



Safety Fi

Emergency Preparedness Checklist

## Safety check: Emergency preparedness

### Creating an emergency kit

When disaster strikes, there's comfort in knowing you are prepared to handle it. Every home should have a supply kit ready in case of an emergency. Kits should be stored in plastic containers to avoid damage, and updated every six months to make sure items still work and food is not expired.

Don't wait for something to happen; protect your family by stocking up your kit:

- Water (one gallon per person, per day, for at least three days)
- Enough nonperishable food (for at least three days) and a can opener. It's best to keep protein-packed foods you can cook without electricity, such as tuna, nut butter or granola bars, and have appropriate food for everyone in your family, including infants and pets.
- Hand crank radio or battery powered radio with extra batteries – to stay up-to-date on the latest weather alerts
- Flashlight with extra batteries to get around safely should the power go out
- First aid kit with the basics, such as gauze, tape, etc. and an emergency reference material, such as NSC First Aid quick guide
- Toolkit with scissors and basic tools in case you need to shut off utilities etc.
- Hand sanitizer, moist towelettes and garbage bags for sanitation
- Plastic sheeting & duct tape – in case a window breaks or you get a leak in your roof
- Whistle to signal for help in case you get stuck and rescuers need to locate you

### Don't forget about your car

We can't predict where we'll be when a thunderstorm or blizzard occurs. But what we can do is plan ahead – including creating an emergency kit for your car.

Here are some basics to consider:

- A properly inflated spare tire, wheel wrench and tripod-type jack
- Jumper cables
- Toolkit
- Working flashlight and extra batteries
- Reflective triangles and brightly-colored cloth – to place around your vehicle to make it visible
- First aid kit
- Non-perishable, high energy foods like unsalted nuts, dried fruits and hard candy
- Drinking water
- Family/emergency number contact sheet that includes numbers for your auto insurance and a towing company
- Car charger for your cell phone
- Additional items, like a snow brush, shovel, windshield washer fluid, warm clothing and blankets would be needed during the winter months

### Fast Stat:

Hurricanes, blizzards and melting snow are common – but often overlooked – causes of flooding. It only takes a **few inches of water** from a flood to cause **tens of thousands of dollars in damage**.  
(National Flood Insurance Program)

### Green Cross Tip

If there's a flash flood warning in your area, immediately move your family and essential items to higher ground and avoid damaged areas. You won't want to risk getting stuck or injured.

# Emergency Kit Contents

H C R W H I S T L E J S Z F S  
B A M E N I D B E T Y N I J E  
R N N Y N W J P J K V R T U I  
A N D D H E A T X G S M U M R  
D F K B S T P I B T O Q U P E  
I W I A T A U O A R O T K E T  
O X A C C T N I N V N W Z R T  
W N U T V H D I N A C Q Q C A  
K D W I E K T Y T T C K T A B  
I O I H I R H K W I Q K X B D  
K K A T O F D S E R Z G F L G  
R T H G I L H S A L F E O E M  
C O N T A C T N U M B E R S F  
Z L Q N X O C D H T N C Y I H  
I Z N E Q Q C C D I J L X X K

BATTERIES  
DUCT TAPE  
HAND SANITIZER  
WATER

CAN OPENER  
FIRST AID KIT  
JUMPER CABLES  
WHISTLE

CONTACT NUMBERS  
FLASHLIGHT  
RADIO

NATIONAL  
**SAFETY**  
MONTH

Name: \_\_\_\_\_