



## **TREA - Local Emergency Preparedness 101**

**What is it?** Emergency preparedness includes plans, procedures, contact lists and exercises, undertaken in anticipation of a likely emergency. The goal of all these activities is to make sure that the government and/or community is ready and able to respond quickly and effectively in the event of an environmentally related emergency. These plans are important for your safety in both natural disasters and man-made disasters. Disasters and emergencies are unpredictable and they can strike anytime and anywhere, often with little to no warning.

Emergency planning aims to reduce the effect of destruction caused by unexpected situations like accidents, fire, sabotage, spills, explosions, natural disasters, terrorist activities and medical emergencies. This includes a series of actions to be taken in the case of such emergencies, usually a 72 hour period, however you may have to plan for longer. It shows the preventive actions, preparation to meet adverse situations, how to mitigate them and how to have positive control during the situation to save lives and reduce property damage. Emergency planning is carried out by governments, organizations, families and individuals. Neighbourhood planning is also very important. This planning is best conducted before emergency situations occur as it brings people together much faster in helping themselves and others.

### **CLIMATE CHANGE: Why emergency planning exists**

Although climate change may not specifically be identified in emergency preparedness plans, the all-hazards emergency management community still plans for all types of emergencies, whether manmade or natural. London's weather is changing and adapting to a changing climate requires taking mitigation actions to protect the natural, built, and social environments. Planning now helps Londoners and City workers reduce the negative impacts expected from extreme weather conditions. Pro-actively adopting appropriate strategies lead to greater safety and well-being than simply waiting for change to happen.

On April 24, 2019, a Declaration of a Climate Emergency was approved by London's City Council for the purposes of naming, framing, and deepening the city's commitment to protecting the economy, ecosystems, and the community from climate change. As such, the City of London has developed a Climate Emergency Action Plan and gathered public input towards a new long-range greenhouse gas reduction goal of net-zero greenhouse gas emissions in London by the year 2050. This target of net-zero will apply for both municipal operations and the community as a whole to mitigate and adapt to climate change.



## TAKING ACTION

### Step 1. Know the risks.

Visit [GetPrepared.ca](http://GetPrepared.ca) where the most likely hazards in each province are reported as well as reporting how disasters have impacted Canadians ([Canadian Disaster Database](#)).

### Step 2. Make a plan

Every Canadian household needs an emergency plan so that you know what to do in case of an emergency. Keep this document in a place that is easy to find and remember as your emergency guide. Photocopy your plan and keep it in your car or office or home, on your phone, and on a computer.

### Step. 3 Prepare a kit.

In an emergency you will need some basic supplies. Be prepared to be self-sufficient for at least 72 hours.

## QUALITIES OF A RESILIENT CITY PREPARED TO FACE EMERGENCIES:



Due to climate change, municipalities and their residents may face strains on assets and resources. Thus, cities and towns are proactively building strategies to limit the impact of acute shock and chronic stress that threaten them or weaken their foundation on a day-to-day or cyclical basis, withstand potential disasters and to operate self-sufficiently. Optimally, resilient city services are decentralized, networked, and locally supplied. Urban physical assets are designed, constructed, and maintained anticipating high-impact climate events. Spare capacity is built into the system to account for disruptions and surges in demand with multiple ways of fulfilling a need or function. People and institutions reflect and learn from past experiences and leverage this learning to inform future decision making.

Therefore, Emergency Response Plans should respect the following criteria: **1)** Protect and preserve life and property,

**2)** Minimize the effects of the emergency on the public and physical structures of a city, and **3)** Support the quick renewal of normal services.

## Potential emergencies in London - Ontario:

Hazardous materials incidents, major transportation accidents, power disruptions, and disease outbreaks can have an impact on our area. Every year communities such as ours experience events that pose a significant risk to the lives, health, and property of the people in them.



