

NEWS

FROM THE EMERGENCY PLANNING TEAM

AT BRAINTREE DISTRICT COUNCIL

Boost your resilience in 30 days



We are supporting the 30days30waysUK campaign, sharing tips and advice on how you can be prepared for emergencies and boost personal resilience.

Keep an eye on our [Facebook](#) and [Twitter](#) for daily advice on how to prepare for emergencies.

[Find out more](#)

Are you prepared for an emergency?

It is very important to be prepared for an emergency, so everyone knows what to do when something unexpected happens.

Do you have a home emergency plan? Whilst emergencies are luckily rare, they can happen quickly and have serious consequences.

Become prepared by considering some of the emergencies that can affect you in and around your home, and make sure the whole family is aware.

[Find out more about a home emergency plan](#)

Keep your home safe from fire

Local resident Juliet has been planning for emergencies for many years. Her husband is a volunteer police officer and she is all too aware of some of the incidents which could affect all of us.

Here are some of Juliet's tips:

- Keep a First Aid kit by the front door
- Do an extension cable safety audit to make sure they are all safe and none are overloaded
- Test the batteries on a fire alarms on a regular basis
- Store photos and important documents in the cloud where you can



Knowing how to reduce the risk of fire in your home is an important part of living safely. The best way is to know common risks of fire and know how to reduce them.

Here are some tips:

- Have smoke alarms on every floor and test them regularly
- Never leave cooking unattended
- Do not overload electrical sockets
- Do not leave matches in reach of children
- Plan an escape route and make sure everyone in the house known how to get out

Did you know you can book free home visits to check the fire safety in your home?

Find out more home safety advice

Dealing with a medical emergency



Dealing with a medical emergency can be daunting so it is wise to make sure you are prepared. Here are some tips on how to prepare:

- Be aware of where your local A&E or other emergency medical facility is - this is especially important if you are on holiday and do not know the local area
- Make sure you and all family members (where possible) are aware of how to call for help
- Keep important information handy, such as what medication you are using or if you have any allergies
- Have a well-stocked First Aid kit- and check it on a regular basis.

Do you have basic First Aid Training? First Aid Training gives you the knowledge, ability and confidence to deal with a first aid emergency- knowing what to do at the right time, can save lives!

[Find out more about First Aid Training](#)
