











### WATER

Potable water in suitable containers for immediate drink-ability, and a water filter for purifying after you run out of bottled water.



### FOOD

High calorie foods such as high calorie energy bars or MRE (meals-ready-to-eat) are vital to maintain sufficient energy to keep going.



### EXTRA CLOTHING

Even if it's warm outside, if you get in trouble without extra clothes, hypothermia becomes a risk. Bring a stocking hat and rain jacket; and avoid cotton which is worthless when wet.



# BODY WARMERS

Body warmers. Sring reflective "aluminized" space blanket or survival blanket to retain body heat, catalytic heater and bottled gas fuel.



### SHELTER

Small tent, tarp with grommets, large plastic trash bag as poncho or expedient shelter roof.



### SUNGLASSES

Good vision is essential. There are some great sunglasses out there that will enhance your vision, provide polarization for water or snow, and will prevent eye fatique.



### SANITATION

Tollet paper, hygiene products, soap, hand-towel and any other body care products you may need.



### FIRSTAID KIT

First aid lot. Keep at least the basics: band aids, sterile gauze, disinfectant, first aid manual, medical tape, medical scissors, disposable gloves, tweezers, cotton swabs and a thermometer.



### **EXTRA CASH**

Extra cash will enable you to purchase the supplies you did not include and other necessary items. Although it may not be needed or deemed useless in the event of a major disaster, it is always good to keep some emergency cash on hand. A good amount to save is \$50 for a disaster survival kit.



### MEDICATIONS

Medications. There should be at least a seven-day supply of any prescription and non-prescription medications used by family members in your disaster survival kir.



### MATCHES

'Strike Anywhere' matches, not the type that you must strike on the box. Store the matches in a water-tight case. Keeping a lighter and a fire starter in addition to matches are a good idea.



### POCKET KNIFE

A multi-purpose tool with a knife is ideal.



### MAP

Simply having a good map of the region you're in could get you out of trouble. Know how to read and navigate with maps.



# COMPASS

A compass is ideal for establishing bearings while used in conjunction with a map. A GPS sn't so good for that.



### FLASHLIGHT

And extra batteries: A LED flashlight, preferably a head-mounted style, is the best choice. Even though LED flashlight batteries last a considerable time, keep extras.



### PERSONAL DOCS

Important personal documents like proof of address, insurance policies, birth certificates and passports should be stored together in an area with easy access in case of a natural disaster.



### WEATHER RADIO

A small weather radio will keep you informed of the conditions outside and where to seek shelter or emergency personnel during and after a natural disaster.



### CELL PHONE

And chargers. The towers may be down following a natural disaster, but emergency personnel will get them repaired fast for communication. Keep a cell phone with a wall and car charger handy.

### SOURCES:

http://modermurvivalblog.com/survival-kit/

http://www.idealhomogarden.com/home-improvement/disaster-survival-krt

http://en.wikipedia.org/wki/Survival\_lot





# EDC BAG

(can also be your <a href="Bug Out Bag">Bug Out Bag</a>/Bail-Out

energy

Bag (BOB), Get Out Of Dodge (G.O.O.D.) Bag, PERK, INCH Bag, Lucky 9

- Multi-tool (addendum: stun gun, pepper spray)
- 2. Bottled Water
- Signaling / Communication kit (cellphone w/ camera, penlight, fire starter/lighter, whistle, AM/FM portable radio, mirror, pentel pen wrapped with duct tape)
- 4. First Aid Kit (with betadine), med kit (paracetamol, for cough, colds, LBM, gastritis, allergy, etc
- 5. Chocolate, etc
- Apparel kit (malong, sandal, upper/lower quick dry, poncho)
- 7. Paracord (4 meters long, 7-9mm thick)



- 8. Toiletry kit (toothbrush, paste, antifungal shampoo, Perla soap, Off lotion, wet wipes, tissue, earbuds, sunscreen)
- passport List of Family Contact info,
  place tape, garbage plastic bag (PAGBA)

