



POWER OUTAGE EMERGENCY CHECKLIST

How Do I Prepare for a Power Outage

Put together an emergency preparedness kit with these supplies in case of a prolonged or widespread power outage:

- Water—1 gallon per person, per day
- Food—non-perishable, easy-to-prepare items and a manual can opener for canned goods
- Flashlight (Do not use candles during a power outage due to the extreme risk of fire)
- Battery-powered or hand-crank radio (NOAA Weather Radio, if possible)
- Extra blankets and warm clothes
- A safe alternate source of heat and extra fuel (wood, kerosene).
- Extra batteries
- First aid kit
- Medications (7-day supply) and medical items
- Multi-purpose tool
- Sanitation and personal hygiene items
- Copies of personal documents (medication list and pertinent medical information, deed/lease to home, birth certificates, insurance policies)
- Cell phone with portable chargers
- Family and emergency contact information
- Extra cash
- Keep your car's gas tank full
- If someone in your home is dependent on electric-powered, life-sustaining equipment, remember to include backup power in your evacuation plan.

What Should I Do During a Power Outage

Keep Food as Safe as Possible.

1. Keep refrigerator and freezer doors closed as much as possible. First use perishable food from the refrigerator. An unopened refrigerator will keep foods cold for about 4 hours with an ambient temperature of 65 – 70 degrees Fahrenheit.
2. Then use food from the freezer. A full freezer will keep the temperature for about 48 hours (24 hours if it is half full) if the door remains closed.
3. If it looks like the power outage will continue beyond a 24-hour period, prepare a cooler with ice for your freezer items. Inexpensive Styrofoam coolers work well.



Protect Your Electrical Equipment.

- Turn off and unplug all unnecessary electrical equipment (except your refrigerator and freezer).
- Turn off or disconnect any appliances (like stoves), equipment, or electronics you were using when the power went out.
- Leave 1 light turned on so you'll know when the power comes back on.

Safety Tips for Using Backup Generators.

- Use generators only as independent power sources.
- Keep them outside and run a cord inside.
- Don't connect generators to main service panels. This could injure or kill utility workers trying to restore power.

Hazards Associated with Generators

- Shocks and electrocution from improper use of power or accidentally energizing other electrical systems.
- Carbon monoxide from a generator's exhaust.
- Fires from improperly refueling a generator or inappropriately storing the fuel for a generator.
- Noise and vibration hazards.

Carbon Monoxide Poisoning from A Generator's Exhaust

One of the most dangerous conditions of working with a portable generator is that they can expose workers to carbon monoxide (CO), a colorless, odorless, and toxic gas.

Follow these work practices to stay safe when using a portable generator:

- Inspect the generator for damage or loose fuel lines.
- Keep the generator dry and maintain and operate it according to the manufacturer's instructions.
- Never use a portable generator indoors, or in enclosed spaces such as garages, crawl spaces, and basements.
- Generators should be used outdoors, but never place a generator near doors, windows, or ventilation shafts where CO can enter and build up.
- Make sure the generator has 3 to 4 feet of clear space on all sides and above it to ensure adequate ventilation.

Carbon Monoxide Poisoning Symptoms

If you or others show symptoms of CO poisoning—dizziness, headaches, nausea/vomiting, tiredness, confusion, unconsciousness—get to fresh air immediately and seek medical attention. Do not re-enter the area until it is determined to be safe by trained and properly equipped personnel.