Director’s Corner

To me, July always brings pleasant thoughts of warmer weather, a slower pace on campus as summer quarter begins and my ability to actually find a seat on #372 bus each morning! However, looking back to last month, I did a bit of soul-searching. I found myself reflecting on two major activities that had a significant impact for those of us involved in disaster and crisis management. The first event was the weeklong Cascadia Rising regional earthquake drills, exercises and related activities. Unless you were living in a cave, it was hard to avoid hearing the news coverage of these multiple events. The Cascadia Rising exercise was yet another “eye opener” for both the general public and even for us seasoned-veterans. This July Disaster Digest issue contains a number of photos and stories featuring the largest regional disaster exercise conducted in the US in many years. For our part, nearly 80 dedicated UW staff joined an estimated 20,000 public, private, non-profit and citizen volunteers to practice our response skills for when the “the Big One”, a magnitude 9.0 earthquake hits the Pacific Northwest.

Of course, while a subduction zone mega-earthquake is enough to ruin anyone’s’ day, I cannot forget to reflect on June 11th shooting tragedy that happened in Orlando, Florida at the Pulse nightclub. As the details of this horrific event continue to unfold, we in UWEM join the nation and world in mourning the loss of 49 innocent souls. This terrible incident reminds us that while natural disasters and technological hazards represent the foundation and core of our personal/workplace plans and training … It is the randomness and unpredictability of human-caused incidents that we must also be ready for. Each of us must not forget to support the brave first responders in Orlando, Orange County and neighboring jurisdictions who jumped into action. Besides trained police, fire, EMS and medical personnel, there are countless stories of friends, neighbors and complete strangers who stepped forward that awful night to save, protect and shield others from the horrors that unfolded that night. We stand together in grief and support as the nation comes to terms with yet another senseless act of violence.

UWEM salutes these everyday heroes who inspire us every day. We remain committed to providing or locating the training, planning and technical expertise for each individual and UW partner (within available budget & resources) — so that we can quickly and effectively respond to any disaster or crisis that comes our way!

Steve Charvat, UWEM Director
Partner of the Quarter: Aubrey Brown

Aubrey Brown is a pretty amazing person. She’s a Spanish Major in her Junior year at the UW. She is also the President of HuskyCERT, a student-run organization on campus that promotes emergency preparedness through CERT (Community Emergency Response Team) training, providing first aid and CPR training, providing stand-by medical support for special events on campus and partnering with UW Emergency Management (UWEM) on community out-reach during events such as Dawg Daze and Engineering Days. Aubrey recently assisted UWEM with relocating emergency supplies from the Bryant building to a new storage container as the UWPD gets ready to move into their new building.

Aubrey shares her passion for emergency planning and her gift for leadership at UW-Bothell as well, where she works as student employee, assisting Darren Branum, UW Bothell’s Emergency Preparedness Manager with CERT training and even moulage (disaster make-up) for role-players in recent active shooter training that the UW Bothell campus partnered with the Bothell Police Department on.

As if that wasn’t enough, Aubrey also volunteers her time as an emergency medical technician (EMT) at Snoqualmie Pass Fire and Rescue, responding to 9-1-1 calls for everything from car wrecks to ski accidents. For all of that and so much more, the UWEM staff unanimously selected Aubrey as our newest Partner of the Quarter, with the distinction of being the first student to ever receive this well-deserved recognition.

Have you heard the big news? The UW will be hosting the 2018 Special Olympics USA Games in July, 2018, which is now just two years away. Your friends at UW Emergency Management are hoping to have a seat at the planning table to assure a safe and secure environment for all of the athletes, families, and fans who will inevitably congregate on our beautiful campus during the special time. Seattle Times says, “The massive event is estimated to attract thousands of visitors from across the country and generate millions in revenue for the Seattle area. It will be the biggest sports event in Seattle since the 1990 Goodwill Games...” In the realm of Emergency Management, we take advantage of events like these to plan, and then play, like they are major emergencies. Similar to how UWEM staff often stand up for UW Football games and other large special events.
Another Bird Leaves the UWEM Nest!

