



# CONTRACTORS GUIDE TO DISASTER RESPONSE

Learn How to Prepare Your Company to  
Work Before, During & After a Disaster

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Industries, Safety and Health Investments Project

## DISASTERS CAN HAPPEN AT ANY TIME:

In the Pacific Northwest, we have potential for the following disasters:

- Floods
- Storms
- Power Outage
- Fires
- Earthquakes
- Tsunamis
- Volcanos
- Chemical Releases
- Nuclear Events
- Acts of Terrorisms
- Civil Unrest
- Pandemic Flu
- and the list goes on.

Most businesses think preparing for disasters is the job of the Emergency Management Community, Fire Departments, Police, and Emergency Medical Services. Yet, all businesses are effected by disasters when they happen. And when a disaster involves destruction or damage of properties, contractors in particular find themselves involved at levels they have not prepared for. Building a culture of safety and preparedness will help your company weather any disaster on the horizon. It may ultimately determine whether your company can survive a disaster.



As a construction company, you may be in a position to help after a disaster with infrastructure repair, recovery, or even rescue work. But to even consider that, you will need to get prepared and help your employees to do the same. Encourage your employees to prepare for a disaster at home and for their family as well. No one can fully concentrate on helping their communities if they are worried about their family. Suggest that all your employees visit [www.ready.gov](http://www.ready.gov) and make a plan for their families first. Get specific information about Washington State Disasters and preparedness from [www.emd.wa.gov/](http://www.emd.wa.gov/).

**In Every Disaster,  
you have one of  
two choices:  
Shelter-In-Place or  
Evacuate!**

## WHAT CAN MY COMPANY DO? CREATE AN EMERGENCY RESPONSE PLAN

We've **identified some of the potential hazards for you**, now finish the list and think about items that impact your business. In every disaster's initial phase, there are basically one of two things you can do: **Evacuate or Shelter-in-Place**.

- Evacuation may be from the building or to a distant location.
- Shelter-in-Place may be just staying put or actually trying to protect those in the building from a toxic substance.

Start to think of your plan in terms of those two options. Will all my employees need to stay at the office? Will they go home? What do they need for either choice? We've included a link to [www.ready.gov/business](http://www.ready.gov/business) so you can use the tools there to develop a detailed plan for your company.

Even though we consider these plans "All Hazards"; meaning they work for every situation, it's sometimes easier to start planning with a specific emergency in mind.

## EVACUATE

Start by imaging you have a fire at your office location. Map the building and escape routes for employees. (You are required to do this under L&I rules already), Include identifying who is in charge during an emergency, and where employees will meet after they **Evacuate**. Mark all these things on a map of your area and share with all your employees. Locate key areas for assembly areas, fire alarms and extinguishers, first aid kits, AEDs, wheel chair access or refuge places, and related resources. Do an evacuation drill yearly to identify problems and find ways to improve your plan.



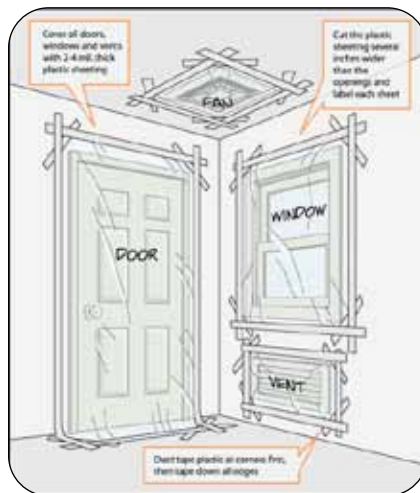
## SHELTER-IN-PLACE

Imagine there is a chemical spill outside your office building that requires everyone to stay inside. Map where employees would **Shelter-In-Place** and make sure food, water, plastic, tape, knives, and sanitation facilities are available there.

Use common sense and available information to assess the situation and determine if there is immediate danger. If you see large amounts of debris in the air, or if local authorities say the air is badly contaminated, you may want to take the following action. The process used to seal the room is considered a temporary protective measure to create a barrier between you and potentially contaminated air outside. It is a type of sheltering in place that requires preplanning.

- Bring your employees inside; lock doors; close windows, air vents and fireplace dampers.
- Turn off fans, air conditioning and forced air heating systems.
- Take your emergency supply kit unless you have reason to believe it has been contaminated.
- Go into an interior room with few windows, if possible.

