PreparingforEmergencies





A Checklist for People with Mobility Problems



and floods present a special

or the millions of challenge. Protecting yourself Americans with and your family when disaster mobility problems, strikes requires planning ahead.

This checklist will help you get started. Discuss these

ideas with your family, friends, or a personal care attendant, and prepare an emergency plan. Post the plan where everyone will see it.

Emergency Checklist

Emergency emecknet			
Ask Questions	Post emergency telephone numbers	Prepare a Disaster	
Call your local emergency management office or Red Cross chapter.	near telephones and teach your children how and when to call for help.	Supplies Kit	
Ask what kind of disasters could occur in your area and how to prepare for each.	☐ Learn what to do in case of power outages and personal injuries. Know how to connect or start a back-up power supply for essential medical equipment.	Assemble supplies you might need in an evacuation. Store them in an easy-to-carry container such as a backpack or duffle bag.	
Ask how you would be warned of an emergency.	If you or someone in your household uses a wheelchair, make more than	Include:	
☐ Ask about special assistance that may be available to you in an emergency. Many communities ask people with a	one exit from your home wheelchair- accessible in case the primary exit is blocked in a disaster.	 □ A battery-powered radio, flashlight, and plenty of extra batteries for them. □ A first aid kit, prescription medicines, 	
disability to register, usually with the local fire department or emergency management office, so needed help can be provided quickly in an emergency.	☐ Teach those who may need to assist you in an emergency how to operate necessary equipment.	and an extra pair of glasses. A supply of water (one gallon per person per day). Store water in sealed,	
☐ Ask your supervisor about emergency plans at your workplace.	Arrange for a relative or neighbor to check on you in an emergency.	unbreakable containers. Identify the storage date and replace every six	
☐ Ask your childrens' teachers and	Learn how to turn off the water, gas, and electricity at main valves or switches.	months. A supply of non-perishable food and a	
caregivers about emergency plans for schools and day-care centers.	☐ Plan and practice how to escape from your home in an emergency.	non-electric can opener, plus any special foods you require.	
☐ If you currently use a personal care attendant obtained from an agency, check to see if the agency has special	Consider getting a medical alert system that will allow you to call for help if you	☐ If you have a baby, include extra diapers and other infant care items.	
provisions for emergencies (e.g., providing services at another location should an evacuation be ordered).	are immobilized in an emergency. If you live in an apartment, ask the management to identify and mark accessible exits.	☐ Extra wheelchair batteries, oxygen, medication, catheters, food for guide or service dogs, or other special equipment you might need.	
Create a Plan	Learn your community's evacuation routes.	A change of clothing, rain gear, and sturdy shoes.	
Meet with household members or your personal care attendant. Discuss	Listen to a battery-operated radio for	☐ Blankets or sleeping bags.	
the dangers of fire, severe weather,	emergency information.	☐ A list of family physicians and the relative or friend who should be	
earthquakes and other emergencies that might occur in your community.	Pick one out-of-state and one local friend or relative for family members to	notified if you are injured.	
Determine what you will need to do	call if separated by disaster.	☐ A list of the style and serial numbers of medical devices such as pacemakers.	
for each type of emergency. For example, most people head for a	☐ Pick two meeting places: 1) A place near your home in case of fire.	☐ An extra set of car keys.	
basement when there is a tornado	A place outside your neighborhood in case you cannot return home	Also	
warning, but most basements are not wheelchair-accessible. Determine in	after a disaster.	☐ Store back-up equipment, such as a	
advance what your alternative shelter will be and how you will get there.	☐ Keep family records in a watertight, fire-proof container.	manual wheelchair, at your neighbor's home, school, or your workplace.	

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Emergency Plan

Out-of-State Contact

CkList Peole w/MobilityP (F)

Name	
City	
Telephone (Day)	(Evening)
Local Contact	
Name	
Telephone (Day)	(Evening)
Nearest Relative	
Name	
City	
Telephone (Day)	(Evening)
Family Work Numbers	
Father	Mother
Other	
Emergency Telephone Number In a life threatening emergency, dial 911 or the	PFS local emergency medical services system number.
Police Department	
Fire Department	
Hospital	
Family Physicians	
3 3	Telephone
	Telephone
	-
Name	Telephone
Reunion Locations	
1. Right outside your home	
2. Away from the neighborhood, in case y	ou cannot return home
Address	
Telephone	
Route to try first	

Escape Plan



n a fire or other emergency, you may need to evacuate on a moment's notice. Be ready to get out fast.

