SafeTips from the Naval Safety Center

Quick and easy summaries to find out about something new you’re doing or as a refresher for something you haven’t done in a while. They’re a great training tool to pass around at meetings, through e-mail, or post on bulletin boards.

1. Things to eat and drink if you lose power and the streets are closed.
   - Bottled water (having a supply of water-purifying tablets is also a good idea)
   - Canned and dried food
   - A can opener
   - Vitamin pills
   - Packaged crackers, cookies and other snacks
   - Powdered or canned milk

2. First-aid material
   - Prescription refills
   - Bandages
   - Safety pins
   - Scissors and tweezers
   - Antiseptic
   - Rubbing alcohol
   - Disposable gloves

3. Other important items
   - Raincoats, ponchos and umbrellas if you have to walk or work in the rain
   - Blankets and sleeping bags if you lose heat or have to sleep somewhere else
   - Heavy-duty work gloves
   - Flashlights
   - Portable radio (weather radios are ideal)
   - Batteries
   - Toilet paper
   - Sunscreen

4. If you have to evacuate, you’ll have to be ready to grab some important papers: insurance information, identification, money, and a list of names and phone numbers.

5. If you put together an emergency kit, store it in something that is easy to find and carry, such as a large, zippered bag.