

Safety Note #167

BE INFORMED about EMERGENCIES and PREPAREDNESS

Emergency Preparedness Series: Step 1 – Be Informed

Note: This series of Safety Notes provides tips for personal emergency preparedness. Each UC ANR workplace should also have site specific emergency plans. See the [EH&S website](#) or your location's Safety Coordinator for more information about your workplace emergency plans.

Emergencies and disasters can happen any day, anywhere. Most communities may be impacted by several types of natural or man-made hazards during a lifetime. Despite these risks, there are steps each of us can take to ensure we are prepared for a variety of circumstances. Being informed before, during and after an emergency is a critical part of being prepared and may make all the difference when seconds count! A first step for emergency preparedness is to **Be Informed** about what could happen and how to respond.



Before an emergency:

- Be informed about the potential hazards and risks in your area and learn the appropriate ways to respond to them.
- Identify how local authorities will notify you during a disaster and how you will get information, whether through local radio, TV or NOAA Weather Radio stations or channels.
- Train at least one member of your e or household in CPR, first aid and the use of an automated external defibrillator (AED). Contact your local American [Red Cross](#) chapter for more information, or EH&S staff for UC ANR resources.
- Know your community's hazard mitigation/response plans, evacuation plans and routes, community warning systems, emergency contacts and nearby buildings that are designated as disaster shelters or points of dispensing.
- Local emergency management offices can help identify the specific hazards in your area and outline the local plans and recommendations for each.
- Increase your disaster awareness; go to the California Emergency Management Agency's "[MyHazards](#)" website to learn about natural hazards specific to your region.
- Go to FEMA's [ready.gov](#) website to learn more about potential hazards and other emergencies, or call 1-800-BE-READY (1-800-237-3239) for a free brochure.
- ANR EHS staff can assist you in locating resources. Recommendations include your County's local Office of Emergency Services (OES), local American Red Cross chapter, the California Emergency Management Agency (Cal EMA), the Federal Emergency Management Agency (FEMA), County Health Departments, and the Centers for Disease Control and Prevention (CDC).

During an emergency:

- It is critical to stay informed of rapidly changing conditions during disasters and emergencies. Local authorities may or may not immediately be able to provide information on what is happening and what you should do.
- Monitor TV or radio news reports for information or official instructions as they become available. Many local agencies also now use social media (Facebook, Twitter, etc.) to relay emergency information. Use common sense and available information to determine if there is immediate danger.

After an emergency:

- If your community has experienced a disaster, register on the American Red Cross [Safe and Well Web](#) site available through RedCross.org to let your family and friends know about your welfare. If you don't have Internet access, call **1-866-GET-INFO** to register yourself and your family.
- Who can you rely on to help you after a disaster? Who will provide you with food, water, shelter and medical care? You might be surprised by the answer: YOU and YOUR NEIGHBORS! A major event will likely overwhelm local law enforcement, fire, and emergency medical personnel and resources. Getting prepared today by identifying and mitigating hazards, developing an emergency plan, and readying supplies may make all the difference.

Although we cannot prevent disasters, we can reduce the risk of injury and even death by becoming informed.