



Self-Evaluation of Personal Preparedness

Read the questions below and circle the number in the column which represents your answer -
then calculate your score to get a grade on your level of preparedness.

		NO	PARTLY	YES
1	I know that preparing for a disaster is the single most important thing I can do for the comfort and safety of my family and friends - including pets and livestock.	1	2	3
2	I think my neighbours are adequately prepared for an emergency and will be self-reliant.	1	2	3
3	I believe that community preparedness makes a difference for emergency responders after a disaster.	1	2	3
4	I believe my community is adequately prepared for a major disaster.	1	2	3
5	I understand I will be responsible for taking care of myself and others after a disaster for 1-2 weeks or longer while government resources attend to hospitals, airports, roads, schools, seniors homes, restoring communication, securing buildings and hazards and other priority community infra-structure concerns.	1	2	3
6	I think it is important to be involved in events to promote preparedness.	1	2	3
7	I believe I am aware of all potential disasters that could occur in my community.	1	2	3
8	I believe I would know what to do if I was forced to evacuate my home with short notice.	1	2	3
9	We have discussed disaster preparedness in our family and I think we are well prepared.	1	2	3
10	My family has created a disaster preparedness plan so that everyone in the family will know what to do in the event of an emergency.	1	2	3
11	We have chosen an out-of-area friend or relative whom family members can contact after a disaster to report whereabouts and conditions and coordinate locating other family members.	1	2	3
12	We have documented contact information for family members' and other important phone numbers to have on hand so we will not have to rely on memory in stressful moments.	1	2	3
13	My family has talked about damage an earthquake can cause to our immediate surroundings.	1	2	3
14	Everyone in my family knows exactly what to do and how to be safe during an earthquake.	1	2	3
15	My family knows the safe spots in every room - under sturdy tables, desks or against inside walls, and know the danger spots - windows, mirrors, hanging objects, fireplaces, tall furniture.	1	2	3
16	We have a home emergency evacuation plan including knowing escape routes from every floor.	1	2	3
17	Our family knows where to meet outside if an emergency forces everyone to leave our home.	1	2	3
18	My family knows where we will reunite locally if we are separated and not able to get home.	1	2	3
19	We have practiced our home emergency evacuation plan within the last year.	1	2	3
20	Our family practices a fire drill at least once a year.	1	2	3
21	I can identify a reliable source for severe weather notifications locally.	1	2	3
22	All responsible family members know when and how to turn gas, water, electricity in the event of an emergency.	1	2	3
23	I know what the disaster plan is for my children's school and/or daycare centre.	1	2	3
24	I know what the disaster plan is for my workplace.	1	2	3
25	At work, my co-workers have discussed what damage might occur to our immediate location.	1	2	3
26	I am aware of the local emergency resources in my community.	1	2	3
27	We have a complete basic first aid kit at home.	1	2	3
28	A family member has completed formal CPR and/or first aid training in the past 3 years.	1	2	3
29	For family members who have a dependance on medication, we have a reserve of that medication and replace it regularly.	1	2	3
30	Our household has a preparedness kit that includes enough food and water for my family for a minimum of 3 days - including family pets.	1	2	3
31	I have an alternative source of heat in my home.	1	2	3
32	My home also has blankets, alternate light sources, first aid, tools, etc.	1	2	3
33	Our household would be able to eat for 1 week nourishing foods that don't require cooking.	1	2	3
34	I am aware of the safe use of alternative water sources in my home.	1	2	3



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		NO	PARTLY	YES
35	I know how to make water safe to consume and have the necessary resources.	1	2	3
36	My work environment is stocked with food, water, blankets, light sources - enough for 3 days.	1	2	3
37	We have an emergency supplies kit for each family vehicle.	1	2	3
38	We have copied and safeguarded our most important family records.	1	2	3
39	In my home, I know where to access emergency tools, gas shut-off wrench, safety lighting.	1	2	3
40	I own an all-hazards alert radio which does not need batteries or electricity.	1	2	3
41	My preparedness kit will allow my hands to be free during an escape from disasters - not carrying survival kits, lights, purses, etc.	1	2	3
42	I have thoroughly checked the shelves, cabinets and furniture in my home to see if these or other objects can move, during an earthquake, and cause injury.	1	2	3
43	I have secured any objects in the rooms where my family members sleep, that could topple over or take flight during an earthquake and may cause injury.	1	2	3
44	If I had to quickly escape my home in the dark, I could safely move from one room to another without being obstructed by objects in traffic areas that might have fallen.	1	2	3
45	As unsecured items (lamps, knick-knacks, clocks, breakables, collectibles, etc.) are the objects most likely to shift or topple during an earthquake, I have secured them with Quake putty, wax or museum gel.	1	2	3
46	I am aware that 70% of all injuries that occur in earthquakes are caused by people being hit by or stumbling over fallen objects such as furniture, glassware, appliances and pictures from the walls.	1	2	3
47	TVs, electronics, china cabinets, bookcases and heavy items of furniture in my home have been secured using flexible nylon straps or other forms of restraint.	1	2	3
48	In an emergency at home (or at work), I know where to find all the exit doors.	1	2	3
49	I have thoroughly checked the shelves, cabinets and furniture in my workplace to see if these or other objects can move, during an earthquake, and cause injury.	1	2	3
50	I know the the highest secondary risk following an earthquake is fire which can be caused by broken gas pipes, electrical appliances being turned back on abruptly and using candles or matches near undetectable leaks.	1	2	3
51	We have operational smoke detectors on every level of our home and outside bedrooms.	1	2	3
52	We have at least one charged ABC fire extinguisher in a visible, accessible location.	1	2	3
53	All family members old enough know how to properly use a fire extinguisher.	1	2	3
54	Our home hot-water tank is secured to the wall with straps.	1	2	3
55	I am aware of the recommended way to manage human waste if the community sewer system is damaged and not useable.	1	2	3
SUBTOTALS:				
GRAND TOTAL:				
180 - 121	Congratulations! You have made a significant steps towards insuring the safety of yourself, your family and co-workers.			
120 - 61	You have accomplished good results! It is important to continue what you have so diligently started. Act NOW, emergencies can happen at any time.			
UNDER 60	This score could indicate denial about the potential of emergency situations. Please recognize that having any level of readiness will make recovering from any disaster more rapid and complete.			

Surviving a Disaster is Everyone's Business

Make this our new preparedness culture:

"I want peace of mind and want to do the best I can, so I am willing to prepare in advance."