

RESILIENCE, A MOST DESIRABLE QUALITY.



The word “resilience” has gained considerable momentum over the past few years. Why is this so? Let’s begin by discovering its meaning. According to the REA, Real Academia Española (Royal Spanish Academy) it means:

1. The capacity of a living being’s adaptation to a given disruption when faced with adverse conditions.
2. The capacity of a material, mechanism or system to recover its original state once this disruption has ceased.

That is, for a living being, resilience is the capacity to survive and adapt, whereas in the case of the physical world and its systems, it is the ability to evolve and to continue functioning despite these disruptive factors. Therefore, it is a highly desirable attribute.

Although the term is employed in several cases, this time, I would like to describe resilience as a quality that is required in the face of natural phenomena, which are becoming increasingly more frequent and more intense. To what extent have we developed this quality on a personal level, in our families, our companies, neighborhoods, cities, regions etcetera?

Listed below are several questions to determine how well prepared we really are regarding this particular subject:

When I arrive at any building, do I bother to detect the emergency exit?

Does my wallet contain a card with my name, blood type, name of emergency contact, data on my personal physician and my health insurance?

Do I have medical insurance as well insurance for all my properties?

Do my family and I know what to do in case of an earthquake, flood or fire if we are at home?



The triangle of life is a space that is formed next to the objects like sofas or other type of furnitures, when the roof falls down on them.



Are my identification data and important documents scanned and stored in a USB that I can easily carry with me in case of a natural disaster?

Both at home and in my office, do I have a bag pack containing water, a USB copy of important documents, flashlight, whistle, radio and batteries?

Have I conducted drills with my family and my employees at home so they know what to do during an earthquake?

Does my company have a risk management committee and a business continuity plan?

Is my company or home located in a high-risk area?

Resilience comprises the following three elements:

Resistance: the ability to keep from collapsing.

Redundancy: Possessing more than one essential element in order to ensure business continuity.

Contingency: Responsiveness during an emergency if the system fails.

Unfortunately, most resources are focused on reinforcing the contingency capacity, when in fact, more prevention and reinforcement of resistance and redundancy will reduce the need for contingency.

Personal and family protective measures are our responsibility; governments cannot assume the increasing costs generated by the impact of natural disasters.

We are familiar with the consequences of natural phenomena. What are we doing today to avoid further disasters?