- Seal all windows, doors and air vents with 2-4 mil. thick plastic sheeting and duct tape.
- Consider measuring and cutting the sheeting in advance to save time. Cut the plastic sheeting several inches wider than the openings and label each piece. Duct tape plastic at corners first and then tape down all edges. Be prepared to improvise and use what you have on hand to seal gaps so that you create a barrier between yourself and any outside contamination. Local authorities may not immediately be able to provide information on what is happening and what you should do. However, you should watch TV, listen to the radio or check the Internet often for official news and instructions as it becomes available.



## MAKE A SITE SPECIFIC PLAN FOR JOB SITES

Here is where it gets unique for contractors. Often their employees are at different job sites, not a specific building. Emergency Response Plans should include where to meet or how to check-in during an emergency at each of their job sites.

Use all forms of communication; radios, cell phones, texts, tweets, or social media postings if necessary; to find out where your employees are and if they are ok. Write your plan down and practice it to make it real and work!

## MAKE A DISASTER SUPPLY KIT- BEFORE YOU NEED ONE

Encourage each employee to prepare a disaster supply kit. After a disaster, individuals will need to be self-sufficient, as first responders will be addressing high priorities such as hospitals and schools. Determine what you need in the first days following a disaster, including the basics like food, water and sanitation.

These kits should be with the employees — **in their work vehicles or at the job site.**



A basic emergency kit includes:

- Food for Three Days\*
- Water for Three Days\*
- Tarp or Roll of Plastic
- Duct Tape
- Flashlight/Headlamp and Batteries
- Multi-Tool
- Personal Medications
- Money in Small Bills
- First Aid Kit
- Respirator or N95 Dust Mask
- Personal Protective Equipment

Though you are not required as an employer to provide these things for a disaster, they are a great company gift!

\* Consider food and water with a five year shelf life or designed for extreme conditions.

Prepare for an Earthquake at your work and home by strapping top-heavy furniture and appliance to walls, adding latches to kitchen cabinets, and securing TVs and other heavy objects that can topple and cause serious injuries. Secure bookshelves, windows, televisions, computers, water-heaters, lights, dishes, breakables, paintings, office equipment, file cabinets, and ventilation ducts, to name a few. In some cases, objects can be replaced with a more secure substitute, reducing or eliminating a hazard. See <http://www.daretoprepare.org/> for more

## DEVELOP A CONTINUITY-OF-OPERATIONS PLAN

Begin think of ways to stay in business after a disaster. Before a disaster, fix issues at your building that may be weaknesses. Think about access to work for your employees. Make a plan for back-up of your computer systems. Learn about the other safety systems in place. Does the building have sprinklers? Does it have smoke and/or heat detectors? Does it have emergency power? How has the building and surrounding area been effected by disasters in the past? If you're a contractor, you may be able to help in recovery and restoration work if you've prepared ahead!

## PROVIDE EMPLOYEES TRAINING

September is National Preparedness Month, but you don't have to wait to train your employees. All employees, in the construction trades or not, need to have the following training:

## EMERGENCY RESPONSE PLAN

You must show how and where to exit your work location after a fire or emergency, and where to meet-up after. All employees must be accounted for. An emergency drill is the most effective form of

training. One topic you might also want to cover is earthquake preparedness. The Pacific Northwest sits on a major fault line. All employees should be trained on proper earthquake procedures including "Drop/Cover/Hold" techniques. The website [www.shakeout.org/](http://www.shakeout.org/) has plans for a yearly earthquake drill that organizations can participate in.



*DUCK or DROP down on the floor.*



*Take COVER under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.*



*If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move.*

## FIRST AID/CPR

Pre-designate and train employees to provide first aid after emergencies. All employers are already required to provide a first aid trained person and first aid kits at the office and job sites for all employees.

## FIRE EXTINGUISHERS AND FIRE SAFETY

All employees should be trained in basic fire safety and what to do if a fire occurs in the workplace. <http://www.fireextinguisher.com> is a great resource for free training. Remember to get your fire extinguishers tested yearly!

## DISASTER SITE WORKER TRAINING

For your construction or public works employees who will be entering a disaster site, you need to provide Disaster Site Worker Training before they go.

