

# SAFETY NEWS

## Are You Prepared for a Disaster?

Disasters don't plan ahead, but you can! The entire month of September observes National Preparedness Month.

No matter where you live, you are subject to disasters. Natural disasters and man-made disasters affect everyone and cause severe damage and endanger lives. Hurricanes, tornadoes, earthquakes, landslides, wildfires, hot spells, or cold spells are all natural disasters that can be deadly.

Man-made disasters such as terrorism, crime, power outages, famines, or war are just as terrifying as natural disasters. Therefore, preparation is essential for the safety of you and your family or you and your fellow employees.

One of the first steps in being prepared is deciding how long a disaster could last and the after-effects. Depending on the type of emergency, you may need food and water for a few days. Food that is easily stored and prepared is critical during a disaster. If you plan canned food, make sure you also have a can opener available. Safety experts recommend each family member have one gallon of water per day to remain hydrated. Packing essential items to be quickly available is another way of preparing. Suggested items include: Eating utensils, small stoves that run off propane or a grill for cooking, matches, candles, blankets, batteries, flashlights, extra clothes, and first aid kit. Don't forget about family activities! Pack away some board games, cards, or books to help the time pass by. Having things for children to do will also keep their minds at ease.

More than half of all parents lack a designated meeting place to fall back to in an emergency. Family fire and disaster drills may seem silly, but they do serve a purpose. Everyone will know where to shelter, the route for evacuation, and family communication. Make sure the entire family has memorized any numbers that are of significance in the case of a disaster. Sign up for severe weather alerts in your area, program emergency numbers into your phone, decide on a meeting place for your family to gather, plan escape route from your home as well as your neighborhood—remembering roads could be blocked in a large scale disaster. Have at least one alternate route, more if possible. Be sure all adult and teenage family members know how to shut off gas, electric and water lines if there's a leak or electrical short. Keep the necessary tools easily accessible, and make sure everyone knows where these are. Consider learning CPR and first aid. Remember your pets, bring dogs and cats inside during a catastrophe and make sure they have ID tags.

Make note of your insurance policy numbers and keep this information in a safe place that's easy to access. You'll want numbers for your vehicle, home and any other relevant policies you've purchased relating to things that might get damaged during a disaster. It's also a wise idea to have your insurance company's claims department phone number on hand in case you need to start the process right away. You might consider downloading your insurance company's app if they have one. You can initiate a claim and check on its status via the app, which makes it a convenient way to take action and move forward. While storing your insurance information in your phone or computer is a good start, your electronics' batteries may run down during a catastrophic event. Keep hard copies of this information in your wallet, in your glove box and even at your office or relative's home in case you're unable to retrieve them from your own house but need to make a call.

Create a plan with your family, figuring out what to do in the event of a disaster. Make sure everyone knows their role and the plan—then have drills, practicing so you're all comfortable with who does what. The best laid plans can help keep you and your family safe.

Article from [www.ready.gov](http://www.ready.gov)

## September is National Preparedness Month

- September 1 – National Weather Safety Day
- September 3 – World Beard Day
- September 4 – Grandparents Day
- September 5 – Labor Day – Office Closed
- September 7 – National Salami Day
- September 9 – Board Meeting 9:00 a.m.
- September 12 – National Day of Encouragement
- September 16 – Disconnection Day
- September 17 – Responsible Dog Ownership Day
- September 18 – Wife Appreciation Day
- September 20 – Safety Meeting 1:00 pm
- September 20 – National IT Appreciation Day
- September 22 – First Day of Autumn
- September 23 – National Snack Stick Day
- September 24 – National Hunting & Fishing Day
- September 26 – National Dumpling Day
- September 29 – National Coffee Day



### BET YOU DIDN'T KNOW THAT!

Cans of diet soda will **float in water**, regular soda cans will sink.



Your Brain uses **10 watts** of energy to think, and does not feel pain.



Hippopotamus milk is pink!

**“PREPARE & PREVENT INSTEAD OF REPAIR & REPENT”**