

Safety Tips For

STORM SAFETY

From The Research and Training Center, ICI, University of Minnesota

<http://rtc.umn.edu>

If the lights go out, just remember these safety tips during a storm.



1. Keep a storm safety kit handy.

You can make your own kit. Include:



- Landline telephone that does not require electric operation and will work in an event of a power outage



- Handcrank radio with AM/FM tuning and/or Battery operated FM weatherband radio



- LED crank flashlight; each bedroom should have a battery operated flashlight with additional batteries



- First aid kit with essential medicines and a manual, including a copy of your prescription medicines and, if indicated, documentation from physician of use of service animal



- Drinking water supply to last three days



- Non-perishable, ready-to-eat food and a manual can opener



- If needed, pet food and other things necessary for your pet(s)



- Towels, toilet paper, bathroom items and other sanitary items



- Work gloves



- Duct tape



- A copy of insurance documents



- Blankets and sleeping gear



- List of phone numbers and addresses of emergency services and shelters, physicians, family and friends



- Hammer and nails



- Tool box with screwdrivers, wrench, and a small hatchet

Make sure everyone in your family knows where the kit is kept. Review your emergency plan with your family and support staff and post the written plan on an easily accessible bulletin board.



2. **Stay inside during thunderstorms and blizzards.**

Lightning, wind and ice can damage power lines, making them very dangerous. It's also important to stay off the phone and computer during a storm.



3. **Use flashlights instead of candles.**

Using candles during a storm is a big fire hazard.



4. **Call the power company right away.**

The more calls they get, the faster they can find and fix the problem.



5. **Unplug as many big appliances as possible.**

This will help prevent damage when the power comes back on.



6. **Do not open the refrigerator or freezer unless you absolutely need to.**

Keeping the door closed as much as possible will make the food last longer.



7. **Stay away from portable generators or heaters.**

This equipment is very dangerous, so stay far away.



8. **Do not ever try to use a gas appliance to stay warm.**

Using a gas appliance the wrong way can cause deadly carbon monoxide. Bundle up in layers of clothes instead.



9. **Stay away from a damaged power line.**

Even utility workers can't tell if a power line is energized just by looking at it.



10. **Watch out for power lines when they're cleaning up outside.**

If power lines are running through damaged trees, call the electric company for help.