

## Preparing for Emergencies

Emergencies are sudden disruptions in daily life. They can be destructive and life threatening. Once an emergency begins it is too late to try to prepare. Vital supplies of water, food, medicines will be in short supply. Tools and equipment for shelter and sanitation will also be hard to find. You may have to move several times before you find a safe place for you and your family.

The best time to prepare is BEFORE disaster strikes. It takes time, effort, and money to prepare. Do this well ahead of time, one step at a time. This will help you to take on the big task in smaller more manageable steps.

“Prepare for the worst, Hope for the best” is good advice. After a disaster strikes, don't just sit and wait for the government help to arrive. Factors beyond their control may make response difficult or slower than desired. Your safety and survival is your responsibility. Don't expect others to do what you are not willing to do yourself.

Preparing families for emergencies is another way the RTC-TH helps them be self-sufficient and sustainable.



The RTC-TH Emergency Preparedness Training by workshop, individual home study, email, skype empowers self-selected individuals and families to help make their communities more self-sufficient and sustainable in times of emergencies.

## RTC-TH Community-based Education



The RTC-TH Community-based Education method is an informal, non-traditional, “out of the box” teaching process. It is education of, for, and by the people directed to solve local prob-

lems using local insights and resources. Self-selected trainees and volunteers are always invited to participate.

Self-sufficiency and sustainability begin at home with the individual and family, friends and neighbors before turning to the government and outside help. In major disasters, outside help tries to serve the greatest number of people quickly. Smaller remote villages are a lower priority.

The smaller your village or community, the more prepared you must be in order to survive until help arrives.

RTC-TH Community-based Emergency Preparedness training is available in person (for mutual benefit or cost recovery) or via e-mail or skype. Materials are available free over the internet or by regular mail at cost.. Volunteers are needed to translate the lessons to Thai.

## Rural Training Center-Thailand (RTC-TH)

[www.neighborhoodlink.com/org/rtc2h](http://www.neighborhoodlink.com/org/rtc2h)



166 Moo 5 Ban Wang Wa,  
Tha Wang Pha, Nan Province  
55140  
Hwy Jct 1080 / 1148  
Across from the Tha Wang Pha  
District Offices and Police Station  
on the southbound side of Hwy  
1080 on the north end of town

Phone (Eng) 087-737-4918  
(Thai & Eng) 086-011-3497  
E-mail: [rtc2k5@gamil.com](mailto:rtc2k5@gamil.com)

## Rural Training Center –Thailand

## Emergency Communications



## Ready to serve and sustain our Community

Emergency Preparedness Training  
Mobile Emergency Weather System  
Emergency Communications Relay

HSØZHM

Thawangpha, Nan Province  
Thailand

UTC +7 ITU 49 CQ 28  
EchoLink-L 520300

## Emergency Preparedness Training (EPT)

*It is important to prepare to survive for 2 weeks while waiting for outside help. If possible, increase this to 6 or 12 months if you can.*

*Use the following guidelines to help prepare to survive. You can live for about*

- 3 minutes if you cannot maintain your body core temperature of 37°C
- 3 days without water
- 3 weeks without food

*When people survive a disaster, almost immediately they need safe drinking water, medical care and sanitation. This is the start for preparing the supplies and equipment you need for your family.*



*Learn to prepare for emergencies for your local area and the needs of your specific family. Safety is your personal responsibility. Once you are prepared, you are in a better position to help others to do the same.*

All RTC-TH lessons are readily available in PDFs (free downloads from the internet) or on CD (at cost). You can study at your own pace at home or be mentored on the internet by email or skype. Schools as supplementary English lessons.

On-site small group training can be arranged on a cost-recovery basis.

## Mobile Emergency Weather Station (MEWS)

*Modern emergency disaster response often uses helicopters to quickly survey the damage, evacuate the critically injured, and conduct relief services. Weather can affect flight operations and set priorities on emergency relief supplies. Local weather data for the disaster area may not be available. Amateur radio operators (hams) can be properly trained as weather observers and report the data using their ham radios to emergency responders.*



*If you are a licensed amateur radio operator, we encourage you to get the free RTC-TH MEWS training. Basic level MEWS uses a thermometer and reference charts from the MEWS Guidebook. Advanced level observers can make weather instruments following simple instructions or buy more sophisticated / expensive equipment. MEWS trained ham radio operators can volunteer to provide vital on-site weather data to increase operational flight safety and increase the efficacy of emer-*

## Emergency Communications Relay Station (ECRS)

*During many disasters, normal communications systems may fail or be overloaded. Amateur radio, using self-sufficient battery power can still get through. VHF 2m radios work on LOS (Line-of-sight) and may be limited to about 40 km. HF radios can have a range of hundreds for km or may even reach around the world.*

*The RTC-TH has started a program to set up and operate an EmComm Relay Station equipped with VHF and HF radios. This is a slow work in progress limited by time, budget, and availability of technical support from fellow ham radio operators.*



*The RTC-TH EmComm functions as an Auxiliary International station in cooperation with the Glendora Emergency Response Communications (GERC) group in southern California.*

*Both groups are committed to community service, emergency preparedness and providing public service emergency communications in times of need. No outside or government funds are used to support the activities of both groups. These volunteers serve in the finest tradition of Amateur radio operators worldwide,*

**The RTC-TH is a people-to-people community-based all volunteer group operating on the basis of mutual respect, mutual benefit to empower people toward self-sufficiency and sustainability.**