



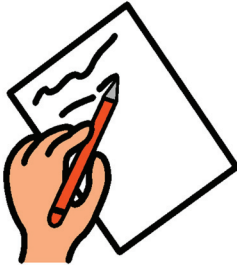
**Emergency Work
Book**

emergency REDiPlan

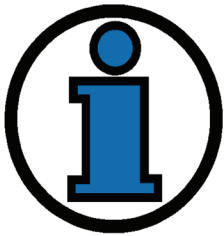
**4 steps to
plan for
an emergency
Easy English**



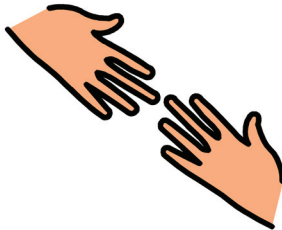
**Easy
English**



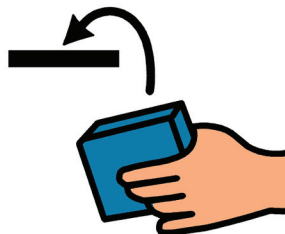
This is the **Emergency Work Book**.



To get more information you can look at the **Information Book**.



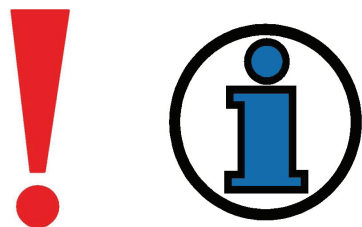
You can ask someone to help you do this Emergency Work Book.



Where to keep this Emergency Work Book?

Keep 1 copy of your **Emergency Work Book**

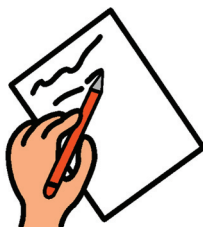
- in your emergency kit
- at a place you spend a lot of time. For example, at work
- with each person in your support team.



Step 1 Get important information

Page number

4



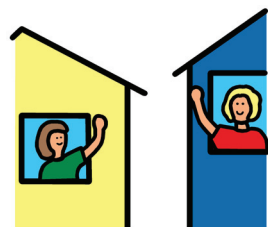
Step 2 Make a plan

8



Step 3 Make an emergency kit

35



Step 4 Know your neighbours

46





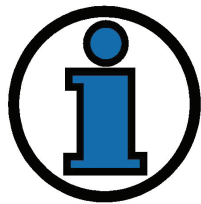
Information cards

- Wallet card
- Home

Page number

50

52



More information

53



1

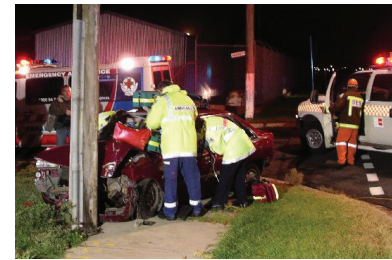


Step 1

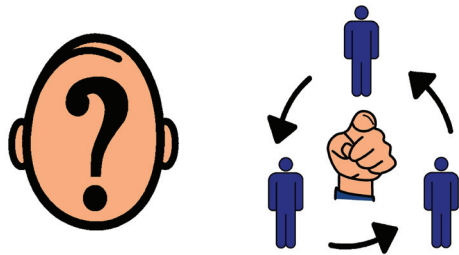
Get important information

What emergencies could happen in my area?




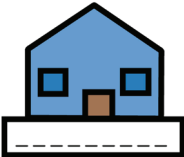
(circle or make a mark)



- bushfire
- flood
- windstorm
- transport accident
- house fire
- earthquake
- terrorist attack
- cyclone



Who is in my support team?

