





Join the Metchosin Emergency Program for our continued series of **FREE INFORMATION SESSIONS** – focusing on Emergency Preparedness in Metchosin

MARK YOUR 2016 CALENDARS:


January 19
FIRST AID & CPR – We should all know these lifesaving basic skills and have a first aid kit handy. This session will answer questions and provide practical training on those ‘need to know’ tactics – including CPR, choking, critical bleeding, stabilization and how to watch for various medical conditions.




February 16
GENERATORS & ALTERNATE MEANS OF POWER - Most of us have one for use when the power goes out. This session will review safety and maintenance issues when in use; as well as reviewing what to look for in location, safety and capacity if installing new.




March 15
METCHOSIN EMERGENCY PROGRAM - Did you know it is made up of five components – EOC, ESS, EmComm, SAR and NEPP? What do all these acronyms stand for and how are they connected? You will receive a ‘big picture’ overview of how Metchosin’s Emergency Program responds to an emergency.




April 19
TRANSPORTATION & ROADWAYS – How stable are our bridges, roadways and culverts in Metchosin and the Westshore? A local engineer will be here to talk about our local infrastructure. We will discuss what to do if caught out on the road, and emergency routes we should utilize.



May 17
THE FIRST HOURS - A disaster has struck Now what? Who do you contact? \ Where should you go? What to do if there is an injury? Learn how to work within your POD to be most effective during those first few hours immediately after the emergency.




June 21
INSURANCE POLICIES - We all pay for and rely on our home insurance to cover expenses should a disaster strike. Let’s talk with insurance specialists and review what you may not know about your home policy. What’s your personal obligation, what’s your insurance company going to cover – what assistance is included in Provincial responsibilities.




July 19
DISASTER EMOTIONAL RESPONSE - Disasters such as earthquakes, or wildfires are typically unexpected, sudden and overwhelming. Understanding responses to these events can help you cope with your feelings, thoughts and behaviors. We will also be looking at stressors unique to seniors and children.




August 16
PREPAREDNESS GADGETS – Come take a look at some of the cool toys we found! Solar lights that flash SOS in Morse code, inflatable beds, solar charging units and flameless stoves to name a few. If you have something unique – please bring it down to show and tell!




September 20
EMERGENCY FOOD & WATER
If an earthquake, winter storm, or other disaster strikes you might not have access to food, water, and electricity for days or even weeks. Let’s look at how to plan and safely store emergency food and water supplies to provide for your entire family. Learn how to safely disinfect your water and various options for doing so.



October 18
FIRE DEPARTMENT & PUBLIC WORKS - Who are they are & what are their roles and responsibilities during disasters, emergencies and area inconveniences. What do they have for resources, capabilities and what is their scope of practice. What are the differences, how are they coordinated and who does what?



November 15
NON-GOVERNMENT ORGANIZATIONS - There are many non-governmental organizations such as Red Cross, St. Johns Ambulance, Canadian Disaster Animal Relief Team, BC Psychological Association and many others that can help us recover from a catastrophic disaster or local emergency.



If you have any questions about these information sessions please feel free to give us a call:
250-478-1307
Door Prize at Every Session!

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