



GET READY, SANTA BARBARA!

Home & Family Awareness

Sustainability—Disaster Recovery Process Pt. 1

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Upcoming Issue
in March 2015



In next month’s newsletter there will be helpful hints on how to make sure that the living and dining rooms in your home are safe for family and guests.

2015 Topics

March
Living & Dining

April
Garage

May
Defensible Space

June
Vacation Safety

July
Water Safety

August
Back to School

We are breaking up the Disaster Recovery Process of sustainability into seven parts due to the amount of information. We will be covering topics, such as Planning Ahead for Disaster Recovery, Recognizing Short and Long-Term Disaster Recovery, Different Perspectives on Disaster Recovery, Obstacles to Holistic Disaster Recovery, Enablers for Holistic Disaster Recovery and the 10-Step Process to Holistic Disaster Recovery Planning. Also in each article we will define words that may not be familiar. Today this article will cover portions of the Disaster Recovery Process.



Disaster recovery is viewed by some people as a fight against Mother Nature to restore order in a community. However, the disaster recovery process is not a set of orderly actions triggered by the impact of a disaster upon a community. Rather, disaster recovery is a set of loosely related activities that occur before, during and after a disastrous event. These activities may include some of the following: financial management, temporary housing, economic impact analyses, demolition, and reconstruction; to name a few.

When disaster strikes, response and recovery activities are often uncoordinated, occur concurrently and may overlap or conflict with one another. Decisions affecting community welfare, some with long-lasting impacts, are made under intense pressure and scrutiny, and it is impossible to take into account the views of all stakeholders. As a consequence, a community may miss opportunities to improve infrastructure, their economy, the environment, or quality of life.

The ideal disaster recovery process is consensus-based and compatible with long-term community goals, and it takes into account all the principles of sustainability; which we will discuss in future newsletters. It has both immediate and lasting impacts that are self-supporting and make a community better off than it was before. It is a holistic disaster recovery.

Except from Holistic Disaster Recovery
Produced by Natural Hazards Center Revised 2005

New Words:

Sustainability: Meeting the needs of the present without compromising the ability of future generations to meet their own needs (World Commission on Environment and Development/[Bruntland Commission](#), 1987, p 41)

Holistic Recovery: A holistic recovery from a disaster is one in which the stricken locality systematically considers each of the principles of sustainability in every decision it makes about reconstruction and redevelopment. ([click here](#) for more information.)

Safety in the Bedroom

If there is that one place in your home that could be considered sacred; it's your bedroom. So, how could your bedroom be unsafe? Sometimes we are just not aware of some of the dangers that lurk in the rooms where we find rest. However, fatalities in the bedroom are notable due to suffocation, fires, tripping, and many more. Below is a checklist of things to consider in this year's Spring Cleaning.

Inspect all lamps and light fixtures:

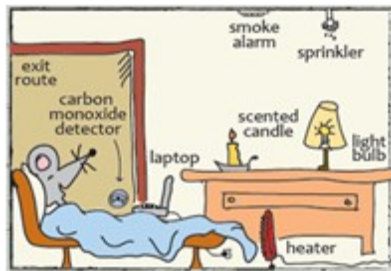
- Is lighting adequate and equally distributed throughout the room? Several light sources with lower-wattage light bulbs are better than one higher-wattage light that may cause glare.
- Are light bulbs the appropriate wattage for lamps? (Sometimes 100 watt bulbs are installed in lamps that are safe only for 60 watt bulbs.)
- Are light switches located so that any dark space can be illuminated before entry? Light switches should be located at both the top and bottom of a stairway.
- Are night lights used in the bedroom and in the hallway; if applicable?
- Are working flashlights kept by the bed in case of a power failure?

Inspect all electrical cords and outlets:

- Are any outlets overloaded?
- Are outlets easy to reach? If not, perhaps they could be moved higher on the wall, or furniture could be re-arranged to avoid blocking them.
- Do any cords have frayed ends or cracked surfaces?
- Are long cords gathered, tied back and kept off of walking areas?

Inspect electronics:

- Are telephones, cell phones located near the bed so as to avoid falls



During an emergency is not the time to think about safety



while rushing to answer the phone?

- Do portable space heaters have screens to shield the heating coils from contact with external objects?
- Are space heaters kept away from flammable objects (3 feet), such as paper, clothing, blankets and upholstery?
- Is there a smoke detector located in each bedroom?
- Are smoke detector batteries checked at six month intervals and changed annually? A simple rule of thumb is to routinely check detectors and replace batteries when clocks are adjusted forward/backward.
- Have the heating and cooling systems been inspected and serviced within the past year?

Inspect all floor surfaces:

- Are rooms cluttered with too much furniture or items (books, boxes, etc.) piled so it restricts safe movement?
- Are all area and throw rugs secured to the floor with rubber backing or double-faced adhesive tape?
- Is carpeting too thick or plush to walk on safely?

For visually impaired persons:

- Do carpets have contrasting colors from one room to another (particularly where one must step up or down)?
- Have all raised ridges in doorways been eliminated or marked with color contrast tape for better visibility?

Remember E.D.I.T.H. (not the name of your favorite aunt), Exit Drills In The Home. When was the last time you had an evacuation drill or developed an evacuation plan with your family. [Click here](#) to access a checklist for E.D.I.T.H. from San Jose, CA. Also, try conducting a night drill with no electricity.

Lastly, an emergency is not the time to think about safety.

Community Corner – Nighty, Night

The time comes to tuck ourselves into our bed. We check our alarms, give our pillows one last fluff, and settle in for our time of rest, recharge, and restoration. We lock our doors and scan our home interiors before retiring, making sure any tripping hazards are removed from exit routes, appliances turned off, and all the ordinary considerations to insure a safe and secure night's rest. At least we think we're ready for bed.