## DISTRIBUTION OF SURVIVAL KITS



- HOME (FAMILY KIT)
  - it must be placed near entrance/exit of house but does not impede daily routine inside the house nor destroy the aesthetic feature of your home
  - Must be in a sturdy container placed near the wall or corner
- OFFICE (GO-BAG)
  - As above
  - Must be configured w/ the number of office staff

- •CAR (BAIL-OUT BAG)
  - mini-survival kit in pouches or in organizers
  - Be sure car must always be in full tank
  - Must always be in running condition



## SURVIVAL KIT IN THE CAR



- Tool kit
- Jack, fire extinguisher
- Jumpstart cable
- 1<sup>st</sup> aid kit
- EWD
- Survival kit like the GO BAG
- GPS and map
- Bottles of drinking H<sub>2</sub>O
- Rain coat, umbrella
- Tarpaulin, Duct tape
- Mini shovel, bolo, rope
- Strobe, torch



Remember the acronym: BLOW



# 10. PILE UP (Stockpiling)









 Food and Water (5-6 day supply of food & water per person when no refrigeration/cooking is available)

- Power bars
- Trail Mix/Dried Fruit
- Crackers/Cereals (for munching)
- Canned Tuna, Beans, Meat, Vienna (goods in water packing)
- •Sausages, etc ("pop-top" cans might leak/explode & Jerky can flavor" other items)
- juice, coffee, milo sachets
- Monggo SEEDS
- Candy/Gum (Jolly ranchers can melt & mint gum might "flavor" other items)
- Water (1 Gallon/4 Liters per person) ssociation for Government Budget Administration



- Bedding and Clothing
  - Change of Clothing (short and long sleeve shirts, pants, socks, jackets, etc.)
  - Undergarments
  - Rain Coat /Poncho (can be an A tent, too)
  - Blankets , malong, sleeping bag
  - Cloth Sheet
  - Plastic Sheet
- Fuel & Light
  - Crank/solar lights/torches

- solar panel
- Flares
- Candles
- Lighter
- Water-Proof Matches
- alcohol
- Miscellaneous
  - big pail/ plastic box w/ wheels, bag or bags to put 6day kit items in (such as duffel bags or hiking back packs)
  - •Small plastic container as loo

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- Equipment
  - Can Opener
  - Dishes/Utensils
  - Shovel
  - Crank/solar radio
  - Pen and Paper
  - Axe
  - Pocket Knife
  - Rope
  - Duct Tape
  - Personal Supplies & Medication
  - First Aid Supplies

- •Toiletries (roll of toilet paper—remove center tube to easily flatten into a ziplock bag, feminine hygiene, folding brush, wipes, etc)
- Cleaning Supplies (mini hand sanitizer, soap, shampoo, dish soap, etc.
   Warning: Scented soap might "flavor" food items.)
- Mosquito net
- Survival stove/burner (camping grade)

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- Immunizations Up-to Date
- Medication ( Paracetamol, Ibuprofen, cough/colds meds, children's medication, etc.)
- Prescription Medication (for 6 days)
- Personal Documents and Money
   (Place these items in a water-proof container!)
  - Scriptures (miniature ones are lighter)
  - Survival book/manual
  - Land titles

- Legal Documents(Birth/Marriage Certificates, Wills, Passports, Contracts)
- Vaccination Papers
- Insurance Policies
- Cash
- Credit Card
- Pre-Paid Phone Cards
- For Children
  - art book
  - crayon (w/c can be made into a fuel also)
  - •ball

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### MICROSCOPIC PREPARATIONS

energy

(3 TO 6-DAY KIT)

- Update your kit every six months (put a note in your calendar /planner) to make sure that: all food, water, and medication are fresh (not expired), clothing fits, personal documents and credit cards are up to date, and batteries are charged.
- Small toys/ball are important too as they will provide some comfort and entertainment during a stressful time.
- Older children can be responsible for their own pack of items/clothes too.
- You can include any other items you feel are necessary for your family's survival.
- Some items and/or flavors might leak, melt, "flavor" other items, or break open. Dividing groups of items into individual Ziploc bags might help prevent this.
- Always gas up, charge up!

