

Household Emergency Preparedness Manual

Addenda: Practice Checklist

Stage 2: Applied Practice (Competent)

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 2 before starting another category's Stage 2. See each addendum for the full context, knowledge sections, and learning-path resources behind each item.

Addendum A: Water & Food

- ☐ **Practice treatment methods for real:** Actually treat a batch of water with household bleach at the correct dose, and separately with a filter you own. Taste the difference, time the process, and confirm you can do it without instructions in front of you.
- ☐ **Build and test a rotation system:** Set up whatever water storage Chapter 1 calls for, and actually run the 6-month rotation cycle once, including relabeling and treating on the way back into storage if using a treatment additive.
- ☐ **Practice a boil-water response:** The next time your area issues a boil-water notice (or simulate one), follow it for real: boil for the recommended time, let it cool, and use it, rather than defaulting to bottled water.
- ☐ **Take a hands-on preservation class:** USU Extension's Home Food Preservation Series (canning and dehydrating, roughly \$6/class) is specifically designed as a low-cost, low-commitment entry point. Attend at least two sessions covering different methods.
- ☐ **Can or dehydrate a real batch:** Complete one full preservation run start to finish, following a tested NCHFP recipe exactly (not an heirloom family recipe with unverified processing times), and record what you'd do differently next time.
- ☐ **Build a real FIFO rotation:** Set up and actually use a first-in-first-out rotation system for your stored food for at least one full month, not just as a one-time organizing exercise.
- ☐ **Build a bulk long-term supply hands-on:** The Church of Jesus Christ of Latter-day Saints operates Home Storage Centers open to the public (not just members) along the Wasatch Front, selling bulk long-term staples (wheat, rice, beans, oats, powdered milk) at low cost; several locations let you actually operate the canning/sealing equipment yourself to package your own #10 cans. This is genuinely hands-on bulk storage practice, not just an online order.

Addendum B: Sanitation & Medical

- ☐ **Get certified in First Aid/CPR/AED:** The American Red Cross First Aid/CPR/AED course is the standard entry-level certification: available in-person, blended (online + in-person skills check), or fully online formats, valid for two years, and OSHA/workplace-compliant. Every adult in the household should hold this, not just one designated “medical person.”
- ☐ **Practice wound care hands-on:** Under instruction (the Red Cross course covers this), practice cleaning and dressing a wound, applying a tourniquet correctly, and recognizing when a wound needs more than a bandage.
- ☐ **Practice CPR and AED use on a manikin:** Book-knowledge of CPR compression rate and depth doesn't transfer to muscle memory; the hands-on skills session is the part that actually matters if you're ever the only person present.
- ☐ **Build and test a no-power sanitation setup:** Actually assemble and use Chapter 2's Tier 1 toilet-alternative setup (bucket toilet, kitty litter/sawdust cover material, doubled heavy-duty bags) for a full weekend as a dry run, not just as stored supplies.
- ☐ **Practice water disinfection alongside food/wound-care hygiene:** Cross-reference Addendum A's water treatment practice; the same treated water needs to be used correctly for wound irrigation and hand hygiene, not just drinking.
- ☐ **Set up a real greywater plan:** Identify specifically where greywater from dishwashing or bathing would be disposed of on your property without contaminating a garden bed or water source.

Addendum C: Energy & Heat

- ☐ **Run a real generator test under load:** Start your generator, connect it through a proper transfer switch or interlock (never a direct backfeed), and run your actual planned Tier 1 load list for at least a few hours; confirm what it can and can't handle.
- ☐ **Practice safe extension cord and connection use:** Learn to identify a generator-rated (not just any) heavy-gauge outdoor extension cord, and practice safe cable routing that doesn't create a trip or water-exposure hazard.
- ☐ **Build and test a small solar setup:** Assemble a portable solar panel plus power station or battery bank, and actually charge and run a real device from it, including on a cloudy day, to understand real-world output versus rated output.
- ☐ **Operate your wood stove or heater through a full burn cycle:** If your household has a wood stove, practice a full cycle (building the fire, managing airflow/damper, safely reloading, and a clean shutdown) under normal conditions before you need it in an emergency.
- ☐ **Practice CO and fire-safety response:** Physically test your CO detectors (most have a test button) and walk through your household's actual fire-extinguisher location and use, since a heating-related fire is a

real and specific risk this addendum is meant to reduce.

