

Check. Plan. Do.

Power Outage Plan: Staying safe when the power goes out



Power outages can happen suddenly, disrupting daily life. It's important to have a plan to stay safe and informed. This Plan covers six key areas:



How to complete this Plan:

- Each of the 6 areas has a goal and steps to follow.
- Read the steps, fill out your actions in the 'My Plan' section (there's room for Notes on the last page if you need), and check them off when done.

Once you've completed this Plan:

- Save it and email to those who can help.
- If you've printed it, keep it in a safe place, make copies or take photos of it and share it with others who can help.

My Plan

Household address:

Household members (including pets!):

Plan Owner/s name:

Plan Owner/s phone:

Plan Owner/s email:

My Emergency Contact List

	Name:	Phone:	Email:
Doctor			
Emergency Vet:			
Insurance Home:			
Insurance Vehicle:			
Other:			
Other:			
Other:			



Call **000** for Police, Fire Services and Ambulance



Call **132 500** for State Emergency Service (SES) assistance in floods and storms

1. People



The Goal: Keep your household and community safe and informed during a power outage.

What you can do	My Plan	Done <input checked="" type="checkbox"/>				
Power outage information: Know your energy provider's contact details and sign up for updates. TIP! Visit the website poweroutageplan.com.au/#more-information to find your energy provider.	My energy provider is: Phone: Web: I have signed up for updates / news <table border="1"> <tr> <td>Yes</td><td>No</td></tr> <tr> <td><input type="radio"/></td><td><input type="radio"/></td></tr> </table>	Yes	No	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Yes	No					
<input type="radio"/>	<input type="radio"/>					
Plan owner: Select one or more people to oversee the Power Outage Plan.	The person or people in charge of the Plan:	<input type="radio"/>				
Talk about it: Go over the Plan with your household and assign roles. TIP! Include your pets.	When the power goes out, our household has agreed to:	<input type="radio"/>				
Check on people: List people (at home and the neighbourhood) who may need help and keep their contact details.	1. Name: How to contact with no power: Help they need: 2. Name: How to contact with no power: Help they need: 3. Name: How to contact with no power: Help they need: 4. Name: How to contact with no power: Help they need:	<input type="radio"/>				
Live alone: If you live alone, list people who will check on you.	1. Name: How to contact me with no power: 2. Name: How to contact me with no power:	<input type="radio"/>				

2. Essentials

The Goal: Have access to food, water, medication, and energy sources during an outage.



What you can do	My Plan	Done <input checked="" type="checkbox"/>																											
Food & water: Store 3 to 7 days' worth of food and drinking water for everyone, including pets. TIP! <ul style="list-style-type: none"> Consider storing more food for dietary needs. Get a generator if water/ sewage relies on power. 	I will access drinking water by: I will access water for washing, hygiene, & cooking by: I have at least 3 to 7 days' supply of: <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>▪ Non-perishable food</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Pet food (if needed)</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>If I'm reliant on electric water/ sewage pumps, do I have a generator?</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>		Yes	No	▪ Non-perishable food	<input type="radio"/>	<input type="radio"/>	▪ Pet food (if needed)	<input type="radio"/>	<input type="radio"/>	If I'm reliant on electric water/ sewage pumps, do I have a generator?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>															
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Cooking: Have a backup cooking method (e.g. camp stove or BBQ). TIP! <ul style="list-style-type: none"> Have enough gas. Have a safe way to heat baby formula. 	I will heat food or drinks by:	<input type="radio"/>																											
Preserve food: Use Eskys with ice packs for long outages. TIP! <ul style="list-style-type: none"> Keep fridge/freezer doors closed. 	I will preserve food in my fridge and freezer by: <div>Learn more at www.health.vic.gov.au/food-safety/food-safety-during-power-outages</div>	<input type="radio"/>																											
Health: Keep a First-aid Kit and 3 to 7 days' worth of medications (including pets!). <div>Create a Life Support Power Outage Plan if you use medical equipment at home, learn more at this website lifesupport.poweroutage.com.au</div> TIP! Add your doctor's contacts to your emergency contact list (see page 1).	I have at least 3 to 7 days' supply of: <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>▪ Prescription medications TIP! Check the label for storage, keep medications cool if they need to be refrigerated</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ First-aid Kit</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Other potential medications e.g. Paracetamol or antihistamine</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Toilet paper</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Hand sanitizer</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Sanitary products</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Other (list anything else important to your health e.g. disinfectant)</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>▪ Pet medications (if needed)</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>		Yes	No	▪ Prescription medications TIP! Check the label for storage, keep medications cool if they need to be refrigerated	<input type="radio"/>	<input type="radio"/>	▪ First-aid Kit	<input type="radio"/>	<input type="radio"/>	▪ Other potential medications e.g. Paracetamol or antihistamine	<input type="radio"/>	<input type="radio"/>	▪ Toilet paper	<input type="radio"/>	<input type="radio"/>	▪ Hand sanitizer	<input type="radio"/>	<input type="radio"/>	▪ Sanitary products	<input type="radio"/>	<input type="radio"/>	▪ Other (list anything else important to your health e.g. disinfectant)	<input type="radio"/>	<input type="radio"/>	▪ Pet medications (if needed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
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Vehicles: Before bad weather, fuel your vehicle or charge your electric car. TIP! Have a backup transport option.	I have enough petrol / charge in my vehicle/s If I need alternative transport, I will:	<input type="radio"/>																											