 Name	 Phone number	 Mobile phone number	 Address



My local ABC radio station frequency is

Other radio station frequency is

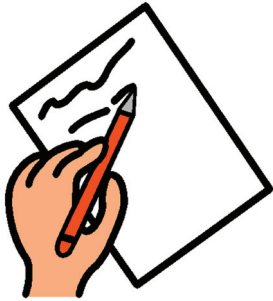


The emergency phone numbers I can call are

(**circle** the numbers you can call)

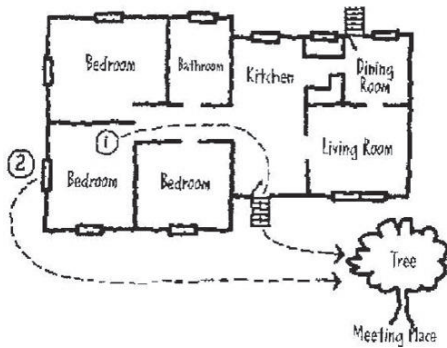
- 000 – for ambulance, police or fire services
- 106 – if you have a Teletypewriter (TTY). For people with a hearing impairment
- 132 500 – for the State Emergency Service
- 131 444 – for the Northern Territory Emergency Service.

2



Step 2

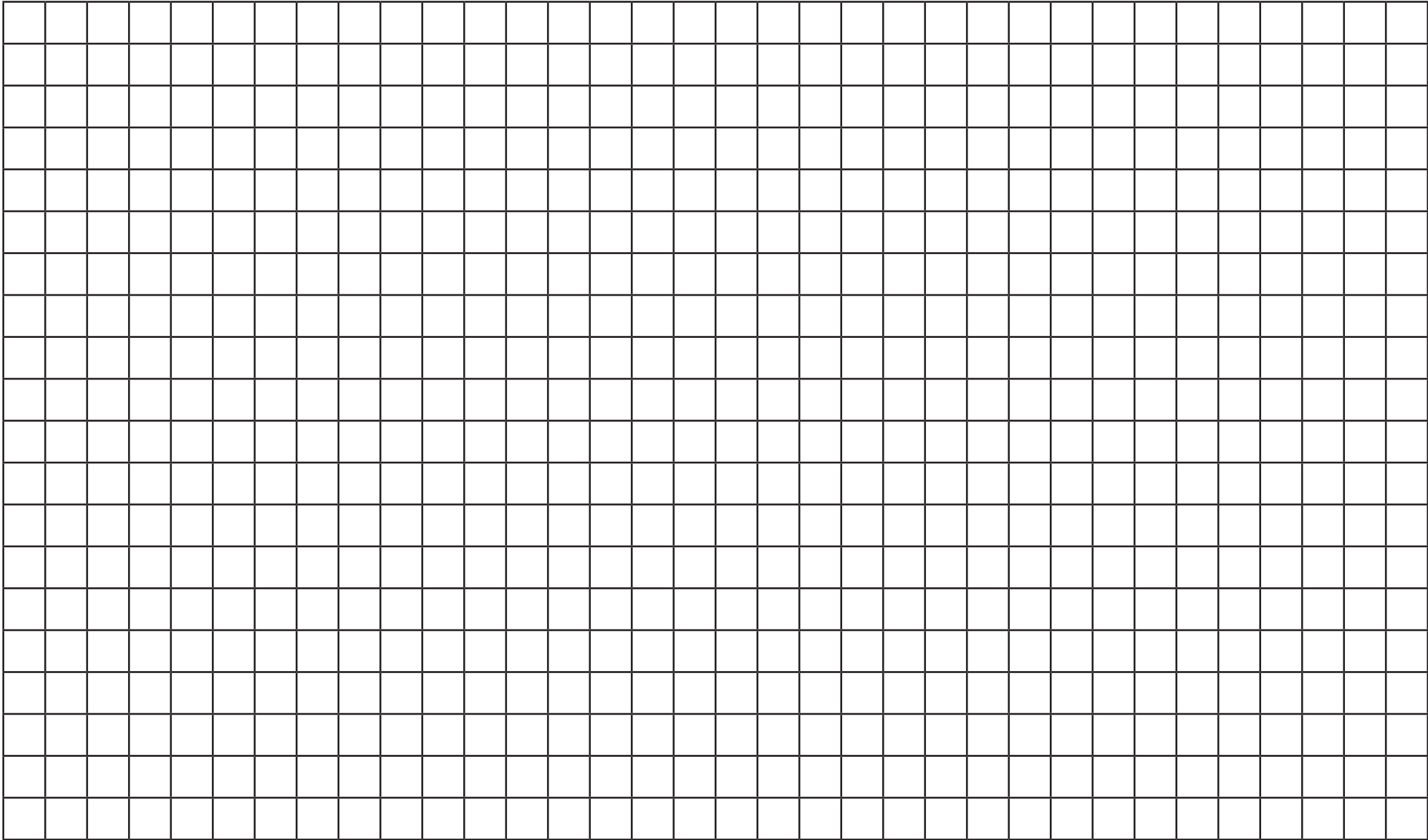
Make a plan



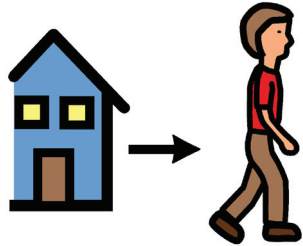
Draw on the grid (page 9 in this book)

- the rooms in your home
- the doors of your home
- the windows of your home.

You can ask someone to help you draw on the grid.



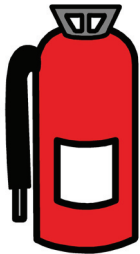
Draw on the grid or write answers here



1. Where are the 2 places you can get out of your home quickly?



2. Where are the alarms?



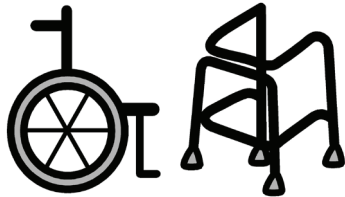
3. Where is the fire extinguisher?



