



1. Heed Warnings

Warnings are not issued lightly. If told to evacuate then do so. Certain weather events for example, bring a random severity spectrum. Simply put, no matter what you plan for, it could be worse than you ever imagined. The best plan is ALWAYS to leave the area if you can. Leaving later may not even be an option...

2. Have a plan

Know what you intend to do way before you ever have to do it. Make sure the plan is openly discussed in advance. You ALL become part of the plan so talk about it NOW! If you all try to get creative on the day and think on your feet, those feet will all be running in different directions. Rocket Scientists have named this phase "chaos". Hoping it never happens in your hometown and burying your head in the sand is not a plan. Make sure you have a plan and *talk* about it.

3. Make it personal

Your situation is unique. It will require a unique approach. Pack a supply of any medication you take. Glasses or contact lens and cleaning fluids need to be packed. Have copies of your ID documents and any other documents of value to you on a thumb drive. Have a local map and try to know in advance where you intend to evacuate to and how to get there, have alternate routes pre-planned. Pack for your climate, at its worst. Have a hard copy of all your valuable telephone contacts. Most of all, tailor the plan to suit YOUR unique situation and

needs. You cannot buy a ready-made disaster kit anywhere on the planet that is made for YOU! Make your own and make it all about YOU!

4. Keep it simple

Your plan *is* simple. It has two main parts. "Shelter in Place" & "Evacuation" Low tech works BEST. In both parts of the plan keep things simple! Plan for a worst case scenario by packing items that require few batteries for example and if possible make sure all "gadgets" use the same size of battery. Why carry ten kinds? We can show you hundreds of things you already have in your home that can go into your kit. Kits do not need to cost a fortune! The few items you do need to purchase, well they need to work! Having a bag of high tech failures on the day you depend on them most is most people's first contact with the real world of disasters! Simple low tech with fewer failure options is ALWAYS best!

5. Keep it close

A small kit needs to be kept in your car. Folks, we are always closer in proximity to our vehicles than our homes. Many of us spend the day miles from our homes. There is a high chance that disaster could strike when you are AWAY from home and thus your kit. We show you what you need to pack and how to use it and we make sure that if the unexpected happens you are indeed ready. Wherever you are!

6. Be ready

You insure the things you can replace so prepare to protect the things you cannot replace! Thinking that disaster will never visit you and your loved ones is wrong. You may be on a road trip, miles from home when a simple car breakdown could become a mini disaster. Rescue and medical service WILL always look for you, but imagine a day when they cannot find you for 12 hours or longer... Sometimes we need to help ourselves and you do not need to have a background in outdoor skills to learn and master a few basics skills that could protect you or those you care about most.

If you have to evacuate

Heed Warnings!

Evacuation warnings/orders are not issued lightly. If a warning is issued, be prepared to move fast! Many people choose to stay and face things head on. They are the first to become casualties! If the worst happens, do you really want to be in the lines of people waiting for help? Evacuate! Wait out the worst in a safe place. Quite simply, it's the best advice most people will ignore.

BE READY! We are all TERRIFIED of even thinking about what "*could*" happen. We ALL ignore the threat and hope it happens to the next guy. MOST people are

simply not READY to evacuate until it is too late! Be ready! Pack a "Bug-Out bag" and be ready to move if an evacuation order is issued. Try to be "the man with the plan" (or lady of course). Have a plan and be ready and willing to put it into action. It is ALWAYS better to evacuate early! Waiting may mean roads are damaged or traffic is heavier than ever before.

Shelter in place simply means "hunker down at home" and "hope for the best". Many people stock food and supplies at home as part of their readiness for a "shelter in place" scenario and we think that is a GREAT idea! But, it is NOT where your preparation should start or stop.

Shelter in place means you are PREPARED to remain in your own home and HOPE for the best.

True disaster readiness means you are also PREPARED & READY to LEAVE your home and still be safe!

"BUG OUT BAG"

The "Bug out Bag" was invented by the men and women of our armed forces. When everything goes wrong they grab the bag and "bug out" or "evacuate".

It is quite simply a small back pack containing a variety of survival tools and equipment. When an event takes place and you need to move fast, the idea is that the bag is the only thing you need to grab. It's the fastest disaster readiness option you can have.

