



SAFETY TALK

Natural Disaster Preparation

Prince Edward Island faces risks from winter storms, hurricanes, coastal flooding, and power outages. Proactive preparation safeguards your household and community.

Build a 72-Hour Emergency Kit: Include water (4 liters/person/day), non perishable food, medications, flashlight, batteries, first aid kit as well as a radio that can be charged by crank or battery, power bank for cell phones.

Secure Critical Documents: Store IDs, insurance policies, and medical records in a waterproof container.

Prepare Pets: Include food, water, and supplies for animals.

Communication Plan: Designate a meeting spot outside of home in case of evacuation.

Winter Storms: Stay indoors, insulate pipes, and avoid generators indoors or too close to home.

Hurricane/Flooding: Secure outdoor items, avoid flooded roads, and move to higher ground if needed.

Power Outages: Use battery powered lights, keep fridge and freezers closed to preserve food.

Stay Informed

Monitor alerts from PEI's Emergency Measures Organization (EMO) and sign up for PEI Alert. Check Environment Canada for weather updates.

After the Disaster

Check for hazards: Inspect your property for structural damage or downed power lines. If there are any hazards avoid area and report issues.

Mental Health Support: Reach out to EAP or MindBeacon, for stress or trauma support.



Sources: PEI Emergency Measures Organization

DATE: _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

- 1) WHAT UNIQUE ITEMS WOULD YOU ADD TO THE 72HR EMERGENCY KIT BASED ON YOUR HOUSEHOLD'S NEEDS?
- 2) WHAT POWER BACKUP STRATEGIES COULD YOUR HOUSEHOLD IMPLEMENT IF THERE WERE PROLONGED POWER
- 3) WHAT PRACTICAL ACTIONS CAN INDIVIDUALS TAKE TO ASSIST VULNERABLE POPULATIONS BEFORE, DURING, OR

| EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT: |
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| EMPLOYEES PRESENT: |
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| FOLLOW UP ON CONCERNS: |
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If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>