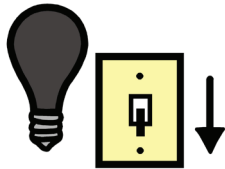
4. Where is the emergency kit?



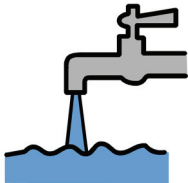
5. Where is my emergency plan?



6. Where is the equipment I need?



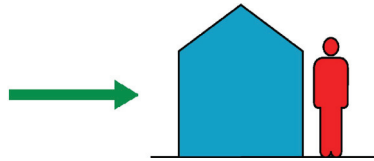
7. Where is the mains power switch?



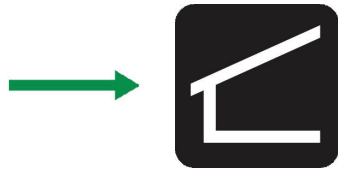
8. Where is the water meter?



9. Where is the gas meter?



The meeting place outside my home is



The meeting place outside my area is



Places I can stay in an emergency



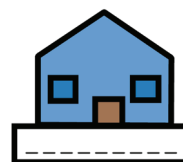
Name



Phone number

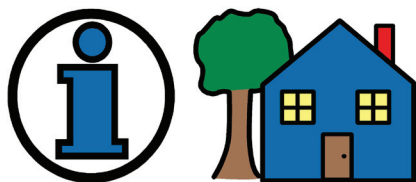


**Mobile phone num-
ber**









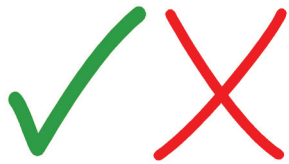
Address

Name	Phone number	Mobile phone num- ber	Address








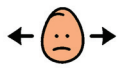

Information about me and the people I live with

 Name	 Medicare number	 Passport number	 Tax file number	 Drivers licence number	 Car registration


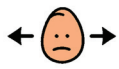

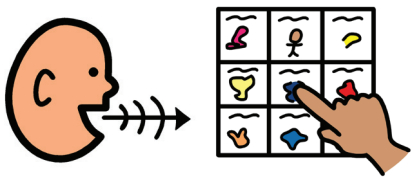



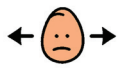

What do I need help with?

