

# Spotlight on Health & Safety



## Safety Message – Disaster Preparedness

If your family is caught in an emergency or disaster situation, are you prepared? Without any warning a disaster can occur and it may take some time for emergency workers to get to you. It is recommended that you should always be ready to take care of yourselves for a minimum of 72 hours. Your best defence in any emergency is to have a plan and be familiar with what to do.

There are three keys to disaster preparedness.

**Know the risks** – analyze what hazards you face? In Alberta we face a number of hazards, such as natural emergencies like forest fire and floods, service disruptions like a power failure, or even environmental disasters like a chemical spill.

**Make a plan** – each household needs an emergency plan. It will assist you and your family to know what to do in case of an emergency. Discuss what you would do in different situations as well as how to meet or contact each other if you're not together when an emergency occurs. Consider what to do if you need to stay put or if you need to leave your home. Include a list of emergency management agencies in your area.

**Create an emergency kit** – in an emergency basic supplies will be needed. You may be without power or tap water. Always have items ready such as non-perishable food, water, flashlight, first aid kit and seasonally appropriate clothing. Also consider any special needs supplies such as requirements for any infants or elderly family members, remember any medications, and necessities for pets. Make sure the kit is organized and easy to find and that everyone knows where it is.

You may find the following links helpful in preparing your family for emergency situations.

Government of Alberta

<https://www.alberta.ca/emergency-preparedness.aspx>

Alberta Emergency Alert App

<https://emergencyalert.alberta.ca/content/about/signup.html>

Government of Canada Disaster Preparedness Site

(emergency kit contents, preparing a family plan)

<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/index-en.aspx>

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