

10-MINUTE TORNADO SHELTER DRILL

SurvivalLife Family Emergency Protocol

Seconds matter. Execute these steps in order.

PHASE 1: THE 180-SECOND MOBILITY GRAB

- Sturdy Footwear:**
Put on hard-soled shoes or boots immediately to navigate the post-storm debris field of broken glass and nails.
- The Comms Link:**
Grab your battery, solar, or self-powered NOAA Weather Radio to receive emergency alerts even if the grid fails.
- The Debris Shield:**
Put on a helmet; research shows people in basements still die from being hit in the head by flying debris.

PHASE 2: THE 240-SECOND HARD-POINT AUDIT

- Location Priority:**
Move immediately to the basement, storm cellar, or a center-most interior room like a closet or bathroom.
- The "Appliance Trap" Check:**
Look up and ensure you are not sheltered directly under heavy objects on the floor above, like pianos, refrigerators, or waterbeds.
- Structure Alert:**
If you are in a mobile home, leave immediately for a permanent building; they cannot withstand tornado winds even with tie-downs.
- The Last Resort:**
If caught outside or in a mobile home with no permanent shelter, lie face down in a ditch or ravine and cover your head.

PHASE 3: THE 180-SECOND SHIELDING PROTOCOL

- Window Denial:**
Stay away from all windows; opening them is a "dangerous myth" that wastes precious survival time.
- Structural Bracing:**
Seek shelter under a heavy workbench or sturdy table for maximum protection.
- Soft Armor:**
Pull a mattress or heavy sleeping bag over your body to shield against "micro-shrapnel" and collapsing ceilings.
- The Wait:**
Remain in your shelter until the NWS confirms the danger has passed, as multiple tornadoes often form in the same area.

