

# EMERGENCY RESPONSE PREPAREDNESS SAFETY SEGMENTS

Emergency Response is the systematic response to an unexpected or dangerous occurrence that can happen in the workplace. The goal of any emergency response procedure is to mitigate the impact of the event on people and the environment.

## MENTAL HEALTH FOCUS: EMERGENCIES AT HOME

Emergency situations don't solely occur in work environments and this can create additional stress to employees that can affect an employee's work. This short video and exercise can demonstrate the employer's commitment to their staff's mental health.

### DIRECTIONS

Show this short video from [Government of Alberta](#) and print out the [Be Prepared - Emergency Kit Checklist](#) for the staff.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Have you or someone you know had to leave their homes in an emergency situation?
- Does anyone have a kit ready, if needed?
- Have participants brainstorm items that they could or do have in their kits.

Note to Facilitator:

- Can facilitate brainstorming of emergency kit contents by going through what the facility has in their emergency kit.