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L. Fisher Hetzl. Bessled Gits.







# 12. POST IT (Emergency #s)

- COLOR HARD RED, BRIGHT RED OR ORANGE
- ETHANE or METHANE
- E Emergency Call! state your name, type of incident and call back number
  - Exact location of the incident
- T Time of the occurrence (approx)
- H Hazards around the incident (e.g. near gas station, electrical posts, riverbanks)
- A Access to the incident site (ingress and egress)
- N Number of Casualties (approx) and Meeting (July 26-29, 2017)
- E Emergency units on site and needed

- FIRE: 633-89-09, 633-89-08
- POLICE: 633-49-39
- SAN ANTONIO RESCUE: 631-00-99
- Medical City: 635-67-89
- National Poison control: (02) 5241078, (02) 5218451 loc 2311
- Philippine National Police (PNP) Hotline Patrol:
   117 or send TXT PNP to 2920
- Bureau of Fire Protection (NCR): (02) 729-5166,
   (02) 410-6254, (02) 431-8859, (02) 407-1230
- Red Cross hotline: 143, (02) 911-1876



- National Disaster and Risk Reduction and Management Council (NDRRMC) hotlines: (02) 911-1406, (02) 912-2665, (02) 912-5668
- Philippine Atmospheric, Geophysical and Astronomical Services Administration(PAGASA) hotline: (02) 433-8526
- Department of Transportation and Communications (DOTC) hotline: 7890 or 0918-8848484
- Philippine Coast Guard: (02) 527-3877, (02) 527-38481, 0917-724-3682, 0917-PCG-DOTC (01) 26-29, 2017)



- Metro Manila Development Authority (MMDA)
   Metrobase hotline: 136
- MMDA Flood Control: 882-4177, 882-0925
- Department of Public Works and Highways (DPWH): (02) 304-3713
- Manila Water Hotline: 1627
- North Luzon Expressway (NLEX) hotlines: (02) 3-5000 and (02) 580-8910
- Subic-Clark-Tarlac Expressway (SCTEX) hotlines: (0920) 96-SCTEX (72839)

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- Skyway System Hotline: (02) 776-7777, 0915-6256231, 0939-5006910
- South Luzon Expressway (SLEx) hotline: 0908-8807539
- Raha Fire Rescue 16016
- Txt FIRE



## Local government units (partial)

Manila Traffic Hotline – 527-3087 Cainta Traffic Hotline – 646-0044, 655-7368 loc. 164

Las Piñas Traffic – 874-5756, 874-3957, 874-3927

Mandaluyong Hotline – 534-2993

Taguig Traffic - 838-4301 loc. 7112

Marikina STOC - 646-1651

Pasig Traffic - 643-0000, 724-5813

Makati Public Safety Dept - 844-3146, 819-3270,



## **EMERGENCY HOTLINES**

#### **NDRRMC**

National Disaster and Risk Management Council

(02) 911-1406 | (02) 912-2665 | (02) 912-5668 (02) 911-1873 | (02) 421-1918 | (02) 913-2786

#### MMDA

Metro Manila Development Authority

HOTLINE: 136

FLOOD CONTROL: (02) 882-0925 | (02) 881-8588

RESCUE: (02) 882-4150 to 67 loc. 337

METROBASE: (02) 882-4150 to 67 loc. 255

(02) 882-0860

#### DOTC

Department of Transportation and Communications

(02) 7890 | (02) 726-6255

#### DSWD

Department of Social Welfare and Development

DISASTER RISK REDUCTION AND RESPONSE OPERATIONS: (02) 511-1259

FOR VOLUNTEERS & DONATIONS: (02) 851-2681

EARTHOUAKE TEXT HOTLINES: For Globe and Touch Mobile users, text IREPORT space>name/location/message to 2327 or 09178902327. For Smart, Sun and Talk N. Text users, text concerns to 09189122813.

