

Putting Together A Disaster Supplies Kit

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The recent rise in natural disasters (hurricanes Charley, Frances & Ivan) has caused a rise in questions regarding emergency preparedness and planning. Whether it's a hurricane, tornado, flood, snowstorm, drought, or other natural occurrence, planning ahead can mean the difference between getting by and getting left out in the storm. Planning ahead is one of the most basic risk management techniques that can be undertaken by an individual, family or company. Remember that local officials and relief workers cannot reach everyone immediately. Help may not arrive for several hours or days. It's wise to be prepared ahead of time because there won't be time to stop and search for the supplies you'll need when the disaster strikes.

With this in mind, one of the basic steps in emergency preparedness is the creation of a **disaster supplies kit**. By taking the time to create the kit, you can be better prepared in the event of a disaster. The kit can also help everyone feel more secure in case of emergency. The below supplies can be kept in a plastic tub, small case or container.

THE ESSENTIALS: Cash and/or credit cards, cell phone, emergency contact phone numbers, local & regional maps with locations of safe evacuation places for various emergencies, first aid kit, flashlights, battery operated radio, extra batteries, medications (if required).

WATER & FOOD: Three day supply of water (3 gallons per person per day), three day supply of nonperishable food (foods that require no refrigeration, preparation and little or no water), formula (if required), baby food (if required).

SANITATION: Toilet paper, soap, toothpaste, toothbrushes, feminine hygiene products, paper towels, garbage bags and ties, disinfectant cleaner.

CLOTHING: A change of clothes for each person, shoes, hats, winter coats, gloves, scarves, blankets or sleeping bags, diapers (if required).

2004 Dates:

January:

Plan Your Safety Training Now!
Call Cambridge For Ideas!
312-381-8208

February:

Child Passenger Safety Week

March:

Poison Prevention Week
Workplace Eye Safety Month
Save Your Vision Month

April:

Sports Eye Safety Month
Intl Building Safety Week
Work Zone Aware. Week
Playground Safety Week

May:

Clean Air Month
Melanoma Awareness Month
Electrical Safety Month
National EMS Week
Poison Prevention Week

June:

National Safety Month

July:

EYE INJURY PREV. MONTH

August:

Prepare Your Winter Safety Training!

September:

Farm Safety/Health Week

October:

Nat. Fire Prevention Week
Drive Safely Work Week
Radon Action Week

November:

Take advantage of the weather and do your classroom training!

December:

"3D Month" - National Drunk & Drugged Driving Prevention Month

"Help may not arrive for...several days."

MEDICAL NEEDS: Prescription medications (heart, blood pressure, insulin, etc.), aspirin and non-aspirin pain reliever, anti-diarrhea and antacid medications, hearing aid batteries, spare eye glasses.

IMPORTANT DOCUMENTS: Copies of - will, insurance policies, contracts, deeds, stocks & bonds, passports, social security cards, immunization records, ID's for each person.

TOOLS & SUPPLIES: Paper plates, cups, plastic utensils, can opener, kitchen items (spatula, tongs, etc.), pliers, screwdrivers (flat & phillips), hammer, crowbar, pocket knife, duct tape, compass, matches in a waterproof container, safety goggles, fire extinguisher, whistle, paper, pencils/pens, extra car keys, games, books.

MISCELLANEOUS: Pet supplies (if applicable), stuffed animals for kids, toys.

One last thing to remember - disasters are certainly frightening for adults, but they are more traumatic for children if they don't know what to do. Children depend on daily routines. When an emergency disturbs their routine, they can become especially nervous. They will look to the adults for stability and guidance in order to get through the event.

The old rule you've always heard applies here as well -

"FAILING TO PLAN IS PLANNING TO FAIL."



Cold Weather Can Be Bad For Your Heart

Cold weather snaps can trigger heart attacks, particularly in people suffering from high blood pressure, European researchers recently said. The increased rate of attacks seen during wintertime lows is probably due to the fact that cold temperatures increase blood pressure and put more strain on the heart.

A 2-year study of 700 people admitted to hospitals in France found the occurrence of heart attacks in people with hypertension, or high blood pressure, was twice as high when the mean temperature was lower than 24.8 degrees Fahrenheit (- 4° C).

They also had a 62 percent greater risk of heart attack when the temperature difference between the day before and the day of the attack was more than 41 degrees F (5 degrees C). Researchers at the University of Dijon told the annual meeting of the European Society of Cardiology that susceptible people should be careful about activities in cold weather or when temperatures changed suddenly.

