

## MAINTAINING YOUR PERSONAL KIT:

Just as important as putting your supplies together is maintaining them so they are safe to use when needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned food in a cool, dry place.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented or corroded.
- Create a rotation plan. Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months. Be sure to write the date you store it on all containers.
- Re-think your needs every year and update your kit as your family's needs change.
- Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack or duffel bag.

## FAMILY EMERGENCY PLAN:

### **HAVE A PLAN AND PRACTICE IT.**

Remember during an emergency, cell phones circuits are overloaded, and power is usually the first to go down, don't rely on them.

Know where to meet family or contact them after an emergency.

Have a designated spot everyone will try to get to after an emergency.

If you are out of town, have a designated out of town relative be the contact for everyone to call when they are able to.



# City of HURST Community Emergency Response Team Application

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Business Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home Phone \_\_\_\_\_  
Business Phone \_\_\_\_\_  
Alternate Phone \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Email Address \_\_\_\_\_  
Drivers License # \_\_\_\_\_ State \_\_\_\_\_  
Date of Birth (mm/dd/yy) \_\_\_\_\_  
Shirt Size XS S M L XL XXL

I understand by signing below that the information above will be verified and a background check completed by the Hurst Fire Department for the purposes of checking my criminal history record and that I **MAY** be selected to participate in the Community Emergency Response Team (C.E.R.T.) Program.

I also understand my criminal history background **MAY** disqualify me from being selected to participate in the C.E.R.T. program. By signing below, I give my consent to the Hurst Fire Department to check my criminal history record for the purpose of being selected to attend the C.E.R.T. Program. This information is to remain confidential to the Hurst Fire Department.

Signature \_\_\_\_\_

Date \_\_\_\_\_

**Please complete this form and mail to:**

Hurst Fire Department  
2100 Precinct Line Road  
Hurst, Texas 76054  
Attn: Chief John Brown

# CITY OF HURST



**We'll be there when you need us!**



## We are looking for you if:

- You are 18 or older
- Live in Hurst
- You are able to perform some physical activities
- Want to give back to your community
- You are able to pass a background investigation
- Willing to invest your time in 9 week CERT training

# What is CERT?

If a major disaster affects Hurst, our citizens may be forced to rely on each other for help in order to meet their immediate life-saving and life-sustaining needs. The Hurst Community Emergency Response Team (CERT) is a training program that prepares citizen volunteers to respond to emergency situations that may affect our community. This program teaches emergency preparedness and basic disaster response techniques that will prepare citizen volunteers to take an active role in providing critical support to professional first response members during emergencies. The Hurst CERT program is sponsored by the Hurst Fire Department.

## A PERSONAL 72 HOUR EMERGENCY KIT

Part of our program is to teach our community to be prepared to help themselves in an emergency. A 72 hour emergency kit is one way we can help ourselves. Below is a list prepared by FEMA as a suggested personal 72 hour emergency kit.

### WATER:

1 gallon of water per person per day for at least three days, for drinking and sanitation

*You can use bleach as a disinfectant (diluted nine parts water to one part bleach), or in an emergency you can also use it to treat water. Use 16 drops of regular household liquid bleach per gallon of water. Do not use scented, color safe or bleaches with added cleaners. Other chemicals, such as iodine or water treatment products sold in camping or surplus stores that do not contain 5.25 or 6.0 percent sodium hydrochlorite as the only active ingredient, are not recommended and should not be used.*

### FOOD:

At least a three-day supply of non-perishable food.

The following items are suggested when selecting emergency food supplies. You may already have many of these on hand.

- Ready-to-eat canned meats, fruits, vegetables and a can opener
- Protein or fruit bars
- Dry cereal or granola

- Peanut butter
- Dried fruit
- Nuts
- Crackers
- Canned juices
- Non-perishable pasteurized milk
- High energy foods
- Vitamins
- Food for infants
- Comfort/stress foods

### FIRST AID KIT:

Knowing how to treat minor injuries can make a difference in an emergency. You may consider taking a first aid class, but simply having the following things can help you stop bleeding, prevent infection and assist in decontamination.

- Two pairs of Latex or other sterile gloves if you are allergic to Latex
- Sterile dressings to stop bleeding
- Cleansing agent/soap and antibiotic towelettes
- Antibiotic ointment
- Burn ointment
- Adhesive bandages in a variety of sizes
- Eye wash solution to flush the eyes or as general decontaminate
- Thermometer
- Prescription medications you take every day such as insulin, heart medicine and asthma inhalers. Periodically rotate medicines to account for expiration dates.
- Prescribed medical supplies such as glucose and blood pressure monitoring equipment and supplies
- Non-prescription drugs:
  - Aspirin or non-aspirin pain reliever
  - Anti-diarrhea medication
  - Antacid
  - Laxative
- Other first aid supplies:
  - Scissors
  - Tweezers

### Good to have:

- Tube of petroleum jelly or other lubricant
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert and extra batteries
- Flashlight and extra batteries

- Whistle to signal for help
- Dust mask, to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities
- Local maps

### FOR BABY:

- Formula
- Diapers
- Bottles
- Powdered milk
- Medications
- Moist towelettes
- Diaper rash ointment

### FOR PETS:

- Water
- Food
- Medicines

### ADDITIONAL ITEMS TO CONSIDER:

- Prescription glasses
- Emergency reference material such as a first aid book or information from [www.ready.gov](http://www.ready.gov)
- Sleeping bag or warm blanket for each person. Consider additional bedding if you live in a cold-weather climate.
- Complete change of clothing including a long sleeved shirt, long pants and sturdy shoes. Consider additional clothing if you live in a cold weather climate.
- Shelter, tent or tarp with ropes
- Fire Extinguisher
- Matches in a waterproof container Pet food and extra water for your pet
- Important family documents such as copies of insurance policies, identification and bank account records in a waterproof, portable container
- Cash or traveler's checks and change
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil
- Books, games, puzzles or other activities for children