

Household Emergency Preparedness Manual

Addenda: Practice Checklist

Stage 1: Foundations (Awareness)

Northern Utah / Wasatch Front Edition

Every hands-on action item from every addendum for this skill stage, gathered in one place for printing. Work through whichever categories matter most to you; there's no requirement to finish every category's Stage 1 before starting another category's Stage 1. See each addendum for the full context, knowledge sections, and learning-path resources behind each item.

Addendum A: Water & Food

- ☐ **Do the water math:** Calculate your household's actual daily water need (1 gal/person/day minimum, more for pets, cooking, and hygiene) and compare it against Chapter 1's stored quantity. Most people are surprised how much a 4-person household actually needs for 14 days.
- ☐ **Practice the treatment decision:** Given three scenarios (cloudy stream water, tap water during a boil-water notice, water from a compromised municipal line after an earthquake), decide which treatment method or combination you'd use for each, and explain why.
- ☐ **Read one full NCHFP guide section:** Pick one preservation method you don't currently use (canning, dehydrating, or freezing) and read its full NCHFP guide section, not just a summary.

Addendum B: Sanitation & Medical

- ☐ **Map your household's waste plan:** Walk through exactly what your household would do for toilet needs if water and sewer were both down for a week, start to finish, including where waste would actually go.
- ☐ **Practice the triage question set:** Given three hypothetical injured people, practice sorting them by START logic (walking wounded, breathing/not breathing, pulse/no pulse) before reading how a trained responder would actually categorize them.
- ☐ **Read the Hesperian sanitation chapter:** Read Where There Is No Doctor's sanitation and water sections in full, not a summary.

Addendum C: Energy & Heat

- ☐ **Do the load math:** List every device you'd actually want to run on backup power during an outage, add up the watts, and compare it against your specific generator or power station's rated output before you need it for real.
- ☐ **Locate your home's main breaker and any transfer switch:** Physically find and understand how to operate your electrical panel's main breaker and, if installed, a generator transfer switch or interlock kit, before an outage.
- ☐ **Walk through your CO detector coverage:** Confirm you have a working carbon monoxide detector on every level of your home, not just near obvious combustion sources.

Addendum D: Security & Shelter

- ☐ **Do a home security walkthrough:** Walk your property at night as if you were a stranger; note every dark entry point, unlocked access, and sightline gap, and fix the cheapest ones first.
- ☐ **Read your actual state self-defense statute:** Don't rely on secondhand summaries; read Utah's actual use-of-force law text alongside Chapter 4's Legal Note.
- ☐ **Identify your home's real structural red flags:** Walk your own property looking specifically for the red flags Chapter 13 describes, before you ever need to assess damage under stress.

Addendum E: Communication

- ☐ **Inventory your household's actual radio gear and range:** List every radio-capable device you own (FRS walkies, a GMRS radio, a scanner) and test its real range in your actual neighborhood, not its rated range.
- ☐ **Confirm your county notification registration:** Verify you're actually signed up for your county's opt-in emergency notification system, not just assuming a past registration is still active.
- ☐ **Listen to a real net or repeater for an hour:** Even without a license, you can legally listen to amateur radio traffic; find a local repeater frequency and listen to a scheduled net to understand real on-air discipline before you're the one transmitting.

Addendum F: Access & Functional Needs

- ☐ **Document your household's exact device specs:** Write down the exact power draw, battery backup time, and manufacturer emergency contact for every powered medical device in your household.
- ☐ **Learn the CMIST framework well enough to apply it:** Walk through your own household's plan against all five CMIST categories, not just mobility, since Communication and Supervision needs are easy to overlook.
- ☐ **Watch (don't yet perform) a proper transfer technique:** Find manufacturer or PT-produced video guidance on proper transfer technique for your household's specific equipment (wheelchair, hospital

bed) before attempting it yourself.

