



# TRAINING OUTLINE

**COURSE TITLE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_ **INSTRUCTOR:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_ **TIME:** \_\_\_\_\_ **COMPANY:** \_\_\_\_\_

*Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.*

## SUMMARY OF TRAINING

### 1) Introduction

- a) Standards
- b) Why Training

### 2) Prepare

- a) Be Informed
- b) Apps
- c) Community Disaster Plans
- d) Make A Plan
- e) Communications Plan
- f) Emergency Contacts
- g) Out of Town Contact
- h) Emergency Meeting Places
- i) Indoors
- j) In Your Neighborhood
- k) Outside Your Neighborhood
- l) Outside Your Community
- m) Escape Routes
- n) Special Considerations
- o) Pets
- p) Share
- q) Mobile Devices
- r) Text Is Best
- s) Practice
- t) Emergency Action Plans
- u) Have a Kit
- v) Car Kits
- w) First Aid Kit

### 3) Respond

- a) Winter Storms & Extreme Cold
- b) Dress Appropriately



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- c) Hypothermia
- d) Frostbite
- e) Pace Yourself
- f) Thunder Storms/Lightning
- g) Lightning Strike
- h) Power Outage
- i) Generators
- j) Flooding
- k) Sandbags
- l) Preserve Water
- m) In Your Car
- n) Brace for Impact
- o) Undo Your Seatbelt
- p) Unlock the Doors
- q) Open the Windows
- r) Break the Windows
- s) Escape through the Window
- t) When the Car is Equalized
- u) Swim to the Surface
- v) Get Medical Treatment
- w) Landslides
- x) Listen
- y) Watch
- z) Evacuate
- aa) Drought & Severe Heat
- bb) Wildfires
- cc) Fire Safety
- dd) In Your Car
- ee) Evacuation
- ff) If You Are Trapped
- gg) Trapped in Your Car
- hh) Heat-Related Illnesses
- ii) Prevention
- jj) Earthquakes
- kk) At Home
- ll) In Your Car
- mm) Outside
- nn) Tornadoes



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- oo) Be Aware
- pp) Take Shelter
- qq) Hurricanes, Typhoons & Tsunami
- rr) Stay Indoors
- ss) Tsunamis
- tt) Keep to the High Ground
- uu) Evacuating
- vv) Notifying
- ww) Prepare Your Home
- xx) Taking Shelter
- yy) Sheltering in Place
- zz) Mass Care Shelters
- aaa) Public Disturbance
- bbb) Rioting
- ccc) Be Prepared
- ddd) Remain Calm
- eee) Keep Loved Ones Close
- fff) Don't Get Involved
- ggg) Shelter In An Enclosed Area
- hhh) Drive Appropriately
- iii) Police Response

## 4) Recover

- a) Remain Calm
- b) Until Help Arrives
- c) Avoid Using Phones
- d) Keep Off Roads
- e) Returning Home
- f) Clean Up
- g) Pace Yourself
- h) Tools
- i) Drinking Water
- j) Bloodborne Pathogens
- k) Electrical Safety
- l) Other Hazards
- m) Lifting
- n) Heat & Cold
- o) PPE
- p) Respirators



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- q) Mechanical Filter Respirators
- r) Psychological Recovery
- s) Changes in Thoughts & Behavior
- t) Sensitivity to Surroundings
- u) Strained Relationships
- v) Stressed-Related Physical Symptoms
- w) Give Yourself Time
- x) Ask For Help
- y) Reestablish Routines
- z) Avoid Major Life Decisions
- aa) Seeking Professional Help
- bb) Helping Kids Cope

## 5) Conclusion