ST. MICHAEL SOUTH EAST District Emergency Organisation

PLAN... PREPARE... PREVENT...
Working Together To Keep The Community Informed, Engaged & Protected

COMMUNITY EDUCATION BOOKLET
ST. MICHAEL SOUTH EAST District Emergency Organisation

PLAN...PREPARE.. PREVENT

Working Together To Keep The Community Informed, Engaged & Protected

Community Education Booklet

This booklet is part of the “Building Resilience in Communities” (BRIC) Project undertaken with the financial support of the Government of Canada provided through the Department of Foreign Affairs, Trade and Development (DFATD)”.
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On behalf of the Government of Canada, I wish to commend the Pinelands Creative Workshop for bringing this valuable, community-led initiative to fruition.

We must remember that the real first responders in an emergency are our neighbours. The Satellite Emergency Operations Centre, Decentralised Rapid Response Unit and eight sector teams will work within the national system of support, but be able to deliver much more targeted and rapid assistance when an emergency situation arises.

We also anticipate that the strengthened Satellite Emergency Operations Centre will be able to target many of the day-to-day community management issues that help prevent a period of bad weather becoming a disaster. These issues include drainage, garbage and planning for the different needs of vulnerable members of the community. This booklet provides lots of valuable tips for being prepared during Hurricane Season, but these practices are becoming equally important all year since climate change has already resulted in unusual weather patterns in the Caribbean. I encourage every member of the community to play their part to ensure that your community is safe, healthy and can weather the storm.
I would like to also reiterate that Canada remains committed to the Caribbean, as recently demonstrated at the CARICOM/UN conference, through the 100 million Canadian dollar pledge made to reconstruction and resilience. Canada through the years, has been working on disaster risk reduction and management. For instance, the Caribbean Disaster Risk Management Fund, which was created in 2008 by Canada, has funded 29 projects across the region. This is the 4th project for Barbados and we anticipate that it will deliver a valuable resource for the Pinelands community and surrounding areas.

We thank the Pinelands Creative Workshop team for their important efforts and wish the whole community the very best with this initiative.
This project ‘Building Resilience in Communities’ (BRIC) was designed to improve disaster risk management in the St. Michael South East constituency through enhanced communications, improved planning and the overall strengthening of its Satellite Emergency Operations Centre (SEOC).

There is no doubt that global warming has become the new vulnerability factor which is set to change the social, political and economic landscape of our countries within the region including Barbados. What we do to prepare ourselves for the challenges that will confront us from this environmental phenomena will determine our ability to survive through the next century. Indeed climate change is no joke and we have already began to witness the effects of our negative actions towards mother mature in more violent weather systems which are set to become the new normal.

Communities therefore have to become an integral part of the process in accessing and sharing knowledge about preparation and response mechanisms. They must also be prepared to manage the human and social needs before and after the impact of any disaster.
The reconstruction of the St. Michael South East District Emergency Organization (SMSE-DEO) is therefore timely and crucial as we prepare for an uncertain future. The Pinelands Creative Workshop as the leading organization within the constituency and one that has managed the DEO for over a decade has determined that our response must be one that is measured, effective and efficient.

The only way to do this is through planning and engagement. Therefore this project which is supported by the Canada Caribbean Disaster Risk Management (CCDRM) Fund supports the reconstruction of the DEO and supports the upgrade of the Marcus Garvey Resource and Development Centre (MGRDC) to function as the Emergency Operations Centre. Under this mandate support is also being provided for communications to engage approximately ten Response Teams across the constituency, the provision of communications equipment and training, community planning and disaster management education.

We truly hope that the constituency of St. Michael South East will engage this process and fully participate as we endeavour to ensure that our people are indeed armed to provide the necessary assistance and response in any disaster.

This is about you, your families and your community.

Let’s make this happen.

