

In this short guide we summarise a number of the more likely risks and what you and your church can do to be prepared for them.

Emergency Alerts

A UK Government service that can be used to warn you if there's a danger to life nearby. Examples of situations that may lead to an alert include severe flooding, fires and extreme weather

Fire

Priority is the preservation of life and limb.
Know how to evacuate from any building you may find yourself in.
Church fire evacuation drill

Dial 999

Avoid attempting to fight a fire yourself unless there is no alternative. Learn how to identify and use the different types of fire extinguisher.

Flood

Consider the risks and prepare for them if they could affect you.

Get [home insurance](#) which covers flooding.
Know how to turn off gas, water and electricity.
Clear drains and gutters.

Cold weather

Including major snow fall
Avoid non-essential travel

Reduce draughts around doors - saves money and keeps the cold out
Heat the rooms you use most to at least 18°C
Ensure heating system is serviced once a year
Keep bedroom windows closed, and curtains drawn at night

Eat well and have regular hot drinks – keep hydrated
Layers of thinner clothing more effective than one thicker layer
Flu and other winter vaccinations if recommended, over 65, pregnant or have a health condition

Check on vulnerable relatives and neighbours.

Hot weather

Keep out of the sun between 11am and 3pm - the hottest part of the day
If outside, wear long, light cotton clothing
Sunscreen, sunglasses and a hat
Avoid sport, exercise and strenuous outdoor work in the hottest parts of the day
Drink plenty of fluids – avoid excess alcohol and caffeine
Take plenty of water with you
Don't leave pets or passengers in a parked vehicle
Close windows and doors in the day to keep warmer air out. Open windows at night
Close curtains and blinds facing the sun

Check on vulnerable relatives and neighbours

Infectious disease

Remember COVID!
Basic hygiene is a good start:
Catch coughs and sneezes in a tissue, put it in the bin
Wash your hands frequently with soap and water for at least 20 seconds
Clean surfaces you touch every day at home and work regularly
Avoid contact with other people if you have an infection
Make sure you and your family are up to date with recommended vaccinations
Emergency supply of cold and flu medication at home

Utility failure or disruption

Electricity, gas, fuel (petrol/diesel), water

Power cut

Loss of Internet connectivity, electronic payment systems, charging capability
Keep a torch easily accessible
Use candles carefully, can be a fire hazard.
Battery powered, solar or wind-up devices
Power bank / spare batteries
Generator ???

Fuel shortage

Rationalise vehicle usage etc.
Avoid panic buying

Water shortage

Bottled water, street stand pipes, water rationing

Vulnerable people

Check on people who might need assistance during utility interruptions, if it's safe to do so.

Priority Services Register

Register for the Priority Services Register (PSR) which provides information to electricity, gas and water suppliers to help them provide additional support to more vulnerable customers.

Terrorism

If you see or hear anything that you think could be terrorist activity, call the Police on 999.

CitizenAid

A mobile app and supporting website for dealing with emergency situations.

Cyber attacks, crime, Internet outage

Criminals can trick people into revealing passwords and sensitive information, as well as exploit security weaknesses.

Improve your online security to avoid becoming a victim of cybercrime and stay safe online by using and saving secure passwords, using multi-factor authentication, backing up data and update devices.

Medical Emergency

- A Airway
- B Breathing
- C Circulation

Refer to CitizenAid for detail on triage and first aid. Be aware of defibrillator locations.

Mass Casualty Incident

(e.g. train crash, explosion)

Electro Magnetic Pulse (EMP)

“Carrington Event”

Loss of ALL electronic devices

See power outage and Internet outage

What to do before an Emergency

Emergency Kit

Aka “Go Bag” or “Grab Bag”

Battery or wind-up torch

Power bank

Battery or wind-up radio to get updates – a car radio can be used,

Spare batteries for torches and radio

A first aid kit

Hand sanitiser and wet wipes

Bottled water – min. 2.5-3 litres per person per day

Non-perishable food (no cooking), tin opener.

Medication

Basic toiletries

Warm clothing

Baby supplies

Pen

Paper or notebook

Multi-tool (e.g. Swiss Army Knife)

Cash

Copies of passports, insurance and financial documents

Every Day Carry (EDC)

Stuff you carry with you every day. Tailored to personal needs.

“2 is 1 and 1 is none”

Examples:

Torch

Individual First Aid Kit (IFAK)

Multi-tool

Spare spectacles

Bandanna

Notebook / pen

Power bank

Keys

Cards / Emergency cash

Mobile phone

Church Building Uses

Command centre

Casualty evacuation centre

Temporary Rest centre

Shelter

Support centre

First Aid centre

Food

Facilities



Working together, growing together

“A People Prepared”
(Luke 1:17)

**A short guide to being prepared for emergencies
that might happen any day ...**

References

<https://prepare.campaign.gov.uk/>

<https://www.hertfordshire.gov.uk/services/fire-and-rescue/resilience/be-ready-for-anything.aspx>

<https://www.citizenaid.org/>

How to stay safe online:

<https://www.ncsc.gov.uk/cyberaware/home>

<https://www.nationalgrid.com/power-cuts/tips-prepare-for-power-cut>

<https://www.nhs.uk/tests-and-treatments/first-aid/after-an-accident/>

Priority Services Register: <https://www.thepsr.co.uk/>