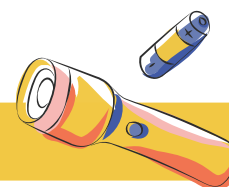
3. Communication



The Goal: Communicate with family, friends, and emergency contacts during a power outage.

What you can do	My Plan	Done <input checked="" type="checkbox"/>						
Back-up power: Keep a charger or power bank for your phone. TIP! Charge devices before bad weather.	I will charge my phone by:	<input type="radio"/>						
Battery-powered radio: Stay updated with a radio if phone or internet fails. TIP! Find your local frequency at www.reception.abc.net.au and write it down.	<table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>I have a battery-powered radio or a hand-crank radio</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table>		Yes	No	I have a battery-powered radio or a hand-crank radio	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	Yes	No						
I have a battery-powered radio or a hand-crank radio	<input type="radio"/>	<input type="radio"/>						
Household communication: Plan how to stay in touch and what to do during a power outage. TIP! <ul style="list-style-type: none"> Consider when people are away at school, work etc. If your NBN or phone can't work, think about emergency contact options. 	Name: I agree to: <hr/> Name: I agree to: <hr/> Name: I agree to: <hr/> Name: I agree to:	<input type="radio"/>						
Community communication: Share contacts and check on each other during a power outage. TIP! <ul style="list-style-type: none"> Join local support groups. Share your Plan with people who can help. 	I will contact this person/group in my local area <hr/> Name: How to contact them without power: <hr/> If the internet or phone goes down, I can be contacted by: <hr/> I have shared this with:	<input type="radio"/>						
Out-of-area communication: Choose an out-of-area contact person and inform your household.	If the internet or phone goes down, the go-to person outside my local area who can be contacted in case of emergency is: <hr/> Name: How I will contact them: <hr/> How family / loved ones can contact them: <hr/> How they will contact my household:	<input type="radio"/>						

4. Light



The Goal: Have access to light to keep you safe when the power goes out.

What You Can Do	My Plan	Yes	No	Done <input checked="" type="checkbox"/>
Torches and lanterns: Keep lights in easy-to-find spots. TIP! Candles can be a fire risk	I have lights I can use	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Keep lights going: Use LED lanterns and spare batteries for lights, flashlights, and devices.	I have LED battery-powered light sources	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	I have extra batteries	<input type="radio"/>	<input type="radio"/>	
Back up lights: Place backup lights in easy-to-access spots.	I have backup lights in these areas at home	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
	▪ Bedrooms	<input type="radio"/>	<input type="radio"/>	
	▪ Living Room	<input type="radio"/>	<input type="radio"/>	
	▪ Kitchen	<input type="radio"/>	<input type="radio"/>	
	▪ Other (e.g. bathroom, shed, fuse box)	<input type="radio"/>	<input type="radio"/>	

5. Comfort



The Goal: Household is calm and comfortable dealing with heat or cold during a power outage.