	 Yes	 No	 Write more information here
 Daily living			
Personal care. For example, to shower or shave.			
Equipment to help me get dressed. For example, shoe horn, leg lifter.			
Equipment to get a meal ready. For example, special cutting board.			


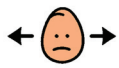

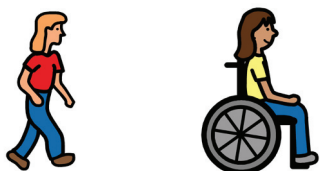
	 Yes	 No	 Write more information here
Equipment for eating and drinking. For example, spoon, cup, bowl or plate.			
Equipment that uses electricity. For example, a hoist.			
Other equipment. For example, toilet chair.			


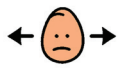



	 Yes	 No	 Write more information here
<p>Communication</p> 			
Communication. For example, people sometimes find it hard to understand my speech.			
Communication is harder when I am stressed.			


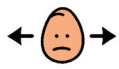

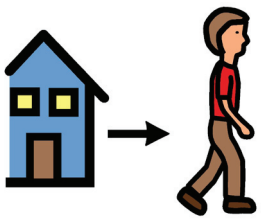
	 Yes	 No	 Write more information here
I use other ways to communicate. For example, writing, pictures, signing.			
You need to use other ways to communicate with me. For example, writing, pictures, signing.			
I need power or telephone lines to communicate.			
I speak another language. For example, Auslan.			


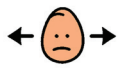



	 Yes	 No	 Write more information here
<p>Moving around</p> 			
<p>I need help to walk. For example, walk beside me, I use a frame, I use a wheelchair.</p>			

	 Yes	 No	 Write more information here
I use special vehicles. For example, car with a hoist, a van.			
I use public transport. For example, train, taxi.			
I need help with shopping. For example, to buy food and medicine.			





	 Yes	 No	 Write more information here
<p>To get out of my home or work</p> 			
<p>I use speech to ask for help.</p>			
<p>I find it hard to hear. For example, I need you to face me when you speak to me.</p>			

	 Yes	 No	 Write more information here
I can hear a siren.			
I find it hard to see. For example, I have difficulty seeing small pictures or reading signs.			
I have a service animal. For example, a guide dog.			




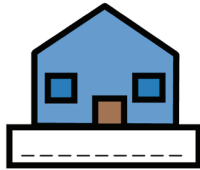


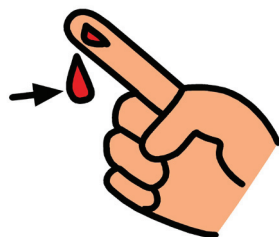
Companies I use

	 <div data-bbox="620 638 839 686"></div> Name of the company	 Telephone number	1 4 9 5 2 8 Account number
Telephone			
Water			
Gas			
Electricity			
Roadside assistance			

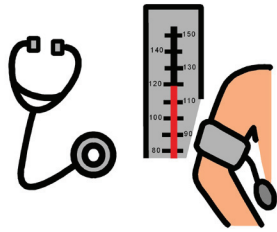


My medical services




	 Name	 Phone number	 Mobile phone number	 Address
Doctor or GP				
Local hospital with 24 hour emergency				
Chemist				
Dentist				