DO NOT BUY a ready-made or mass produced kit! It does not "know" you or your personal needs! Make one yourself. We can teach you how to buy the right things from your local mall and make a much better kit that really is made for YOU! Your kit has to be made for you and by you. Being prepared means you are ready to spend 14 days away from home. That's the bottom line. A bag bought in a store will not cater to ANY of YOUR needs. These bags are cheap to make if you know how. Most of the items can be bought at a mall; many can be bought at dollar stores! Anyone claiming that readiness has a high price is lying to you!

The Bug Out Bag

Picking a huge bag is a great idea until you have to carry it. For the able bodied we suggest a small back pack. The reality is that some people cannot carry a pack. A small bag with roller wheels is an option. Keep it fairly small. Remember, you have to carry it. Plan for a worst case scenario and imagine a pack that you HAVE to CARRY for 14 days.

Attitude

The very first item packed in your bag needs to be your attitude!

There is no greater tool in survival than your survivor attitude! On a bad day you need your best game face. Force yourself to remain calm and force yourself to remain upbeat. There will be time enough later to reflect on how bad things are but until you are safe that time has not come!

In a survival situation you have to master your emotions first and demand the best of yourself. It is only a positive mind that can come up with solutions that work!

Want to read about attitude and survival? "Google" Ernest Shackleton. This man and his crew should not have been able to survive what they did!

Water

Remember, you can go without a number of things for a while but water is not one of them. We show you what you need to know in order to understand when water is to be treated as contaminated, how to clean it and what tools you will need.

The first item is ALWAYS a metal vessel in which to boil water. It's the EASIEST and oldest method mankind has used to treat water that is possibly contaminated.

Most post disaster casualties are a direct result of water borne illness. Simply stocking drinking water is not enough. Learn the skills required to recognize and treat contaminated water. We can also show you how to MAKE clean drinking water with ease!

Fire

In planning for the worst, you have to imagine having to live outside. That's the cold hard reality. Knowing a little about how to light and manage a fire is a key skill! Fire is a game changer!

Make two or three small fire kits (we show you how to do this). Pack them in different locations in your bug out bag. Plan for the worst and hope for the best. If you lose a fire kit you have two more!

"Redman build small fire... sit close.

Whiteman build big fire... sit far away!!!"

A small fire is just as hot as a big one, and it eats less fuel too!!! Keep fires small.

Contain your fire! Make sure you only build a fire in a safe and wind sheltered location.

Most men think that paper is the best tinder. Call us and we will show you why a tampon is even better.

Ladies, after our course you will be able to light a fire faster than 99% of all men. That's a promise!

Shelter

We show you how to make a shelter pack. What items you need and how to use them. The reality is you may end up having to live under the stars for a few days. Tarps, bungee cords, a sleeping bag is pretty much all you require in order to be able to construct a shelter. We show you how it's done and how ANYONE can do it.

Medical and Signaling

A store bought first aid kit is made for paper cuts and minor irritations. Be under no illusions, if you do sustain an injury, emergency services may not arrive to treat it as fast as they normally would. Let's say you have a four inch gash on your leg, a "flesh wound" normally, however, if it is not treated and you do have to wait days for help it certainly could become life threatening. A first aid kit will NOT be the solution.

If the injury is serious you need the right tools to do the job! Major bleeding needs to be stopped, breaks need to be at least splinted, exposure to the elements, heat or cold need to be recognized and dealt with, and pain needs to be treated! A first aid kit will do none of this. You need a homemade "Trauma Management Kit" and they are easy to make and easy to use. We will show you how!

Logically speaking, if you ever have to use your kit then you will probably need to signal for help too. Put your signaling kit in with your trauma kit. If you need one, you will need the other!

Go low tech! A simple whistle is one of the best signaling devices ever invented. It does not require batteries, rescuers do not need to SEE it, and it works day and night! We show you how to think outside the box and maximize your chances of early rescue.

Tools

You could carry a bunch of tools for a bunch of scenarios. However, we feel a simple multi-tool is the better option. Axes, shovels, wood saw, metal saw... all great things to have in a post disaster environment until you realize you cannot carry them all. We will show you just what a multi-tool can do, how it could save your life in a motor vehicle accident for example and a lot more!

An emergency radio is a fantastic tool. If you are planning on using your cell phone to gather information your plan is faulted. Cell phone service could be disrupted. An emergency radio requires no batteries and it is cheap. It will not only deliver you VITAL information but keep you sane as well. We cannot sing their praises enough.

