

# NUTRITION AND WELLNESS | MARCH SAFETY SEGMENTS



A contingency plan is a strategic approach created to assist an organization in responding efficiently to a potential future incident, event, or circumstance, which may or may not occur. It is also known as "Plan B" or a backup strategy, serving as an alternative course of action if anticipated outcomes do not come to fruition.

## EMERGENCY PREPAREDNESS FOCUS: CONTINGENCY PLANS

### DIRECTIONS

Start out the discussion by setting the expectations for creating a safe space and being respectful of everyone's feedback. Print out or share an electronic copy of the [CCSA Contingency Plans - Loss of Services Scenarios](#). Go through each scenario and facilitate the group discussion using the guiding questions. This could serve as a tabletop drill for your emergency response prevention plan.

### SAFETY SEGMENT DISCUSSION

Guiding Questions:

- What are the first things that need to be addressed?
- What things do you need to be aware of?
- Once the situation is under control, what steps need to happen following the emergency?
- Discuss existing contingency plans you have in the workplace.
- What is the importance of having contingency plans?

