

Your physical and emotional preparation



Feedback Survey. Q7: What actions will you take as a result of this webinar to improve your bushfire safety?

1	Escalate the priority for preparing my property for bushfire.
2	Run through plan in my mind whilst walking around areas most likely to be first impacted a sought of training of response
3	List of things to do.
4	I am just going, if my husband wants to come that's lovely but if not I am going
5	More conversations with family
6	I will start practising my preparedness plans
7	Review & update plan to ensure every individual knows: The trigger point for evacuation. What is in their survival bag, including ppe. Where & how they are going. When will it be safe to return. Survival Strategy if we can't safely leave. What we will do. What their job is. What will we do when the fire is gone etc.
8	Keep working on passive mitigation to eliminate effort required and try to keep the advice forefront and implemented
9	Checklists. Practise in full gear on hot days. Practise operations with awkward problems / conditions. Talk more with partner about agreed courses of action & triggers. More visualization of fire, to prepare psyche against panic response from brain, as well as all the practical stuff. Better prep for leaving, even though I:d prefer to stay. More practise, to ingrain a rational response to crisis. Implement further protective measures I've realised this last year. Think through my physical limitations which are changing. Apart from that, nothing really
10	Get more granular with the detail of our plan. perhaps hire one of those gas space heater 'jet motor' things for when the family practises starting the fire pump!
11	Checklists need updating. Rehearsing actions necessary for protection so the primitive actions don't overwhelm the tasks necessary for survival.
12	More discussions with my partner to determine what we both understand about leaving.
13	Get organized.
14	Go over and over our plan, till I know it backwards. Read more and watch more about what it is like.

15	More household discussion of the risks, issues and the plan
16	Practise plan more often.
17	I think that buried in the presentation was the key aspect of practise, thereby teaching the brain so that it recognises what to do when faced with "other" issues
18	Refresh the plan and preparations and practise on adverse days
19	Update our plan and include a checklist for evacuation.
20	More practise
21	Review plans and practise them earlier this fire season
22	Have a written plan and will leave early
23	Implement calming strategies and inform my family of them.
24	I'd say that, as a couple, we often talk about how we need to prepare. We have said that we know it will be physically and emotionally tough. We are surrounded by forest, with one road in and out. So we always say that we need to assume that we can't get out in time. We are privileged to be in the position of building a home right now. Our focus is fire safety. We are assuming that we won't be able to get out (no burying our head in the sand for us), so we have looked for ways to make our house as fire safe as we can. Our house won't be finished until early next year. So if there is an extreme fire warning during the weather report this summer, we would leave straight away. Essentials already packed. When the house is finished, we would probably stay. We use our fire pump to water our garden all the time, so we are familiar with how it works. I think talking about what you are aiming for, whilst you are raking, clearing areas around your property, clearing undergrowth all help you to prepare emotionally as well.
25	While I do not personally live in a bushfire prone area, I work within the Emergency Management team of an LGA that has high bushfire risk. The webinar provided me with valuable insight for considerations when working with the community on their projects and ideas for bushfire preparedness, response and recovery.
26	Actually make a plan. Pack a bag in readiness. Really think about what I could possibly achieve on my own to defend my home against a fire. Plan to go, and go early.
27	Try to take on board the measures recommended. Well prepared house, garden and plan are important base for enabling calm, lack of panic.
28	More discussion with others in the household about our preparedness. Some practise runs, testing what we expect to have to do.
29	See above: I'll discuss every aspect of my fire plan with my family members.
30	Make a plan but practise it regularly and ensure I'm familiar with processes/equipment so that I can maintain control if I'm ever in a situation where I can't leave (plan is to leave early if I can)
31	Learn more breathing and calming techniques and share this information with others.

32	lamineate our pump and generator instructions, review our checklists, practise more, review position of fire pump and generator
33	Task lists, steps and routine actions. Talk through, verbalise steps and make sure others on are same page and working together.
34	Include and remind communities around what does their idea of preparedness mean and have they considered psychological readiness and how much that has an impact on their success.
35	Practise starting the pump with my eyes closed and the radio blaring with a hair dryer in my face
36	Begin to outline a plan of our decision points and actions with regards to family, animals, personal items and property.
37	Keep around the house and yard mowed and tidy to have the best chance for the house and shed survive an approaching fire
38	Review the plan, have checklists in more places and practise using equipment more often. Think through various scenarios
39	More practising of our bushfire event plan.
40	As an elderly husband & wife have already discussed with my wife many of the above items nominated. Will replay the episode when available on the web.
41	develop a plan to be more prepared
42	Fire plan has always been to leave early on the day, and this webinar reinforced that. It is good to be reminded, and reinforce that resolve approaching each fire season.
43	Upgrade my physical and psychological fire plan.
44	Discuss the details of our bushfire plan in detail with the whole family as part of the 2021 update.
45	Check with partner what deep down decisions they wish to make for themselves about approaching fire risk and actions they wish to follow. Do some blindfolded/vision impaired exercises and two-way radio practise with partner. Do some work with neighbours about realities of what a fire emergency does psychologically to people in order to get them to double think about their inadequate fire plans.
46	Practise the "leave" strategy, think through the possible routes, and what might happen if those routes become blocked. Where to shelter if one can't leave in the way one intends. Where to shelter if one can't make it far enough away - local safe places.
47	NONE. We are already 'fire ready' and did not learn anything new, and nothing new to share with others
48	Begin now
49	Review Fire Plan & Checklists annually. Lamineate appropriately display parts eg working pump practising & embedding use of pump & hoses, kitting up in heat, checking house, looking for leaf litter build up points etc Practise & checklist staying calm strategies ie talk to yourself, don't run, drink water Pre-mortem game & finding any ways to consider all the things that could go wrong. Making bushfire risk a consideration when planning & heading off on holidays

