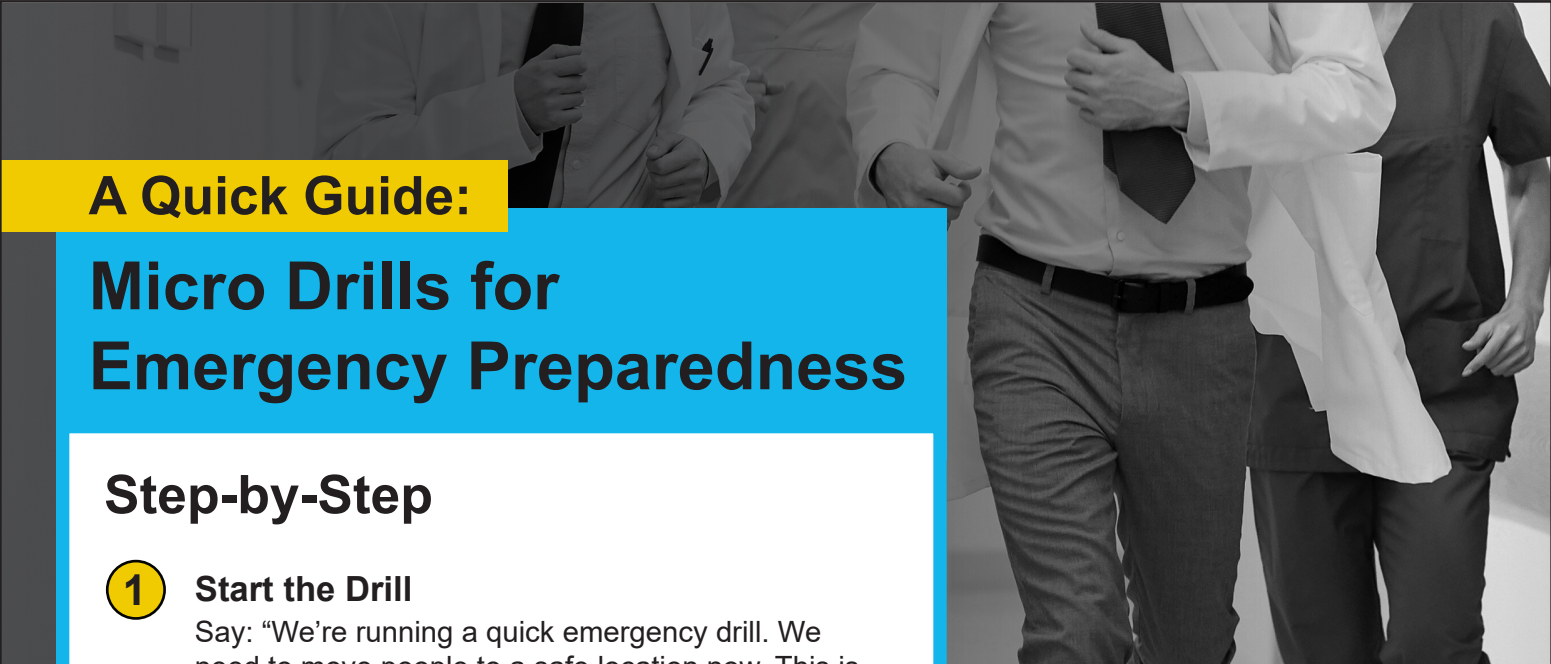




A Quick Guide:

Micro Drills for Emergency Preparedness

Step-by-Step

1

Start the Drill

Say: "We're running a quick emergency drill. We need to move people to a safe location now. This is a drill, so respond like it's real."

2

Set the Expectation

Say: "You have two minutes to decide: Where people go, who is helping, and what you will use to protect them. Don't overthink—act."

3

Observe

Watch silently:

- Who takes the lead?
- Where does confusion take place?
- How are decisions made?

4

Add a Twist (Optional)

Say: "Phones are down. You cannot call or text. What do you do now?"

5

Stop

Say: "Pause, let's talk."

6

Quick Debrief

Ask:

- What did you do first?
- What worked?
- What would you change next time?

7

Close

Say: "Next time, let's improve this one thing: [insert improvement]. We'll try it again."

Duration

5-10 minutes

Goal

Build instinct and confidence through quick, realistic practice.

Who Leads

Any team lead, charge nurse, or supervisor.

Key Takeaway

Preparedness becomes instinct through simple, frequent practice.

Keep It

- Short
- Realistic
- Repeatable

