



## 9/11 Drill Down for Safety

### Practice Drills for Families

**Option 1: Evacuate your home—Conduct a drill to see how safely and efficiently you can evacuate your residence. You will need a Family Emergency Plan which can be found at [ready.gov](http://ready.gov).**

- Step 1: Bring family members together to execute a drill.
- Step 2: Talk to your spouse and determine what you would tell your family to do.
- Step 3: Perform an inspection; Look for things that could injure people, cause damage to your home or property.
- Step 4: Describe the primary and alternate evacuation routes from your home. Consider alternatives should the major artery be blocked.
- Step 5: Plan for disabled family members who may need additional assistance.
- Step 6: Ensure that the evacuation is accomplished in an orderly manner using the prescribed route. Ensure that an adult who knows the evacuation plans (the last person out of the home) can help any children or seniors find their way out.
- Step 7: Conduct a family roll call .

**Option 2: Texting 'drill'—Conduct a family drill in which you call all family members and let them know you will be evacuating from work.**

- Step 1: Input the text messages for HELP and SAFE which you can find at [safeamericaprepared.org](http://safeamericaprepared.org)
- Step 2: Practice returning messages from each family member and memorize emergency family meeting places.
- Step 3: Text a follow-up message. Set a 'time' when all should arrive. Explain what should be done if someone has trouble in traveling to the home/alternative rendezvous site.
- Step 4: Complete the drill by having all family members text that they are 'SAFE' to return to their routine and review the process later at home—exploring lessons learned.

**Option 3: Shelter in Place—Plan a drill in which you practice how you would remain at home for an extended period of time (without power). Steps that you can consider include the following:**

- Step 1: Check your family pantry for an inventory of key supplies you'd need to stay at home for one week. These might include potable water, food, medical and sanitation supplies (toilet paper, etc.).
- Step 2: Determine how you would cook and/or survive without power for 3-5 days. Make a plan to heat/cool your home—and stay in rooms that are the best insulated as well as best lit.
- Step 3: Review procedures to shelter non-family/neighbors that may not have adequate supplies. Discuss how many you can shelter—and any special rules/regulations you might want to enforce.
- Step 4: Plan a three-day simple menu to avoid cooking.
- Step 5: Consider how you would dispose of waste if you could not take garbage outside your home.
- Step 6: Have a communications system (battery radio) tested to make sure it works. Also check flashlights.
- Step 7: Pretend that you have to sleep in one room. Have all family members 'bed down' and see how to make themselves comfortable.
- Step 8: Complete the drill, asking for suggestions of what could make people 'more comfortable.' Consider what chores might need to be shared—for adults, teens and children – and explain the value of practice – just like a sport or dance production.

For more information on how to drill, contact Bob Surrusco at [bsurrusco@safeamerica.org](mailto:bsurrusco@safeamerica.org) or visit

[www.safeamericaprepared.org](http://www.safeamericaprepared.org).