

'It's Up To You For 72'

Checklists developed from experiences and knowledge of communities of Rosewhite and Mt. Beauty

To be used in conjunction with Alpine Shire Community Resilience Kit and checklists provided by CFA, SES or Red Cross.

Preparations prior to a disaster

People

- Discuss, develop and print copies of family emergency plans
- Develop contact list (see Contact List template)
- All family members agree on one common contact person (preferably outside local area)
- Consider actions for family members who may be ill or refuse to leave
- Neighbours – contact details, where are their pumps located? – how to use – visit each other's properties re location of backup equipment
- Find out location of designated local safe place

Property

- Organise CFA Fire Ready assessment and checklist
- House/property maintenance
- List process for locking up and leaving house (turn off gas, etc.)

House - Internal:

- Hose stored inside (won't melt during fire)
- Frozen oranges stored in freezer (for use during disaster)
- First Aid Kit
- Emergency Kit (see checklist)
- Pack important items at start of summer – keep in container ready to take, or keep off site - precious, personal items that are irreplaceable, photos and important documents –scanned copies/backup copies on USB stick
- Fire proof safe installed in house
- Take photos of contents for insurance purposes
- Battery operated clock
- Battery operated radio
- Alternate cooking appliances – not electric

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House – External:

- Pumps – learn how to use – practice regularly – test regularly
- Sprinkler system
- Back up generator (15amp)
- Ladder close to house – removal of smoke alarm batteries when alarms are activated

Car

- Maintain fuel level
- Keep woollen blanket and First Aid Kit in car

Animals/Stock/Pets

- Stock – consider suitable locations to relocate stock
- Spare leads/harnesses for pets
- Pet Food (in Emergency Kit)

Communication:

- UHF radio – practice use in off season – regular practice sessions
- Set up mobile phone group contact lists for sending group text messages
- Set up Twitter, Facebook, Viber accounts

Actions during and 72 hours after disaster

People

Personal Well-being

- Drink plenty of water
- Be mindful of emotions – shock, disbelief
- Traditional/usual thinking is impaired – unable to think clearly – normal procedures/processes may not be remembered – rely on written plans and procedures, checklists, contact lists
- Increased adrenalin can cause lack of sleep
- Increased likelihood of asthma, heat stroke, dehydration

Property

- Use your emergency kit (see checklist)
- If leaving, check process for locking up and leaving house (turn off gas, etc.)

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If no electricity – what items will be affected:

- Pumps
- Roller doors
- Landline phones
- Perishable food – fridge, freezer
- Air conditioning
- Cooking appliances
- Lights
- Clocks

Animals

- Agistment
- Access for transport to move stock
- Food/water

Communication:

- Travel – consider road closures
- UHF radio, police scanner
- ABC Radio
- Police scanner
- Fire Ready App - CFA
- Mobile phones – keep charged
- Twitter, Facebook, Viber
- Prioritise phone calls – one family member to be main contact person (person outside region as the main contact)
- Contact family, neighbours, Red Cross if leaving the property

Considerations Post Disaster

- Recovery can take a long time
- OK to have feelings of guilt
- Storytelling is useful
- Feelings of isolation are common



challenging inequity, embracing diversity

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Thank you to members of Rosewhite CWA, Tawonga Red Cross, Mt Beauty U3A and Mt Beauty Secondary College CFA Youth Crew for their contributions to this document.

Please share your knowledge, experience and copies of this document, the emergency kit checklist and the emergency contact list with family and friends to help our communities prepare for the 72 hours following a disaster.