My blood type is



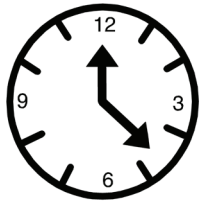




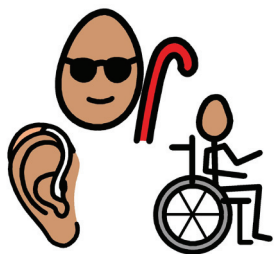
About my health

	 Yes	 No	 Write more information here
I have a heart disorder			
I have diabetes			
I have asthma			
I get migraines			
I faint			
I have epilepsy			
I have high blood pressure			
I have thyroid problems. For example, hormone problems			
I get dizzy			
I have allergies			
I have reactions to food or drugs			






My medicine




 Name of medicine	 How much I take	 The times I take the medicine	 The doctor's name on the prescription	 The doctor's mobile phone number

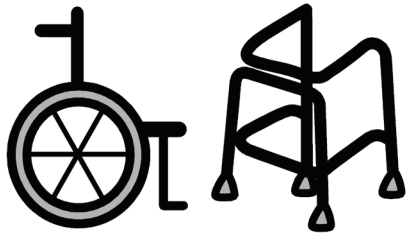


About my disability




	 Yes	 No	 Write more information here For example, ideas about how to help me
Communication. For example, some people find my speech hard to understand.			
Intellectual. For example, learning is hard.			
Learning. For example, reading is hard.			
Hearing.			
Vision or seeing.			
Physical. For example, I cannot walk.			

About my disability (continued)

	 Yes	 No	 Write more information here For example, ideas about how to help me
Neurological. For example, brain injury, stroke.			
Mental illness. For example, anxiety, schizophrenia.			
Other			Write here






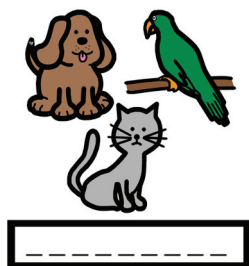
My equipment

	 Yes	 No	 Write more information here For example, ideas about how to help me
Wheelchair			
Walking frame			
Hoist			
Bed rail			
Other			Write here



About my pets

	 Yes	 No	 What is your pet? For example, cat, dog, bird
I have a pet			



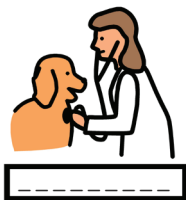
Pet's name

1.

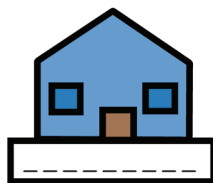
2.



Information about the vet



Name of vet



Address

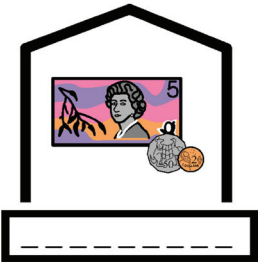
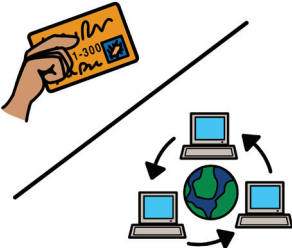


Phone Number

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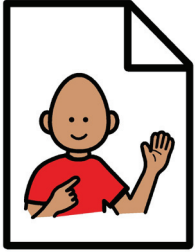
My bank details

 Bank name	 Type of bank account For example, card account, Internet account	<div>1 4 9</div> <div>5 2 8</div> BSB	<div>1 4 9</div> <div>5 2 8</div> Account number

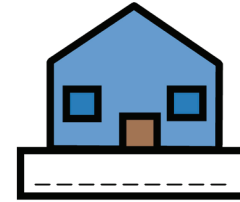


About my insurance

	 <input type="text"/> Insurance company name	 Phone number	1 4 9 5 2 8 My policy number
House insurance			
Health insurance			
Car insurance			
Income protection insurance			
Life insurance			



About my Will

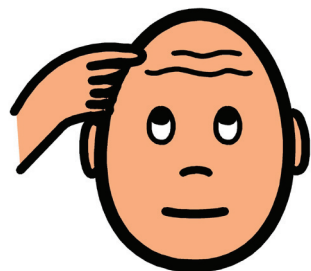


3



Step 3

Get an emergency kit



Remember

Your emergency kit should be

- easy to get to
- close to the 2 places to get out of your home.