[Ontario has established a framework on Emergency Preparedness](#) which includes the [following emergencies](#): Dam failures, Drought, Erosion, Extreme heat, Floods, Forest fires, Landslides/Sinkholes, Oil and Gas spills, Nuclear incidents, Pandemics, year round Storms, and more.

The City of London, is in a relatively safe region of Canada. However, that does not mean that we are immune to the possibility of a large-scale emergency. In the event of an emergency, the [City of London has an Emergency Response Plan](#) in place and trained emergency response teams available to take action 24 hours per day, 365 days per year. Every day these emergency response teams work together to effectively respond to emergencies. In the case of a disaster, the municipality is prepared to respond as a unified team to deal with the situation.

The [City of London Emergency Response Plan \(LERP\)](#) outlines roles and responsibilities of essential personnel to ensure that essential services are provided to the community throughout the emergency. It also outlines how the city coordinates with community agencies such as hospitals, schools, utilities, telephone and volunteer groups like [Red Cross](#), [Salvation Army](#) and [St. John Ambulance](#). As a resident in London or in the area of Middlesex County, it is very important to know your surrounding environment. This way, you can verify the potential of experiencing an emergency based on any of these circumstances. Being prepared ahead of time will make the difference because it will help you and your family cope with an emergency more effectively and enable you to make a faster recovery.

Middlesex County	City of London
Winter storms, Wind storms/ Tornadoes	Heat/Cold winter storm emergencies
Snow storms, Lightning storms, Hail storms, Ice storms	Severe weather incidents (Fog, Hail storms, Lightning storms)
Hazardous material – fixed sites	Windstorms/ Tornadoes
Energy emergencies	Hazardous materials: fixed site
Critical infrastructure failure	Hazardous materials: transportation emergency
Transportation incidents (road, rail, air)	Explosions/fires
Petroleum/Gas pipeline emergencies	Flooding
Animal disease	Human health epidemics
Human health emergencies and epidemics	Energy supply emergencies
Agriculture, Food, and Water quality emergencies	



### What to do at the individual level? Make your plan before an emergency occurs

- Create a home escape plan
- Record your emergency contact information
- Identify a meeting place away from your home
- Choose an out-of-area contact person
- Copy and protect important documents
- Take an inventory of household possessions
- Prepare an evacuation plan
- Make a plan for your pets



- |   |  |
|---|--|
| <input type="checkbox"/> Water – 4 litres per person per day                                      | <input type="checkbox"/> Toothbrushes & toothpaste                 |
| <input type="checkbox"/> Non-perishable food  | <input type="checkbox"/> Whistle to attract attention              |
| <input type="checkbox"/> Manual can opener  | <input type="checkbox"/> Spare batteries for flashlights and radio |
| <input type="checkbox"/> First aid kit  | <input type="checkbox"/> Spare house and car keys                  |
| <input type="checkbox"/> Prescription medications   | <input type="checkbox"/> Money - include small bills and change.   |
| <input type="checkbox"/> Flashlight and batteries   | <input type="checkbox"/> A copy of your emergency plan             |
| <input type="checkbox"/> Radio and batteries or crank radio                                       | <input type="checkbox"/> Emergency contact information             |
| <input type="checkbox"/> Candles and matches or a lighter   | <input type="checkbox"/> Copies of important documents             |
| <input type="checkbox"/> A basic analog telephone   | <input type="checkbox"/> Recent photos of each family member       |
| <input type="checkbox"/> Warm clothing and footwear   | <input type="checkbox"/> Playing cards, games or small toys        |
| <input type="checkbox"/> Blanket or sleeping bag for each person                                  | <input type="checkbox"/> Infant supplies and diapers if needed     |
| <input type="checkbox"/> Toilet paper, feminine hygiene products and other personal care supplies |  |
| <input type="checkbox"/> Plastic garbage bags   |  |
| <input type="checkbox"/> Soap, shampoo and gel hand sanitizer                                     |  |

### 72-hour or more basic emergency kit

Families should have an emergency back-up plan in place, in the event of adverse winter weather conditions.