For many of our readers, Siri McLean was the sole face of UW Emergency Management (UWEM). Many UW students and staff know her as the “crazy lady who actually made me think about earthquake preparedness”. In her role as our Plans and Training Manager, Siri spent the last 8 years building up and promoting UWEM’s programs, services and capabilities. Almost singlehandedly, Siri’s passion for training and disaster drills has catapulted the UW’s annual disaster exercise from a predictable, stale activity into a productive learning event that has now become regionally-recognized for excellence. However, as the old saying goes... “all good things much come to an end.” Later this month, Siri will be leaving the UW to pursue other professional opportunities. So, please join me in wishing Siri the best in her new adventures and career aspirations. Farewell, to the woman whose words we trusted more than operating procedures, checklists and manuals. Your expert knowledge and experience were always beyond par. Monthly targets and performance appraisals will come and go, but the memories of working with a colleague like you will stay with us forever. Goodbye and farewell to a friend and member of our UWEM family. You will be missed,

Steve, Scott, Stacie & Larry

One of the many outreach events with the Wheel of Misfortune. She made learning about preparedness fun!

At the helm in conducting exercises

Practicing Drop, Cover & Hold

Posing as “Captain Preparedness”
EOC Functional Exercise: A Current Affair

On April 28th 2016, 76 Emergency Operations Center (EOC) responders, two external agencies, ten controllers, five evaluators and four observers all participated in the annual university wide disaster exercise. In previous years, the University has tested response capabilities for critical infrastructure breakdowns, earthquakes, hazardous material spills, a plane crash, civil unrest and even an active shooter scenario. This year the decision was made to test our response to long term power outage impacting the entire University District. The purpose of this exercise was to evaluate player actions against current response plans.

Current Affair was a functional exercise (FE) designed to establish a learning environment for players to exercise emergency response plans, policies and procedures as they pertain to a disaster that is significant enough to warrant the activation of the university’s EOC. An FE is a complex event that requires detailed planning. To conduct an effective exercise, subject matter experts and local representatives from numerous agencies took part in the planning process as well as the exercise conduct and evaluation.

This exercise was produced at the direction of the University of Washington with the input, advice, and assistance of the Current Affair design team.

The University’s Emergency Management Planning Committee endorsed the following goals and objectives for this exercise. All exercise goals were demonstrated during exercise play and ultimately accomplished to some degree. Through demonstration of these objectives, the exercise players successfully simulated an effective response to scenario events. At the same time, exercise play revealed ways that future responses could be made more effective.

1. EOC responders will employ their roles and responsibilities as defined by the UW All-Hazards Emergency Management Plan.

2. EOC responders will demonstrate their ability to develop situation awareness and provide information and reports as necessary.

3. The EOC will practice coordination between the UW EOC and external partners (Seattle OEM).

4. The EOC will practice coordination between the UW EOC and Unit Response Centers (URCs).

5. The EOC Media & Communications Team will coordinate, manage, and disseminate public information materials and monitor that the correct information has been received by the general public.

Overall, the Current Affair Exercise was a huge success in that it met and addressed all five of the primary objectives. Yes, mistakes were made, but all were done in a non-lethal atmosphere where participants took this opportunity to learn from this experience and make continuous improvements to their plans, systems, networks, and policies. Disasters don’t happen every day. The best way for us to learn about planning gaps and create new plans and procedures is through exercises like the Current Affair. Mistakes can be made and no one gets hurt. Exercises create an environment for no fault learning through hands on experience. Many great lessons were learned during the Current Affair that will be addressed for future events.
Cascadia Rising

With history as our witness, a 9.0 magnitude earthquake along the Cascadia Subduction Zone (CSZ) and the resulting tsunami is the most complex yet realistic disaster scenario that emergency management and public safety officials in the Pacific Northwest could face one day. Cascadia Rising was an exercise to address that disaster.

**June 7-10, 2016** Emergency Operations and Coordination Centers (EOC/ECCs) at all levels of government and the private sector activated to conduct a series of simulated field response operation within their jurisdictions and with neighboring communities, state EOCs, FEMA, and major military commands.

Conducting successful life-saving and life-sustaining response operations in the aftermath of a Cascadia Subduction Zone disaster hinges on the effective *coordination* and *integration* of governments at all levels – cities, counties, state agencies, federal officials, the military, tribal nations – as well as nongovernment organizations and the private sector. One of the primary goals of Cascadia Rising was to train and test this whole community approach to complex disaster operations together as a joint team.