Addendum G: Mental Health

- ☐ **Practice the PFA framework in a low-stakes conversation:** Deliberately use Listen, Protect, Connect, Model, Teach in an ordinary difficult conversation (not a crisis) to build the muscle memory before you need it under real stress.
- ☐ **Memorize the 988/211/911 routing logic:** Practice explaining out loud, without notes, which number to call for a mental health crisis, a non-emergency resource need, and immediate danger to life.
- ☐ **Identify which SAMHSA phase your own community experienced most recently:** Reflect on a real local event (even a smaller one) and identify which of the six phases it moved through, to make the model concrete rather than abstract.

Addendum H: Pet Evacuation & Shelter

- ☐ **Pet-proof your medication storage:** Physically verify your Sanitation & Medical chapter's medication supplies are stored where pets genuinely cannot access them, not just assumed to be safe.
- ☐ **Practice reading your own pet's stress signals:** Watch your own pet in a mildly stressful situation (a vet visit, a loud noise) and consciously identify the body language before, during, and after.
- ☐ **Confirm your pet's ID is current:** Verify microchip registration and collar tags are current and correct today, not on the Chapter 8 checklist's annual schedule.

Addendum I: Digital Data & Documents

- ☐ **Verify your actual 3-2-1 backup is real:** Physically confirm your 3 copies live on genuinely different media types and that the off-site copy is somewhere that wouldn't be destroyed in the same event as the other two.
- ☐ **Test your password manager's emergency access feature:** Actually walk through what a trusted person would need to do to access your accounts in an emergency, using the feature itself, not just assuming it would work.
- ☐ **Identify your household's most fragile physical document:** Find the single most damage-prone original document you own and decide, concretely, whether it needs archival-grade storage now.

Addendum J: Economic & Financial

- ☐ **Find your specific ALE cap:** Call your insurance agent if needed and confirm the exact percentage and dollar cap on your policy's ALE coverage, in writing.

- ☐ **Build a real household budget:** Create an actual, current budget for your household, not a rough mental estimate, and compare it against your Chapter 10 cash reserve target.
- ☐ **Practice recognizing price gouging:** Given three hypothetical post-disaster pricing scenarios, practice identifying which would actually qualify as illegal gouging under Utah's 10%-above-average threshold versus which are legitimate cost increases.

Addendum K: Fitness

- ☐ **Demonstrate correct lifting form:** Practice a proper hip-hinge lift (legs and hips, not lower back) with a light, safe object until it's automatic, not something you have to consciously think through.
- ☐ **Learn PEACE & LOVE well enough to teach it back:** Explain the full protocol out loud from memory, including which phase applies in the first 48 hours versus after.
- ☐ **Do the effort-pacing math:** Cross-reference Chapter 11's Tier 1 guidance on caloric restriction and effort pacing; understand concretely how your own output should adjust under a real reduced-calorie scenario.

Addendum L: Transportation

- ☐ **Locate and check your vehicle's basics:** Physically locate your oil dipstick, coolant reservoir, and battery, and check each without referring to the manual.
- ☐ **Practice reading a paper map without GPS:** Navigate a genuinely unfamiliar route using only a paper map, timing yourself and noting where you got confused.
- ☐ **Confirm your traction devices actually fit:** If you own tire chains or snow socks, test-fit them in your driveway in daylight, not for the first time on a canyon road in a storm.

Addendum M: Post-Disaster Recovery & Rebuilding

- ☐ **Practice an exterior structural red-flag walkaround:** On your own home (or a building you have permission to assess), practice the Chapter 13 red-flag walkaround as a timed exercise.
- ☐ **Look up a real contractor on dopl.utah.gov:** Chapter 13's Tier 2 already recommends this as a checklist item; actually do it once, before it's urgent, so the process is familiar.
- ☐ **Confirm your specific ALE and claim-filing deadlines:** Cross-reference Addendum J's (Economic & Financial) ALE guidance; know your policy's specific numbers, not a general estimate.