Call us. We will show you why even NASA flights carry Duct-Tape, Super-Glue and 550 Cord.

Food

Military rations are sold by everyone who sells anything remotely related to disaster readiness. Consider this, they are bulky, expensive and they WILL stop you going to the bathroom as frequently as you normally go. It is simple. The rations were designed to do this. The military does not want its entire army to be hunkered down doing its business each morning at eight a.m. The military prefers

its war fighters are occupied with the business of fighting. Military rations WILL cause a degree of constipation!!

Canned foods are great if you plan to ride out the disaster at home. If you want to maintain the ability to evacuate then canned foods are not the best solution.

We teach you how to go into your own pantry and build your own ration packs. They are made by you and for you. They contain way more than simply food.

Clothing

Plan your clothing according to your regional weather patterns! If you live in cold climates pack for the WORST! Layers work better than thick bulky clothing. Pack for your climate.

We all clear out our closets once a year. Do you REALLY need to throw all of those items away? We think not and we will show you how to pack them and store them as part of your kit. No one is saying you need to go out and spend a fortune on clothes for your kit. Most of us already own them. We will show you what to pack and why to pack it.

Your Identity

Buy a thumb drive. Scan all the documents that matter to you and store them on your thumb drive.

In the event you do have to evacuate do you want to really have to rush around your home grabbing all the documents you want with you? We will show you what to scan and why to do it, and where to store it safely. After an event many people are shocked to discover that many relief agencies want some proof of ID. Some people are able to provide that proof, most cannot. They left home in a hurry and were unable to collect all the documents they need. We show you how not to belong to the latter group.

Shelter In Place

The "Shelter in Place" BASICS!

Shelter in place is a term used by first responders for a scenario where people are encouraged to stay where they are rather than to evacuate the zone around a major event. What it means for you in planning for a man made or natural disaster scenario is the same thing. Do I stay or do I go?

Staying means "Shelter In Place"

Remaining in your home through the disaster will happen either by choice or because the event happened so quickly that evacuation was not an option.

You need to be aware of the risks and the dangers posed by remaining in your home before you can make any plans for a SAFE "shelter in place" scenario. Be under no illusions, remaining in your home without power, water, communications and all emergency services can and often does create new casualties.

Knowing a few basics can make all the difference to your own well being. Infants, the sick or the elderly make up the majority of post disaster victims. They are more vulnerable to temperature extremes and because they require the help of others they are the least able to fend for themselves. Small children are the polar opposite. They are resilient and tend to see everything as some new adventure. Knowing a few basic skills will help you to not only protect yourself but also enable you to lend effective assistance to those less able to help themselves, your friends or family, your neighbors or co workers.

Structural Collapse

In an earthquake even concrete and steel buildings can fail. Understanding how a building is made is the first step in assessing how it will react in the event of a disaster. Homes built in many earthquake prone areas are built to a stricter building code. They can withstand massive damage without losing structural integrity.

An earthquake is not the only threat to a building's structural integrity. High winds, fire and flooding can all cause a building to collapse. If you have serious doubts about a buildings ability to withstand an imminent event EVACUATE!

Note: We are hesitant to tell you where to retreat to within a building when an event hits. Hide in a bathtub? Stand under a door frame? Or hide in a cellar? All of these have probably worked for someone but, YOUR situation will be unique. We do not know your building. You SHOULD know it. Know where its strongest structural area is. Generally speaking, a building's core is where it offers the most protection. But, again... your situation will be unique. Stay calm and use your wits. You have an internal survival instinct to retreat to the place of the least perceived threat. This does not apply if you panic. Stay calm, move calmly. Many of the injuries of disaster occur in the flight from the initial event.

Electrical Power

Losing all power for extended periods is a real danger. In the wrong climates or at the wrong time of the year this can be life threatening. Loss of heating or air conditioning can and does kill! In cold climates, have plenty of thermal layers ready. Layers work much better than chunky clothing and can be added or removed to suit your temperature. In hot climates, hydrate, hydrate, hydrate! Then drink lots of fluids! Remain in the shade where possible and in extreme heat, restrict physical work till the sun goes down, if possible. The heat can kill as quickly as the cold. Know your climate and plan for it at its worst!

