

Be Prepared

Emergency and Safety Challenge

During the month, choose at least 4 of the following preparedness activities to complete.



Food Storage

- Do an inventory of your food storage and make a list of things you might need
- Read “Prepare Ye” from Ezra Taft Benson (October 1973)
- The next time you go to the store, buy three more things to keep in your food storage
- Fill three 2-liter bottles (or other containers) with water and write the date you filled them up on the containers
- (Make your own goal) _____



Family Preparedness

- Watch “When the Earth Shakes” (2 minutes) on YouTube
https://www.youtube.com/watch?time_continue=44&v=1sbkSfQa69Q
- Do an earthquake drill with your family
- Fill out the Earthquake Safety Checklist:
https://www.fema.gov/media-library-data/1510153676317-82124ab3b0a31ea239f60ac-c8d46c2ba/FEMA_B-526_Earthquake_Safety_Checklist_110217_508.pdf
- (Make your own goal) _____



Work Safety

- Make a family communication plan with a list of emergency contact phone numbers
- Read “The Need to Teach Personal and Family Preparedness” from L. Tom Perry (April 1981)
- Have FHE and learn simple CPR
- Check the batteries of your fire alarm
- Determine an escape plan and meeting place in case of emergency or natural disaster
- Do an inventory of your home first-aid kit and make a list of things you need
- Build an emergency 72 hour kit for the people in your family
- (Make your own goal) _____



Earthquake Safety

- Sign up to get Y-alerts
- Put together a simple emergency kit for your car or for work
- Learn your department’s evacuation plan
- Find out where the closest AED Machine is to your work area and learn how to use it
- Watch the Campus Safety Videos on the University Police website (near the bottom of the page) <https://police.byu.edu/>
- (Make your own goal) _____

For more information, visit the BYU Risk Management and Safety website:

<https://risk.byu.edu/emergency/preparingforemergency.php#72hourkits>