

HW Flesher Emergency Response Plan

Individual Member Education

The Emergency Preparedness Committee would like to encourage all individual members and units to prepare for an emergency.

The HWF Emergency Response Plan (ERP), including access to the emergency preparedness container resources, will only be initiated in the event of a catastrophic emergency, such as a major earthquake. This sort of event affects the Greater Vancouver area including the entire HWF community, and access to public emergency response (such as fire/police/ambulance) is impacted.

Container Resources:

The left shipping container stores items such as food rations, first aid supplies, tools, water treatment items and shelter/warmth supplies.

The right shipping container will be used as a first aid station in the case of an emergency.

The structure on top of the right shipping container is a protected water reservoir holding approx. 2,500 litres of potable water. It will get drained, tested, and refilled twice a year (May, September).

Emergency Response Plan summary:

The Emergency Preparedness Committee has created a document called the Emergency Response Plan (ERP). The purpose of the ERP is to act as a guide for the HW Flesher Community's response to a major catastrophic event. It outlines the steps involved in emergency response, and will likely need to be adapted based on level of damage to individual units, the property as a whole, and which members are available to respond. If you would like a copy of the ERP, please email emergencyplan@hwflesher.com

What can you do to be prepared?

This document serves as a preparation guide, and also outlines the steps of what to do in the event of a substantial emergency. Please note, full text of all hyperlinks embedded below are included in the Resource section at the end of this document.

1. [Prepare for any Emergency](#)

- [Build an emergency kit and grab-and-go bag - Province of British Columbia](#)
 - Key documents (such as passport, driving licence, your personal emergency contact list and insurance details)
 - First aid kit including any prescription medication
 - Glasses/contact lenses
 - Wet wipes and/or antibacterial hand gel

- Battery operated FM/AM radio with spare batteries or wind-up radio
- A flashlight and batteries or a wind-up flashlight
- Notebook and pencil/pen
- Mobile phone/charger/battery bank
- Toiletries (including diapers/sanitary supplies)
- Any special items for babies, children, elderly, and disabled people
- Pet supplies
- Spare set of keys (home/car/office)
- Bottled water/energy bars/ready to eat food
- Coins/cash (small denominations) and credit/debit cards
- Change of clothes, blankets, and sensible footwear (seasonal)
- Whistle
- Copy of your Household Emergency Plan
- Prepare your home
 - In your house, you could secure free-standing furniture, such as bookcases, cabinets, and shelving to wall studs
 - You could use strong strapping and ratchets or other connectors to secure refrigerators, freezers, washers, and dryers
 - Know how to turn off your electrical panel and water in case of leaks or if directed to do so by officials
- Complete a household emergency plan on the BC Government Website [Make your emergency plan - Province of British Columbia](#) and discuss it with your family and friends
- Check out Vancouver's Emergency Planning Guide [Personal and family emergency preparedness](#)
- Check that your community is ready for an emergency – ask yourself the following questions:
 - Do I know the emergency plan for your children's school/day-care?
 - Do I know the emergency plan for my place of work?
 - Have I completed a personal emergency contact list?
 - Do I have emergency contact(s) in my phone, wallet, or purse?
 - Do I have a contact person – someone unlikely to be affected by the same emergency - who can keep my family and friends informed?
 - Do I have alternative, agreed meeting points?
 - Do I have adequate contents and home insurance?
 - Do I have copies of my most important documents stored somewhere other than at home (“in the cloud”)?
 - Do I have a written list of my valuables, plus photographs or videos?
 - Have I undertaken a basic first aid?
 - Have I thought about arrangements for pets?
 - Have I identified possible exit routes from every room in my home?

2. [Prepare for Unusual Weather Conditions](#)

- Heavy Winds
 - Secure loose objects such as ladders and garden furniture
 - Close and securely fasten doors and windows, including garages
 - Park vehicles in a garage or in a place clear of buildings, trees and fences
 - Stay indoors if possible
 - If you need to go outside, do not walk or shelter close to buildings or trees
 - Don't carry out repairs whilst the storm is in progress
 - Do not drive unless your journey is essential and avoid exposed routes
 - Do not touch electric/telephone cables which may have been blown down
- Heat Wave
 - Try and plan your day to stay out of the heat, keep rooms shaded and, where possible use a fan
 - If you must go out, stay in the shade, wear a hat and loose fitting clothing
 - Drink plenty of fluids
 - Don't leave animals unattended in cars in warm weather
 - Seek medical help if you suffer from heat exhaustion or heat stroke. Remain somewhere cool, sponge yourself with cold water and drink plenty of fluids
- Snow and Ice
 - Carry an emergency car kit – mobile phone, car charger, first aid kit, warm waterproof clothes, blanket, food, water, torch (with spare batteries)
 - Inform a friend or family member of your intended travel arrangements and expected arrival time
 - Wear a hat
 - Watch out for signs of hypothermia – uncontrollable shivering, slow or slurred speech, drowsiness and memory lapse
 - Don't drive unless you absolutely need to
- Flooding
 - Listen to your local radio and TV weather forecasts for advice from the emergency services
 - Move your car to higher ground
 - Empty furniture drawers and cupboards. Place the contents and any furniture you can upstairs
 - Fasten plastic bags round the legs of wooden furniture to help minimise absorption of water
 - Turn off and electricity
 - Put plugs in sinks and weigh them down to prevent backflow from the drains. Weigh down the loo seat too.
 - Bring caged outdoor pets inside, move all pets with food, water, bedding and litter trays upstairs
 - Make sure any valuable or sentimental items and important documents are safe
 - Put any flood protection in place

