

Disaster Personality

1. Attitude

- People who perform well in a crisis believe they can influence what happens to them and are convinced that they can learn from both good and bad consequences
- You can improve your survival chances by taking action. Take a deep breath, assess the situation, think about what action you can take, then take action.
- When in doubt, Do Something

2. Knowledge

- People take the time to learn about the potential hazards that may affect them do better during a crisis.
- The hazard map on the right shows many of the hazards in each state.

3. Anxiety

- People are more likely to shut down during an emergency if their daily anxiety levels are high.
- Practice the breathing exercise shown below often so it becomes second nature.

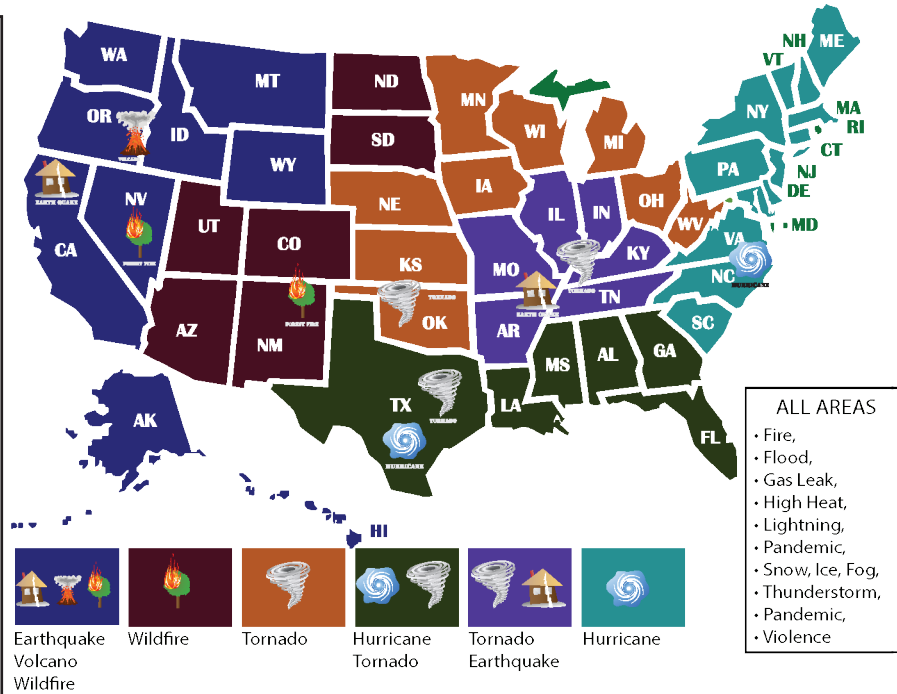
4. Body Weight

- People who are overweight generally move more slowly, are more prone to secondary conditions like a heart attack, and take longer to recover from injuries.

5. Training

- Training is the best way to improve performance during an emergency.
- Learn about the potential hazards in your area, review Yaskawa's emergency action plan, and create a plan for your home.
- Think about what you would do in certain circumstances. Remember that you are still far more likely to suffer heart disease or other common illnesses than you are being a victim of a disaster, but increase your readiness if a disaster does occur.

Source: *The Unthinkable: Who survives disaster strikes and why* by Amanda Ripley



	Emergency	Disaster	Catastrophe
Description	Serious unexpected event that calls for immediate action	A large scale emergency that affects large populations and/or property	A large scale disaster that also affects the ability of emergency services to respond
Example	<ul style="list-style-type: none"> • Medical Condition • Traffic Accident • House or Business Fire 	<ul style="list-style-type: none"> • Tornado, • Hurricane, • Earthquake, • Wildfire, Terrorism 	<ul style="list-style-type: none"> • 9/11, • Hurricanes Katrina and Maria, • Fukushima Nuclear Accident
# of People	One to many	Hundreds to Thousands	Thousands to Tens of Thousands
EMS Response	Normal response times unless EMS is over-taxed with other emergencies. Will be longer in remote settings.	May be delayed by several hours	May be delayed by several days

In an Emergency, there is always one thing you can control: yourself.

At the onset of a crisis, your heart rate, respiration, blood pressure, and body temperature all increase.

To think critically during the crisis, start by taking a deep breath.

- Breathe in through your nose for 4 seconds
- Hold for 4 seconds
- Breathe out for 4 seconds