Write or draw in this Emergency Work Book where

☒ _____
☒ _____
☒ _____

Emergency kit checklist

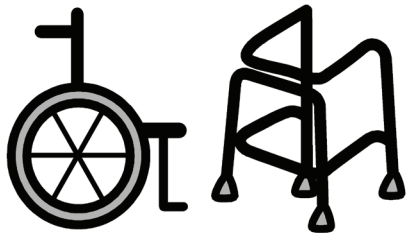
- Look at page 24 in the Information Book for more information about how to make an emergency kit.

Make a mark when <ul style="list-style-type: none"> you have the item the item is up to date 	Items for my emergency kit
	2 torches
	Batteries for torches
	Globes for torches
	Radio that uses batteries
	Mobile phone battery
	Mobile phone charger
	A phone that does not need electricity
	Water in containers for 3 days or more
	Long-life food for 3 days or more



	Camping stove or BBQ
	Pocket knife
	Cutlery. For example, knife, fork, spoon, can opener
	Pet food
	First aid kit
	Medicine
	Soap
	Razors
	Deodorant
	Sanitary items. For example, pads
	Alcohol wipes
	Antiseptic hand gel
	Toilet paper
	Tissues

	Hairbrush or comb
	Toothbrush
	Toothpaste
	Sunscreen
	Change of clothes
	Strong boots
	Hat with a wide brim
	Strong garden gloves
	Backpack
	Blankets or sleeping bag
	Money – notes and coins
	Phone card
	Games and playing cards
	Pens and paper



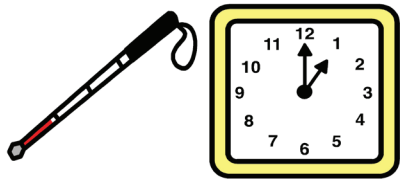
Items for people who use a wheelchair

Make a mark when

- you have the item
- the item is up to date

Items for my emergency kit

	Patch kit for wheelchair tyres
	Air can to pump wheelchair tyres
	Strong gloves
	Extra battery for an electric wheelchair or scooter
	Backup wheelchair. For example, light manual wheelchair



Items for people who use vision aids or equipment

Make a mark when

- you have the item
- the item is up to date

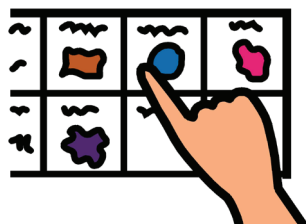
Items for my emergency kit

	Talking clock or Braille clock or Clock with large numbers
	Spare batteries for clock
	1 or more extra canes
	Fluorescent tape
	Extra magnifiers
	Extra pair of glasses



Items for people who use a hearing aid

Make a mark when <ul style="list-style-type: none">• you have the item• the item is up to date	Items for my emergency kit
	Spare batteries for my hearing aid
	Other hearing or listening aid
	Paper and pens. Make sure you also keep paper and pen next to your bed
	Torch, whistle or noisemaker
	A card to tell people I am deaf
	A small TV that is easy to carry. The TV needs to use batteries. This is so you can watch emergency broadcasts in Auslan or with captions



Items for people who use a communication aid

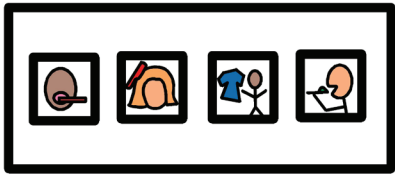
Make a mark when

- you have the item
- the item is up to date

Items for my emergency kit

A power converter. You can plug this into a car cigarette lighter so you can use your laptop