Water

Water coming from the faucet may not be clean after a major disaster. It may be unsafe to drink and may also be unsafe to wash with. Have bottled water stored in a safe place. If you have to use the faucet after a major event **BOIL YOUR WATER!** If an event becomes extended, filter, boil AND use purification tablets on all water that does not come from sealed and uncontaminated bottles. We cannot stress enough that if an event becomes drawn out, water cleaning is a basic skill that you **HAVE** to learn. Water borne illness strikes fast and is potentially deadly.

Fire/Ambulance/Police/Medical

Emergency services will be busy. You may be without a number of basic services for an extended period. The loss of these services may pose dangers. If fire and ambulance services are responding to a major disaster, expect increased response times. Large numbers of victims means lots of work for their already overstretched resources. Do not expect them to respond rapidly to YOUR situation, be prepared to tough it out for a while.

Knowing a little basic first aid will substantially increase your chances of survival if you are injured! However, be aware that if you do sustain an injury YOU may have to treat it yourself until help arrives. Soldiers do not carry "first-aid" kits, they carry individual trauma kits. They do so for a reason. First aid kits are meant for insect bites, paper cuts and minor discomforts! If emergency services cannot reach you due to the sheer volume of work and you have major bleeding, knowing how to handle it will be the difference between life and death. Tip: The tools you require will probably not come from a small boxed first aid kit. All they do in a post disaster scenario is what they do before one, treat stings and paper cuts. Call us. We can teach you how to make and use your own trauma kits from everyday items you probably already have.

Gas

If you have gas at home, know where the shut off is located and be sure to have a shut off wrench! After a major event, assume gas leaks are present until told otherwise, use naked flames outside if you have any doubts!. Shut gas off until your property is checked and cleared as safe.

Communications

Telephone and internet services can be disrupted for extended periods. Remember, they will not be on the priority list to be fixed as long as search and rescue/recovery missions are still taking place. Do NOT rely on your smart phone as a means of signaling. Expect the worst.

Fire

Evacuate! Most victims of fire do not die because of the fire, they die from smoke inhalation! Install smoke detectors to your home! If you don't already have one, buy one! They are dirt cheap and we cannot sing their praise enough. Change the batteries at least twice a year! This device has probably saved more lives than

every fire rescue in the entire history of humanity. Buying and installing one will certainly increase your chances of surviving a fire. Homes without one of these devices still exist. Please make sure your home is not on that list!

If you live in heavily wooded areas be aware of your evacuation routes and have multiple options. Standing in your yard with a garden hose in the face of a wildfire is never going to work. Do not attempt to remain in a building that is in an evacuation zone. Wildfires suck a lot of air, create their own weather and they move in their own way! Being close to one is best left to the professionals. Ask one, and you will find not many of them "like" being close to wildfires. These are not to be compared with structural fires. Wildfires move rapidly. Evacuate BEFORE it becomes too late. Staying in the path of a wildfire and hoping for the best is like playing Russian Roulette with five bullets in your six shooter!

Flooding

Shelter in place in the event of massive flooding is not even an option. Many people involved in the Hurricane Katrina flooding thought they could remain on an upper floor and ride out the storm. Raw sewage, rotting food and animals will cause not only a foul stench but also contaminate the flood waters. If you evacuate AFTER a flood then you are potentially moving through contaminated water. If flooding is threatened, evacuate ahead of time, serious flooding could make evacuation after the event impossible to do safely.

If you are trapped by high waters, ALL drinking water is to be treated as if it is contaminated! Boil any water that does not come from sealed bottles! Water borne illness kills! Buy water purification tablets AND still filter then BOIL all water!

Wind

The wind can launch every-day items and turn them into deadly projectiles. If high wind is anticipated it is important that you prepare for it. Apply heavy duty tape to all windows in crosses. The more tape you use the better. Draw all curtains and close all blinds! Flying glass can be deadly. The tape will stop some of the larger bits from being released but curtains and blinds can stop the smaller shards. During high wind events secure your family in a room without windows!

