

STOP **THINK** WHAT COULD CAUSE ME DANGER?
ASSASS **THINK** • MAKESURE I'M SAFE
FIGURE OUT A PLAN
EXECUTE THE PLAN
 CONTINUALLY REASSESS

EARTHQUAKE
BEFORE
 • HAVE A FAMILY PLAN + MEETING WITH LOVED ONES
 • KNOW EMERGENCY PLANS FOR YOUR WORK PLACE
SECURE moveable objects
DURING
DROP, COVER, HOLD
 Protect Head + Internal Organs
AFTER
 • BEWARE SHOCKS
 • HELP OTHERS
 • MEET FAMILY

DO I HAVE THE RIGHT SKILLS?
 AM I CALM AND COMPETENT?
TO ACT
 IF NOT BREATHING ANYTHING!
EMERGENCY EXIST?
NOT TO ACT

EMERGENCY PREPAREDNESS
 PrepareMe
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TSUNAMI WAVE
 LONG OR STRONG **MOVE** ALONG (QUICKLY!)
EMERGENCY KIT

1111 for **HELP**
 (OFFICE 1-111)
 THEN **LISTEN** TO OPERATOR
 AND **ANSWER** THEIR QUESTIONS
 MAKE SURE THEY CAN **FIND YOU**

FIRE
 TREAT ALL ALARMS AS REAL
 GET A **SMOKE DETECTOR**
 • PUT IT UP • TEST MONTHLY • CHANGE YOUR BATTERIES WHEN YOU CHANGE YOUR CLOCKS
 • KNOW YOUR ASSEMBLY POINTS WITH HOME AT WORK
2 ESCAPE ROUTES FROM EVERY ROOM
 KNOW HOW TO USE EQUIPMENT BEFORE IT IS NEEDED
DO IT NOW

EMERGENCY KIT contents:
 • WARMTH + SHELTER
 • FOOD
 • COMMUNICATION
 • SAFETY GEAR
 • WATER
 • LIGHTING
 • HYGIENE
 • MEDICATION
 • PLACE KIT IN ACCESSABLE PLACE