



# WebXchange: MFRC Innovative Ideas

Innovative ways to help families in natural disasters

11 April 2019

Tracy Cromwell, Consuela Proulx, Susan Leclair

MFRCs: Mainland BC, Petawawa

[tracy@bcmfrc.com](mailto:tracy@bcmfrc.com); [isas@pmfrc.org](mailto:isas@pmfrc.org); [Susan.Leclair@forces.gc.ca](mailto:Susan.Leclair@forces.gc.ca)



## Mainland BC: Risks



Rock slides



Earthquakes



Forest fires





Response to family requests

“We can do this ourselves,”

--our enthusiastic, but unrealistic response



“Found that members of the military indeed struggle to balance the need to ensure safety of their family with workplace expectations, and that this role conflict affected their ability to focus on the duties of their job. It is not unreasonable to assume that first responders experience the same conflict.

“Personal and family disaster preparedness and planning was found to significantly reduce a member’s perceived role strain and role conflict.”

– Shorrocks, Joseph A. Role Conflict – Professional vs Personal Duties. Royal Roads University, 2015.





## Mainland BC (4)

Developed our own module to accompany “regular” emergency preparedness information:

- Be prepared
- Create local supports
- Children
- Coping skills



## Mainland BC (5)

- Partner with local experts
- Great engagement tool for “conversation”
- Speak to specifics of military life, but also remember others with similar experience
- Supplement existing resources





**PMFRC**  **CRFMP**  
 Petawawa Military Family Resource Centre  
 Centre de ressources pour les familles  
 des militaires de Petawawa



## Petawawa MFRC Supporting Families During Natural Disasters



Petawawa (1)

### Emergency Preparedness

An emergency is defined as a situation or an impending situation that constitutes a danger of major proportions that could result in serious harm to persons or substantial damage to property and that is caused by the force of nature, a disease or other health risk, an accident or an act whether intentional or otherwise.





## Petawawa (2)

# Emergency Preparedness

Emergency preparedness is everyone's responsibility, you can prepare for emergencies by ensuring your home has an emergency kit.

- *Step 1 - Make a Plan*
- *Step 2 - Build a Kit*
- *Step 3 - Be Informed*



## Petawawa (3)

**The following are suggestions on items that should be found within your emergency kit:**

- Flashlight and spare batteries
- Radio or crank radio (so you can listen to news bulletins)
- Know your local emergency broadcast radio station.
- First-aid kit
- Candles, matches/lighter
- Extra car keys and cash (including coins/cards for telephone)
- Important papers (identification for everyone, insurance papers)
- You should have at least a three-day supply of food and water on hand.
- Choose ready-to-eat foods that don't need refrigeration.
- At least four liters of water per person per day should be allocated – two for drinking and two for food preparation, hygiene and dishwashing.
- It is also a good idea to keep a supply of water purification tablets on hand.
- Clothing and footwear (one change of clothes per person)
- Blankets or sleeping bags (one blanket or sleeping bag per person)
- Toilet paper and other personal supplies such as shampoo, hairbrush, toothbrush and toothpaste, soap and a towel and face cloth (one for each person)
- Medication
- Backpack/duffel bag (or something else to carry the emergency kit in, in case you have to evacuate)
- Whistle
- Playing cards or small games





## Petawawa (4)

Emergency Resource List Town of Petawawa Evacuation Location 16 Civic Centre Rd. Petawawa – The Civic Centre	
Community Emergency Management Coordinator –Town of Petawawa	613-687-5536
Town of Petawawa Emergency Operations Centre	613-687-5536
Enbridge Gas	1-866-763-5427
Hydro One	1-800-434-1235
Health Canada	613-957-2991
Health Information Line	1-866-797-0000
Public Safety Canada	1-800-830-3118
Red Cross	613-735-1157
Ontario Provincial Police	613-735-0188
Military Police- Garrison Petawawa	613-588-5444 or local 5444
Town of Petawawa Fire Department	613-687-4759
Garrison Fire Department	613-588-5555
Renfrew County District Health Unit	613-735-8666
Environment Canada Weather Office	1-900-565-4455; a \$2.99 per minute charge applies
Ministry of Natural Resource	613-732-3661



## Petawawa (5)

### Do You Know...

- Where your electrical panel is?
- Where and how to shut your gas off?
- Where your water shut off valve is?
- The location of the emergency evacuation location designated by your town or Garrison?
- Your area's emergency broadcast station?
- Do you know the location of your child's school or child care program evacuation location?





## Helpful Hints

- Photo copies of important documents: insurance policy number, passport, health card, immunization records drivers license.
- A list of emergency contacts and other important numbers



## Petawawa MFRC Emergency Preparedness and Disaster Plan

During orientation and on an annual basis employees and volunteers review the emergency preparedness plan at all MFRC locations.





## Preparedness Plan

- Emergency procedures related to fire, gas leak or bomb threat causing an evacuation.
- Lock Down: immediate danger in the building.
- Safe and Secure: immediate danger outside the building, on the Garrison or in the town of Petawawa.
- Potential Client Danger.
- Preventative Alert: tornado warning, earth quake, wild animal outside, dangerous event in the community.
- Power Outage.



## Employee, Volunteer and Client Training

- Monthly fire drills are completed during operational hours. All staff, volunteers and families in attendance are required to participate.
- Lock down drills are completed at all locations three times a year.





## Petawawa (10)

### Disaster Plan

It is important to note that each situation will be different, which may not allow for procedures to be implemented in specific order. During an emergency, it is imperative that the Executive Director be contacted in order to give staff proper direction. Guidelines are developed for a clear processes to ensure safety in the event of an emergency. Sound judgment and common sense are the best practices in any emergency. Therefore there should be a team lead at each location to make the best judgement at the time. All emergency and disaster plans should be created in partnership with the community and Garrison plan.



## Petawawa (11)

### Designated Evacuation Location

Should the Garrison or town designate an MFRC location as a shelter the following should be considered:

- One point of egress and access to be designated in the shelter building.
- A tracking system of residents signing in and out of the building.
- A tracking system of pets (if requiring shelter).
- Pets should be isolated in a separate section of the building due to allergies and hygiene.
- Bottled water and ready to eat snacks available. ( A tracking system to check for expiration dates will need to be created).
- Extra blankets are located in storage if required.
- Gas and water shut-off valves should be clearly labeled and the lead staff member at the designated location needs to be aware of the location and how to turn off if required.





# Petawawa (12)

## Emergency Preparedness and Disaster Plan

