
SAFETY ADVISORY

ARE YOU PREPARED FOR 72 HOURS?

If an emergency were to happen in the community, it may take emergency crews considerable time to reach you. In disasters and emergencies, you should be prepared to take care of yourself and your family for a minimum of 72 hours. Use this information to become better prepared to face a range of emergencies.

STEP ONE – KNOW THE RISKS

Knowing the risks that are relevant to you will help you prepare. In Canada, we are vulnerable to many different hazards; earthquakes, blizzards, ice storms, extreme heat, and tornados are the most common. Given those natural disasters, we must think of other risks among our communities, such as power outages, rail line incidents, local epidemics or a pandemic. Stats Canada reports that winter storms (95%), tornados (72%), industrial/transportation incidents (72%), droughts (69%), and extended power outages (66%) were named by residents of Regina as events most likely to occur in our community.

STEP TWO – MAKE A PLAN

Every household needs a plan. It will help you and those you live with know what to do in the event there is an emergency. You may not all be in the same place when an emergency occurs, so you should discuss how to contact one another, and discuss what you would do in different situations. Seven in ten people residing in Regina lived in households that have been engaged in emergency planning activities. Remember to also plan for those with special health needs, children, and pets.

STEP THREE – GET AN EMERGENCY KIT

In an emergency, you will need basic supplies. You may need to know how to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours. Most of the things you need in a kit you may already have, such as batteries, bottled water, and a flashlight - but it will be much easier if you plan ahead and set those things aside in a tote or backpack. Your basic emergency kit should consist of:

- ✓ Water (at least two litres per person, per day)
- ✓ Food that won't spoil – such as canned food, spices, rice, energy bars, etc.
- ✓ Can opener
- ✓ Crank or battery-powered flashlight
- ✓ First aid kit
- ✓ Cash
- ✓ Prescription medications, infant formula, food, water and medication for your pets or service animal
- ✓ Toiletries
- ✓ Hand sanitizer
- ✓ Garbage bags
- ✓ Duct tape
- ✓ Candles
- ✓ A copy of all your identification, and a copy of your emergency plan!

Health, Safety & Wellness Contact Information

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