



THE 10 PILLARS OF PERSONAL PROTECTION

AIR

- Clean air to breathe; protection from airborne pathogens, contaminants, dust and debris

SHELTER

- Protection from extreme environmental conditions, and other physical threats

ENERGY

- Fire starting & safety; production of electrical power for heat, illumination, etc.

WATER

- Safe, clean water for drinking, hygiene, sanitation, and irrigation of crops

FOOD

- Safe, nutritious food to maintain health, and support physical activity

HEALTHCARE

- Mental and Physical health, functional fitness, hygiene and sanitation

SECURITY

- Safety and security of people, property and operations; conflict resolution

COMMUNICATION

- Conversing with others, collecting and sharing information, and signaling for assistance

TRANSPORTATION

- Navigating, and moving people and property by land, water and air

LIVELIHOOD

- The means with which to secure the basic necessities of life

*In any given emergency, all hum beings have these same 10 essential needs. The first five pillars – **air, shelter, energy** (specifically, heat), **water** and **food** – are essential, **physiological needs**. The last five pillars – **healthcare, security, communication, transportation** and **livelihood** – are **situational needs**.*

While the relative importance of each essential need, or “pillar”, may vary from one emergency to the next, our 10 essential needs, themselves, will not.