

Severe Weather

In the event of severe weather near you, it is important that you follow the emergency advice and **Go In, Stay In, Tune In.**

Be aware of any severe weather warnings for your area to ensure you have enough time to prepare. You can find these at www.metoffice.gov.uk.

In addition you should:

- Stay inside and keep warm.
- **Don't travel if you can avoid it.**

However if you must travel, make sure your vehicle is up to the task and fully prepared. **Keep an Emergency Grab Bag in your car. This is especially important during cold weather.**

It should include:

- Suitable winter clothes and a blanket or sleeping bag.
- Mobile phone, radio, torch and extra batteries.
- Shovel and windscreen scraper.
- Water and snacks.
- Tow chain or rope.
- Jump leads.



It is important to adjust your driving to suit the conditions. For further information visit the Highways Agencies Website www.highways.gov.uk



HELP US TO HELP YOU
BE PREPARED FOR EMERGENCIES

Cheshire Resilience



PREPARING FOR EMERGENCIES

This safety leaflet was produced by Cheshire Local Resilience Forum www.cheshireresilience.org.uk

Local Radio Stations

- 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

Flooding

If flooding is imminent in your area, or has occurred, you should follow the emergency advice and **Go In, Stay In, Tune In.**

There are extra steps you can take to make sure you are fully prepared:

- What are your risks? Call the Environment Agency's Floodline on 0845 9881 188 or visit www.environment-agency.gov.uk to find out whether or not you are at risk. You can also find out whether you are eligible to receive free flood warnings.
- Be prepared, your **H.E.L.P.** and **Emergency Grab Bag** are really important in the event of flooding.
- Plan the items you would want to save and know how you are going to move them.
- If flooding does occur, and it is possible, make sure you go upstairs.

If You Are Evacuated

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

If you have time and it is safe to do so :

- Add the following items to your **Emergency Grab Bag**: prescribed medication; cash & credit cards; car keys; toiletries & sanitary supplies; mobile phone & charger; infant supplies; and spare clothes.
- Turn off electricity, gas and water supplies.
- Lock all doors and windows.
- Don't return home unless told it is safe to do so.
- Continue to tune into local radio for emergency advice and instructions.
- If you have somewhere safe to stay, go there when told to do so by the emergency services.
- If you do not have anywhere safe to stay, inform your local authority. They will make arrangements for those evacuees who need temporary accommodation.



I.C.E
In Case of Emergency

Putting an emergency contact in your mobile phone under the name of ICE will allow a member of the emergency services to contact the correct person quickly if you are involved in an accident or emergency.

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Keep this leaflet safe
-it's the perfect size for your wallet

This leaflet could help save your life

Useful Contact Numbers

Emergency Services (inc. Coastguard)	999
NHS Direct	0845 4647
Environment Agency Floodline	0845 9881 188
Environment Agency Incident Hotline	0800 807060
Cheshire Police (non emergencies)	0845 458 0000
Cheshire Fire & Rescue Service	01606 868700
Family Contact
Neighbour
Local Authority
School / Work
Doctor

More Information

For more information on preparing for emergencies in the Cheshire area including:

- **Household Emergency Life-saving Plan (H.E.L.P.)**
- **Emergency Grab Bags**
- **How to help your community**

Go to the dedicated emergency website:

www.cheshireresilience.org.uk

or email:

lf.queries@cheshire.pnn.police.uk

Thank you to Dumfries & Galloway Major Emergency Scheme and Cleveland Emergency Planning Unit for their assistance in regards to the content and images contained in this leaflet.

HELP US TO HELP YOU

BE PREPARED FOR EMERGENCIES

The chances of you and your family being caught up in a major emergency are low. However, it is very important that you have made the necessary preparations to protect yourself, your family and others. This leaflet will show you how.

What Emergencies May We Face?

- **Industrial Accidents**



- **Severe Weather**

(Snow, Storms and Gales)



- **Flooding**

- **Major Transport Accidents**

(Road, Rail and Air)



Steps To Take In Advance

During an emergency, it is **your responsibility to ensure that you and your family are prepared for any major emergency**. The best ways to prepare are to:

- **Educate** Make sure the whole family, including children, know what to do in the event of an emergency.
- **Know Risks** Visit www.cheshireresilience.org.uk to find out more about risks in the Cheshire area.
- **Insurance** Check you have adequate insurance cover.
- **Neighbours** Swap telephone numbers, so that you can check they are okay in an emergency - they may need your help.
- **Learn** Consider learning first aid – it is a valuable skill that may save lives.

Create Your Own H.E.L.P.

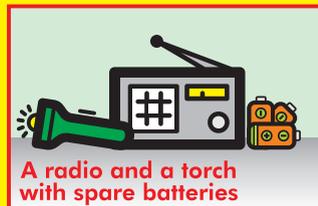
Create your **Household Emergency Life-saving Plan (H.E.L.P.)**. This should include the following useful information:

- The name of someone living away to be your family contact.
- Important phone numbers, including friends and family.
- How your family will stay in contact in the event of an emergency.
- Emergency procedures for your children at school and in your workplace.
- How to tune into your local radio station.
- Instructions on where and how to turn off your gas, electricity and water mains supplies.

Make your own **Emergency Grab Bag** and keep it handy. This should include the following items:

- A battery radio with spare batteries or a wind up radio.
- A battery torch with spare batteries or a wind up torch.
- First aid kit and medication.
- Bottled water and emergency food, enough for three days.
- Copies of important family documents in a water-proof bag, e.g. passport, birth and insurance certificates.
- A copy of your **Household Emergency Life-saving Plan (H.E.L.P.)**.

Your EMERGENCY GRAB BAG should contain



In The Event Of An Emergency

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



- **Go In** - Go inside a safe building and stay away from doors and windows.
- Do not collect children from school as arrangements will be made for their safety and care.



- **Stay In** - Stay inside until you are advised to do otherwise by the emergency services.
- Close all doors, windows and vents.
- Limit your use of the telephone. Keep lines free for emergency use only.



- **Tune In** - Tune in to your local radio, TV and internet news channels.
- Local emergency responders will use these to send you information.
- To ensure you can 'Tune in', make sure you have spare batteries for your radio.

Industrial Accident

If there is a warning of an industrial accident near you, it is important that you follow the advice above and

Go In, Stay In, Tune In.

In addition, you should:

- Take all pets inside with you.
- Switch off any air conditioning, ventilation and fans. There may be toxic chemicals in the air as a result of the accident.
- Extinguish all naked flames.
- If you think you may be contaminated from the accident, do not leave to go to hospital but wait for specialist advice from the emergency services.

