New Westminster

DIY Grab-and-go Bag Workshop



Are you prepared for an emergency?

Take a minute to think... what type of hazards do we face in New Westminster?



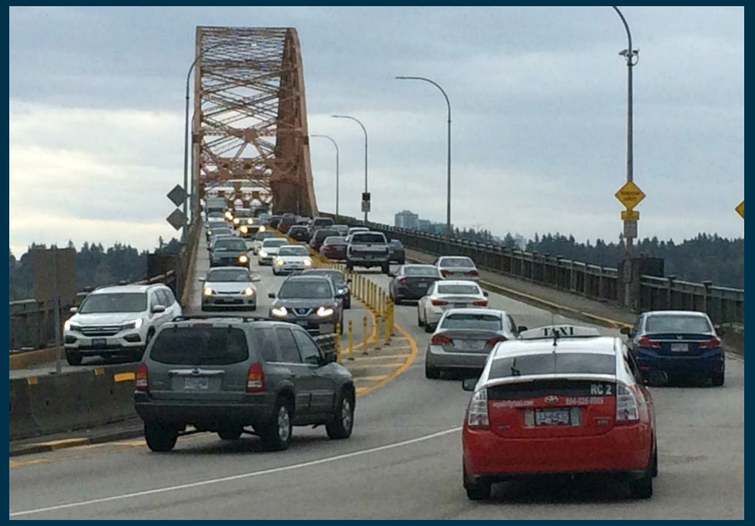
Man Made and Natural Hazards in New Westminster



Heavy Rain/ Storms/ Cold Weather



Heat Waves/ Wildfire Smoke



Traffic Congestion/ Traffic Accidents



Structure Fires/ Industrial Fires

Common hazards in BC:


Floods


Wildfires


Earthquakes


Tsunamis


Disease Outbreaks


Severe Weather


Power Outages


Landslides


Drought


Hazardous Material Spills

If you have to evacuate your home, what do you take with you?



What is a Grab-and-go Bag?

A grab-and-go bag is a small emergency kit that's easy to take with you, in case you need to leave right away. You can create a kit for your home, vehicle or work.



Now,
let’s build our kits!!

One item at a time...

Home Emergency Plan/Documentation

Home Emergency Plan

- Personal contact information
- Emergency meeting place
- Emergency contacts (nearby & out-of-area)
- Healthcare information
- Insurance providers (home, vehicle, life)
- HELP/OK Sign
- Pet information





Other documents to consider…

- Medication
- Copies of passport/drivers license

What to do after a fire guide

This guide covers the following…

1. Reviews insurance
2. Explains Emergency Support Services
3. What to do when unable to return home
4. Who to notify…
5. Clean up tips

This brochure is often handed out to those displaced after a fire. However, it is good to know the information inside this brochure before an emergency.



Pen & Notepad

What are different examples of why someone may need a pen and notepad during an evacuation?

- To take notes about the event that just took place
- If verbal communication is difficult when communicating to others
- Keep children occupied - draw, scribble, play games
- Keep yourself occupied



Collecting Accurate Information

Don’t have access to a computer:

- This is a pre-recorded phone line that is managed by the Emergency Management office
- Information such as cooling and warming centers, large emergency events and more...



Water

- Most people need four litres of water per day
- Hot temperatures can double water needs
- Be mindful how much water you add to your bag. Water adds a lot of weight which may make it more difficult to carry your bag!



NOTE: There is an expiration date on the water – if expired this water can still be used for other needs than just drinking. Just make sure to label it so you know not to drink it!

First Aid Kit / Wet Naps

This pocket first aid kit & wet naps are perfect for minor first aid on-the-go. With several different types of bandages and gauze.



