Your home isn't the only place you should have emergency supplies. With as much time as we all spend working, your place of business should also be equipped with emergency supplies. Every desk or workstation should have a Workplace Emergency Preparedness Kit.

Thanks goes out to our Dean, Susan Bakewell-Sachs, for believing strongly in our safety. Along with Emergency Action Plan (EAP) committee members, Susan decided to make it even easier for everyone by giving the thumbs up for the EAP to purchase supplies to start a kit for you!
School of Nursing Safety Fair

The Portland School of Nursing held a Safety Fair this last September that included information booths from OHSU Public Safety, The American Red Cross and PHLUSH.

The fair was designed to assist all Portland School of Nursing building occupants build their Workplace Emergency Preparedness kit and receive valuable information about safety and disaster preparedness.

The Emergency Action Plan Team was there, complete with yellow hard hats and orange vests. They were stationed at kit building tables, walked through the building to send people to the fair, assisted people with signing up for OHSU Alerts and helped to run the Wheel of Disaster Trivia game. Many thanks goes out to the volunteers!
What's in the Workplace Emergency Preparedness Kits?

To get everyone started, the basic supplies of the kit include:

- Orange Cinch Backpack
- Small First Aid Kit
- Emergency Blanket
- Rain Poncho
- Toothpaste & Toothbrush
- Soap & Shampoo
- Whistle

What you should Add to further personalize your kit:

**Flashlight with extra batteries**

Use the flashlight to find your way if the power is out. Do not use candles or any other open flame for emergency lighting.

**Tools and Supplies**

- Non-electric can opener
- Personal hygiene items - comb, brush, contact lens supplies, and feminine supplies
- Include at least one complete change of clothing and footwear, including a long sleeved shirt and long pants, as well as closed-toed shoes or boots
- If you wear glasses, keep an extra pair with your workplace disaster supplies

**Other things to consider:**

**Medications**

Include usual non-prescription medications that you take, including pain relievers, stomach remedies, etc. If you use prescription medications, keep at least three-day supply of these medications at your workplace. Consult with your physician or pharmacist how these medications should be stored, and your employer about storage concerns.

**Comfort Items**

Think about what would make you feel better if you had to shelter at work. Fuzzy socks, a pillow, non-electronic games, chocolate, etc. It might seem silly but these things help keep your spirits up in times of crisis.

**Food & Water Supply:**

In the event you have to shelter in place at work, you are responsible for having at least a three day supply of food and water stored at your workstation. A desk drawer or overhead cabinet is a good storage area for some non-perishable food. Just make sure to rotate out your food every 6 months.
**Food**

Have enough non-perishable food to sustain you for at least three days. Select foods that require no refrigeration, preparation or cooking, and little or no water. The following items are suggested:

- Ready-to-eat canned meals, meats, fruits and vegetables
- Canned juices
- High-energy foods (granola bars, energy bars, etc)
- Nuts and dried fruit

**Water**

FEMA recommends 1 gallon per person/per day for drinking and sanitation. Most of us have room under our desks that are perfect storage areas for this. Keep at least 2-3 gallons of water available, or more if you are on medications that require water or that increase thirst.

**Where you should store your kit:**

You should consider storing your kit in the same location you have chosen to use as your Drop, Cover, Hold On spot at your workstation, in the event of an earthquake. This spot should be under furniture, if possible, and away from window and door glass.

In the event of an earthquake, immediately get under this cover. If your kit is stored in the same location, you will not have to try to find it once the shaking has stopped and you will be ready to evacuate quickly, if needed.

**One of the key pieces of equipment in your kit is your wrist chain whistle.**

It has been determined by Search and Rescue professionals that the #1 factor in finding people is a whistle. When you are injured and tired, shouting can leave you hoarse and exhausted in a matter of minutes. However, if you can breathe, you can blow a whistle. If you become injured and unable to move, use the whistle to alert searchers of your location.

**Emergency supplies at Portland School of Nursing:**

There are emergency supplies stored throughout the school that include:

- First Aid Kits
- Crank Radios
- Flashlights
- Emergency Toilet Buckets
- Sanitation items
- Work Gloves
- Duct Tape
- Tarps

While there is no way to prepare for every emergency scenario, there are important steps we all can take to ensure our safety and well-being following an emergency situation. Please take the time to think about some things you can do for yourself, your peers and your family.
What's With the Pee and Poo Buckets?

Yes, you need one for each!

**PHLUSH (Public Hygiene Lets Us Stay Human)** is an all-volunteer advocacy group dedicated to educating the public about all things sanitation and especially about emergency sanitation systems. The devastating effects of a natural disaster, be it earthquake or hurricane, can disrupt public water and sewer lines for days, weeks or even months. Staying healthy after a natural disaster can be easily and inexpensively accomplished via emergency toilet systems. It's a vital piece of emergency preparedness that is often overlooked. Even well-prepared areas of Japan were not equipped to lose sanitation service after their tsunami in 2011. When you lose the ability to safely dispose of waste, the possibility of spreading infectious diseases increases rapidly.

As part of the Safety Fair, we had great information panels from PHLUSH set up so people could read about this important emergency preparedness item. We all found out it is the separation of waste that is crucial to maintaining a safe environment. In case you're wondering . . . YES! The Portland School of Nursing has sets of The Twin Bucket Emergency Toilet system ready to deploy in the event of a sewer disruption at the school.

PHLUSH is a member of the **World Toilet Organization** and a partner in the **Sustainable Sanitation Alliance**. To learn more about PHLUSH, Please visit their website [www.phlush.org](http://www.phlush.org) for more information about this organization. The Twin Bucket Toilet System brochure can be accessed [here](http://www.phlush.org).
The American Red Cross

The American Red Cross is a leader in disaster recovery and they were happy to attend our Safety Fair. In addition to the great information they had on disaster preparedness, they were kind enough to bring their Wheel of Disaster Preparedness Trivia Game! It was informative and fun as people spun the wheel, waited to find out which category they would get and then tried to answer the corresponding question accurately to win a prize!! Since there were no prizes left at the end of the safety fair, it seems our building occupants know their stuff.

OHSU Public Safety

Many thanks to Sierra Walker from Public Safety, who can always be counted on for coming to talk about campus safety. She even brought photos of items confiscated from people on OHSU grounds. Very informative! She also handed out gold stars to some of the volunteers which they now proudly display on their hard hats (see above photo).
Sierra Walker from Public Safety

Thank you again to all the EAP Team volunteers!

First Aid Kit Station

Get that rain poncho!
First Aid Kit Station

Thank you,

Office of The Dean & SON Emergency Action Plan Team

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