Recent subduction zone earthquakes around the world underscore the catastrophic impacts we will face when the next CSZ earthquake and tsunami occurs in our region:

- Indonesia (2004): M9.1 - 228,000 fatalities
- Chile (2010): M8.8 - 500 fatalities
- Japan (2011): M9.0 - 18,000 fatalities

- **Cascadia estimated**: WA > 10,000 fatalities & > 30,000 injured
  OR > 5,000 fatalities & > 15,500 injured

Read the full scenario [HERE!](#)
UW Seattle’s Participation in Cascadia Rising

Almost 50 UW staff across campus temporarily altered their work schedules on June 7th to participate in what was eventually termed the Access Teams Exercise—the objective being to practice communication and coordination between the Emergency Operations Center (EOC) in UW Tower and the university’s two evaluation teams trained to investigate building safety after an earthquake. The ATC-20 Team is managed out of the Campus Engineering Department and focuses on structural integrity of buildings post-earthquake, while the Pre-Entry Assessment Team (PEAT) is managed out of Environmental Health and Safety (EH&S) and focus entirely on potential HAZMAT concerns. Also involved was the newly formed Re-Entry Assessment Team (RAT) who focus entirely on gaining access to research animals, post earthquake. RAT and PEAT often drill and train side-by-side, however the RAT officially answers directly to Health Sciences. At the end of the day, many lessons and action items were identified to allow us continual improvement for university plans and training. Until then, we all anxiously wait for the day when the real “Big One” finally hits.

The week of June 7-10th 2016 UWEM team members assisted other Emergency Operations Centers (EOCs) across the region as they each tested capabilities in the Cascadia Rising exercise. This was an incredible learning opportunity for everyone involved.
Inexpensive Camping Tricks that Work

UW Emergency Management staff spend a lot of time talking about preparedness “hacks” and ideas to help people survive and thrive during a disaster. Skills such as fire building, water treatment, shelter building, and first aid are just a few of a host of activities that we may have to perform in a disaster.

As emergency managers, we try to do more than just talk, we do what we talk about. Many of the skills seem simple, and they are, but they require a little practice to be proficient when it matters. This is why our staff take advantage of opportunities, like camping to practice.

UWEM staff used the Memorial Day weekend to do a strategic camping retreat and discuss emergency management needs and concepts for improving the preparation and resilience of the University. We also took the opportunity to practice some skills and test some simple dual-use items that have application in camping as well as in a disaster situation. These are inexpensive items, many of which can be found at a dollar store or other low-cost stores.

**Steel Wool + 9-Volt Battery** - One of the clever ways to start a fire without matches.

**Batoning wood with a knife** - A great way to split firewood with a knife when no axe is around.

**The versatile pool noodle** - Camping where you need to hang a tarp, but don’t want to damage tree bark? Use a pool noodle as a buffer between the rope and the bark. Tripping over the tent lines? Split a pool noodle down one side and slide over the tent line to make it more visible and improve safety.

**The handy ratchet tie-down strap** - Our staff have used these to strap gear to the top of our vehicles, sure, but we’ve also found some other great uses such as hanging tarps for cover, using them as a clothes-line or a sturdy center-line for an A-frame tarp-tent.

**The amazing ball-bungee cord** - These little items have a 1001 uses. Our staff use them when day-hiking, camping and even for trail rescues while on duty at the fire department.

**Inverted water bottle as a pre-filter for water treatment** - If you have to make water safe to drink, it may be necessary to pre-filter the water to remove any chunks of debris or other contaminants.

If you look around your home and look at your camping supplies, think of them as a “dual-use” item that can be used during a disaster as well. Shop around low-price stores and sales for items you know will be useful. Teach yourself how to be creative in using the items to meet your needs in an emergency or disaster.
UWEM Team Goes “Glamping”

We have always said the best way to teach preparedness is to go camping. Can you survive without electricity or running water for several days or weeks? This year the UWEM team decided to put our own skills to the test, but with a little “glamping” (glamorous camping) twist.

Welcome to Camp!

How many emergency managers does it take to put up the Privacy Potty Tent?

Demonstration time: Each Emergency Manager took turns showing others how to use their various emergency supplies. Each person learned something new!

Breakfast by emergency candle light

Family & team dinner
The Role of Emergency Management in Active Shooter Incidents

Emergency management focuses on an “all-hazards” approach to disaster management. This includes significant emergencies that result in mass-casualty incidents (MCI’s) and mass-fatality incidents (MFI’s). An all-too frequent type of these emergencies has been active shooter incidents as once-again was demonstrated last month in Orlando against the LGBTQ community on June 11th.

Emergency managers have responsibilities in every phase of the emergency management cycle (Prevention, Mitigation, Planning, Response and Recovery) as it relates to active shooter situations. Our partners in the law enforcement community focus significant resources on the response aspect, with the intent to stop an active shooter as quickly as possible. Emergency managers assist with elements of response by providing logistic support, advanced planned, media management and a host of other supportive roles to the first responders. However, the emergency management role will last through-out the entire length of the recovery period which can be a significant amount of time.

