

Western Reserve ILC Emergency Preparedness



Lesson 2

You need to establish a *support team*. Do not depend on any one person. Include several people. You will need a local person as well as an out of town contact (to let them know you are OK). The first people to assist in an emergency are often your neighbors, friends, and co-workers. These people, not professional first responders, make 70% of rescues in major disasters. You need to train your support team as to what your needs will be in an emergency. Build support teams with many people at every place you spend a large part of your day.

Traits to look for in support people are:

- Strong
- Calm
- Listen well
- Communicate clearly
- Can guide you safely
- Attend to important details

Work with people who are dependable and have the physical and emotional ability to assist you reliably.