In days past the bedroom was just that, a bed in a room. Today our bedrooms function much differently. We may have a modem tucked in the closet out of sight, a television hanging on a wall, with all the assorted boxes and cords, a bathroom associated closely, and bedding that exceeds the basics. We feel prepared and safe because we have a pair of shoes next to the bed, a flashlight on the nightstand, and our extra pair of glasses nearby. We anchored the armoire to the wall and changed the heavy painting over the bed to a lightweight tapestry. We checked the battery in the smoke alarm and added a carbon monoxide detector.

Bedrooms need a preflight checklist. We need to identify and be able to locate exits in conditions such as darkness and smoke. To reduce the risk of fire, use only UL approved cords, and do not overload electrical outlets. Smoking products have no business in the bedroom. Flameless candles are very available, and a safe alternative to conventional candles with open flame.

Fabrics burn with distinct characteristics, such as wool and cotton burn slower than polyester or other synthetics that are not specifically treated for fire resistance. Synthetics melt quickly. They are popular alternatives to natural fabrics, and it is important to read more about the characteristics of fabric.

Disasters— The Station Nightclub Fire

The Station Nightclub Fire was the fourth-deadliest nightclub fire in U.S. history. The fire began at 11:07 PM EST, on Thursday, February 20, 2003, at The Station, a glam metal and rock and roll-themed nightclub located in West Warwick, Rhode Island. The fire was caused by pyrotechnics set off by the tour manager of the evening's headlining band, Jack Russell's Great White. The fast-moving fire engulfed the club in 5½ minutes.

The fire started just seconds into the band's opening song, "Desert Moon". The flames were initially thought to be part of the act; only as the fire reached the ceiling and smoke began to billow did people realize it was uncontrolled. Twenty seconds after the pyrotechnics ended, the band stopped playing and lead singer Jack Russell calmly remarked into the microphone, "Wow... that's not good." In less than a minute, the entire stage was engulfed in flames. 462 people were in attendance, even though the club's official licensed capacity was 404. There were 100 attendees that lost their lives, and about half of the survivors were injured, either from burns, smoke inhalation, or trampling. The worst nightclub fire in history occurred on November 28, 1942, in Boston at the Cocoanut Grove, where 492 died after paper decorations caught fire. ([Click Here](#) for the NIST Report.)



Families, whether large or small, multigenerational under one roof, or not, need to have a plan for a safe exit in case of fire. Have a fire drill twice a year, including once in the dark. If a bedroom is located on the second or third floor of a home, an exit plan must include escape from that window. Also, remember that code requires every bedroom to have a window. This is not just for light and air circulation, it is also to provide that life-saving safety route. The cubby under the stairs is not a good location to hide or shelter.

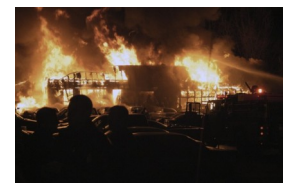
With a growing population, some of us are renting rooms in our homes, or converting entire portions of our homes to habitable space, some with separate entries, baths, and kitchenettes. This change of use is illegal, and has great implications for safety. Rental of a room is legal, and does help the housing crisis; however illegally converting portions of our homes is unsafe both for the occupants, neighbors, and first responders who often do not know of the expanded function of the house. Often these ad hoc spaces are not constructed or converted with knowledge of the codes for safety, putting the entire household at risk.

We are very familiar with child safety. Baby monitors, sensors, fire resistant fabrics and many other features are now taken for granted. This also needs review from time to time, including window coverings, looping cords on window shades, and uncovered electrical outlets. For grandparents, these are considerations that must be taken in anticipation of a family visit.



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Building a Disaster Kit on a Budget—Food

“Be Prepared; Have a Kit, Make a Plan, Get Involved”! We keep hearing this message throughout our community, and it seems that the more we hear it the more we delay our preparedness.

So what is stopping you from creating your kit? You have limited time, limited budget, no problem!

There are endless options of what we can include in our disaster kit, but one thing is for sure; without food and water, we will not survive; no matter how complete the rest of our kit may be.

We do not have to over think what kind of food we will add to our ready kit, because remember; it is an emergency kit, so it has to include **non-perishable food**. Plan on being without utilities for at least three days; so be realistic, what would you and your family eat for three days, without the commodities for a fresh cooked meal?

Perhaps we already have a few of these items in our pantries; canned goods, crackers, dried fruit, beef jerky, peanut butter, nuts? I encourage you all to take a look in your pantry tonight, and whatever you find duplicated, place it in an old bag pack, and if you happen to go grocery shopping in the next few days, grab some canned goods; at the bargain stores you can find them for \$.99 each, (they have organic ones too) and don't forget your manual can opener!

Do you have an idea you want to share? Maybe you have another way of saving money when building your kit; we want to hear about it. Send your ideas, questions, or comments to: LiEncinas@SantaBarbaraCA.gov



Liliana Encinas

We're on the Web!















www.santabarbaraca.gov/oes

and



Upcoming Events

February 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Ground Hog Day 	3 The Day the Music Died 	4	5 Weatherman's Day 	6	7 Eat Ice Cream for Breakfast Day 
8	9	10 Umbrella Day 	11	12 Abraham Lincoln's Birthday 	13	14 Ferris Wheel Day 
15	16 PRESIDENTS' DAY 	17	18 Nat'l Battery Day 	19	20 Cherry Pie Day 	21
22 George Washington's Birthday 	23	24 Nat'l Tortilla Chip Day 	25	26	27 No Brainer Day 	28 National Tooth Fairy Day 

Remember we change our clocks and spring forward on Sunday March 8, 2015