Being prepared can save lives and property

We may never know when, we may never know where … but being placed in an emergency situation can happen at anytime and most often when we least expect it.

Would you know how to cope in an emergency? What to do, who to call, where to go?

These situations can be extremely confronting and it’s important to ask yourself these questions so you can familiarise yourself with some emergency procedure.

Arming yourself with some basic skills may help you deal with a situation which could be the difference between life and death. Being prepared for any type of emergency is one of the smartest decisions you can make.

We live in a volatile land subject to floods, bush fires, storms and even earthquakes and being able to manage during these times will be critical to how an emergency impacts on our lives.

Sometimes we have warning, other times a situation can unfold within seconds before our eyes. It’s what happens next that can make a world of difference.

I have produced this special publication as an opportunity to raise awareness of the need to be prepared for emergency situations. The booklet provides some helpful and timely information about preparing yourself, your family and your property for an emergency situation.

The personnel operating emergency services in the air, on the ground and on the water across our region are a fantastic group of people and I would like to acknowledge their ongoing commitment to keeping our communities safer places to live.

I urge you to read the booklet, discuss it with family members and keep it for future reference as we move into the summer months and all get ready to enjoy the great outdoors.

Thomas George MP
Member for Lismore

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Dial 000 in an emergency

The fastest way to get help in an emergency is Triple Zero (000).

WHEN TO CALL 000
- Is someone seriously injured or in need of urgent medical help?
- Is your life or property being threatened?
- Have you just witnessed a serious accident or crime?

If you answered YES call Triple Zero (000). Triple Zero calls are free.

WHEN YOU CALL 000
- Do you want Police, Fire or Ambulance?
- Stay calm, don’t shout, speak slowly and clearly
- Tell the operator exact location. Give an address or location
- Listen to the operator
- Don’t hang up

Call 112 from mobiles. Call 106 if hearing or speech impaired.

Stay focused, stay relevant, stay on the line

Help in floods and storms

The State Emergency Service (SES) is responsible for responding to storms and flood emergencies in New South Wales. For emergency help in floods and storms call 132 500.

The Northern Rivers district is one of the most flood prone areas in Australia outside of the tropics. Lismore’s location at the junction of Leycester Creek and Wilsons River means the city is often threatened by flood.

The following pages in this booklet give a snapshot on how you can prepare for storms and flooding.

The local SES can help you with more detailed information by visiting lismore.ses.nsw.gov.au or by contacting your nearest SES.
The secret is …  
Be Prepared!
If you have to leave home in a hurry or the utilities are cut off, you will benefit from an emergency kit.

Emergency kit contents:
• Portable radio (spare batteries)
• Torch (spare batteries)
• First aid kit
• Candles and waterproof matches
• Important papers including emergency contact numbers
• Copy of any Home Emergency Plans
• Waterproof bag for/with valuables

In evacuation, add:
• Required medications
• Supplies for babies, the disabled or elderly
• Appropriate clothing and footwear
• Food and drinking water

Keep your emergency kit in a waterproof storage container, check and re-stock regularly.

Keep emergency numbers near your phone or on your fridge.

Have a plan in times of floods

Many areas in the Lismore electorate are prone to flooding. Seek advice on your area … it could help save property and lives. Put together a home or business Floodsafe plan.

FLOOD WARNINGS
• Listen to local radio/TV for updates and prepare to act
• Check your neighbours know of the warning
• Stack furniture and possessions above likely flood level
• Move garbage, chemicals, poisons, to a high place
• Secure objects that could float and cause damage
• Protect/relocate valuable stock and equipment
• Move livestock to high ground
• Check your car and fill it with fuel
• Check emergency kit and fresh water stocks

IF YOU NEED TO EVACUATE
• Listen to emergency services. Advise someone of your intentions to leave of own accord
• Empty freezers and refrigerators
• Collect and secure personal and family valuables etc
• Turn off electricity, gas and water
• Take the emergency kit
• If you are trapped, go to the highest part of a sturdy building and call 000

DURING AND AFTER THE FLOOD
If you remain in your home, or when you return, take these precautions:
• Keep emergency kit safe and dry
• Do not eat food which has been in contact with flood water
• Boil all tap water until supplies have been declared safe
• Don’t use gas or electrical appliances until they are safety-checked
• Beware of snakes and spiders on the move
• Check updates for safe routes before driving anywhere
• Heed all warnings and advice, updates on radio and TV

More detailed information is available…
Storm preparation

Preparing for the storm season means trimming branches, updating your emergency kit, securing loose objects in the yard, cleaning gutters and downpipes, and having a home or business storm plan. Also, check your insurance policies are up to date.

BEFORE STORM
- Listen to local radio for updates
- Shelter and secure pets and animals
- Shelter or cover vehicles
- Disconnect electrical appliances
- Tape or cover large windows

DURING STORM
- Stay inside, stay clear of windows

- Shelter in the strongest part of the house
- Listen for storm updates
- If outdoors find emergency shelter (not under a tree)
- If driving, stop clear of trees, power lines or streams
- Avoid using the telephone (lightning danger)

AFTER STORM
- Check house for damage
- Listen to radio for official warnings/advice
- Check your neighbours
- Beware of damaged power lines, buildings, flash flooding
- Don’t go sightseeing. Stay home and help others

Floods can be deadly

Never enter floodwaters. This includes walking, riding, playing or driving through floodwater. Entering the water is the leading cause of death during floods. The water is deeper and flowing faster than anticipated and carries more hazards such as snags and debris. Emergency services personnel close roads and advise people to stay away from rising water … it is important to heed their advice in times of emergencies.