50	Practise, practise and practise again! Prepare a checklist.
51	Weekly practise rehearsals to fight pretend fire attacks.
52	Talk more about the risks and come up with an agreed action plan. Then make lists. Also instructions in simple steps for using pumps etc.
53	Get our plans on paper and laminate them, have multiple copies of them and practise them.
54	Re-watch videos of and on bushfire experiences and safety Discuss and practise bushfire plan processes with whole family more often
55	I still plan to leave in advance but will do a list of things I need to take and people I need to inform and what I need to do around the house before I leave.
56	More regular practising of our detailed fire plans to remain & defend. An analysis of leaving early scenarios in case of any visitors - particularly young children or elderly persons.
57	Include issues raised in our plan.
58	More household discussion. Review and practise of plan(s)
59	Make 3 hard copies of our 8 page fire plan
60	Discuss risks and responses in the case of a fire, work out a plan for leaving, look at triggers that will kick that into action, assess each person's possible reactions and work out a psychological plan for them that will include tasks on the day and make the most of their skills. Share the information from this webinar so that they are also aware of how the brain responds to threat and how important it is to work calmly through the situation.
61	More discussion with partner on 'scenarios' and variations, more practice, following updated 'checklists', reading recommended text or two, add some 'pointers' to checklists with focus on emotional state e.g. reminders to 'self-talk'
62	Make a list on paper not just in head
63	Finish scanning all the special photos, photo albums are a pain to take!
64	More practical drills to get everything set up - I remember from the 2019/20 summer just how long it took me to set up hoses, pump, pack the car etc but it would be good to step through it all again and develop that 'muscle memory'
65	Practise bushfire plan frequently, redo checklist to include recent changes at home such as installation of sprinkler system. Practise using the pump and generator.
66	Practise, practice, practise – be real about it, I've already brought out my fire plans for review and renewal. But practice, practice, practise is something I took away from tonight's session. It was fabulous, thank you
67	Writing lists planning more
68	Practise fire plan and discuss

69	Ask the specialists to provide a one page summary of their presentation/topic and upload it onto the web next to the presentation. Thank you for running this series.
70	I don't live in a bush fire area at the moment. I'm a student at UTAS and my current unit is "living with fire". I'm not sure how I found your zooms, started tonight but think this would greatly help students studying this unit if it were some how connected to the University of Tasmania. I might move to the country again but am very mindful of my life in the Dandenongs for over 50 years and have hesitations in choosing fire risky areas to live. Great topics, thank you
71	The importance of practise and then more practise was emphasised and is something that we will now do.
72	More direct discussion within the family as to personal preferences for actions
73	discuss our options as a family and make a clear decision on our agreed plan of action
74	Write down plan and checklist, practise
75	Think more about what situations might be like. Practise our plan and using equipment so the doing becomes more familiar.
76	Planning, practising and sharing tasks
77	Simplify our checklists. Practise what each of us must do first. Review practical aspects - which we would do before bushfire season anyway - batteries ok in headlamps - clothing still fits! etc.
78	Talk to family and make a check list of tasks leading into summer and a second checklist for high fire risk days
79	Think / discuss / plan with partner. Have commenced.
80	Make sure household knows each other's feelings towards leaving
81	I will develop a written plan. Put in place checklists and practise.
82	Discussion on these psychological aspects which (for me) have not been considered as part of Bushfire Preparation. Absolutely brilliant presentation!
83	To get my partner to rehearse our plan
84	Start sorting out documentation that is important. I have done this previously, but it needs to be updated.
85	Talk more thoroughly to my partner (who is dismissive about the risk make a better plan
86	Review possible impediments to leaving early or taking refuge in bunker
87	Contact my local CFA to ask about the area and fire potential and how to do practical farm/property preparedness. Many things actually - talk to my family, find out about locations to go to, we shall not stay to protect property
88	Talk more to family. Involve family in planning. Revise and particularise actions to be taken. Practise actions in various scenarios.

89 | Run through our bushfire plans at least once a fortnight each spring and summer

90 | se and discussion with partner about options