



## ***NSC ~ SAWHORSE ADVISORY #44 – April, 2019***

The management of **NSC** is pleased to offer this **SAFHORSE 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.

### **HOW TO STAY SAFE WHEN A TORNADO THREATENS**

#### **Prepare NOW** –

***Know your area's tornado risk.*** In the U.S., the Midwest and the Southeast have a greater risk for tornadoes.

***Know the signs of a tornado,*** including a rotating funnel-shaped cloud, an approaching cloud of debris, or a loud roar—similar to a freight train.

***Sign up for your community's warning system.*** The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts. If your community has sirens, become familiar with the warning tone.

***Pay attention to weather reports.*** Meteorologists can predict when conditions might be right for a tornado.

***Identify and practice*** going to a safe shelter for high winds, such as a safe room built using FEMA criteria or a storm shelter built to ICC 500 standards. The next best protection is a small, interior, windowless room in a sturdy building on the lowest level.

***Consider constructing a safe room*** that meets FEMA or ICC 500 standards.

**Survive DURING -**

***Immediately go to a safe location*** that you identified.

***Take additional cover*** by shielding your head and neck with your arms and putting materials such as furniture and blankets around you.

***Listen to EAS, NOAA Weather Radio***, or local alerting systems for current emergency information and instructions.

***Do not try to outrun a tornado*** in a vehicle.

***If you are in a car or outdoors*** and cannot get to a building, cover your head and neck with your arms and cover your body with a coat or blanket, if possible.

**Be Safe AFTER -**

***Keep listening to EAS, NOAA Weather Radio***, and local authorities for updated information.

***If you are trapped, cover your mouth*** with a cloth or mask to avoid breathing dust. Try to send a text, bang on a pipe or wall, or use a whistle instead of shouting.

***Stay clear of fallen power lines or broken utility lines.***

***Do not enter damaged buildings*** until you are told that they are safe.

***Save your phone calls for emergencies.*** Phone systems are often down or busy after a disaster. Use text messaging or social media to communicate with family and friends.

***Be careful during clean-up.*** Wear thick-soled shoes, long pants, and work gloves.

***Take an Active Role in Your Safety***

Go to **ready.gov** and search for **tornado**.

Download the **FEMA app** to get more information about preparing for a **tornado**.

Find Emergency Safety Tips under Prepare.