What You Can Do	My Plan	Done <input checked="" type="checkbox"/>
<p>Temperature: Stay warm or cool during the outage, depending on the season.</p> <p>TIP! Cool Centres with aircon and water will open during heatwaves. Visit your local council's website for details.</p>	<p>To stay warm:</p> <ul style="list-style-type: none">▪ Layer clothing▪ Use blankets or sleeping bags▪ Close curtains▪ Seal drafts/gaps with towels or fabric▪ Use hot water bottles▪ Stay in one room and conserve heat▪ Move around to boost warmth▪ Wear a hat and keep my head covered <p>To stay cool:</p> <ul style="list-style-type: none">▪ Wear light clothes▪ Use battery-powered / USB-charged / hand-held fans▪ Close curtains and block out the sun▪ Drink plenty of water▪ Use a cold compress to pulse points▪ Stay in the coolest area of the home▪ Use ice packs▪ Avoid physical activities▪ Take cool showers	<input type="radio"/>
<p>Coping strategies: Consider ways to stay calm in stressful situations.</p> <p>TIP! Consider children & pets.</p>	<p>To stay calm:</p> <ul style="list-style-type: none">▪ Listen to relaxing music▪ Read a book, magazine▪ Play board games with others▪ Write down ideas and information <p>If safe, get outdoors: go to the beach/pool/river, a park, a ride/jog/walk.</p> <p>For children: games, colouring, storytelling.</p> <p>Mental Health Support: Contact Beyond Blue at 1300 224 636 for free, confidential support.</p>	<input type="radio"/>

6. Surroundings



The Goal: Maintain safety and functionality of your home during a power outage.

What You Can Do	My Plan			Done <input checked="" type="checkbox"/>														
Manual overrides: Know how to open/close doors and gates without power.	I know how to manually operate My garage door by: My electric gate by: Other by:			<input type="radio"/>														
Turn off appliances: Switch off at the power point and use surge protection. TIP! Consider backup power for key appliances.	<table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>I will switch off appliances</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>I have surge protection</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td>For important appliances I have backup power</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> <tr> <td colspan="3">TIP! Name these appliances below:</td> </tr> </tbody> </table>		Yes	No	I will switch off appliances	<input type="radio"/>	<input type="radio"/>	I have surge protection	<input type="radio"/>	<input type="radio"/>	For important appliances I have backup power	<input type="radio"/>	<input type="radio"/>	TIP! Name these appliances below:				<input type="radio"/>
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Safe walkways: Keep paths clear for safe movement in low light.	I have cleared walkways <u>inside</u> I have cleared walkways <u>outside</u>	<input type="radio"/> <input type="radio"/> <input type="radio"/> <input type="radio"/>		<input type="radio"/>														
Safety precautions: Secure loose items and outdoor structures. TIP! Do not go near damaged power lines or substations.	To keep our home safer, our household has agreed to: TIP! You can add specific jobs / responsibilities for each person below:			<input type="radio"/>														
Evacuation: Prepare your steps and essential items in case you need to evacuate. TIP! Store documents in a waterproof container.	If I need to evacuate, I will go to: To get there I will: <table border="1"> <thead> <tr> <th></th> <th>Yes</th> <th>No</th> </tr> </thead> <tbody> <tr> <td>I have essential items packed in case I need to evacuate (including a First-Aid Kit, ID, medical documents, cash, torch)</td> <td><input type="radio"/></td> <td><input type="radio"/></td> </tr> </tbody> </table> The last time I reviewed these was: The last time I (and the household) practiced this was:		Yes	No	I have essential items packed in case I need to evacuate (including a First-Aid Kit, ID, medical documents, cash, torch)	<input type="radio"/>	<input type="radio"/>		<input type="radio"/>									
	Yes	No																
I have essential items packed in case I need to evacuate (including a First-Aid Kit, ID, medical documents, cash, torch)	<input type="radio"/>	<input type="radio"/>																
Your Plan: Keep a copy of your Plan and contacts with a torch nearby.	I keep a copy of my Plan and emergency contacts with a torch, here:			<input type="radio"/>														

Notes

