

Hawstead Parish Council

Emergency Plan

Basic Emergency Supplies

We suggest that you keep the following items at home:

- Torches and spare batteries
- Oil and/or battery operated lamps
- Battery operated radio
- Mobile phone / telephone not requiring electricity
- Heating and cooking source not requiring electricity, such as a camping stove and spare gas cylinders
- Bottled water / water containers
- Tinned and dried food
- First aid kit
- Sufficient supplies of any essential medication

NOTES

The purpose of the plan is to ensure the safety and wellbeing of villagers in the event of an emergency, especially those who are vulnerable.

The emergency plan will operate when there is:

- A prolonged power cut
- Roads made impassible as a result of snow, fallen trees, flooding etc.
- Disruption or contamination of the water supply
- Chemical spillage
- Severe property damage resulting from fire, flood, storm etc.
- A major accident or incident

The **Emergency Plan** is overseen by Hawstead Parish Council who have put in place an Emergency Planning Team, together with volunteer 'First Responders' located throughout the village (See Page 2).

A decision to activate the plan will be taken by the Emergency Planning Team who will brief volunteers and liaise as required with the emergency and other services and with St Edmundsbury Borough Council. They will brief volunteers and ensure that, where possible, appropriate help is provided.

Shelter, warmth and food can be provided at the village hall which has its own generator, cooking facilities other emergency supplies.

It is important that the Emergency Planning Team has up to date information about vulnerable villagers and villagers with skills and equipment that can be called upon in the event of an emergency. With this in mind, please would you be good enough to **complete and return the enclosed questionnaire** to Hawstead Parish Council c/o Geraldine West who will co-ordinate the information. An online form can be obtained from her at geraldinewest@waitrose.com.

Thank you

Hawstead Parish Council

Please keep this plan in a safe place.

THE EMERGENCY PLANNING TEAM

John West 01284 388732 Mob: 07769 290649
Andy Evershed 01284 386501
Ros Alexander 01284 735561

VOLUNTEER 'FIRST RESPONDERS'

Pinford End

Helen Barneveld 388924 Roger Meade 386463

The Pound

Michael Harrison 386157 Tracey MacKenzie M: 07532 781311
Bruce Monk 386876 M: 07801 496851

The Green and Bells Lane

John West 388732 Andy Evershed 386501

Whepstead Road

Dave Dawson 386682 John Shipley 388594
Gemma Snell 388039 M:07792 792260

Lawshall Road

Andy Parrett 386531

CO-ORDINATOR

Geraldine West 388732 M:07712 961895

HAWSTEAD VILLAGE HALL

01284 388766

THE VILLAGE DEFIBRILLATOR/CARDIAC ARREST

A cardiac arrest is when the person's heart stops beating and they lose consciousness. An estimated 30,000 people a year in the UK suffer cardiac arrest. Less than 10% survive. Giving CPR and/or using the village defibrillator will greatly increase their chance of survival.

Follow this procedure if someone has collapsed and is not breathing or is not breathing normally

1. **CALL 999** The ambulance service operator will give you the access code for the defibrillator and will stay on the line to assist you.
2. **STAY with the casualty**
3. Lay them on their back. Tilt their head back to ensure that their **AIRWAY IS CLEAR**
4. **BEGIN COMPRESSIONS** by placing the palm of your hand in centre of the chest and pressing down firmly at a rate of two per second

At the same time
5. **SHOUT FOR HELP** and if possible send someone to **FETCH THE VILLAGE DEFIBRILLATOR.** It is located on the outside wall of the village hall to the left of the entrance door.

The defibrillator is simple and safe for any member of the public to use. No training is required.

The defibrillator gives clear instructions with both an audio and visual display.

It will not shock the casualty unless a shock is needed. It could save the casualty's life.