Children should understand where they should go, in the event of school closures or early dismissal.

Childcare arrangements at home or on the same bus route should be made in advance.

Preprogram cell phones to include emergency contact numbers.

Households should have a 72 hour or more Home Emergency Kit, in reserve, which contains enough essentials for all members of the family (including pets).

Typically these items would include non perishable food, water, changes of warm clothing, and hygiene supplies.

Dressing in a manner appropriate for the weather is essential.

Be mindful of exposed skin as freezing temperatures may contribute to frostbite in a very short time. Extra warm clothing and boots kept in your vehicle is always a good idea if waiting for roadside assistance is necessary.



### Special items – Consider children's medical needs.

Have a list of emergency numbers available for the children including, if possible, out of the area or out of province contact numbers. These extra contacts are important if the telephone service is also disrupted by the emergency. Keep in mind that long-distance lines are often restored before local lines.



**DO NOT FORGET:** WHAT NOT TO DO IN AN EMERGENCY! Do not panic and do not answer public, municipal, or media inquiries. Takedown the caller's information and advise their Manager of Communications.

To fill out your home emergency plan, you will need to think about the following:

- Safe exits from home and neighbourhood
- Meeting places to reunite with family or roommates
- Designated person to pick up children should you be unavailable
- Contact persons close-by and out-of-town
- Special health needs
- Risks in your region
- Location of your fire extinguisher, water valve, electrical box, gas valve and floor drain

When disaster strikes, Emergency Preparedness Middlesex-London Health Unit actions include:

- Emergency health communications
- Disease outbreak management, immunization
- Monitoring of water and air quality
- Food safety
- Home safety and family preparedness
- Pandemic planning
- Hazardous materials
- Extreme weather response

### KNOW THE RISKS, MAKE A KIT!

- ☐ Flashlight and batteries
- ☐ Radio and batteries or crank radio
- ☐ Spare batteries
- ☐ First aid kit
- ☐ Candles and matches or a lighter
- ☐ Spare house and car keys
- ☐ Money - include small bills and change
- ☐ Copies of important documents
- ☐ Water – 4 litres per person per day



- ☐ Warm clothing and footwear
- ☐ Blanket or sleeping bag for each person
- ☐ Prescription medications
- ☐ Toilet paper, feminine hygiene products and other personal care supplies
- ☐ Whistle to attract attention
- ☐ Playing cards, games or small toys

For more information, visit  
[london.ca/emergency](https://london.ca/emergency)





**Remember:** Plan for the emergencies that are most likely to happen where you live, plan what to do in case you are separated during an emergency, plan what to do if you have to evacuate, plan for everyone in your home, and plan to let loved ones know that you are safe.

### **Be Prepared**

- Check yourself and your family for injuries.
- Help injured individuals and provide first aid if it is safe to do so. Otherwise get help or [call 911 if it is an emergency](#).
- Once you have taken care of people in your own household, check on your neighbours.
- Monitor local radio and television stations for information from emergency officials.
- Avoid using telephones or cell phones unless you require emergency services. Keep the lines free for those who need them most.
- Stay away from disaster areas. Going there may interfere with rescue work.
- Avoid fallen power lines. Report their location to local utilities.
- If there is damage to your residence use caution.
- Check for fires, fire hazards, and gas leaks. If there are any hazards present, leave your house and call for help.
- Be sure to use appropriate safety equipment to protect yourself from injury.
- Notify relatives and friends that the emergency is over.
- Contact your insurance company.
- If you can prevent further damage by boarding up windows or temporarily patching holes in a roof then make these repairs.
- After any emergency do not drink the water until you have verified that it is safe.