## WEATHERING THE DISASTER

Stay calm during a disaster. Train your employees that someone needs to "take charge" during the emergency even if "the boss" is not there. When there is a warning for severe weather, flooding, or other disaster, **TAKE IT SERIOUS AND IMMEDIATELY INSTITUTE YOUR EMERGENCY RESPONSE PLAN.**

## AFTER THE DISASTER

After the disaster check for injuries and damage but do not send untrained people into dangerous situations. **Life safety** is the top priority after an earthquake or any disaster. After construction accidents and disasters **MANY OF THOSE KILLED ARE WOULD-BE RESCUERS.** Do not add to the tragedy by having trying to rescue people from collapsing buildings, in moving water, or in chemical emergencies. All these situations take trained personnel and specialty equipment. **Help the people you can, to the level that matches your training.** Next, survey your building for damage or other hazards. Check for these potential hazards:

- Fire
- Damage to utilities
- Leaking gas
- Chemical spill
- Obvious structural damage

Decide if it is safe to stay in your building. Turn off utilities and gas lines, if you can do so safely. Take pictures of the buildings, damage, and people involved if possible.





## RESPONDING TO A DISASTER AS A CONTRACTOR

Many lessons on worker safety have been learned from the terrorist attack on the World Trade Center on 9/11/01, Hurricane Katrina, and the variety of disasters we've had since. First, the overall response to a disaster includes more than just Firefighters, Police, Hazardous Materials Technicians and Emergency Medical Services. Often, working right along side are public works employees and construction trade workers. Though they have not had extensive training in Emergency Management; their expertise in heavy equipment use, building construction and engineering, utility construction and maintenance are needed to rescue victims, stabilize the scene, restore basic services and order to the public. The response of Disaster Site Workers is often needed immediately after a disaster, as there is



### First Responders:

- Emergency Management
- Police
- Fire
- Emergency Medical Services
- Hazardous Materials Technicians
- Disaster Site Workers (Construction/Public Works)
- Skilled Support Personnel (Special Skills)

simply not enough responders from Emergency Services to handle the number of events. That means there is little or no time after a disaster to safely train Disaster Site Workers before they are needed. Some Contractors, even without thought of how they will get paid, jump in and volunteer their equipment and employees to respond to disasters to help their communities.

### GOOD MOTIVES

What most general contractors and even some municipalities don't know is; that even though their motives maybe good; they cannot send their workers into disaster sites without giving them proper training and personal protective equipment prior to entering the disaster site.

OSHA and Labor & Industries laws require that employers provide a "safe and healthy" workplace and that a job-hazard-analysis be done and training be provided based on the hazards encountered. It's the employers responsibility to have such a training program *before* responding to such an event.

### BAD OUTCOMES

The basic safety hazards, long term health hazards, and even mental health hazards are not complete unknowns in disasters. Many disaster site conditions mimic construction or demolition sites in their hazards. Though minor injuries are common in a disaster response, it's the chronic health conditions that may develop after exposure to dust, mold, chemicals, and other toxic exposure that cost the most to the workers and their employers. These are the hardest to protect from as the worker is often distracted by the scope and immediate problems of the disaster. Thousands who responded to the World Trade Center did not wear the appropriate Personal Protective Equipment now suffer from

respiratory difficulties and related health problems and have filed for disability claims. Many of their conditions could have been avoided by the use of respirators. Unfortunately, many young men and women who responded to 9/11, are now too sick to work for or play with their families. The disaster might have been unavoidable, but the injuries and illnesses to response workers were.

### POST TRAUMATIC STRESS

Less talked about, but more prevalent after 9/11, is those workers suffering from symptoms of Post Traumatic Stress Disorder after working at the site. Around 20% of the workers showed symptom of Post Traumatic Stress in 2007, six years after the event. Those working around a disaster site where there is massive loss of life, for any reason, need to have a Traumatic Incident Stress Management program as part of their response plan.



**Employers must recognize that Traumatic Incident Stress was the most common health effect of the workers who responded to 9/11. No one is immune. Traumatic Incident Stress Management must be part of any Disaster Site Worker Training Program.**

## WHAT TYPE OF TRAINING ARE EMPLOYERS REQUIRED TO PROVIDE DISASTER SITE WORKERS?

### BASIC CONSTRUCTION SAFETY TRAINING

You probably provide some of it already. The foundation for Disaster Site Worker is basic construction safety. These courses include:

- **Accident Prevention**
- **Motor Vehicle Safety**
- **Equipment Safety**
- **Fire Extinguisher Use**
- **Ladder Safety**
- **Proper Lifting/Ergonomics**
- **Fall Protection**
- **Personal Protective Equipment**
- **Tools and Electrical**
- **Excavations and Trenching**
- **Hazard Communication**
- **Respiratory Protection**
- **Welding Safety**
- **Confined Space Awareness**
- **Forklift Safety**
- **Demolition Safety**

Sometimes, on an awareness level, these topics are presented in an OSHA 10 outreach course. It is the prerequisite to the OSHA 7600 Disaster Site Worker course but often all the topics are not covered to the level a Disaster Site Worker

would need. So additional training may be required. Don't be overwhelmed by the list. Again, if you work in the construction trades or in a public works department, you are already required to provide all that training. The Washington State Department of Labor & Industries has many useful tools to help you design and provide proper training for your employees in-house. The website [www.lni.wa.gov](http://www.lni.wa.gov) has a many tools at your disposal to accomplish this. Through a Safety and Health Investments project grant, [www.nicasafety.com](http://www.nicasafety.com) has a monthly safety plan that covers the majority of these topics for contractors.