A key concept to comprehend for emergency management in an active shooter incident is to understand that the law enforcement response and management of the suspect is only about 10% of the overall incident. Even though the scene is stabilized, the suspect is under control, the patients are in the hospital and the dead are being mourned, the incident is far from over. The majority of the impact is found in the secondary effects of the incident on the community. If we think of the shooting itself as a rock being dropped in a small pool, the impact of the incident would be the ripples, spreading out in every direction of the community. The impacts to a higher education institution that has suffered a shooting incident may last years.

Emergency managers continue to help to manage those impacts long after the initial incident is over.
OK...You Survived the (fill-in-the-blank) Disaster! Now What?

At one time, you probably heard the slogan “3-Days... 3-Ways” or perhaps quickly glanced at one of those informational posters on a local bus or even some handy-dandy tips inserted into your utility bill envelope. We all remember seeing tips on how to prepare our family for a disaster. Or maybe you are one of the lucky 7% of Americans that are truly ready for a disaster (according to a recent Harris Poll). Even if you think you have enough water, food, medicine, batteries and supplies to survive the Zombie Apocalypse, have you ever thought about the very-first action you would take after you survived the (earthquake/fire/flood/shooting….)?

History has shown that the first thing that most people will do immediately after disaster strikes is to attempt to make contact with their family. It is just human nature to want to reconnect with our loved-ones to assure them that we are OK and to make sure they are as well. But often times, the normal communications systems and technologies that allow us to be connected 24/7 may not be functioning after the crisis or disaster. Phone lines and cell sites will be congested or down due to the emergency. That is why – besides always having an Out-of-Area Contact assuming the phones still work – UWEM strongly recommends that you have a Plan B.

If phones are down but the internet stays up, the UW recommends that you utilize the American Red Cross’ “Safe and Well Registry”, an online site that allows anyone to report their status. Your family and friends will be directed to this Red Cross Website and will be able to search for you based on the information that you voluntarily provide. Another brand-new option is Facebook’s Safety Check function – an online tool that people can use when a major disaster or crisis strikes. Used for the first time last month in the wake of the Orlando Pulse nightclub shooting, Safety Check lets friends and family know you are safe, lets you check in on others in the affected area and mark your friends as “safe” as well. Only your FB friends are able to see your safety status and comments you share.

Seismic Resilience Program Update

By now you know that by way of the UW Seismic Resilience Program, you can request a FREE Mitigation Walkthrough for your office, building, or department. These walkthroughs, along with planning for the aforementioned Access Teams Exercise have been at the forefront of the Seismic Resilience Program for the last six months. Moving forward, focus of the program will be shifting to promotion and advocacy of the 2016 Great Washington ShakeOut! Millions of people worldwide will practice how to Drop, Cover, and Hold On at 10:20am on October 20th, 2016. Will you? Register here!

*email disaster@uw.edu to help your department plan how to participate in this years’ ShakeOut drill.
Red Cross Apps

Rather than just one app, the Red Cross offers a whole series of apps, including a Hurricane App, a Shelter Finder App, a First Aid App, an Earthquake App, a Wildfire App, and even a Volunteer App. Each app includes emergency notifications; step-by-step instructions on how to prepare your family and your home; how to help friends and neighbors; and hints on how to handle food and water during power outages. There are even interactive quizzes to help you prepare for the real thing. (For Android™ and iOS)

There is no way that everyone can know everything about everything, so thank goodness for the American Red Cross’s library of Mobile Apps.

- First Aid
- Blood Donor
- Emergency
- Flood
- Tornado
- Earthquake
- Wildfire
- Hurricane
- Team Red Cross (Volunteer)
- Shelter
- Swim
- Pet First Aid

So if you are all about having vital information at your fingertips, or simply want to have expert advice for everyday emergencies at your fingertips, the Red Cross app’s have provided instant access to vital information that can help your family prepare, recover, or volunteer.

For more information: http://www.redcross.org/prepare/mobile-apps

Be Ready, Be Prepared

We talk about personal preparedness – having supplies in your car and at home, but what about at work? What do you do if there is a large scale emergency, do you know where to go? Do you know who in your office is trained in Evacuation Procedures? Training is essential to ensure that everyone knows what to do when there is an emergency, or disruption of business operations. Everyone needs training to become familiar with protective actions for life safety (e.g., evacuation, shelter, shelter-in-place and lockdown). Review protective actions for life safety and conduct evacuation drills (“fire drills”) as required by local regulations. Sheltering and lockdown drills should also be conducted. Employees should receive training to become familiar with safety, building security, information security and other loss prevention programs.

