

ENKCA
Personal Resilience Plan
(PRP)

**AN EMERGENCY PLAN FOR
HOUSEHOLDS AND
BUSINESSES TO HELP YOU,
YOUR FAMILY AND YOUR
BUSINESS, THROUGH THE
FIRST 72 HOURS OF AN
EMERGENCY.**

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As part of the ENKCA Community Resilience Plan it is important that each individual household or business makes basic preparations to deal with possible emergencies / winter conditions/ loss of electricity/ shortages of fuel/ loss of water supply, etc.

In recent years our area has suffered heavy snowfalls, flooding, gale-force winds and electricity blackouts. It could happen again so here is some advice and suggestions to help you prepare for a bad winter or other emergency:

THE FIRST 72 HOURS OF ANY EMERGENCY ARE THE MOST CRITICAL!

EMERGENCIES, BY THEIR NATURE, HAPPEN WITHOUT WARNING!

- ❖ If you lose your electricity supply, how will you see in the dark? How will you keep warm? How will you cook food? Do you have a log burner or a coal fire? Do you have cylinder gas?
- ❖ Think about having torches or camping type lanterns handy, remember spare batteries! **Candles are not recommended as they pose a serious fire risk. Be very careful if using them!** Consider also camping gas cookers and portable gas heaters. **Remember ventilation if using gas/paraffin/oil stoves/heaters/lights indoors.** Identify a suitable indoor cupboard in which to store your emergency items and make sure everyone in the household knows its location. List the items in your emergency store and check their condition regularly **(batteries/food/water all have limited shelf lives).**
- ❖ Do you have a caravan/camper van you could use or can you go to a relative, neighbour or friend?
- ❖ Consider whether you need a portable generator and whether you want to be able to connect it directly into your electrical circuits (local electricians can advise).
- ❖ Keep enough food, water and other essentials in your home to last at least 7 days. Tinned and dried foods, including powdered milk, are ideal as they have a long shelf life. **(Watch use by dates and rotate stock, keep bottled water in a cool, dark place)**
- ❖ Remember, if you lose your electricity supply your refrigerator and freezer will no longer work.
- ❖ Think about how you will cook/reheat food if you have no electricity.
- ❖ Don't forget your pet(s), keep a couple of extra tins/packets of pet food in your cupboard.

- ❖ If you lose your electricity supply you will also lose your television, mains radio and probably your internet connection and landline telephone. Think about how you will keep in touch. If you have a mobile phone and a storm is forecast, keep it fully charged and use it sparingly in case the electricity is off for several days. **(Consider purchasing emergency, battery powered charging/back-up units to keep mobile phones/computers/routers/modems powered up.)**
- ❖ Do you have a battery powered or wind up radio so you can listen to local news and warnings? Again, don't forget to have some spare batteries.
- ❖ Keep emergency telephone numbers handy: NHS 24, Scottish Hydro, Scottish Water, etc. (All these are listed on the ENKCA website, in the Glack Newsletter and in the Community Resilience Plan). Keep a written list of friends and family phone numbers as well as other useful numbers (insurance company, bank, credit card company, etc.) as your mobile phone/computer may run out of power and you will not be able to access your contact lists. **(Keep these with your emergency supplies.)**
- ❖ Do you know how to turn off your water supply and your electricity supply in an emergency?
- ❖ Do you have a snow shovel and some salt readily available?
- ❖ Can you quickly flood proof your home/business? (Many easily stored, temporary flood defence products are commercially available.)
- ❖ Driving/travel: If the weather is really bad you should consider whether you need to travel. However, if you cannot postpone your journey:
 - Check the weather forecast and road conditions;
 - Allow extra time;
 - Take a fully charged mobile phone and have an 'in-car' charger in the vehicle.
 - Ensure your car is ready for severe weather and consider fitting winter tyres, carrying snow chains or snow socks;
 - In your car carry: an ice scraper and de-icer, a torch, warm clothes and a blanket, a first aid kit, battery jump leads, a snow shovel, high energy food and a warm drink in a flask.
- ❖ If you need to evacuate your house/business, can you and your family/dependants or staff make your way safely to Eassie & Nevay Hall or some other 'safe place'? Plan routes!
- ❖ If you have a **business**, is your valuable computer data backed up? Are your valuable documents stored in a safe, waterproof/fireproof cabinet/container? Can you still operate if you lose electrical power? **(Consider making a 'Business Continuation Plan' if you have not already done so! Also consider emergency back-up power!)**
- ❖ **Householders**, are your documents safe? Do you have all your valuable documents (bank/insurance/credit cards/insurance documents) in a safe, waterproof/fireproof place? **(Consider a specialist cabinet/container, both commercially available.)**

USE THE TABLE BELOW TO LIST YOUR EMERGENCY EQUIPMENT

ITEM	USE BY DATE	CHECKED
TORCH (You should have at least one powerful torch and all members of the family should have individual torches)		
RADIO (battery powered)		
GAS STOVE & SPARE CANISTERS (lighter/matches!)		
SPARE BATTERIES		
FOOD (2500 calories per person per day)		
WATER (2 litres per person per day)		
FIRST AID KIT		
MEDICATION		
PLUG-IN TYPE PHONE		
CLEANSING/DISINFECTANT WIPES		
PERSONAL HYGINE ITEMS		

USE THE TABLE BELOW TO LIST RADIO STATION FREQUENCIES

STATION	FREQUENCY
RADIO TAY	FM 96.4 / FM 102.8
RADIO TAY	AM 1161
RADIO HEARTLAND	FM 97.5 - 106.6
RADIO SCOTLAND	FM 92.4 - 94.7
RADIO SCOTLAND	MW 810

