

NBSIA Member Services Safety Bulletin

April 2014

EMERGENCY PREPAREDNESS

If a disaster strikes your community, you might not have access to food, water, or electricity for some time. You should have emergency kits for your home, office, school, and vehicle. You never know where you will be during an emergency.



Emergency Supply Kit

Assemble the following items to create kits to keep in your home, office, school and/or vehicle:

- Water--one gallon per person, per day
- Food--nonperishable, easy-to-prepare items
- Flashlight with extra batteries
- Battery powered or hand crank radio
- First aid kit
- Medications, medical paperwork
- Multipurpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (passports, birth certificates, insurance policies)
- Cell phone with charger
- Family and emergency contact information
- Extra cash
- Emergency blanket
- Maps of the area
- Extra set of car keys and house keys
- Manual can opener
- Baby supplies (if applicable)
- Pet supplies (if applicable)

Once you've gathered your supplies, pack the items in easy-to-carry containers, clearly label the containers, and store them where they are easily accessible. In a disaster situation, you may need access to your emergency supply kit quickly, whether you are sheltering in place or evacuating.

Tips

- Make sure to check expiration dates on food, water and batteries throughout the year and update your kits.
- Create a communication plan with family members. In case of an emergency, who do you contact? Where will you meet if separated?
- Consider storing two weeks worth of food supplies. You may be able to use many of the canned goods and dry mixes already in your cupboard.
- Store at least a 3-day supply of water for each member of your family--that means one gallon per person, per day.
- Don't forget about pets, they need food and water too!
- Learn where your gas, electric, and water shut-off locations are and how to turn them off.
- Make sure your car is always filled with gas, in case of an emergency you will not have time to stop and fill up.

Source:

Article from the CDC <http://emergency.cdc.gov/preparedness/kit/disasters/>

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Keep a copy of this bulletin in your Injury and Illness Prevention Program (IIPP) binder and be sure employees receive a copy.