For more information regarding training and other aspects of preparedness, https://www.ready.gov/business/implementation/training
Spreading the Word: FREE Training for UW Staff

I've been asked to share my experience with FREE training offered by FEMA at the Center for Domestic Preparedness (CDP) in Anniston, Alabama. There are many FREE great courses, where airfare, ground transportation, food & lodging are also FREE. Check out the CDP website here: https://cdp.dhs.gov/. Over the past 2 years, I have taken 3 courses, all of which I enjoyed very much:

TERT—Technical Emergency Response Training for Chemical, Biological, Radiological, Nuclear or Explosive Incidents is an intense, hands-on course. In 4 days, we covered immediate response actions associated with life safety, preservation of property, restoration of an incident site, how to identify CBRNE hazards, and how to identify potential targets for a CBRNE attack. We learned how to identify radiological sources and hazards, how to operate various chemical, biological, radiological and nuclear dissemination devices, and how to evaluate a hazardous area using monitoring. The high point for students is the unique opportunity to use their skills at the Chemical, Ordnance, Biological, & Radiological Training Facility (COBRATF). This is the nation’s only toxic agent training facility for civilian responders, and offers training in the use of nerve agents such as GB and VX, as well as biological materials such as anthrax and ricin.

In addition to the official curriculum, I learned the majority of my class were first responders in fire service or law enforcement. I gained more insight into their responsibilities, and respect for what they do. I discovered that they can put on their protective gear much faster than I can. I apparently have a panic attack when trying to wear a breathing mask. Who knew? Because I couldn’t wear all my safety gear, I couldn’t enter the COBRA training facility, but this wasn’t a problem for anyone else. I was able to watch the other students enter simulated disaster scenes and conduct tests in actual toxic environments. It was fascinating.

My second class was Incident Command, a 3-day course for management-level responders in how decisions made by responders from various disciplines impact the handling of a CBRNE incident. The importance of planning and training for an incident response is stressed, as well as preparedness planning and incident management concepts. Incident Command is a classroom-based course, with a tabletop exercise at the end that requires teamwork and the application of concepts learned during the course. There are approximately 10 students in each group, and each student plays a different role in the exercise.

My third class was Field Force Command and Planning, a 3-day course to prepare management-level students to serve as members of an incident management team during a civil action or disorder. Instruction includes incident management and incorporating preplanning considerations and other management-level responsibilities. This course also ended with a fast-paced tabletop exercise. I once again learned that being the PIO is hard work!

In a class of ~50 students, I was the only one not in law enforcement. However, the UW is a Tier I research university, with a wide variety of research that can make us a focus for anything from peaceful protests to lethal attacks. For instance, 15 years ago, we experienced an arson attack by an environmental terrorist group at one of our research facilities. Although my perspective and experience was different than my classmates, this was still an interesting and useful class.

The CDP is located at the former Fort McClellan Army Base in Anniston, Alabama. Students are flown to Atlanta and sent by bus to the CDP. Housing is in 3-story dorms; breakfast and dinner are in the cafeteria at the main campus, and lunch is served at the training facility. Because ground transportation to and from your home airport is also covered, it is possible for your entire experience to be completely free! You need not spend a single penny! If, however, you’d like to see the local sites, vans are available to take students to various restaurants and stores in the evenings.

This program is a terrific resource, and would be helpful to almost anyone interested in emergency management and preparedness. I can’t recommend it strongly.

Submitted by: Helen MacQueen, Director, Human Resources & Operations, UW Office of Research & EOC Volunteer Extraordinaire
**July: Under the Bed Items**

When disaster strikes, it may be difficult to think as rationally and as quickly as you would like. The more procedures you have in place, and the easier they are to remember and implement, the more effective and efficient will be your response. We recommend that you keep these basic response supplies under the bed. That way, day or night, you’ll know where to go to get the essentials.

**August: Utility Safety**

Natural gas leaks and explosions are responsible for a significant number of fires following any major earthquake. It is vital that all household members know how to shut off the natural gas. Water quickly becomes a precious resource following many disasters. It is vital that all household members learn how to shut off the water at the main house valve.

**September: Drop, Cover & Hold**

During earthquakes, many people’s fight/flight instinct urges them to run! — even when they know they should “drop, cover, hold.” Why? Rational thought (in other words, the knowing) flees. We learn to counter this instinctual response to run by practicing doing the safe thing. Studies show that people in our country tend to be hurt by falling objects, not collapsing structures. If you are on your feet trying to move, you are in danger from toppling bookcases, breaking windows, flying dishes, falling televisions, collapsing fireplaces, or shifting furniture. Safety comes from quickly getting to a place of safety.

For more preparedness information please download your own copy of Washington State Emergency Management’s Emergency Preparedness Guide.