Their study also found a link with low barometric pressure, with more heart attacks occurring during a cold weather front. In addition to a general rise in blood pressure, colder weather can cause blood to become stickier and more likely to clot. Cholesterol levels also tend to be higher during the winter and an increase in respiratory infections may lead to inflammation that contributes to the rupture of artery-clogging plaques.

Injuries Exact A Heavy Toll on All of Us

More than 157,000 Americans were killed and about 1.6 million hospitalized as a result of car crashes, falls, violent acts and accidents in 2001, federal officials said in a report that urged the nation to pay more attention to basic safety. Researchers with the Centers for Disease Control and Prevention (www.cdc.gov) said their analysis of data from the 50 states and District of Columbia showed that unintentional injuries were a problem that cut across age, gender and race. One in 10 U.S. residents, or about 29.7 million people, were treated for non-fatal injuries in emergency rooms in 2001, according to the CDC report, the first to study the magnitude of both fatal and non-fatal injuries in the nation.

Unintentional injuries are the fifth leading cause of death in the nation after

"Simple measures...could help reduce the toll of injuries."

heart disease, cancer, stroke and lower respiratory diseases such as emphysema, bronchitis and asthma. The price tag due to injuries is costly, at an estimated \$117 billion in annual health care expenses. That does not include the untold billions in lost wages and productivity of workers who are injured or killed.

The Atlanta-based CDC said simple measures, such as wearing a seat belt, installing smoke and fire alarms and not drinking and driving, could help reduce the toll of injuries. The CDC, the U.S. Surgeon General's Office and other agencies have been pushing for programs targeting groups at higher risk for injuries such as teenagers and drunk drivers.

Teenagers and young adults between the ages of 15 and 24 had the highest risk of dying in a motor vehicle accident in 2001. Car crashes accounted for almost 33,400 deaths in the overall population and 2.9 million non-fatal injuries. Unintentional falls, a leading cause of injuries in the elderly, killed more than 15,000 people and sent another 7.8 million to hospital emergency rooms.

CAN A FORKLIFT BE USED TO LIFT PERSONNEL? YES - but only if strict control guidelines are met each time.

- A work platform equipped with standard guardrails or equivalent means, and firmly secured to the lifting carriage or forks, must be used. The operator and every person to be elevated must check that the platform is securely attached to the carriage or fork arms.
- The area between the workers on the platform and mast must be guarded to prevent contact with chains or other shear points.
- The mast must be set in the vertical position and the forks must be set in the horizontal position.
- The industrial truck must be used on a hard level surface.
- When lifting in an area subject to any passing traffic, barriers or warning signs must be used to prevent interference while the platform is in use.
- The industrial truck travel controls must be in the neutral position with **parking brake engaged**.
- **The platform must not be used to transport personnel.**
- The operator must be in the normal operating position while raising or lowering the platform.



- Before any person is elevated or supported by the platform the operator must lift the platform to the required work height to confirm that all systems are functioning correctly and clearing overhead obstructions.
- The operator must watch for overhead obstructions and proximity to electrical conductors.
- The operator must stay at the controls at all times while persons are raised.
- Work must be carried out only with personnel standing on the floor of the platform. **Ladders or other means shall not be used to gain additional height.**

For more information, contact your Cambridge Risk Control Consultant or visit – www.CambridgeRiskControl.com

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Safety Resource Center

It's Good To Know:

New Residential Construction Website!

www.osha.gov/SLTC/residential

This new site was created with assistance from the National Association of Home Builders (NAHB) and features information about OSHA standards that apply to residential construction. It also features solutions to address the hazards associated with the residential construction industry.

Safety Web Check :

Agricultural & Farm Safety

The National Ag Safety Database (NASD) was developed by the National Institute of Occupational Safety and Health (NIOSH). Its main objective is to educate **agricultural workers** about occupational hazards associated with ag-related work.

NASD - www.cdc.gov/nasd

NIOSH - www.cdc.gov/niosh

Home Safety Tip:

Garage Door Openers

Automatic garage door openers that do not automatically reverse should be repaired or replaced with new openers which do reverse to prevent young children from being trapped and killed under the closing garage doors.

For more information about garage door openers and other consumer products, visit:

www.cpsc.gov