Spare copies of your communication aids. For example, alphabet board



Items for people who use pictures or memory aids

Make a mark when

- you have the item
- the item is up to date

Items for my emergency kit

Copies of aids. For example, instructions, schedule, calendar

Pencil and paper



For people who need medicine or other aids

Make a mark when

- you have the item
- the item is up to date

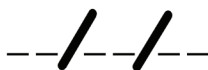
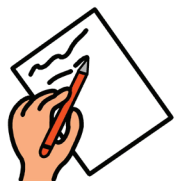
Items for my emergency kit

Heart and blood pressure medicine

Insulin

Dentures

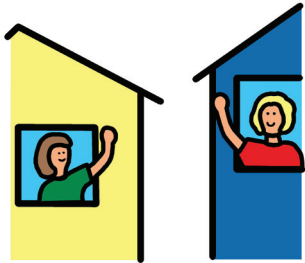
Contact lenses



The dates I checked my emergency kit

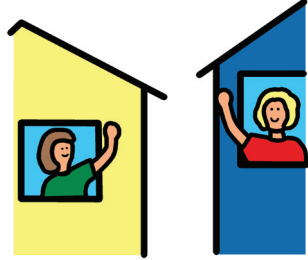
	Date	Date	Date	Date
My emergency kit is up to date				
My emergency contact cards are up to date				
My smoke alarm batteries work				
Torch and radio batteries work				
Water supply is new				
Food supply is new				
Insurance policies are up to date				
Medicine is up to date				

4




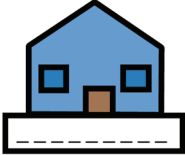


Step 4

My neighbours



My neighbours

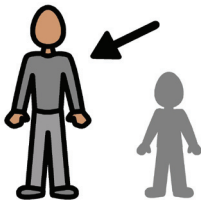
 Name	 Phone number	 Mobile phone number	 Address



You can write more information here

Information cards

There are 2 information cards.



- Wallet card. Remove the card and fold it in half to keep in your wallet.



- Information card for home. You could stick the information card on your fridge or on the back of your front door.

My address

My phone number

My name

My address

My phone number

My name



Emergency REDiPlan

My wallet card

Emergency REDiPlan

My wallet card

Police Fire or Ambulance

PHONE 000

State Emergency Service

PHONE 132 500

Northern Territory
Emergency Service

PHONE 131 444

Police Fire or Ambulance

PHONE 000

State Emergency Service

PHONE 132 500

Northern Territory
Emergency Service

PHONE 131 444

CRISIS CARE COMMITMENT

CRISIS CARE COMMITMENT

Emergency REDiPlan
My wallet card

My disability

My blood type

My allergies

Emergency REDiPlan
My wallet card

My disability

My blood type

My allergies

Emergency contact person name

Emergency contact person phone

Meeting place outside my home

Meeting place outside my area

Emergency contact person name

Emergency contact person phone

Meeting place outside my home

Meeting place outside my area

Emergency REDiPlan
My important numbers

Police Fire or Ambulance PHONE 000
Poisons information line PHONE 13 11 26
State Emergency Service PHONE 132 500

Crimestoppers **ABC local radio station**

Doctor **Dentist**

Gas company **Electricity company**

Water company **Telephone company**

Emergency contacts.
For example, family, support team.



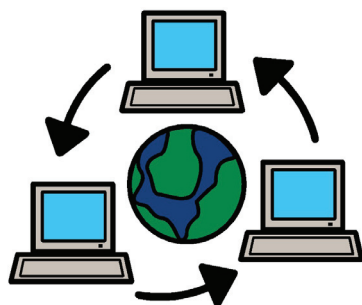
**Australian
Red Cross**
POWER OF HUMANITY

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Website

www.redcross.org.au

This book is in Easy English.

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Phone 03 9843 2000. www.scopevic.org.au

You can contact the Australian Red Cross to see the original book
Emergency REDiPlan, Four steps to prepare your household.

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