

# Emergency Preparedness

An emergency is defined as, “an unforeseen combination of circumstances or the resulting state that calls for immediate action” & “an urgent need for assistance or relief.” (Merriam-Webster). We know an emergency is a time sensitive thing & appreciate the importance of having a plan.

Let’s think of a few things to determine whether or not we are actually prepared in the event of an emergency.

## Are you involved in high-risk work?

- Employers must assess where there is a need to rescue or evacuate personnel AND, they have to consider the type of high risk work they are engaged in such as working at heights, near powerlines, etc. slippery, wet, oily, and greasy surfaces.

## Are you working alone or in an isolated area?

- Alone & working in an area with limited to no cell reception? Is it easy to seek emergency help? How close is the nearest hospital? If you haven’t thought of these things, its time for an assessment & take action to ensure your safety i.e., pre-determined check-in times, satellite phones, location & route to hospital, etc.

## What emergency supplies & equipment are readily available?

- Whether working alone or in a team, you must have easy access to a well stocked first aid kit & whatever supplies & equipment you need based on the work and involved hazards such as a fire extinguisher, flashlights, alarm, tripod, stretcher, & so on.

## What training do I need?

- WorkplaceNL approved first aid training such as Standard First Aid;
- Equipment training, i.e., if working at height decent control device, pole rescue kit, etc.
- Start with your supervisor, ask for in-house training to learn how to use, inspect, & maintain rescue equipment. As well as, review emergency response plan(s).
- Familiarize yourself with the nearest muster area, exit(s) & make sure you are not situated in a way that you’re unable to escape.
- Is this a job where assisted rescue can be safely provided or is it beyond your control? Your employer may need to have onsite trained, qualified, & competent specialized rescue team i.e., High Angle Rescue.

## Think about changes

- If there is a change in conditions or any other environment type things, will this have a bad effect on you? Will it increase the potential for an emergency? Take time to step back and reassess.

If you are unsure, then, its time to talk to your supervisor about developing &/or updating emergency plans. Planning to plan is NOT a plan!

Please visit NLCSA’s website for resources or to find out how to speak to a Safety Advisor: [www.nlcsa.com](http://www.nlcsa.com)