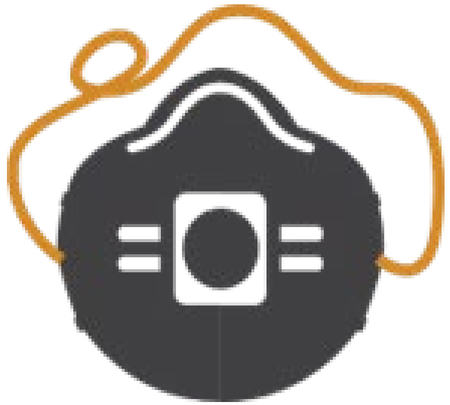
We encourage you to build on this kit with any additional supplies you may have at home:

- Polysporin
- Hot/cold pack
- Tweezers
- Extra bandages (different sizes)
- Bandage wrap roll

Mask / Gloves

Mask
- Air quality
- Fires
- Prevent germs

Gloves
- First aid
- Keeping hands clean





Mask Scenario: Evacuating your building due to a fire and there are dust particles or smoke particles in the air. Especially those who have breathing issues, asthma or other health conditions that could make you even more vulnerable.

Tissues / Toothbrush

Depending on how long you have to be out of your home, hygiene is important!



We are leaving it up to you to add toothpaste to your supplies. You may have an extra tube at home, or purchase a travel size at your local store!



Garbage Bag

Why might a garbage bag come in handy…?

Scenario 1: You have been evacuated from your building and there are a lot of unknowns as to when you can go back inside. Maybe it has just rained, and all the surfaces are wet but you are wanting to sit down. The garbage bag could be used to lay down on a bench, brick wall, grass, etc… to prevent you from getting wet!



Garbage Bag

Why might a garbage bag come in handy…?

Scenario 2: You have been evacuated from your building due to a fire or water damage in your suite. You are told you can go back in to collect a few items that may be valuable/help you get through the next couple days – this bag could be used to put your items into.



Items to keep you dry & warm...

Rain Poncho

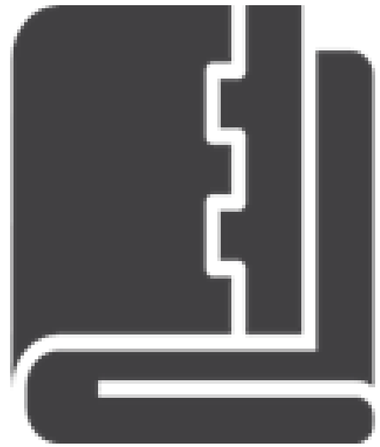
This poncho is 100% waterproof, keeping you dry if you are stuck outside in the rain – with a drawstring hood. This poncho is large enough to fit over your clothing!



Reduce, reuse: Once used, let your poncho hang to dry, fold it back into it's pouch and reuse again!

Emergency Blanket

The emergency blanket reflects 90% of body heat. It is windproof and waterproof. A great light-weight item to have handy if you are stuck outside during an evacuation and become cold.



Different uses for the blanket:

- To keep warm
- Shelter
- Signal for help: reflects light in the dark if in need of help

Hand Warmers

You never know what time of year it will be if/when you need to evacuate. During most emergencies, residents are not able to go back into their homes for hours – even if your unit wasn't impacted.

Once you remove the hand warmers from their packaging, give them a little shake and they will begin activating – you will feel them warm up – **providing warmth for 15 hours**.



Get creative: You could put these inside your shoes to keep your feet warm, your pant & coat pockets – they are versatile!

Items to keep you safe...

Glow Stick

Why might you need a glow stick?



Scenario: It is the middle of the night and your building experiences a flood or fire and you are forced to evacuate immediately. Your building could be experiencing a power outage or the fire department needed to turn off the electrical for safety purposes, which means the elevator is out of service… now it is dark, and you have to walk down the stairs. The glow stick can act as a light source to help guide you out of the building safely.

Glow Stick

How to use: Crack the glow stick and you'll see it begin to illuminate (don't worry it won't break!)



Reminder: This is a one time use – it will provide light for roughly 8 hours before fading.

Whistle

A whistle is a great survival tool – it provides a reliable, high-pitched signal that carries further than the human voice, while using far less energy. This could help rescuers locate you if you are trapped, injured or lost.



Other things to consider...

Additional Items...

There is a lot more that can be added to your bag... this may come down to personal needs or comfort...

- Medication (at least 3 days worth)
- Food / snacks
- Comfort toy / game
- Blanket
- Seasonal clothing
- Radio
- Extra batteries
- Phone charger / battery bank
- Cash (small bills)
- Extra set of keys



Do remember, the more you add the heavier the bag will get!