#### DPWH

Department of Fublic Works and Highways

(02) 527-4111

#### BFP

Bureau of Fire Protection

DILG PATROL: 117

NCR REGIONAL DIRECTOR: (02) 729-5166 INFORMATION DESK: (02) 410-6319

#### PAGASA

Philippine Atmospheric, Geophysical & Astronomical Services Administration

(02) 927-1541 (02) 926-4251 (02) 927-1335

#### PCG

Philippine Coast Guard

(02) 527-3877 | (02) 527-8481 0917-724-3682 or 0917-PCG-DOTC (GLOBE)

#### PNP

Philippine National Police

117 or send TXT PNP to 2920

#### **Red Cross**

Philippine National Red Cross

HOTLINE: 143 (02) 527-0000

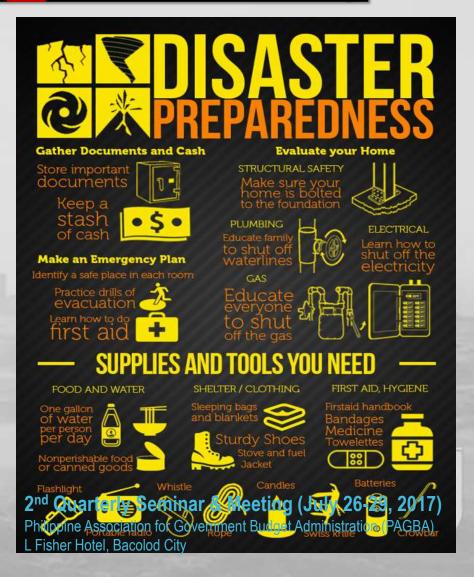
OPERATIONS: (02) 524-5787 | (02) 527-8385 to 95

#### DOH

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League Budget Representation (PAGBA)

# PUBLISH IT, PAINT IT, PRINT IT, POSTER IT, PLACKARD IT,







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# 13. PLACE TO ASSEMBLE (staging, mustering, Evac Area)

- Airports
- School & Grounds
- Gyms, Sports complexes
- Parks, parking lots
- Government buildings

- Church and grounds
- Military camps
- Radio stations
- Ports, terminals
- Hospital

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## Rendezvous pt

- Communications
  - Family MeetPoint
- Where to go
  - EvacuationRoutes
- What do you take?
- Special needs, notifications







# EVACUATION **Camp List**

## **4 QUADRANTS OF METRO MANILA**

NORTH	EAST	WEST	SOUTH
Caloocan Valenzuela Quezon City San Juan Mandaluyong	Pasig Marikina	Manila Malabon Navotas	Las Piñas Makati Muntinlupa Parañaque Pateros Taguig Pasay

EVACUATION CAMPS FOR AFFECTED RESIDENTS				
Veterans Memorial Golf Course University of the Philippines - Diliman	LRT - 2 Santolan Depot Marikina Boys Town Red Cross Marikina Ultra Pasig	Intramuros Golf Course  2nd Quarterly Seminar & N Philippine Association for Government		

"EARTHQUAKES CANNOT BE PREVENTED BUT WE CAN PREPARE FOR IT."

# PLEASE TAKE A SEAT BASED ON YOUR CLUSTER GROUPINGS

Stage

#### **SOUTH GROUP**

Las Piñas Pasay Makati Cavite Muntinlupa Laguna

Parañaque Pateros

Taguig

#### **EAST GROUP**

Pasig Marikina Rizal

#### **NORTH GROUP**

Caloocan Bulacan

Valenzuela Quezon City

San Juan

Mandaluyong

#### **WEST GROUP**

Manila Malabon Navotas

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164

## 14. PRACTICE, POLISH THE DRILL

- Situational Awareness
- Positioning of Go Bags & Hug Bags
- Primary-secondary– Tertiary protocols
- High & Dry
- Drop, Cover and Hold WITH EYES OPEN
- Street smart

