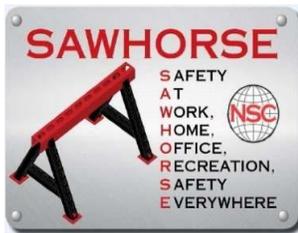




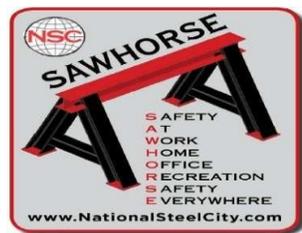
**PIPEFITTERS**



**ELECTRICIANS**



**CARP ~ LAB**



**IW ~ BM ~ OP**

## ***NSC ~ SAWHORSE ADVISORY #29 –September, 2017***

The management of **NSC** is pleased to offer this **SAWHORSE ADVISORY**. This is part of our continuing effort to ensure that our workforce remains as safe as humanly possible, both on and off the **NSC** worksite.

### **Make An Emergency Plan**

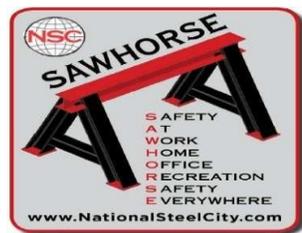
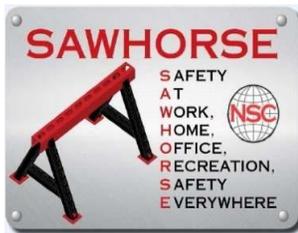
Make a plan today. Your family may not be together if a disaster strikes, so it is important to know which **types of disasters** could affect your area. Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find.

Step 1: Put together a plan by discussing these 4 questions with your family, friends, or household to start your emergency plan.

1. How will I receive **emergency alerts and warnings**?
2. What is my **shelter** plan?
3. What is my **evacuation** route?
4. What is my **family/household communication plan**?

Step 2: Consider specific needs in your household.

As you prepare your plan tailor your plans and supplies to your specific daily living needs and responsibilities. Discuss your needs and responsibilities and how people in the network can assist each other with communication, care of children, business, pets, or specific needs like the operation of durable medical equipment. Create your own personal network for specific areas where you need assistance. Keep in mind some these factors when developing your plan:



## PIPEFITTERS

## ELECTRICIANS

## CARP ~ LAB

## IW ~ BM ~ OP

- Different ages of members within your household
- Responsibilities for assisting others
- Locations frequented
- Dietary needs
- Medical needs including prescriptions and equipment
- Disabilities or access and functional needs including devices and equipment
- Languages spoken
- Cultural and religious considerations
- Pets or service animals
- Households with school-aged children

Step 3: Fill out a Family Emergency Plan (See Attached)

Step 4: Practice your plan with your family/household