**Employers are *REQUIRED* to Provide Basic Construction Safety and Specific Disaster Site Worker Training to Employees before Responding to a Disaster.**

### DISASTER SITE WORKER TRAINING

The awareness level training for Disaster Site Workers includes:

- **Introduction to Disaster Response**
- **Personal Protective Equipment**
  - Chemical Protective Suits
- **Incident Command System**
- **Safety Hazards**
  - Unstable Structures
  - Confined Spaces
  - Flammables, Combustibles and Compressed Gases
  - Electrocuting Hazards
  - Heavy Equipment Training
  - Chain Saws
  - Moving Water
- **Health Hazards**
  - Chemical Exposure
  - Hot Work
  - Noise
  - Heat/Cold Stress
  - Bloodborne, Waterborne and other Pathogens
  - Mold
  - Pandemic Flu
- **Terrorism**
  - (CBRNE) Chemical, Biological, Radiological, Nuclear, and Explosives Events
- **Traumatic Incident Stress Management**
- **Respiratory Protection**
- **Decontamination**

You can have your employees attend a 15 hour OSHA 7600 Disaster Site Worker class to cover many of these topics. OSHA 7600 classes are instructed by OSHA Outreach Training Providers. However, it is the actual training and documentation, not just the card, that is required. Companies interested in providing this training can have some of it presented by a Competent Person and document it for Labor & Industries purposes. Companies will need to get a subject matter expert for some of the topics, such as Incident Command, Terrorism, Traumatic Incident Stress, and Decontamination. Consider requesting a specialized training organization, Fire Department, or Emergency Management Department to present the training for you.

Through a Safety and Health Investments Project grant, [www.nicasafety.com](http://www.nicasafety.com) has Disaster Site Worker Curriculum that covers

the majority of these topics for contractors.



## HAZWOPER

If your company intends on responding to a CBRNE event, chemical release, or oil spill in any form, every responding employee needs to have some form of HAZWOPER training. This course emphasizes specific knowledge and skills needed to safely remediate hazardous waste sites. The course includes regulatory and technical knowledge to minimize risks to workers by use of engineering controls, work practices and personal protective equipment.

The 24-40 hour training covers specific Emergency Response Plans needed for work at the site of an actual or potential chemical spill.



Employees must also practice using specific safety equipment and personal protective equipment (PPE). After HAZWOPER training, employers are required to provide 24 hours of additional in-house training for each employee, specific to the type of work that will be done. HAZWOPER training needs to be provided by a qualified training organization. This course must meet the training requirements of Washington State's WAC 296-824 and OSHA's 29 CFR 191.120 and 29 CFR 1926.65. Once you've trained your employees to the appropriate level, you will be in the position to respond to the disaster.

**DO NOT RESPOND  
to disasters involving  
chemical emergencies  
without providing  
HAZWOPER TRAINING  
and the proper  
equipment to your  
employees!  
*It could mean their lives!***

## PERSONAL PROTECTIVE EQUIPMENT

You must provide training and proper personal protective equipment (PPE) at no cost to your employees, that is appropriate for the disaster, if you choose to work in those conditions.

### Minimum Response PPE for Disaster Site Workers:

- Hard Hat
- Safety Glasses/Goggles
- Ear Protection
- Hi-Visibility Clothes or Vests
- Gloves
- Boots
- Personal Fall Arrest Harness
- Dust Mask or 1/2 Mask  
Respirator

### Minimum Response PPE for Disaster Site Workers in Wet Conditions:

- Hard Hat
- Safety Glasses/Goggles
- Ear Protection
- Hi-Visibility Rain Gear
- Gloves
- Rubber Boots
- Hip Waders
- 1/2 Mask Respirator
- Life Jacket

### Additional Recommended

### Response PPE and Equipment:

- Class C Disposable Clothing
- Full Face Respirator
- Decontamination Shower

*These are just recommendations.  
To determine actual PPE required,  
employers need to perform a Job  
Hazard Analysis of the Disaster Site  
and determine appropriate PPE based  
on their Personal Protective Equipment  
written plan.*





## PANDEMIC FLU

Here are some simple steps to protect yourself and your community from Pandemic Flu. A flu pandemic is an outbreak caused by a new flu virus that spreads around the world. The virus will spread easily from person to person, mostly through coughing and sneezing. Because the virus is new to people, everyone will be at risk of getting it. Pandemic flu is one the potential reasons you would have to shelter-in-place at home for several weeks. Consider Pandemic flu as part of your overall Emergency Response Plan for your company.