Supplies

We suggest you plan for two full weeks (fourteen days). Water is your primary concern. Make sure you have lots of it. After MOST events, the biggest killer is water borne illness. Assume water coming from the faucet is contaminated. Filter it then boil it. NO EXCEPTIONS!! Food is very important as well. For shelter in place scenarios canned foods are great. Try to make your diet varied. Flashlights: Don't buy huge ones requiring huge batteries. Small LED lights are the way to go. Get the "headlamp" type. Why carry a flashlight in your hand when you can wear

it on your head! Nearly every decent fire truck has a Honda mini generator on it! (no Honda isn't paying us to say that, sadly). But, the truth is, they rarely break down. The point is, if you are going to buy a generator, make it a good one. A variety of hand tools; pry bar, axe, shovel, bow saw, shut off wrench are all great tools to carry but how about putting a multi-tool in your pocket? These tools are fantastic, small, durable and very versatile. Keep your supplies in a safe and easy to reach place. Check them once in a while and add to them. Do not throw them in a box and forget about them. When you are cleaning out your pantry ask yourself if rather than throwing something out if it may not have a place in your disaster supplies. Spare clothing, tarps, duct tape, superglue, 550 cord, again, all great items to have around when things are going bad. Call us and take our course. We will show you what to buy and how to use it. Remember, you could be without power and isolated for a long time. Do not think that you can just go to the store and purchase what you need. Sadly, history shows us that this option is often not present.

Attitude

History is full of names of men and women who have overcome adversity in survival situations. Ernest Shackleton and Joe Simpson have both written books worth reading that illustrate how important "Attitude" is to survival. Each of these books is an epic in survival lore. Both men have incredible attitudes when under pressure and neither knew that they did before disaster struck. They learned on the job. So must you but you can learn lots from their attitude. Google both names. Their stories will blow you away!

Stay calm. If you panic you cannot think or problem solve. It will not be easy to remain calm when a major disaster strikes but it is step number one in survival!

Stay busy! If you sit about idle and in awe of the situation around you, you do nothing to improve YOUR situation!

Help those around you and get involved! It will occupy your time and your mind and you are helping those less fortunate. Do NOT freelance and launch into rescue missions by yourself. You may end up harming yourself and the victim. Ask the on-scene commanders where you can help, even if it is only holding the hand of a kid who has lost its parents. Get involved... if only for your own mental well being!

Search & Rescue

After a major disaster help will arrive in droves! You will not be left alone. Help will arrive. But, you need to know in advance that it will not happen in minutes. It may take days. Quite simply, the larger the event, the longer it will take for help to arrive. When it does arrive you need to be able to "stand out from the crowd". Simple is best here. If your cell phone is working, wonderful. If not, what do you do?

Be SEEN!

Have high visibility vests handy. You could try waving a homemade flag for hours on end, but we bet your arms get tired faster than the lady in the high visibility vest. They are dirt cheap, sold at all hardware stores and they work day and night! Make sure you are seen!

Be HEARD!

A whistle is one of the simplest yet most effective signaling devices ever invented. It requires no batteries and works day and night! Think outside the box. If you are trapped you can scream for help for minutes but you can blow a whistle for days. Fire fighters carry a so called PASS device, if trapped and immobile for a certain length of time. The device starts to make a loud bleeping sound. Firefighters do not carry flares, smoke or other high-tech devices. These must be *seen* for them to work. A whistle is the cheapest PASS device you could ever buy for your family! Ladies, ever get nervous when it's dark and you are alone at night? Criminals HATE whistles too! Carry a whistle. We feel they are one of the best survival tools ever invented! If in a worst case, you were to find yourself trapped and signaling for help, we PROMISE you... the one survival tool you will want will be a whistle!

Then LISTEN!

Buy an emergency radio that is solar powered, with a crank handle and a USB charger. These radios are worth the money (They are cheap!). Radio transmissions could be the only means you have of monitoring the news and knowing how the rescue mission is progressing. If mass evacuation is ordered the radio will let you know where to go, how to get there and keep you entertained as you go! It requires no batteries or mains power! Regarding the "keeping you entertained as you go" comment, you will be mentally drained, make no illusions. The best survival tools are the ones that can do a few different jobs. An emergency radio will not only deliver you accurate news and information, it will help keep you sane if your situation becomes extended.

If you are trapped, signal then listen. Try to conserve energy. Remember if you are trapped others are probably trapped too. Emergency personnel will be working hard to find you but it could take a long time. Signal then listen. Stay calm. It will be hard but the fact is that panic is your biggest enemy. Signal, listen... Signal, listen!

Help the Rescuers!

When the "big one" hits help will arrive in droves. In the event of a massive disaster, teams will fly in from around the globe to help you. It won't just be your local emergency personnel but literally hundreds of foreign rescuers including firefighters, EMT's, police officers, USAR (Urban Search and Rescue) teams, and soldiers. Your world will be flooded with heroes.

