



**Household Emergency Life-Saving Plan (H.E.L.P.)**

This template will help you and your family prepare for an emergency. The plan will let you record potential dangers in and around your home and put into place ways of dealing with them.

**What Emergencies May We Face?**

Discuss the dangers you could face. These could include industrial accidents, severe weather, floods or other possible emergencies. What action will you take in response to each situation? Put details in the plan below.

Danger	Action	Comments or Notes

**In the event of an emergency you should take the following action, unless you are told otherwise by the emergency services;**

- Go inside a safe building and stay away from doors and windows.
- Stay inside until you are advised to do otherwise by the emergency services.
- Tune into your local radio, TV and internet news channels.

**If You Are Evacuated**

If you are asked to leave your home by the emergency services, take your complete **H.E.L.P.** plus **Emergency Grab Bag** and leave as quickly as possible.

If you do not have anywhere safe to stay, inform your local authority. They will make arrangements for those evacuees who need temporary accommodation.

**ALWAYS FOLLOW INSTRUCTIONS FROM THE EMERGENCY SERVICES**

<b>Where will we meet?</b> If you cannot get home or contact each other pick two places where you could meet. One close by, the other slightly further away in case the emergency is more widespread.
<b>Nearby place:</b>
<b>Outside the immediate area:</b>
<b>What if we cannot get there?</b> Choose a friend you can contact to say you are safe
<b>Name:</b> <b>Address:</b> <b>Home Phone:</b> <span style="float: right;"><b>Mobile Phone:</b></span>
<b>Where can we stay?</b> If you have to evacuate could you stay with friends or family. Have two different places.
<b>Name:</b> <b>Address:</b> <b>Home Phone:</b> <span style="float: right;"><b>Mobile Phone:</b></span>
<b>Name:</b> <b>Address:</b> <b>Home Phone:</b> <span style="float: right;"><b>Mobile Phone:</b></span>
<b>Where and how do we turn off the following?</b> Only do this if you have time to do so.
<b>Water:</b>
<b>Gas:</b>
<b>Electricity:</b>
<b>Will any neighbours need our help?</b>
<b>Name:</b> <b>Address:</b> <b>Home Phone:</b> <span style="float: right;"><b>Mobile Phone:</b></span>
<b>Name:</b> <b>Address:</b> <b>Home Phone:</b> <span style="float: right;"><b>Mobile Phone:</b></span>
If you have time, secure your premises before you leave. Do not return home until you are told it is safe to do so.

## Emergency Grab Bag

An emergency could happen at any time. An **Emergency Grab Bag** is one simple thing you can do to make sure you and your family are ready. Make an **Emergency Grab Bag** of things you could need. It will need to be easily found by all family members, and should be checked every six months. Consider including the following items:

	Tick	Comments or Notes
Copy of this <b>Household Emergency Life-Saving Plan</b>		
First aid kit and medication		
Copies of important family documents in a waterproof bag, e.g. passport, birth and insurance certificates		
Mobile phone and charger		
Personal hygiene items, such as soap, toothbrushes and toothpaste, towel, feminine hygiene products		
Bottled water and emergency food, enough for three days		
A battery radio with spare batteries or a wind up radio		
A battery torch with spare batteries or a wind up torch		
Extra set of house and car keys		
Childcare supplies or other special care items		
Cash and credit cards		
Other items you may need – make a list (e.g. local A-Z map, playing cards, colouring or puzzle book, children's toys, notebook and pen/ pencil)		

<b>Steps To Take In Advance</b>		
	<b>Tick</b>	<b>Comments or Notes</b>
Make sure the whole family know what to do in the event of an emergency		
Find out more about the risks in the area you live in		
Check you have adequate insurance cover		
Consider learning first aid		
Install and regularly check smoke detectors		
Consider installing a carbon monoxide detector		
Decide which items would need to be moved upstairs in the event of a flood		
Know the quickest route out of your home and neighbourhood		
Put your emergency phone numbers into your mobile phone		
Have sufficient food in your house for three days		
Make sure your child's school has current information about how to reach you		
If you have locking windows ensure that keys are to hand as with keys for locked doors		
Consider the needs of pets or other animals		
Other steps you may need to take – make a list (e.g. swap telephone numbers with neighbours, teach children how and when to call 999)		

## Useful Contact Numbers

Keep this list handy and make extra copies if needed. Keep a copy by your home phone and store them in your mobile phones.

<b>Emergency Services (inc. Coastguard)</b>	999
<b>NHS Direct</b>	0845 4647
<b>Environment Agency Floodline</b>	0845 988 1188
<b>Environment Agency Incident Hotline</b>	0800 807 060
<b>Cheshire Police (non emergencies)</b>	0845 458 0000
<b>Cheshire Fire and Rescue Service (non emergencies)</b>	01606 868 700
<b>Local Authority</b>	
<b>School(s)</b>	
<b>Work</b>	
<b>Doctor</b>	
<b>Dentist</b>	
Other useful contact numbers – make a list (e.g. hospital, house and car insurer, electricity/ gas/ water supplies)	
<b>Local Radio Stations</b>	BBC Manchester    95.1 FM BBC Merseyside    95.8 FM BBC Shropshire    96 FM BBC Stoke            94.6 & 104.1 FM BBC Wales            93-104 FM
Other useful radio stations – make a list	

## Looking After Pets

Keep a separate emergency bag for pets in case they need to be evacuated. Contents will depend on the type of pet but may include:

	Tick	Comments or Notes
Water, food and bowls		
Leash / muzzle / harness		
Medication, health records, license numbers and microchips numbers		
Blanket, pet carrier or cage		
Photo of your pet in case it gets lost		
Plastic bags for waste		

## More Information

For more information on preparing for emergencies in the Cheshire area;

Go to the dedicated emergency website:

[www.cheshireresilience.org.uk](http://www.cheshireresilience.org.uk)

Or email:

[lf.queries@cheshire.pnn.police.uk](mailto:lf.queries@cheshire.pnn.police.uk)

## Additional Notes

### DISCLAIMER

This **Household Emergency Life-saving Plan** template has been produced by the Cheshire Local Resilience Forum to assist households in preparing for an emergency incident at home. The Local Resilience Forum or its constituent members will not be held responsible for any damage, loss or injury to persons or property as a result of using this template.

Please note that this template has been adapted from Devon, Cornwall and Scilly Local Resilience Forum Household Emergency Plan.

Template from the Cheshire Local Resilience Forum