- Upwind evac
- The Great wall
- Tripod position
- Accountability
- Chicken & Egg
- Spillway
- ID and sequence of house defenses
- The Kibutz
- 2nd Quartérly Seminar & Meéting (July 26-29, 20)

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## WRONG MANEUVER



#### RIGHT MANEUVER



## THE DROP - COVER - HOLD WITH EYES OPEN



#### THE TRIPOD POSITION





### SEOUL, SOUTH KOREA





## EARTHQUAKE SAFETY TIPS









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## EARTHQUAKE SAFETY TIPS FOR DRIVERS





















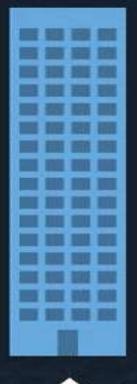
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#### **EPICENTER**



(Near)



Ground motion, going up and down



Low-rise

High-rise more stiff

gets more stiff, startled 2nd Quarterly Saminar & Merting (July 26-29, 2017)

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#### **EPICENTER**



(Far)



Low-rise more stiff



Ground motion, left and right

⇡

High-rise sways

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An average of incidents occurred between 2000 and 2013 incidents occurred annually, with an increasing trend from 2000 to 2013. 486 1,043 were killed in 160 incidents Casualties, including killed 557 and wounded (shooters were not included in this total)

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Philippine Association for Government Budget Administration (PAGBA)
L Fisher Hotel, Bacolod City

were wounded in 160 incidents.



#### **ACTIVE SHOOTER RESPONSE**

LEARN HOW TO SURVIVE A SHOOTING EVENT





RUN

HIDE

FIGHT

2<sup>nd</sup> Quarterly Seminar & Meeting (July 26-29, 2017)

Philippine Association for Government Budget Administration (PAGBA)

L Fisher Hotel, Bacolod City





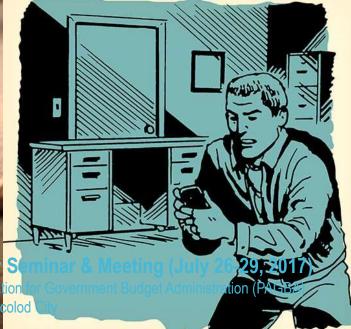
**2<sup>nd</sup> Quarterly Seminar & Meeting (July 26-29, 2017)**Philippine Association for Government Budget Administration (PAGBA)
L Fisher Hotel, Bacolod City











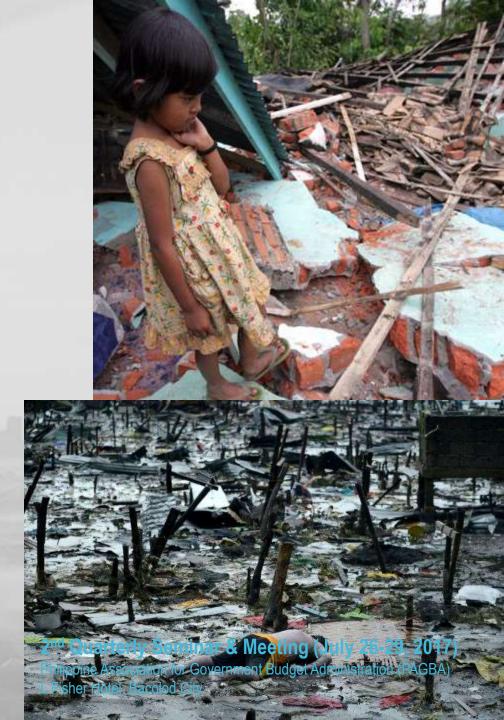




#### PERSPECTIVE

"THE ONE THING THAT **WE LEARN FROM HISTORY** IS THAT WE **NEVER LEARN FROM HISTORY...**"