☐ **Insulate one real weak point:** Identify and actually fix one real heat-loss point in your home (weatherstripping a door, sealing an attic hatch) rather than just reading about insulation theory.

Addendum D: Security & Shelter

☐ **Harden your home's actual weak points:** Act on your Stage 1 walkthrough: fix the locks, add the lighting, close the sightline gaps you identified, rather than leaving it as a list.

☐ **If pursuing firearms, get a Utah Concealed Firearm Permit (CFP):** The Utah CFP requires a 4-hour, BCI-certified classroom course covering safety, storage, Utah law, and justification of force; it does not include a shooting qualification or range time. Treat the CFP as the legal/knowledge layer, not a substitute for actual shooting proficiency.

☐ **If pursuing firearms, separately get real range instruction:** NRA's Basics of Pistol Shooting course (available through multiple certified Utah instructors) provides the actual hands-on shooting fundamentals the CFP course doesn't cover: safe handling, marksmanship basics, and range discipline. Do this regardless of whether you also take the CFP course.

☐ **Practice the ShakeOut drop-cover-hold drill for real:** Actually perform the physical drill during the annual Great Utah ShakeOut, not just acknowledge the reminder email.

☐ **Build a real improvised shelter:** Using only a tarp and cordage (the University of Utah course's format), build a functional shelter in your own backyard or a local canyon and sleep a night in it under supervision or with a buddy.

☐ **Practice a basic exterior structural walkaround:** On a building you have permission to assess (your own home, a friend's), practice the Chapter 13 red-flag walkaround as a timed, real exercise rather than a mental checklist.

Addendum E: Communication

☐ **Get your GMRS license:** No exam required; a straightforward FCC application and \$35 fee covers your entire immediate family (GMRS licenses cover the licensee's immediate family members). Do this even if you're also pursuing amateur radio, since GMRS repeater access is genuinely useful and doesn't require ongoing study.

☐ **Study for and pass the Technician-class amateur radio exam:** 35 questions on radio theory, regulations, and operating practices; Technician class unlocks all privileges above 30 MHz, including the popular 2-meter band most local repeaters use. Free question pools and practice exams are widely available online (ARRL's question pools page is the authoritative source).

☐ **Actually get on the air:** Passing the exam without ever transmitting is incomplete; make your first real contact on a local 2-meter repeater within your first month of licensing.

- ☐ **Attend a real net:** Most local ham clubs run a weekly practice net specifically to give new operators low-stakes airtime; check in on one as your actual first transmission.
- ☐ **Practice message relay accuracy:** Practice passing a written message verbatim through two or three people by radio, then compare the received version to the original; this is the exact skill that breaks down under real stress if never practiced.
- ☐ **Build your household's radio go-bag:** Cross-reference Chapter 5's Tier 1 equipment list; confirm your actual radios, spare batteries, and frequency list are packed and current, not just purchased.

Addendum F: Access & Functional Needs

- ☐ **Take the Red Cross Family Caregiving course:** Covers home safety, infection control, medication safety, reading and recording vital signs, and general elder/dependent-care skills; available in classroom and self-study formats through local Red Cross chapters.
- ☐ **Practice a real transfer with instruction:** Under supervision (a home health aide, PT, or the care recipient's own care team), physically practice the specific transfer technique your household actually needs, not a generic one.
- ☐ **Formalize your named backup caregiver:** Chapter 6's Tier 1 calls for a named backup caregiver; Stage 2 is where that person actually sits down with you, learns the specific care routine hands-on, and confirms in writing they're willing and able.
- ☐ **Run a real backup-power test for every device:** Actually run each powered medical device on its backup power source (battery, power station) for its full rated duration at least once, not just assume the rating is accurate.
- ☐ **Practice basic troubleshooting for your specific devices:** Learn your device's common failure points and basic fixes (a clogged CPAP filter, a low-battery warning sequence) directly from the manufacturer's manual.
- ☐ **Confirm utility priority reconnection registration:** If not already done from Chapter 6's Tier 1, actually complete your electric utility's medical equipment priority reconnection registration rather than just knowing it exists.

Addendum G: Mental Health

- ☐ **Get QPR certified:** QPR (Question, Persuade, Refer) is a 60–90 minute training teaching suicide warning-sign recognition and how to guide someone to help, modeled deliberately on how CPR training works for physical emergencies. NAMI Utah runs free QPR workshops on the second Wednesday of most months.
- ☐ **Practice the actual QPR conversation, not just the acronym:** The hardest part of QPR is asking the direct question (“are you thinking about suicide?”) without flinching; practice saying it out loud in a training or role-play context before you need it for real.

