



CELEBRATING  
**100 YEARS**  
OF SAFETY

## Pledge to be safe

NSC is excited to be celebrating 100 Years of Safety, but we couldn't have done it without you!

Your actions make a big difference. See what others are doing to prepare for an emergency:

*I am creating a stronger home preparedness plan for responding in the event of emergency and making sure my kids understand the plan.*

- Tom of Charlotte, NC

*We keep an earthquake and first aid kit in our home.*

- Amy of Harrisburg, PA

## Take action

Now it's your turn. What will you commit to? Create your own safety pledge today at [nsc.org/100years!](http://nsc.org/100years!)

**NATIONAL SAFETY MONTH** 2013

**National Safety Council**  
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[NSC.ORG](http://NSC.ORG)



**Safety starts with me**

## Emergency Preparedness: Are you ready?

When planning for a potential emergency, the basics of survival are important. Always consider the following items when creating your emergency preparedness kit.

### An emergency supply kit should include:

- Water (one gallon per person, per day for at least three days)
- Enough nonperishable food (for at least three days) and can opener
- Battery-powered radio
- Flashlight with extra batteries
- First aid kit
- Tool kit
- Moist towelettes and garbage bags for sanitation
- Plastic sheeting and duct tape
- Cell phone and portable charger

### Additional items to consider:

- Prescription medications and glasses
- Pet food and extra water for pet
- Important family documents stored in a waterproof container
- Cash and change
- Sleeping bag or warm blanket for each person
- Matches in a waterproof container

## Practice makes perfect

Make sure your family has a plan in case of an emergency, and practices it at least twice a year. Drills are especially crucial for fires, but are also valuable for natural disasters. Here are some helpful hints to keep in mind while creating and implementing your plan:

- Draw out a diagram of your home and keep escape routes clear at all times
- Test all exits and make sure doors and windows are able to be opened
- Practicing your plan in the dark can help mimic the room appearance in a fire or if the power goes out
- Make sure every family member is aware of the plan and walk children through the process with you
- Be aware of everyone's capabilities – if there is an elderly family member that needs extra assistance, keep their safety in mind when creating your drill