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# Anything Beats Nothing

why even seemingly small steps count

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# **Introductions**



# **That was Exercise 1**

- **Prepositions relationships**
- **Builds trust and confidence**
- **Gives you a sense of abilities**



# **Play on the game field**

- **Being where an incident would take place creates familiarity**
- **Great way to meet likely people involved**
- **Gives you a chance to ask questions or see issues**



## **Exercise 2**

**Look for the exits**

**Even a minute helps**



# **Build Muscle Memory**

- For physical emergency tasks, nothing beats doing them
- Especially with the people you would be doing them with



# **Exercise 3**



**We have done 3 Exercises!!**





# Time for Examples



# Questions