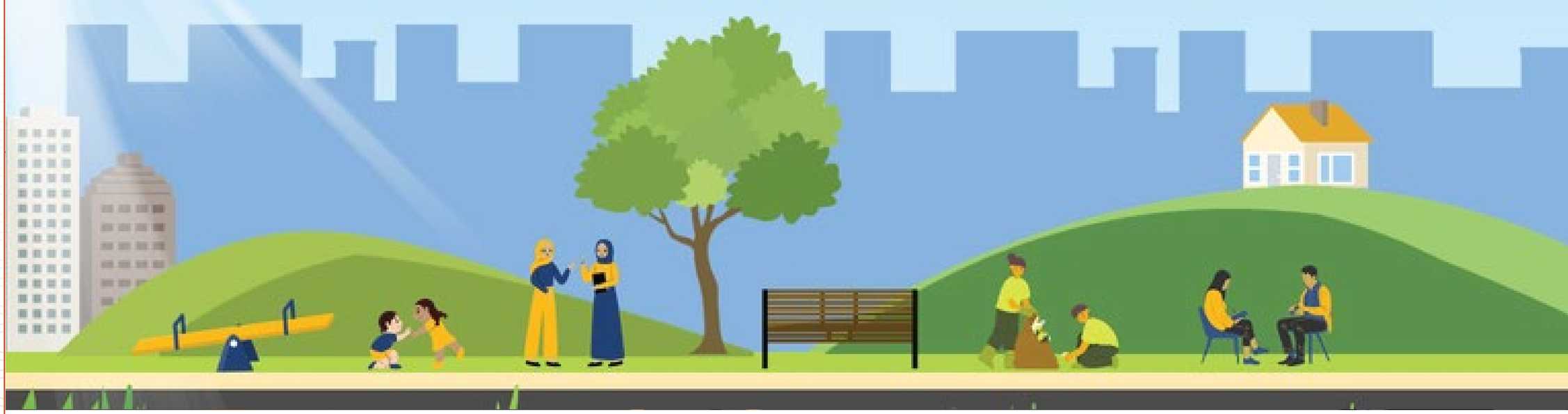


Don’t forget your pets!

Make sure you prepare a kit with enough supplies for your pet(s) to last at least 72 hours.

Your kit should also include:

- Food & Water
- Leash
- Pet carrier
- Vet and vaccination records in a zip-locked bag
- The number to your vet
- Up to 2 weeks worth of medication, if needed
- A favourite toy/blanket



Neighbourhood Connection

Being prepared isn't just about supplies, it is also about recognizing everyone's readiness improves when we look out for one another.

Immediate help following an emergency will likely come from those around you – stay connected with your neighbours!

WAYS TO STAY CONNECTED

- Organize an annual street/building BBQ.
- Welcome new neighbours by bringing them a baked good or inviting them over.
- Host annual meetings to review your neighbourhood plan – this could be through strata or a designated member from your block.



Are you insured?

Understand the importance of having insurance...

All homeowners and renters are strongly encouraged to get insurance. Insurance is one of the best ways people can protect their home and personal belongings in the event of an emergency.

CONTACT YOUR LOCAL INSURANCE AGENCY FOR MORE INFORMATION...

Insurance: what to ask / think about...

Important questions when inquiring about insurance...

1. If impacted by a structure fire, what does my insurance cover?
   **This could be a dollar amount covered by your insurance provider – make sure it's enough!*
2. What do I do immediately after a fire to make sure my insurance kicks in? Is there a number to call?
3. What are the payment options to make this more affordable and attainable for lower income families?

Realizing the importance of insurance often doesn't hit until you are personally affected and it's too late...



2 Final Questions...

1. Where is a good place to store your grab-and-go bag?

Store your bag in an area of your home that is dry and easy to reach.

Example: hall closet close to your front door, laundry room, or any area that is along the pathway out a main door. We do not suggest you store it in the garage, parkade or storage locker – those locations are not easily accessible if you need to evacuate quickly.

2. How often should you check your grab-and-go bag?

We used to recommend lining it up with daylight savings, but that no longer exists. Now, find 1-2 dates per year to give your bag a quick look to make sure expiration dates are still good!

TIP – write it in your calendar as a reminder!

New Westminster

To learn more about how to stay prepared...

newwestcity.ca/emo

Emergency Management Office

nwemo@newwestcity.ca