

Key elements of disaster preparedness for organizations?

Disaster Management is very important for all of us in today's time. With everything going on we have to learn to deal with disasters at all times. Here are some ideas and solutions that are important and will help your people get prepared for disasters. It's very important to have a better response to tough conditions to save lives and communities from the aftermath of a disaster.

Top 5 things to keep in mind when working for disaster preparedness include

1. Handy First Kit



Every company is expected to have a basic handy first kit with all the important items in case of emergency. This may be necessary because disasters, both man-made and natural, are often unforeseen. You can make this on your own or buy it from any pharmaceutical company. Hence in case of emergency, a kit with a few of the following things becomes very necessary

Basic supplies :

Adhesive tape | Elastic wrap bandages | Bandage strips and "butterfly" bandages in assorted sizes | Super glue | Rubber tourniquet or 16 French catheter | Non-Stick sterile bandages and roller gauze in assorted sizes | Eye shield or pad | Large triangular bandage (may be used as a sling) | Aluminum finger splint | Instant cold packs | Cotton balls and cotton-tipped swabs | Disposable non-latex examination gloves, several pairs | Duct tape | Petroleum jelly or other lubricant | Plastic bags, assorted sizes | Safety pins in assorted sizes | Scissors and tweezers | Hand sanitizer | Antibiotic ointment | Antiseptic solution and towelettes | Eyewash solution | Thermometer | Turkey baster or other bulb suction device for flushing wounds | Sterile saline for irrigation, flushing | Breathing barrier (surgical mask) | Syringe, medicine cup or spoon | First-aid manual | Hydrogen peroxide to disinfect

Medications :

Aloe vera gel | Calamine lotion | Anti-diarrhea medication | Laxative | Antacids | Antihistamine | Hydrocortisone cream | Cough and cold medications | Auto-injector of epinephrine | Pain relievers (Tylenol, others), ibuprofen (Advil, Motrin IB, others)

2. Grasp on CPR Skills

A company should often try and teach its members the importance and steps of CPR. This is important since it can be a lifesaver in situations like heart attacks and other such problems until help arrives. The steps for the same are-

- Call hospitals or emergency services
- Lay down the person and open their air tracts
- Check if they are breathing
- Check their pulse
- Make 30 compressions on their chest
- Two rescue breaths
- Check their pulse and breathing again
- Repeat the process until you get help at your place



3. Emergency Evacuation Plan

An emergency vacation plan becomes necessary for daily needs. For these evacuation plans, proper maps and clear exit signs should be visible so that people can easily find The way out in case of a crisis. an open place should be identified for meeting in such cases helping people to gather without any chaos. A lot of these details should be specified when a person starts their work at any company.



4. Emergency Supply Kit

Any person who is in charge of details for the safety of the people should have a supply kit ready with all the important information and things for any type of situation. This might also include food, water and other things to make the evacuation process easier for everyone. Lost of some of the necessary supplies-

Medical consent forms for each family member | Medical history forms for each family member | Small, waterproof flashlight or headlamp and extra batteries | Waterproof matches | Small notepad and waterproof writing instrument | Emergency space blanket | Cell phone with solar charger| Sunscreen | Insect repellent



5. Reform, Review and Rework the plan

The same plan might not work for every situation hence a renewal of these plans must be done on a regular basis. The idea should be to make the requisite changes and review the faults in the earlier plans. Also, make sure to update the personal details with emergency people (like family and doctors) to contact on a regular basis. This helps in making better changes for future situations that might occur. A rework of these plans can help to save lots of life in case of emergency.

**some of the information in this article has been completed with the help of www.mayoclinic.com