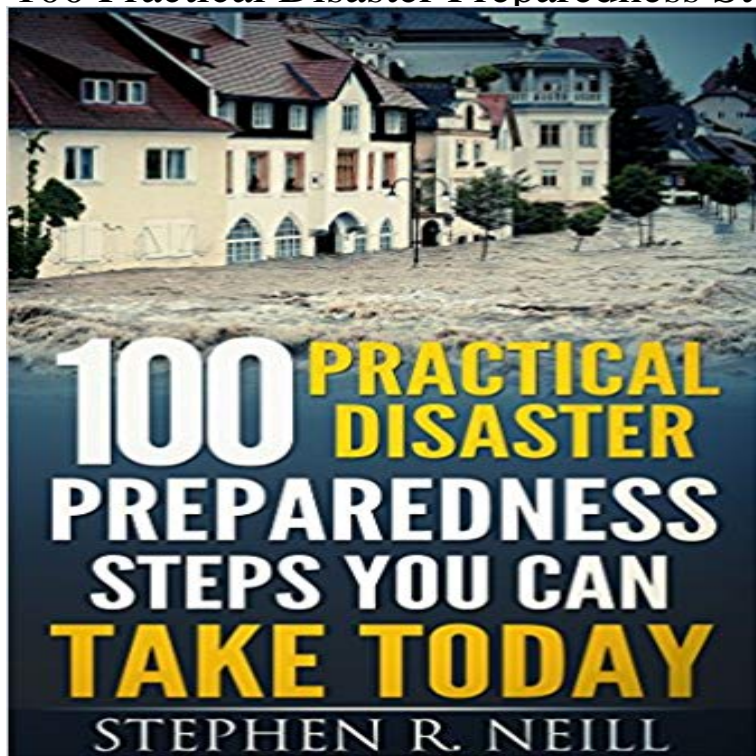


100 Practical Disaster Preparedness Steps You Can Take Today



100 Practical Disaster Preparedness Steps You Can Take Today is written with the average person in mind ? the type of person who wants to be better prepared for a disaster but isnt sure where to begin. The book is designed as a primer to get you introduced to the fundamentals of disaster preparedness no matter where you live. Disasters usually happen without warning. In many parts of the world they are a regular fact of life. They can strike a community at any moment, day or night. A normal day can quickly turn ugly and be like no other youve experienced. Within seconds, your whole world is literally shaken by an earthquake leaving incredible devastation in its wake. Buildings collapse leaving scores of people buried beneath the rubble of their homes and places of work. All of a sudden panic breaks out, leaving people bewildered and confused. How is this happening to us... to me? Although many disasters are unpredictable, their outcomes have been well studied and are known to follow predictable patterns. By learning from the past we are better able to face the future. By being able to provide your own shelter, first aid, food, water and sanitation, you can make the difference between life and death, not only for yourself, but for the lives of your family, neighbors and others within your community. The book is NOT ... About survival techniques. Im not going to teach you how to start a fire by rubbing sticks together or how to build a snow-cave. There are many excellent books available on such topics but this book is not about that. A comprehensive manual on disaster preparedness ? the emphasis being on comprehensive. Actually, such a book does not exist! Disasters by their very nature are unpredictable and dynamic. No one book could possibly address every conceivable scenario. At best, you can learn enough to be prepared for most disasters, but not every disaster! Therefore, use this book as

a way to get your disaster preparedness plan off the ground and not as an exhaustive list of everything that must be done. Written for North Americans only. The vast majority of disaster preparedness websites and books seem to focus only on American disasters, brands, products, organizations, laws, etc. My experience as a humanitarian volunteer has taken me all over the world to countries including Romania, Thailand, Myanmar, Haiti, Costa Rica, and Switzerland and I've written this book as an attempt to break free from this North American-focused myopia to serve a global audience. The fact is, in 2015 alone, disasters affected the lives of almost 99 million people, claimed 22,000 lives and caused US\$66.5 billion of economic damage making this a truly global problem! Enough to guarantee your safety. If all you do is just read this book but take no action you will have gained some head knowledge and that's about all. Start implementing several steps per week and put your personal disaster preparedness plan into action. No one is immune to disaster. In today's troubled world the threat is very real and can come at you from any direction. Being prepared to deal with a disaster is not just the responsibility for the experts, the curious, or the fanatical. Disasters don't affect just those types of people? they can affect anyone including you! When you are prepared for the worst you are in a position of strength, not only to help yourself and your family, but to be of greater service to your community. The truth is, I hope there will never be a time when you need to use these skills, but at such a time, you will be glad you took the steps to be prepared. Your family, co-workers and those in your community will be grateful as they look to you for example, leadership and direction. Written by someone who has worked in disaster zones around the world and trained with many disaster response organizations, this is an excellent guide to start preparing for a disaster. A must read!

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