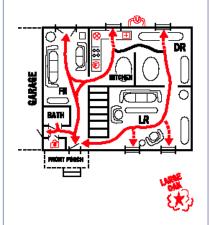
Develop an escape plan by drawing a floor plan of your residence. Show the location of doors, windows, stairways, large furniture, and emergency supplies (Disaster Supplies Kit), fire extinguishers, smoke detectors, collapsible ladders, first aid kits and utility shut-off points.

Indicate at least two escape routs from each room, and mark a place outside of the home where household members and/or your personal care attendant should meet in case of fire. If you or someone in your household uses a wheelchair, make more than one exit from your home wheelchair-accessable in case the primary exit is blocked in a disaster.

Include important points outside such as garages, patios, stairways, elevators, driveways, and porches. If your home has more than two floors, use an additional sheet of paper. Practice emergency evacuation drills at least twice each year.

Example:

Floor one







Floor One

Floor Two



Normal Exit Route **Emergency Exit Routes**



Fire Extinguisher



Smoke Detectors



Disaster Supplies Kit



Doors Collapsible Ladder



Reunion Location (Outside)



Stairways Utility Shut-Off



First Aid Kit

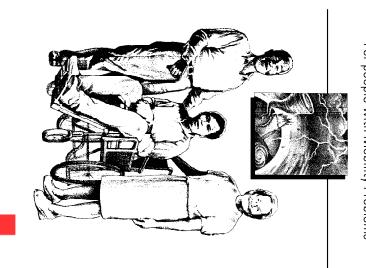


☐ Blanket and first aid kit. Home Hazard Hunt If You Need to Evacuate ☐ Shovel. In a disaster, anything that can move, fall, Listen to a battery-powered radio for the break, or cause a fire is a potential hazard. Tire repair kit, booster cables, pump location of emergency shelters. Know in and flares. advance the location of wheelchair-☐ Repair defective electrical wiring. Smell accessable shelters. Follow instructions of ☐ Fire extinguisher (5 lb., A-B-C type). for leaky gas connections. If you smell local officials. gas, turn the gas off and call a professional ☐ Bottled water and non-perishable foods ☐ Wear appropriate clothing and sturdy to repair it. such as granola bars, raisins, and cookies. ☐ Keep the shut-off switch for oxygen ☐ Take your Disaster Supplies Kit. equipment near your bed or chair, so you Fire Safety can get to it quickly if there is a fire. Lock your house. ☐ Fasten shelves securely to the wall. ☐ Plan two escape routes out of each room. ☐ Use travel routes specified or special Place large, heavy objects on lower If you cannot use the stairways, make assistance provided by local officials. shelves or the floor. special arrangements for help in If you are sure you have time... advance. Never use the elevators. ☐ Hang pictures and mirrors away ☐ Shut off water, gas and electricity if from beds. Bolt large pictures or ☐ Install smoke detectors. Clean and test instructed to do so. mirrors to the wall. smoke detectors once a month. Change batteries at least once a year. Let others know when you left and where ☐ Secure water heater by strapping it to a you are going. nearby wall. ☐ Consider installing home sprinklers. ☐ Repair cracks in ceilings or foundations. ■ Make arrangements for pets. Animals ☐ If there is a fire, do not try to fight the fire. other than service animals may not be Brace overhead light fixtures. Get out fast. Do not stop for pets or allowed in public shelters. possessions. Call the fire department ☐ Store weed killers, pesticides and after you are outside. Never go back flammable products away from heat Prepare a Car Kit into a burning building. sources. Include: ☐ Have chimneys, flue pipes, vent connec-☐ Feel the bottom of the door with the ☐ Battery-powered radio, flashlight, tors, and gas vents cleaned and repaired palm of your hand. If it is hot, find by a professional. extra batteries, and maps. another way out. The Federal Emergency Management Agency's Community and Family Preparedness Program and the American Red Cross Community Disaster Education Program are nationwide efforts to help people prepare for disasters of all types. For more information, please contact your local emergency management office and American Red Cross chapter. This brochure and other preparedness materials are available by calling FEMA at 1-800-480-2520, or writing: FEMA, P.O. Box 2012, Jessup, MD 20794-2012. Publications are also available on the World Wide Web at: FEMA's Web site: http://www.fema.gov Your Local Contact is: American Red Cross Web site: http://www.redcross.org

L-154/July 1992

Federal Emergency Management Agency

American Red Cross



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