- ☐ **Know your specific local crisis resources beyond 988:** Identify your county's specific mobile crisis outreach team or crisis receiving center, if one exists, since some situations benefit from an in-person response beyond a phone line.
- ☐ **Get Mental Health First Aid certified:** The standard 6–8 hour certification (already cited in Chapter 7) teaches recognition and response to mental health and substance use crises; in Utah, classes are taught through NUHOPE, Weber-Morgan Health Department, Weber Human Services, Davis Behavioral Health, and other community partners, and can be found through utahsuicideprevention.org.
- ☐ **Practice active listening deliberately:** Active listening (reflecting back, not interrupting, not immediately problem-solving) is a specific, practicable skill; practice it deliberately in low-stakes conversations, not just during a crisis.
- ☐ **Build your household's crisis resource card:** Cross-reference Appendix B's contact list; make sure 988, 211, your county's crisis resources, and SAMHSA's National Helpline are all somewhere your whole household can find without a phone.

Addendum H: Pet Evacuation & Shelter

- ☐ **Get Red Cross Cat and Dog First Aid certified:** A 35-minute online course covering vital signs, preventative care, and emergency response for breathing/cardiac emergencies, wounds, bleeding, and seizures; digital certification on completion. Low-barrier and worth every household member completing, not just one designated pet caretaker.
- ☐ **Practice actual wound care and bandaging on a real (calm) animal:** Under safe, low-stakes conditions, practice applying a bandage and checking vital signs on your own pet, so the first time isn't during a real injury.
- ☐ **Build and test your pet first aid kit:** Confirm every item in Chapter 8's kit is actually present and that you know how to use each one, particularly the muzzle and styptic powder.
- ☐ **Practice carrier loading under time pressure:** Time yourself loading your pet into its carrier as if evacuating; if it takes longer than a couple of minutes or requires a struggle, that's a real gap to close before an emergency, not after.
- ☐ **Volunteer a shift at a local animal shelter:** Salt Lake County Animal Services and the Humane Society of Utah (both already cited in Chapter 8) rely on volunteers and are a genuinely good, low-commitment way to practice handling unfamiliar animals safely under supervision.
- ☐ **Practice de-escalation with a stressed animal:** Under supervision (a shelter volunteer shift is ideal for this), practice recognizing and responding to an animal's escalating stress signals before it reaches a bite or scratch.

Addendum I: Digital Data & Documents

- ☐ **Actually implement full-disk encryption and test it:** Turn on BitLocker, FileVault, or VeraCrypt on your real devices (already covered in Chapter 9) and confirm you can still access your data afterward, including from a fresh reboot.
- ☐ **Set up and test a password manager properly:** Migrate your actual passwords into a real password manager, generate the official emergency kit, and store it per Chapter 9's guidance, rather than continuing to use browser-saved or reused passwords.
- ☐ **Practice offline data recovery under simulated pressure:** Time yourself actually retrieving a specific file from your encrypted backup without internet access, since Chapter 9's Tier 2 already flags that this behaves differently than people expect.
- ☐ **Digitize a real batch of documents to spec:** Actually scan a meaningful batch of vital documents at 300+ DPI with consistent, searchable file names, not just the one or two documents used to test the process.
- ☐ **Move your most fragile document into archival storage:** Act on your Stage 1 assessment: actually rehouse your most damage-prone document in an acid-free folder or box.
- ☐ **Take a genealogy research course:** Complete at least one full FamilySearch Learning Center course relevant to your own family history research, applying real research methodology rather than casual searching.

Addendum J: Economic & Financial

- ☐ **Complete a structured personal finance course:** Financial Peace University (a 9-lesson course covering budgeting, debt payoff, and saving) is widely available through Utah credit unions like Beehive Federal Credit Union and many local churches, often free or low-cost; the structured weekly format builds real budgeting discipline better than self-study alone for most people.
- ☐ **Actually build and stress-test your emergency cash reserve:** Move beyond Chapter 10's Tier 1 target to actually assembling it in the small-denomination format specified, and physically confirm it's split correctly between the home safe and portable reserve.
- ☐ **Track every expense for one full month:** A real, disciplined expense-tracking month (not an estimate) is the single most common turning point in actually understanding where a household's money goes.
- ☐ **Conduct a real, low-stakes trade negotiation:** Chapter 10's Tier 2 already recommends this as a checklist item; actually do it, trading something genuinely valuable to you for something else, and pay attention to how the negotiation actually unfolds.
- ☐ **Build your barter inventory to spec:** Actually stock Chapter 10's Tier 2 barter goods (alcohol, tobacco, coffee, sugar, salt, batteries, hygiene products, OTC meds) rather than treating the list as aspirational.

