



## **PREPARE YOUR EMERGENCY KITS**

Emergencies happen when you don't expect them. A simple way to be prepared to handle emergencies is to put together an emergency kit. Driving in winter can be a challenge; you may have to contend with cold temperatures and short daylight hours.

A basic emergency kit for cars should be kept in the passenger compartment and include the following items:

- food that won't spoil i.e. energy bars
- water in plastic water bottles – change every six (6) months
- blankets
- extra clothing and shoes
- first aid kit with seatbelt cutters
- small shovel, scraper and snowbrush
- candles, a deep can and matches
- wind up (not battery powered) flashlight
- whistle to attract attention
- road map
- copy of an emergency plan and personal documents

The following items should be stored in your trunk:

- sand, salt and/or cat litter (non clumping)
- antifreeze and windshield washer fluid
- tow rope
- jumper cables
- fire extinguisher
- warning light and/or flares

If an emergency occurs at work the employer or employee should never rely on calling 911. A company should have an emergency contingency plan and have personnel trained to respond to any situation. The work place emergency kit should contain:

- wind up (not battery powered) flashlight
- bright coloured vests to identify designated emergency marshals
- hand held two-way radios for internal communication
- adhesive markers to put on doors indicating rooms are empty
- a notepad and pen that will write when it's cold and/or wet
- emergency contact numbers
- first aid kit to be used by trained persons
- sugar candies for anyone who is diabetic

Information taken from Alberta Occupational Health and Safety