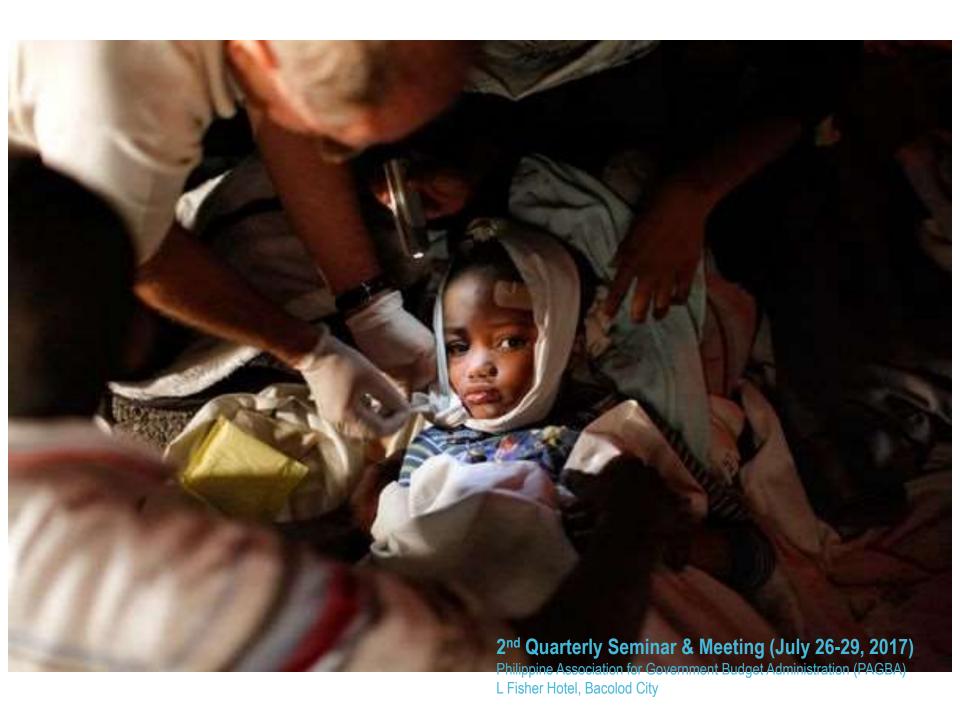
Friedrich Hegel















Fisher Hotel, Bacolod City































# "CARE SHOULDN'T START IN THE EMERGENCY ROOM."

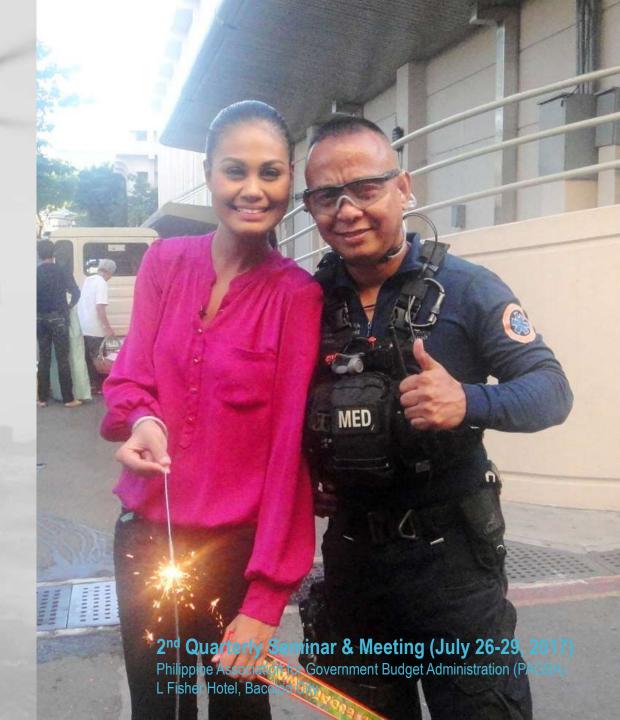
JAMES DOUGLAS

© Lifehack Quotes





"A MAN
PREPARED
HAS HALF
WON HIS
BATTLE..."





L Fisher Hotel, Bacolod City