## RECOGNIZE THE SYMPTOMS

All types of flu can cause:

- Fever or feeling feverish/chills\*
- Coughing and/or sore throat
- Runny or stuffy nose
- Headaches and/or body aches
- Chills
- Fatigue
- Some people may have vomiting and diarrhea, though this is more common in children than adults.

\* *It's important to note that not everyone with flu will have a fever.*



## PROTECT YOURSELF AND OTHERS

- *Wash your hands* often with soap and water. Use an alcohol-based hand cleaner if soap and water are not available.
- *Cover your mouth and nose* with a tissue or your arm when you cough and sneeze.
- *Stay away* from other people if you are ill.
- Avoid crowded places and large gatherings as much as possible and *wear a face-mask* while you are there.



## Consider wearing a respirator if:

- You are well and you expect to be in close contact with people who are known or thought to be sick with pandemic flu.
- These recommendations apply if you must take care of a sick person at home.



See [www.flu.gov](http://www.flu.gov) for more information on pandemic flu and preparedness.

## PROTECT YOUR COMPANY

Change your company policy to include pandemic flu preparation and encourage employees to stay home if they are sick. This may involve a “culture shift” for many companies who discourage using sick leave for even legitimate reasons. The change could save lives.

**Do not go to work if you are sick, and as soon as possible, send people that are sick home.**

## REMIND PEOPLE TO GET VACCINATED FROM THE FLU

The CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses. To minimize absenteeism and reduce the spread of flu, you can promote seasonal flu vaccines by hosting a flu vaccine clinic.

## IF YOU GET THE FLU, TAKE ANTI-VIRAL DRUGS IF YOUR DOCTOR PRESCRIBES THEM

Antiviral drugs can make the illness milder and shorten the time you are sick. They may also prevent serious flu complications. It's very important that the antiviral drugs be used early (within the first two days of symptoms) to treat those who are very sick or who could be easily compromised by the illness, like the very old and the very young.





# COMPANY EMERGENCY RESPONSE PLAN

## COMPANY:

Address:

Telephone:

Emergency Response Contact:

Last Revision Date:

Policy & Organizational  
Statements:

Identify the goals and objectives  
for the emergency response plan:

Define what your emergency  
response team is expected to  
do during an emergency (e.g.:  
evacuate employees and visitors,  
provide first aid, etc.):

Identify any regulations covered  
by your plan (e.g., OSHA, fire  
code, etc.)

## EVACUATION PLAN

Evacuation may be required  
if there is a fire in the building  
or other hazard. The evacuation  
team will direct the evacuation of  
the building and account for all  
employees outside at a safe  
location.

Evacuation Team Leader:

Location of Evacuation  
Plan Map:

Employees will be warned  
to evacuate the building using  
the following system:

Employees should assemble  
at the following location for  
accounting by the evacuation  
team:

Person who will bring the  
employee roster and visitor log  
to the evacuation assembly area  
to account for all evacuees:

Searchers:

Aides for Persons with Disabilities:

Assembly Area Monitors:

## Shelter-In-Place

Severe weather, a chemical  
release, if you see large amounts  
of debris in the air or the local  
authorities say the air is badly  
contaminated, you may want  
to take this kind of action.

Shelter-In-Place Team Leader:

Location of Shelter-In-Place Map:

Location of severe weather/  
chemical shelter in building:

Person to monitor weather  
sources for updated emergency  
instructions and broadcast warning  
if issued by weather services:

Persons to direct personnel  
outside to enter the building:

Persons to direct employees  
to designated severe weather/  
chemical shelter:

## LOCKDOWN PLAN

In the event of an armed or potential  
dangerous person, employees  
should report to the safe room.