3. [During the Event of an Earthquake](#)

- Right away....
 - Drop to your hands and knees. **If you're inside, stay inside** – don't run outdoors or to other rooms
 - Cover your head and neck with your arm and take shelter under a sturdy piece of furniture. If there is no shelter nearby, crawl to the nearest interior corner or wall while continuing to protect your head and neck
 - Hold on to your shelter, covering your head and neck until the shaking stops
 - In a Wheelchair: Lock, cover and hold on. Lock your wheels and remain in place until the shaking stops. Always protect your head and neck with your arms, a pillow, a book or whatever is available.
 - In Bed: Hold on and stay there, protecting your head with a pillow or blanket. You are less likely to be injured in bed where you are shielded from flying objects and broken glass. Most injuries occur when people try to run for cover.
- **When the shaking stops...**
 - Count to 60 before getting up, giving displaced objects a chance to settle
 - **Stay calm and move cautiously**, checking for unstable objects and other hazards above and around you
 - Be aware of the potential for aftershocks. Drop, cover and hold on every time you feel one
 - DO NOT call 911 to report an earthquake. Only call 911 for serious injuries
 - Follow all directions from local authorities and first responder personnel
- As part of the **HW Flesher** community, **our muster point is the internal driveway between the Hall and East 43rd Ave.** Gather here for a roll call, initial instructions, and updates – unless there is a fire, fallen electrical lines, any other threat to staying on the property, or we have been advised otherwise by the Emergency Services.
- Follow advice from the Emergency Services and responding organisations, make sure that your own family is safe, and that your house is secure
- Tune into the local radio station and listen for public advice messages

This plan will be updated and distributed to the general membership on an annual basis.

For any questions or interest in joining the Emergency Preparedness Committee, please email emergencyplan@hwflesher.com or contact:

Alison Rolfe, D14
 David McLaughlin, C31
 Andrea Laird, C30
 Brenndan Laird, C30

EMERGENCY CONTACTS AND RESOURCES

External Emergency Contact Details:

- Fire, Police, Ambulance and Coastguard - 911
- Vancouver Police Non-Emergency Number - 604 717 3321
- Fire and Rescue Service Non-Emergency Number – 604 873 7000 or 311
- Canadian Red Cross BC in event of emergency 1-888-800-6493
- Fortis BC– for gas leaks 1 800 663 9911
- City of Vancouver – 604 873 7000 or 311
- BC Hydro: Downed Power Lines 911
- Any Other issues: 1 800 224 9476

CBC Radio One 88.1FM or 690 AM

CBC Radio Two 105.7 FM

Vancouver updates/alerts in the case of a major event:

<https://www.emergencyinfbc.gov.bc.ca/resources/>

Resources

Build an emergency kit and grab-and-go bag

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/build-an-emergency-kit-and-grab-and-go-bag>

Make your emergency plan

<https://www2.gov.bc.ca/gov/content/safety/emergency-management/preparedbc/make-your-plan>

Neighbourhood Emergency Preparedness Program, City of Vancouver

nepp@vancouver.ca

BC household preparedness guide:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_household_guide.pdf

BC household emergency plan:

https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_household_plan.pdf

BC condo/townhouse guide: https://www2.gov.bc.ca/assets/gov/public-safety-and-emergency-services/emergency-preparedness-response-recovery/embc/preparedbc/preparedbc-guides/preparedbc_condo_guide.pdf

Vancouver Personal and Family Preparedness

<https://vancouver.ca/home-property-development/personal-family-emergency-safety.aspx>

How Vancouver is preparing for emergencies (including contact information in case of emergency and educational workshops)

<https://vancouver.ca/home-property-development/how-vancouver-prepares-for-emergencies.aspx>