

### ARE YOU PREPARED?

Emergency survival kit should include:

- Have at least a three-day supply of food and water. Four litres of water per person per day - two for drinking and two

for food preparation, hygiene and dish washing. Keep a supply of water purification tablets as well;

- Choose ready-to-eat foods that don't need refrigeration;
- Include canned food including soups, stews, baked beans, meat, poultry, fish, vegetables, fruit;

Also pasta, crackers and biscuits, honey, peanut butter, syrup, jam, salt and pepper, sugar, instant coffee and tea;

- Equipment should include knives, forks, spoons, disposable cups and plates, manual can opener, bottle opener, fuel stove and fuel, waterproof matches and a multi tool.

# Preparing for terror 'starts at home'

BY MARTIN DERBYSHIRE  
Staff Writer

It could be a terrible storm, another blackout, chemical spill or even a terrorist attack, but if disaster strikes, will you be ready?

"None of us are," Thornhill's Amanda Shulman said. "We should probably be more prepared, but we're not. I'm not saying I don't think there's a risk, I'm just not going to run out right now and buy a bunch of supplies to get ready for it."

Richmond Hill resident Rose Pasqua doesn't think her family is prepared either.

"After the London bombings, maybe we should all start thinking about it, though," she said.

Former York police officer and current director of emergency preparedness for Active Canadian Emergency Training (ACET) Ken Doige says we should all be ready.

"We can try to prevent things from happening, but the reality is, things will happen, bad stuff happens," Mr. Doige said from his company's booth at the 15th annual World Conference on Disaster Management in Toronto this week.

"The issue is how do we respond and mitigate the effects of a disaster. Emergency preparedness, planning and training, that's the key.

"Law enforcement and emergency response personnel do a very good job of keeping us safe. I can tell you from firsthand experience, York Regional Police are very committed.

"The incident response bureau where I worked is dedicated to helping the region and its nine municipalities prevent an incident from happening, but the reality is, you can't prevent everything. The question is what

to do when something does happen."

ACET does its best to help private and public organizations answer that question.

These days, only 5 per cent of Canadian private sector companies have more than a basic fire plan in place, Mr. Doige said.

"But in today's environment, that's just not good enough," he said. "We're dealing with blackouts, SARS, violent intruders; you need to be better prepared to manage any and every kind of emergency."

ACET's experts will step in and perform a needs assessment for clients, develop a plan for dealing with emergencies of all kinds and train staff to be prepared.

Then, every six months, they'll come back and drill clients, making sure they're ready.

"It is incumbent on corporations to not just look after their resources and assets, but their human assets, as well," he said.

The training doesn't end with preparation for an emergency at the workplace either. ACET aims to arm employees with the knowledge of what to do at home, as well.

"People need to be prepared for whatever," Mr. Doige said. "Emergency preparedness is no different than fire insurance. You may never make a claim on that insurance policy, but you wouldn't just cancel it. Well, you're just as likely never to require that emergency kit or evacuation routes out of the home and away from the home in the event of an emergency, but if you don't have a plan, your life is potentially at risk."

For more on ACET, surf to [www.activecanadian.com](http://www.activecanadian.com)

Are you prepared in the event of a terrorist attack?



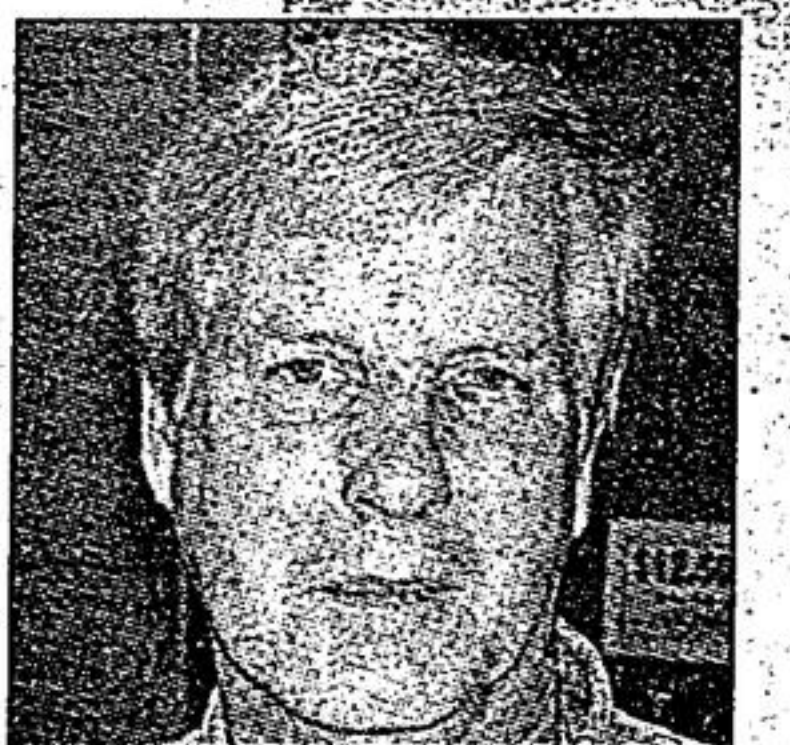
ANNIE YAZEDJIAN

No, we're not prepared, but can you really prepare for that kind of thing?



ROBERT SCOTT

I'm prepared. We all have the general knowledge, we have the emergency kit. We're ready.



TIM BURCH

There's really not that much you can do. We'll just hunker down and hope for the best.

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