Lockdown Team Leader:

Location of Lockdown safe room:

Procedure to leave room:

## MEDICAL EMERGENCY PLAN

If a medical emergency is  
reported, dial 9-1-1 and request an  
ambulance. Provide the following  
information:

- Number and location of  
victim(s)
- Nature of injury or illness
- Hazards involved
- Nearest entrance (emergency  
access point)

Alert trained employees (members  
of the medical response team) to  
respond to the victim's location and  
bring a first aid kit or AED.  
Personnel Trained to Administer  
First Aid, CPR, or use Automated  
External Defibrillator (AED):

Locations of First Aid Kits and  
"Universal Precautions" kit:

Locations of Automated External  
Defibrillator(s) (AEDs):

Medical Procedures:

- Only trained responders should  
provide first aid assistance.
- Do not move the victim unless  
the victim's location is unsafe.
- Control access to the scene.
- Take "universal precautions"  
to prevent contact with body  
fluids.
- Meet the ambulance at the  
nearest entrance or emergency  
access point; direct them to  
victim(s).

## FIRE EMERGENCY PLAN

If a fire is reported, pull the fire alarm, (if available and not already activated) to warn occupants to evacuate. Then Dial 911 to alert Fire Department.

Provide the following information:

- Business name and street address
- Nature of fire
- Fire location (building and floor)
- Type of fire alarm (detector, pull station, sprinkler water-flow)
- Location of fire alarm (building and floor)
- Name of person reporting fire
- Telephone number

Procedures:

- Evacuation team to direct evacuation building occupants along evacuation routes to primary assembly areas outside.
- Redirect building occupants to stairs and exits away from the fire.
- Prohibit use of elevators.
- Evacuation team to account for all employees and visitors at the assembly area.
- Meet Fire Department Incident Commander (IC). Inform the IC if everyone has been accounted for and if there are any injuries.
- Provide an update on the nature of the emergency and actions taken.

- Assign personnel to verify that fire protection systems are operating normally and to operate building utility and protection systems as directed by the fire department.

Employees should assemble at the following location for accounting by the evacuation team:

## PROPERTY CONSERVATION PLAN

You may need to quickly prepare for a disaster, such as boarding up windows, shutting down the HVAC system or moving supplies.

Identify preparations needed before a forecast event such as severe weather:

Identify how you will assess damage; salvage undamaged goods; and cleanup the building following an incident:

Identify the contractors, equipment, and materials that would be needed:

## EMERGENCY RESPONSE PLAN

Identify the members of emergency response teams.

Emergency Response Team Leader:

Facilities Staff:

Security:

Others trained to use fire extinguishers, clean up small spills of hazardous materials:

## PHONE NUMBERS

Fire Department, EMS, Police:

Local Emergency Management:

Hospital:

Public Health Department:

State Environmental Agency:

Alarm Company:

Fire Protection Contractor:

## WARNING, NOTIFICATION AND COMMUNICATIONS SYSTEMS

The following systems are used to warn employees to take protective

action (e.g., evacuate, move to tornado shelter, shelter-in-place, or lockdown) and provide them with information:

## PLAN DISTRIBUTION & ACCESS

This emergency response plan should be distributed to all company personnel. A master copy of the document should be maintained by the emergency response team leader. Make sure multiple printed copies are available for the emergency response teams. An electronic copy of this Plan should be stored on a USB drive and on a secure and accessible website that would allow team member access.

Quickly map your building and emergency locations below:

## RESOURCES:

- Washington State Department of Labor and Industries (L&I)  
[www.lni.wa.gov/Safety/](http://www.lni.wa.gov/Safety/)
  - Provides safety information on hazards associated with construction, demolition, and emergency response work.
- United States Department of Occupational Safety and Health OSHA [www.osha.gov/](http://www.osha.gov/)
  - Provides safety information on hazards associated with construction, demolition, and emergency response work.
- Washington State Emergency Management Division  
[www.emd.wa.gov/](http://www.emd.wa.gov/)
  - Information to Minimize the impact of emergencies and disasters on the people, property, environment, and economy of Washington State.
- Federal Emergency Management Agency (FEMA)  
[www.ready.gov/business/](http://www.ready.gov/business/)
  - Business Section. Information on how to create a plan for your business, training and awareness aids, downloadable information.
- Center for Disease Control (CDC)  
[www.cdc.gov](http://www.cdc.gov)
  - Emergency Preparedness and Response Section. Obtain information regarding specific health threats, how to plan for them and how to create a supply kit.
- Northwest Independent Contractors Association (NICA)  
[www.nicasafety.com](http://www.nicasafety.com)
  - Free Safety Plans and resources for Disaster Site Workers



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