

Seattle Seismic Group Corp.

The Official Newsletter of Seattle Seismic Group



Your Safety in Natural Disasters

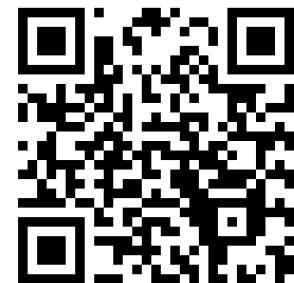
by Behruz Vahdani. Managing Member

Before starting to assemble any emergency kit you need to know what constitutes the emergency. Is it because of a major earthquake where you have some limited access to your residence and can stay in a government type shelter or are you required to leave your area due to a Tsunami, hurricane, fire or radiation leak?

Please remember that in any emergency situation when certain items become scarce, it may change human behavior which ultimately causes chaos, looting, theft, civil unrest and life.

It may seem unconventional that self and family protection has any place in an emergency kit, but when the situation arises, you have to be able to protect yourself, family, pets and your emergency supplies.

**HERE'S WHAT YOU
SHOULD KNOW:**
- *Emergency Kits*



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You may call the kit any name you want. earthquake kit, survival kit, emergency kit, etc., but they should have four basic items: water, food, a first aid kit, shelter/warmth.

You can add any items to the **Basic Kit** depending on your individual situation, but remember the heavier it gets, the harder it is to carry.

The Basic Kit may have the following contents for:

- **Personal Protection:**
 - (2) N-95 Respirators face mask
 - (1) 2oz bottle insect repellent pump spray
- **Communication & Light**
 - (2) Metal whistles with lanyard
 - (1) AM/FM radio with two sets of batteries or hand cranks
 - (1) Pen and Notepad
 - (2) Flash light with 2 sets of batteries for each
 - (1) Flashing LED safety signal
 - (2) 12 hours Light sticks
 - (1) Waterproof document pouch
- **Hydration & Nutrition:**
 - (2) 2400 calorie food bars (12 individual wrapped 200 calorie portions) (5 year shelf life U.S. Coast Guard approved)
 - (12) 4oz emergency water pouches (5 year shelf life).
 - (1) Collapsible, 2 gallon water bag for carrying, purifying and storing water.
 - (50) Water Purification tablets.
- **Shelter and Warmth:**
 - (1) Emergency Shelter tube tent
 - (2) Emergency thermal blanket
 - (2) Insulated emergency blankets with waterproof shell
 - (2) Emergency ponchos
 - (1) Box of waterproof matches
 - (3) Lighters
 - (1) Roll plastic sheathing
 - (1) Roll duct tape
 - (1) Rope ¼" x 50 feet
- **Sanitation & Hygiene:**
 - (2) Toilet paper rolls.
 - (6) Bio-hazard waste bags.
 - (12) Moist small towels
 - (2) 4oz bottle hand sanitizers
 - (18) EZ disposable towels
 - (2) Bar soaps, tooth brush, combs, toothpaste tubes.
 - (1) Tissue pack
- **Medical Emergencies:**
 - (1) First aid Kit (See below for items)
 - (1) First aid guide book
 - (2) Personal first aid packets

- **Turning off Utilities and other tasks:**

- (1) Pair leather palmed work gloves
- (1) 14 in 1, multifunction tool (needle nose pliers, regular pliers, wire cutter, file/cutter, flat file, pointed screwdriver, small screwdriver, screwdriver, Philips screwdriver, can opener, bottle opener, punch, knife & blade)

First Aid Kit Items:

- **References:**

- (1) First Aid Instruction Guide
- (1) Pet First Aid Instruction Guide

- **Instruments:**

- (1) Scissor
- (1) Tweezer
- (2) Exam quality vinyl gloves
- (1) Oral Syringe
- (1) 1" x 5 yard first aid tape roll
- (12) 3 " Cotton tipped applicators

- **Dressings:**

- (10) 9" x 2" Gauze dressing pads
- (4) 3" x 3" Gauze dressing pads
- (1) 5" x 9" Trauma pad
- (1) 2" x 5 yards Wrap bandage
- (2) 2" x 4.5 yards gauze roll bandage
- (1) Eye pad
- (1) Triangular bandage

- **Topical:**

- (10) Eye wash
- (1) Hydrogen peroxide

- **Medical & Antiseptics:**

- (12) Antiseptics cleansing wipes
- (6) Antibiotic ointment packs – Burn and Insect Relief

Seattle Seismic Group Corp. can evaluate the structural conditions of your Non-Ductile, UMB, Soft Story buildings in a timely manor .

CA (949) 364-1090

WA (425) 200-6826