

# Power Outage Plan for Life Support in the Home:

## Staying safe when the power goes out

### My Power Outage Checklist

This Checklist is the first step in planning for a power outage. You don't need to write anything down; it's just a list to help you think about what to do. It will guide you in creating a more detailed Power Outage Plan later. Remember, always consult your doctor or a healthcare professional with any health-related questions.

The Checklist covers six key areas to think about:

#### 1. Support people

Talk with people who can help.



- ☐ Talk to your doctors, carers, and others who can help during a power outage.
- ☐ Let your family, neighbours, and power company know your needs.
- ☐ Register as a Life Support Customer with your power company.

#### 2. Safety essentials

Have everything you need to keep you safe and well.



- ☐ Know your medical equipment including how long it can run on back-up power.
- ☐ Consider back-up power options e.g. solar batteries, generator.
- ☐ Have 3 to 7 days' supply of medications, food and water, including for pets!
- ☐ Keep your car fuelled or charged, especially during severe weather warnings.

#### 3. Communication

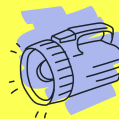
Know how you'll communicate and receive information.



- ☐ Keep your mobile phone charged and have a back-up power source.
- ☐ Save important numbers (e.g. neighbours, family) in your phone.
- ☐ If the internet and phone lines go down, you might need a battery-powered, or hand-crank radio so you can stay updated on weather conditions and emergency information.
- ☐ Talk to people in your local community and broader network about staying in contact during a power outage.

#### 4. Light

Know how you'll see in the dark.



- ☐ Keep torches or battery-powered lights and extra batteries
- TIP!** Remember candles can be a fire risk.
- ☐ Store lights in an easy-to-find spot.

#### 5. Comfort

Know how will you stay comfortable.



- ☐ Consider how you will stay warm or cool without power (for example, keeping blinds down).
- ☐ Have easy access to extra blankets and warm clothing.
- ☐ Consider different ways to cook food when the power goes out (like a camp stove).
- ☐ Think about what you might need if you had to leave your home and stay somewhere else (e.g. medications, spare batteries).

#### 6. Surroundings

Keep your surroundings safe (home, property, roads).



- ☐ Know any manual overrides for entry and exit to your property (like garage doors and/or property gates and doors).
- ☐ Think about evacuation including transportation. Think about how you'll preserve any food you have in your fridge and freezer.

Head over to the [Vicgov website](https://www.vic.gov.au) for more information.