

Limit The Impact's Online **Home-based Preparedness Course** #HB110


Course Introduction *Effective Home-based Preparedness for Individuals, Families & Households*

◇ **Required Text:** *The Family Guide (& worksheets) Home-based Preparedness workbook*

◇ **Course Syllabus:** [Posted on: www.LimitTheImpact.com/hbcourse.html]

Course Downloads	Workbook Page #s	Topics Covered
Assignment #1	1 - 35	An overview to home-based preparedness Rate your current risk of being a drain on society
Assignment #2	36 - 47	Define your family/household Establish target dates for the completion of your plans
Assignment #3	48 - 61	Identify your out-of-area/state emergency contact phone numbers and locations Create household & personal contact lists
Assignment #4	62 - 76	Plan emergency stockpiles to provide food & water Include stockpile items for cooking, sanitation, hygiene
Assignment #5	77 - 100	Address stockpile items for medical needs and first aid Record personal medical histories Compile lists important documents & photos to copy
Assignment #6	101 - 110	Add emergency clothing, bedding, and temporary shelter items Your pets need stockpiles, too
Assignment #7	111 - 114	Plan for dwelling preparedness/maintenance Plan for utility alternatives
Assignment #8	115 - 147	Evacuation planning out of your bedrooms & the rest of your home What to do & take in evacuations Evacuations away from home on foot Vehicle preparedness & maintenance Evacuations out of town by vehicle
Assignment #9	148 - 174	Preparedness away from home (work, schools, daycares) What are your neighborhood emergency preparedness plans Know your community emergency plans Worksheets for future semiannual reviews to keep your plans & stockpiles up-to-date Identify gaps... situational preparedness analysis
Assignment #10	36 - 171	Assemble your stockpiles as defined in your workbook Conduct Daylight Saving Time reviews/updates/rotations

◇ **No Quizzes/Exams:** In each assignment you are defining/recording your emergency preparedness plans in your workbook and assembling items so you and your family are well-positioned to provide for your basic needs, safety, comfort & well-being during disruptions, emergencies & disasters.



From your Instructor, Kathleen Kent:

Use *The Family Guide's* worksheets to record your preparedness plan. Their PICK-&-CHOOSE format makes it easy to skip what isn't applicable with plenty of room to add your preferences. The workbook accommodates multiple family members, pets, vehicles, number of bedrooms, etc.

The worksheet columns make it *easy* to conduct semiannual reviews, updates, and stockpile rotations AT EACH SWITCH OF DAYLIGHT SAVING TIME! IT IS IMPORTANT TO KEEP YOUR STOCKPILES CURRENT... **this isn't a build it & forget it program**; things change and so should your family's emergency preparedness plans and stockpiles!

