

Emergency Nurse

Disaster Preparedness Checklist



Emergency nurses need to be prepared for disasters not just at work but also at home.

Do you have a personal preparedness plan for home and a professional preparedness plan for work ready in case of a disaster or emergency?

Outlined below are some things to think about, activities to complete and useful websites to look at to help you develop your plan. For further information about this document and to assist you with completing the template, please refer to the guidelines.

Personal preparedness for home

What if you can't get home for a few days? What do your family need to know?

It is important to have a discussion with your family or friends about what they will do if you can't get home or if you suddenly get called into work.

To help you build your plan, discuss the points below and check them off as you complete:

- Alternate ways to contact each other
- An alternate place to meet up if your house is damaged or threatened
- What your child care arrangements will be What will you take with you
- What you will do with your pets Meeting your responsibilities to your volunteer group

Complete the following activities:

- Place your important documents together in a safe place
- Complete your Will
- Find out where your nearest evacuation centre is
- Create a home emergency survival kit*
[*http://www.redcross.org.au/files/03561_RedPlan_Emergency_step3_Sept2011.pdf](http://www.redcross.org.au/files/03561_RedPlan_Emergency_step3_Sept2011.pdf)

Professional preparedness

As an emergency nurse you will be expected to work if there is a disaster. Have you thought about what this means?

Review the list below and start to build your professional preparedness plan:

- Know your departmental disaster plan
- Know your role in that plan
- Be proactive in practising the plan with your colleagues
- Have a discussion with your supervisor about any concerns you may have
- Access educational or training opportunities
- Consider whether you respond in a [professional or a volunteer capacity

Use the [Home emergency preparedness template](#) to build your plan and keep it readily accessible (for example, inside a pantry door). Remember this is a dynamic process which will change as your circumstances change, so you will need to review it regularly.