For more information: [Emergency Preparedness Middlesex-London Health Unit](#) (519) 663-5317 ext. 2371 or [www.healthunit.com](http://www.healthunit.com)

### **Consult the City of London Emergency Response Plan**

The [City of London Corporate Security and Emergency Management Division](#) in conjunction with the [Community Emergency Management Program Committee](#) developed their emergency response plan to ensure that all Civic Departments, Service Areas, Boards, Commissions and Municipal Council are prepared to carry out assigned responsibilities in the event of an emergency situation. It is important that residents, businesses and interested visitors be aware of the Emergency Response Plan and its provisions available on [www.london.ca/emergency](http://www.london.ca/emergency) and through the Emergency Management Office. This plan makes provision for the extraordinary arrangements and measures required to



safeguard property, the environment and the health, safety and welfare of the residents, businesses and visitors of the City of London when faced with an emergency. The response plan enables a centralized controlled and coordinated response to emergencies and meets the legislative requirements of the Emergency Management and Civil Protection Act.

**Climate Change:** The Ministry of the Environment and Climate Change Emergency Response Plan, 2017 which focuses on coordinating available Ministry expertise and response resources that may be required to address spill or spill-related environmental emergencies, and drinking water emergencies. [Ontario's five year plan to fight climate change action areas:](#)



Transportation: Becoming a North American leader in low-carbon and zero-emission transportation;

Buildings and homes: Reduce emissions from fossil-fuel use in buildings;

Land-use planning: Support low-carbon communities; Industry and business:

Keeping Ontario competitive: A strong center of modern, clean manufacturing and jobs;

Collaboration with Indigenous communities to reduce emissions and transition to a low-carbon economy,

Research and development: Focus on climate science and zero-carbon breakthroughs.



#### **Actions supporting the Climate Emergency Declaration in London:**

The 2019-2023 Strategic Plan for the City of London contains more than 30 specific strategies and actions that support climate change mitigation and adaptation in addition to programs and projects that are part of regular city operations such as its recycling program, LED streetlights, and maintenance of on-going energy efficiency equipment in facilities. The report of the City Council, written by John Fleming, London's previous Head of Planning along with Kelly Scherr, Head of Environmental and Engineering Services, calls on the city to take a number of steps to reach an aggressive emissions reduction goal. The report lays out a series of steps listed below:

- Launching a climate emergency action plan and a climate emergency screening tool for the city.
- Creating a new climate emergency section on the city's website to inform Londoners about climate change and how to combat it
- Pushing senior governments for action on climate change.
- Reviewing all city projects, ex. new roads and buildings, through the climate emergency action plan while encouraging green buildings.
- Fast-tracking the urban forest strategy.



There are primary two responses to address climate change:

 <b>Mitigation:</b> Mitigating future impacts through reductions in greenhouse gas (GHG) emissions such as carbon dioxide, methane, and nitrous oxides, primarily as a result of the use of fossil fuels (such as gasoline for personal vehicles).	 <b>Adaptation:</b> Adapting infrastructure, homes, buildings, landscapes, etc. to better withstand current and future impacts of more frequent severe weather events that are created from a climate that is “wetter, warmer, and wilder.”
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#### FOR MORE INFORMATION ON EMERGENCY PREPAREDNESS, EXPLORE THESE WEBSITES:

City of London – Emergency Management [london.ca/emergency](http://london.ca/emergency)  
Emergency Management Ontario [emergencymanagementontario.ca](http://emergencymanagementontario.ca)  
St. John Ambulance Canada [sja.ca](http://sja.ca)  
Middlesex - London Health Unit [healthunit.com](http://healthunit.com)

The Urban League has a [neighbourhood pod program](http://neighbourhoodpodprogram.org) now  
Public Safety [getprepared.ca](http://getprepared.ca)  
The Salvation Army [salvationarmy.ca](http://salvationarmy.ca)  
The Canadian Red Cross [redcross.ca](http://redcross.ca)

#### References

[Government of Canada - Emergency Preparedness](#)  
[Government of Canada - Your Emergency Preparedness Guide](#)  
[Middlesex County - Disaster Preparedness](#)

[City of London - Emergency Response Plan](#)  
[City of London - Emergency Management Program](#)  
[City of London - EMERGENCY PREPAREDNESS GUIDE](#)



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