

PERSONAL DISASTER PREPAREDNESS | MAY SAFETY SEGMENT



Disasters happen, from bouts of extreme weather to calamities such as train derailments and widespread prolonged power outages. These events are not only an inconvenience but can also disrupt our lives both at work and personally. Some events in Alberta have been known to last more than two days, causing power, traffic, and supply interruptions. Have you taken some simple steps to prepare for such an emergency?

STRATEGIES TO IMPLEMENT

DIRECTIONS

Split the team into smaller groups of 2 or 3 and ask them to create a list of the items they feel would be necessary if a severe snowstorm occurred that impacted their ability to travel and caused power losses in areas of the city. Give the exercise 10 minutes, and review the group answers. Ask the guiding questions and watch the [emergency kit video](#) after the group discussion.

SAFETY SEGMENT DISCUSSION

Guiding Questions:

- Does anyone have an emergency kit? What kind? Vehicle, home emergency, other?
- What are the top 5 items in your kit? Why?
- Have you experienced a situation where your ability to travel was hampered?

Notes to the Team Leader:

- Facilitate an atmosphere of collaboration by encouraging the staff to provide input into an optimal home emergency kit. More information can be found here [Build An Emergency Kit](#)



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