



## North Shore Emergency Management Office

The [North Shore Emergency Management Office](#) holds workshops for the public. Many of these workshops are free, or very close to it! We invite school staff, parents & surrounding community of schools to consider attending 1 or more of these worthwhile courses. The workshops are shown below:

### **Emergency Preparedness Begins with You!**

A 2 1/2 hour workshop on personal emergency preparedness based on an all hazards approach. By preparing ahead, you can reduce the fear, anxiety and loss that accompany disasters. Learn about safe food and water supplies, utilities, sanitation, out-of-area contacts, what to put in your home emergency kit and more. *Each participant receives a free gas shut off wrench!*

### **Disaster Response and You!**

A 2 hour workshop on how to respond during a disaster, what to think about if asked to evacuate, what to put in a "grab&go" bag, what resources are available and more...

### **Preparedness in a day!**

Don't have much time - take both workshops in one day!

### **Disaster First Aid Level 1**

\$20 course fee - Administering first aid will be difficult after a disaster with potentially limited supplies and outside help. Learn basic first aid skills using household items as first aid supplies.

### **Disaster First Aid Level 2**

\$20 course fee - A follow up workshop to level 1 covering eye injuries, burns, minor wound care, lifts & carries and chronic medical conditions. Continue to learn how to improvise with household items as well as using regular first aid supplies. *Pre-requisite Disaster First Aid level 1*

### **Damage Mitigation & Damage Assessment**

\$10 course fee - Learn how to tell if a building is "UNSAFE" after an earthquake and how to mitigate hazards in your home.

### **North Shore Tsunami: Fact or Fiction**

A 90 minute workshop on tsunami awareness. Learn the different ways a tsunami can be generated and whether the North Shore coastline is at potential risk from distant and/or local tsunamis. Also covered are Do's and Don'ts, warning systems, and more.

### **Emergency Preparedness in Childcare Facilities**

A 2 hour workshop designed for childcare workers covering an all hazard approach to emergency preparedness. *A free gas wrench and set of emergency planning forms for each participant.*

Ready to sign up? Use our workshop registration form to sign up for a workshop. Check out the website for more information [www.nsemo.org](http://www.nsemo.org).