

# MISSION : PREPAREDNESS

Emergencies can happen anywhere. Captain Preparedness and Disaster Defeater are here to help!

Complete these missions at work and at home so you know how to respond no matter where you are. Remember, being able to act quickly and effectively can be your superpower!

## Activity Instructions

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### 1. Print Captain Preparedness and Disaster Defeater

Print the mission instructions and superheroes. *Optional: Cut out and color the superheroes while having a conversation about the importance of preparing for emergencies.*

### 2. Choose and Start a Mission

Choose and start one of the missions. Read the instructions and pick a leader who will ask the hero's questions. The leader can also help answer the questions. You can choose specific questions to answer and add your own questions in the space provided.

Complete the other mission and optional activities if you have time.

### 3. Mission Completed

Talk about how each mission went. Answer any questions and discuss ideas about how you can be more prepared. Take notes and keep everyone informed of any changes.

### 4. Follow Up

Take a group picture or selfie with the superheroes. Post the photo using #SafeAndSoundAtWork. Place your heroes where everyone can see them and be reminded that you are all emergency preparedness superheroes.



# MISSION : EVACUATION EXPLORATION

## Show Captain Preparedness Your Evacuation Route

Take Captain Preparedness on the path you would take to evacuate, or leave the building, in an emergency. Start from a central location or where you spend the most time. If the evacuation route changes for different starting locations, walk each one. If you are in a workplace, check for an evacuation map. *Optional activity: make a map of your route and hang it up in a central location.*

### Captain Preparedness asks your group these questions along the way:

1. How do you know if you have to evacuate (leave the building)?
2. Where do you go after you evacuate?
3. How do you let someone know you've evacuated safely?
4. What are your other options if your route is blocked and you can't get out?

# MISSION : SYNCHRONIZE SUPPLIES

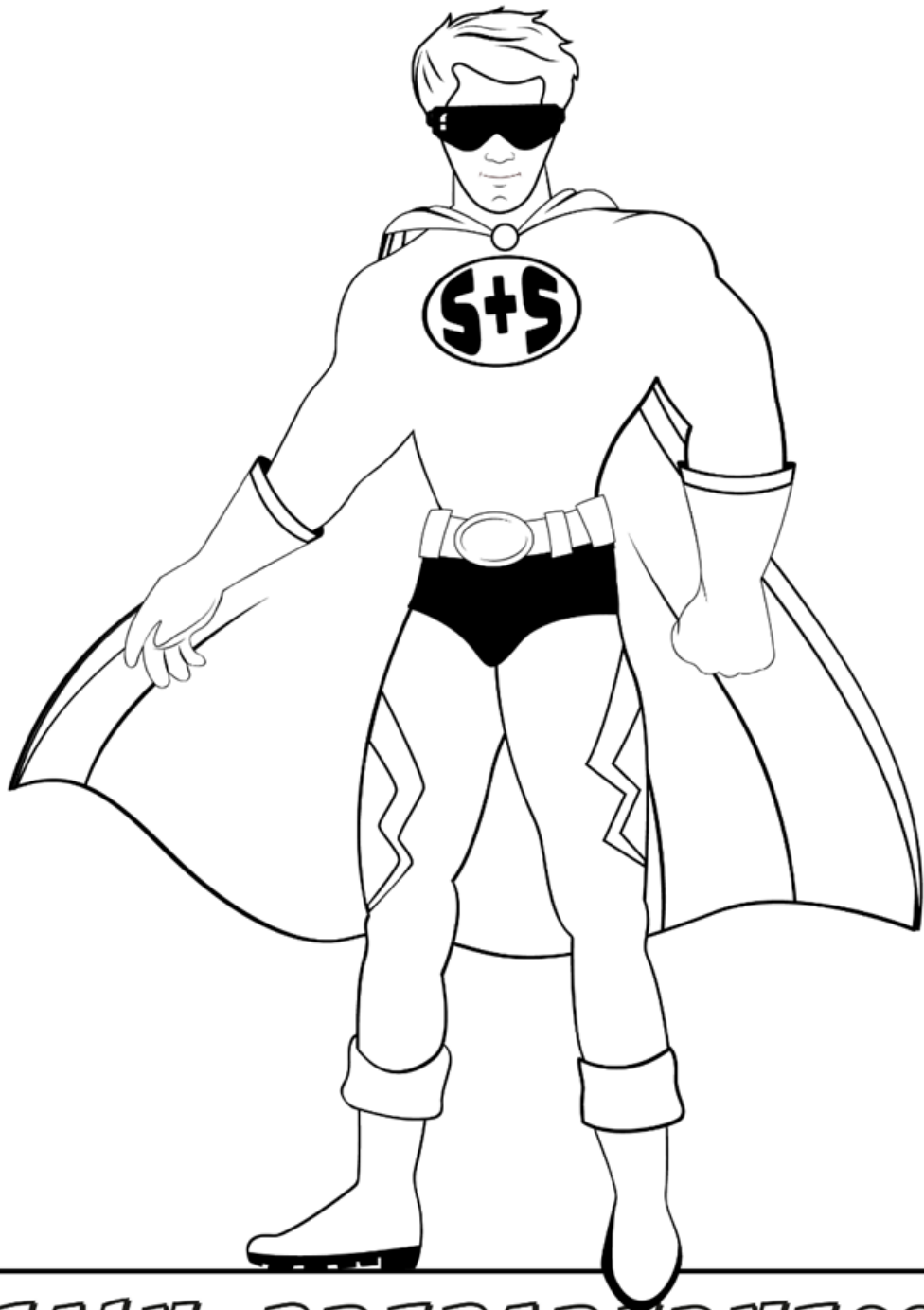
## Show Disaster Defeater Your Emergency Supplies

Show Disaster Defeater the supplies you might need in an emergency. The supplies could be in multiple locations. Emergency supplies could include first-aid kits/AEDs, flashlights, fire extinguishers, eye wash stations, and more. *Optional activity: Make a map and label emergency supplies locations. This could be on the evacuation map or a new map.*

### Disaster Defeater asks your group these questions along the way:

1. What are these supplies used for? Do you all know how to use them?
2. Are the supplies in working condition?
3. Are these supplies where it makes sense to find? Could they be hard to reach in an emergency?
4. Is there something you don't have that would be useful in an emergency situation?





**CAPTAIN PREPAREDNESS**



**SAFE +  
SOUND  
WEEK  
2025**





***DISASTER DEFEATER***



**SAFE +  
SOUND  
WEEK  
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