These men and women will NOT stop trying to find you. They will miss meals and refuse sleep and they will work until they can hardly stand. If they feel they can save one more life or help one more victim, they will work until they drop. You will not be left alone!

So how do YOU help THEM?

Understand the infrastructure!

As we mentioned, teams will arrive. But they have to get into the "hot zone" first and then they need to organize and set up shop. Allow them this time. How? Step one is you have to be prepared to tough it out for a couple of days. Your situation is not the only situation. If all you have is a scratch on the arm please, suck it up! Remember, these folks need to get to the trapped and DYING first. Doing our course will help you. It will teach you how to manage non-life threatening injuries. It will teach you how to avoid becoming a victim after the event and how to be self reliant for a number of days while the chaos of the search and rescue operation progresses.

Respect the Commanders core mission!

As much as the on-scene Commander sympathizes with your situation, he/she has no time for anything but the actual facts. He/she will not re-build your home and cannot afford the time to worry about you loosing it while his/her teams are still involved in the business of saving lives. Life first, property second! NO EXCEPTIONS! Respect the Incident Commander's mission and help him/her get it done by not overloading him/her with information he/she cannot use.

C.L.A.P & WWW.COM

The response teams are humans. If you have to get a message to them keep it to the point. They can only use what they understand. C.L.A.P is a British Army acronym for a method of communicating vital information on a firing range. WWW.COM is a way of getting the RIGHT information across. If you have to get a message across then this is the way and the ONLY way. It is designed to help you and the person you are trying to communicate with have a clear understanding of what is needed.

C= CLEAR Speak clearly. Do not mumble or stumble over your words. This may be the only chance you get to communicate your message. Make it CLEAR

L= LOUD Speak loudly. This person multi tasks! He/she is listening to you, the people around him/her and four radios! BE LOUD... on this day... it's OK!

A= AS AN ORDER You are not asking someone to have a coffee with you. This is an order for life saving aid. The person you are talking to is in a military style work environment. They only understand military style communications when they are neck deep in an emergency. Everything else... they block out!

P= with PAUSES Myhouseisoverthereandihavethreekidsandmydogtrappedinside. Exactly, that's what rapid fire talking will sound like to the Incident Commander. Formulate your words and use pauses!

WWW.COM is an acronym that Basecamp created. It is designed to enable you to give the Incident Commander just the information he/she needs and can use.

W= WHO Remember, people first, property second. Who is involved?

W=WHAT Explain the situation. "One person trapped, heavy bleeding" This has already told the Incident Commander what tools and teams he/she needs to get his/her job done

W=WHERE "one mile over there" with a hand gesture is not going to work, EVER! Give accurate and simple directions and use visible landmarks to ENSURE the help you are requesting finds you!

C=COMPACT Keep the entire message short, factual and to the point. Information overload will NOT help the rescue teams help you!

O=ORGANISED Think about what you want to say before you say it. That's what these two acronyms are for; to help you do just that!

M=MINIMALISTIC Facts matter, the rest does not! Stick to the facts. You want his/her team to turn up with the right crew and the right tools. Too much information will bring you a search dog instead of a stretcher and an oxygen bottle! Stick to what is important to get you what you need. Everything else will confuse them and you and could result in the wrong message being heard!

Rescue

Trapped victims and victims with suspected SERIOUS back or neck injuries are best left to be rescued by the professionals. Why? Entering a building that has suffered massive damage could result in you being its next victim. It's like Jenga, move one thing and the whole thing could come down on top of you. When that happens you have condemned a rescuer to come in for another victim. OK, so if it's a loved one, we know some of you would go back in. IF you do, move NOTHING! Remember, the plank of wood you do move may be holding up the entire roof!

If there is a suspected back or neck injuries, moving a patient with these types of injuries could compound the problems they already have. We can show you how to move them but it's a skill we HAVE to teach you. Reading about it or watching a video on the internet will not cut it. Bottom line? Moving a patient with these types of injuries could kill or cripple them.

If you can walk but you are injured, get to an open area. Helicopters need to consider the way in, the way out, wind, wires and a number of other factors. Just because you are on roof signaling for help and there is a helicopter in the air it does not mean they can get to you. The same with ground crews. If you are part of the walking wounded you need to get to an area that will not be hard for rescue personnel to get to you. Again, help them help you!

We have a lot more to teach you. This page along with all the others are only outlines of the BASICS. Call us and we will enable you to make the right choices on what, for many, will be the worst day of your lives.