UC | Monthly Safety Spotlight

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Practical Tips to Help You Keep Yourself, Your Co-workers and Your UC Campus Safe, Healthy and Secure

Are You Prepared... For the First 72 Hours?

For more information, please visit www.72hours.org

FAMILY

- Talk with your family about potential disasters and why it's necessary to prepare for them.
- Make sure everyone knows where to find your disaster supply kit.
- Have a flashlight and a pair of shoes under everyone's bed in case there is an earthquake during the night.
- Plan where to meet after a disaster if your home becomes unsafe.
- Determine the best escape routes from your home. Try to identify two escape routes.
- Make sure each member knows who your family's out-of-state contact is.
- Locate the gas main and other utilities and make sure family members know when and how to turn them off.
- Practice your evacuation routes, Drop, Cover & Hold and Stop, Drop & Roll drills.
- Teach each member of your family how to use a fire extinguisher.

HOME

- Install smoke detectors on each level of your home and change batteries every 6 months.
- Move beds away from windows.
- Move mirrors and heavy pictures away from couches or places where people sit.
- Clear hallways and exits for easy evacuation.
- Store heavy items on the lowest shelves.
- Strap down your water heater and fit all gas appliances with a flexible gas supply line.
- Store flammable or highly reactive chemicals securely and separate from each other.
- Secure pictures and wall hangings and use restraints to secure heavy items such as bookcases and file cabinets.
- Know how and when to switch off your utilities.
- Ensure that all window safety bars have emergency releases.
- Be sure your home number is visible from the street so emergency vehicles can find you.

CHILDREN

- Include your children in family discussions and planning for emergency safety.
- Teach your children their basic personal information so they can identify themselves and get help if they need to.
- Prepare an emergency card with information for each child.
- Regularly update your child's school with current emergency contact information and persons authorized to pick up your child.
- Teach children to dial their home telephone number and Emergency 9-1-1.
- Teach children what gas smells like and advise them to tell an adult if they smell gas after an emergency.
- Warn children never to touch wires on poles or lying on the ground.
- Role-play with children to help them remain calm in emergencies and to practice basic emergency responses.
- Role-play with children as to what they should do if a parent is suddenly sick or injured.
- Role-play with children on what to say when calling Emergency 9-1-1.

PETS

- Keep a collar, current license and up-to date ID tags on your pet at all times.
- Consider having your pet micro-chipped.
- Make sure your pet is comfortable being in a crate, box, cage, or carrier for transport.
- Keep an updated list of trusted neighbors who could assist your animals in case of an emergency.
- Tighten and secure latches on birdcages. Fasten down aquariums on low stands or tables.

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