☐ **Practice manual ledger record-keeping:** Keep a real, physical ledger of even ordinary household transactions for a few weeks to build the habit before you need it for barter specifically.

Addendum K: Fitness

☐ **Build a real functional bodyweight routine:** Actually establish and follow Chapter 11's Tier 2 routine (squat, hinge, push, carry) on a consistent schedule for at least two months, not as a one-time trial.

☐ **Practice rucking with real progressive load:** Start at roughly 10% of body weight (already cited in Chapter 11) and progressively increase over weeks; log the actual distances and weights rather than estimating.

☐ **Keep a real training log:** Chapter 11's Tier 2 already recommends this; actually track load and frequency to catch the two common training mistakes (doing too much too soon, or not progressing at all) before they cause an injury or plateau.

☐ **Assemble and understand your injury supplies in context:** Build the compression wraps and elevation-friendly setup Chapter 11 recommends, and actually know how each piece maps to a specific PEACE & LOVE phase.

☐ **Get CPR/First Aid certified if not already:** Cross-reference Addendum B (Sanitation & Medical); basic first aid certification is directly relevant to on-the-spot injury response during physical training or real labor.

☐ **Practice recognizing overexertion in real time:** During actual rucking or loaded-carry practice, deliberately notice and log the early physical signs of overexertion rather than pushing through them, building the pattern-recognition Chapter 11's Tier 3 depends on.

Addendum L: Transportation

☐ **Perform real basic maintenance yourself:** Actually check and top off fluids, inspect belts and hoses, and clean battery terminals on your own vehicle, per Chapter 12's Tier 2 guidance, rather than always outsourcing it.

☐ **Practice safe fuel transfer:** Using a manual siphon pump (never mouth-siphoning, per Chapter 12's explicit warning), practice safely transferring fuel between containers.

☐ **Build real bike maintenance competency:** Practice basic bicycle maintenance (tire repair, chain lubrication) on your own bike using Chapter 12's Tier 2 repair kit, not just owning the kit unused.

☐ **Complete a Utah-specific defensive driving course:** The Utah Safety Council offers both online and in-person defensive driving courses, and some providers cover Utah-specific hazards directly (canyon driving, black ice on I-15/I-80); many insurers offer a rate discount for completion, making this a low-cost, practical Stage 2 investment.

- ☐ **Drive an alternate evacuation route for real:** Chapter 12's Tier 1 already calls for this; actually do it, at a time of day and season different from your usual commute, to see real conditions.
- ☐ **Practice traction-device installation in realistic conditions:** Beyond the Stage 1 driveway fit-check, actually install tire chains or snow socks in cold weather, ideally with gloves on, to build real speed and competence.

Addendum M: Post-Disaster Recovery & Rebuilding

- ☐ **Practice full damage documentation:** Chapter 13's Tier 1 already covers this; actually do a full photo/video walkthrough of your own home as a practice run, following the same standard you'd use for a real claim.
- ☐ **Compare your home against Addendum A's Water & Food storage documentation habits:** The same “document before touching” discipline covered elsewhere in this manual applies directly here; treat this as reinforcing a single cross-cutting skill, not a separate one.
- ☐ **Understand permit basics for common repairs:** Look up your specific jurisdiction's permitting requirements for common repair types (roofing, electrical, plumbing) before you need to navigate them under pressure.
- ☐ **Practice comparing contractor bids:** Build and actually use Chapter 13's Tier 2 bid-comparison sheet (price, scope, timeline, license verification) on a real, low-stakes home project, not just a hypothetical.
- ☐ **Run a real expense-logging exercise:** Cross-reference Addendum J's budgeting practice; keep a real, dated expense log for a home project as practice for the ALE documentation Chapter 13's Tier 2 requires.
- ☐ **Understand FEMA Individual Assistance eligibility:** Chapter 13's Tier 2 already covers this; know your household's actual eligibility factors (citizenship/qualified alien status, insurance-first sequencing) before a real federal disaster declaration.