Available at lismore.ses.nsw.gov.au

Thomas George presenting a new boat to Lismore SES
# CPR Chart

**Cardio Pulmonary Resuscitation**

<table>
<thead>
<tr>
<th>D</th>
<th>Check for danger</th>
<th>Check for danger eg electrical cords, petrol or other hazards</th>
</tr>
</thead>
<tbody>
<tr>
<td>R</td>
<td>Responsive</td>
<td>Check for responsiveness&lt;br&gt;If no signs of life:&lt;br&gt;  &gt; Unconscious&lt;br&gt;  &gt; Unresponsive&lt;br&gt;  &gt; Not breathing normally</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Image]</td>
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<tr>
<td>SHOUT FOR HELP!</td>
<td>&gt; Get someone to <strong>dial Triple Zero (000)</strong> immediately&lt;br&gt;  &gt; Ask for <strong>AMBULANCE</strong></td>
<td></td>
</tr>
<tr>
<td>A</td>
<td>Clear airway</td>
<td>&gt; Place person on their back&lt;br&gt;  &gt; Tilt head back (not for infants or injured)&lt;br&gt;  &gt; Remove foreign matter from mouth (and nose of baby)&lt;br&gt;  &gt; Place on side if there is a lot of foreign matter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Image]</td>
</tr>
<tr>
<td>B</td>
<td>Check breathing</td>
<td>&gt; Look, listen and feel for breathing&lt;br&gt;  &gt; If <strong>normal breathing is present</strong> leave or place patient on their side&lt;br&gt;  &gt; If <strong>normal breathing is absent</strong> commence CPR 2 breaths to 30 compressions at 100 compressions/min&lt;br&gt;  &gt; Place patient on their back&lt;br&gt;  &gt; Tilt head back (not for infants or injured)&lt;br&gt;  &gt; Lift jaw and pinch nostrils</td>
</tr>
<tr>
<td></td>
<td></td>
<td>![Image]</td>
</tr>
<tr>
<td>C</td>
<td>Circulation</td>
<td><strong>CHILD &amp; ADULT:</strong>&lt;br&gt;  &gt; Place hands over the centre of the chest (sternum).&lt;br&gt;  &gt; Compress sternum one third the depth of the chest 30 times&lt;br&gt;  &gt; <strong>Continue with 2 breaths to 30 compressions</strong>&lt;br&gt;  &gt; Do not interrupt compressions for more than 10 seconds&lt;br&gt; <strong>INFANT:</strong>&lt;br&gt;  &gt; Position 2 fingers on lower half of the sternum&lt;br&gt;  &gt; Depress sternum approximately one third the depth of the chest&lt;br&gt;  &gt; <strong>Continue with 2 breaths to 30 compressions</strong></td>
</tr>
<tr>
<td></td>
<td>(at 100 compressions/min)</td>
<td>![Image]</td>
</tr>
<tr>
<td>D</td>
<td>Defibrillation</td>
<td>If Automated External Defibrillator (AED) is available</td>
</tr>
</tbody>
</table>

**CONTINUE CPR UNTIL PARAMEDICS ARRIVE OR SIGNS OF LIFE RETURN**

Beware of rescuer fatigue, if help is available swap rescuers every few minutes

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Learn CPR ... attend a first aid course

More information: www.resus.org.au
Predictions of a long and dangerous bush fire season in the Northern Rivers area should have everyone on alert and prepared for a fire threat. There is plenty of relevant information available from the Rural Fire Service and NSW Fire and Rescue to help you prepare for the fire season – bush fires and also safety in the home.

Following are some fire safety tips to get you started and thinking about being proactive in your preparations as the bush fire season heads into a long and hot summer.

**FIRE SAFETY TIPS**

- **PREPARE.** It is your responsibility to prepare yourself, your family and your home for the threat of bush fire.
- **ACT.** You need to act decisively in accordance with your Bush Fire Survival Plan when bush fires threaten.
- **SURVIVE.** Your survival depends on your preparations, and the decisions you make.

**Prepare a Bush Fire Survival Plan.**

- Decide early whether to leave or stay to defend your property
- Understand your level of risk. People are more important than houses
- Prepare your property and have adequate insurance
- Prepare a back up plan
- Act quickly. Don’t “wait and see”

<table>
<thead>
<tr>
<th>CONTACTS</th>
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| **EMERGENCY:** 000  
**STATE EMERGENCY SERVICE (SES)** 132 500  
**Flood and weather warnings**  
Bureau of Meteorology  
**Local road closure information and updates**  
www.myroadinfo.com.au  
Lismore City Council 1300 87 83 87  
**Roads and Traffic Authority**  
**Local councils**  
**Ballina** 6686 4444  
**Byron** 6626 7000  
**Clarence Valley** (Grafton area) 6643 0200  
**Kyogle** 6632 1611  
**Lismore** 1300 87 83 87  
**Richmond Valley** (Casino area) 6660 0300  
**Tenterfield** 6736 6000  
**Tweed** 1300 292 872  
**River and dam information**  
**Bushfire Information Line**  
NSW Rural Fire Service: 1800 679 737  
**Police Assistance Line** (for non emergencies) 131 444  
**Crimestoppers** 1800 333 000  
**First Aid courses**  
Australian Red Cross  
[www.redcross.org.au](http://www.redcross.org.au)  
St John Ambulance  
**Flood updates, information and advice**  
ABC North Coast 738 AM 94.5FM  
Radio 2LM 900AM 104.3FM  
2NCR 92.9FM  
ZZZ 100.9FM  
NIM FM 102.3FM  
Richmond Valley Radio 88.9FM |