[Signature]

Rodney O. Grant, J.P.
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<tr>
<th>NAME WORK / ADDRESS</th>
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Ministry of Education, Science, Technology and Innovation
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Ministry of Education, Science, Technology and Innovation
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Ministry of Education, Science, Technology and Innovation
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### IMPORTANT CONTACTS

**MISS KERRY HINDS**  
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<th>NAME</th>
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<td>WAYNE SPRINGER</td>
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The Pinelands Creative Workshop (PCW) has a long history of being involved with various sectors of society, particularly the cultural, social and economic sectors, in the hope of combating poverty and increasing the quality of life for those in vulnerable communities. The Building Resilience in Communities (BRIC) project is a critical element of the community development and integration thrust which is dedicated to reducing risks, vulnerabilities and maintain the physical environment. To cement this commitment in 1998 the Pinelands Creative Workshop (PCW) through its MGRDC spearheaded the establishment of the St Michael South East District Emergency Organisation to provide coordination of community resources in times of crisis through effective community preparedness planning.

The Pine is on the Eastern edge of Bridgetown and is more susceptible to flooding during heavy rains due to wells being blocked by garbage. Further challenges or environmental problems for this community include overgrown public spaces, inadequate housing, mosquitoes, garbage dumping, road traffic, garbage collection and sanitation. (Pelling- Pg 111 Table 5.2. Vulnerability and Risk). As a proactive response and as part of its resilience strategy, PCW has responded to the environmental hazards in the past through lobbying of government departments for the provision of basic services. This approach was also extended to ensure the removal
of asbestos roofing as well as the placement of road traffic calming measures and the identification of fire hydrants, which is necessary within densely populated communities. As part of its vulnerability reduction thrust, PCW established a Meal on Wheels Program to provide for the elderly, shut-ins, disabled, and those living in abject poverty.

PCW facilitates the St. Michael South East District Emergency Organisation (SMSE-DEO) and as such a number of increasing demands are being placed on its efficacy as a Satellite Emergency Operations Centre (SEOC) and this project has been designed to assist with the increased demand.

As a result the BRIC intervention, the SMSE-DEO and the community will be able to continue to build adaptive potential and resilience to environmental risks especially in low income communities; improve systems to afford knowledge sharing to support sound and rational decision-making; activate local and community level actors to participate in the risk reduction at the community level and build the internal capacity and resources of the Community-Based Disaster Management Centre to afford real-time sharing of information and rapid responses. Furthermore, community disaster and emergency management practitioners will be better able to mitigate, prepare for, respond to and recover from disasters more effectively and efficiently. The BRIC project will also be able to improve community volunteerism through enhanced inclusion, improved community-level management and coordination systems.

St. Michael South East DEO involved in Disaster Reduction Training led by Selwyn Brooks of St James Central
Know Your Most Vulnerable

It is extremely important to be aware of the whereabouts of these vulnerable groups including children, the elderly, the disabled, people living on their own, and shut-ins during times of crisis so that they can be prioritized and attended to first in times of need. In order to be sensitive to the needs of the community, the St. Michael South East District Emergency Organisation seeks your assistance to call in and report the whereabouts of vulnerable and at-risk persons. By building a comprehensive database of the locations, conditions, and needs of these people, the community can better mobilize resources and respond quickly and efficiently.

Get Involved

The St. Michael South East District Emergency Organisation is taking a proactive approach on ensuring preparedness by calling on the community to come forward and offer individual skills and
resources. Capable, efficient, and organized individuals will take the lead and act as **Sector Leaders** who will be the main point of contact in cases of emergency.

Members of the St Michael South East community are also called upon to volunteer and offer skills in **communication, first aid, carpentry, electrical installation, food preparation and storage**, as well as **offering temporary accommodations**.

“**Members of the St. Michael South East DEO** involved in Radio Training led by the Barbados Citizens Band Radio Association on 16 September 2017.”
Familiarize yourself with the nearest emergency centres, located throughout the Parish. The Hurricane Shelters in St. Michael for 2017-2018 are as follows:

**SHELTERS FOR THE PHYSICALLY CHALLENGED**

**Category 1:**
Dalkeith Methodist Church

**Category 2:**
St. Leonard’s Boys’ School
The University of the West Indies

**Category 1: Public Shelters**
Shelters which may be used during a hurricane or other emergency event.

Combermere School
Accommodation 100

Ellerslie Secondary School
Accommodation 55
POTABLE AND NON-POTABLE Water Available

George Lamming Primary
Accommodation 72
POTABLE Water Available
**Category 1: Privately Owned Business Shelters**
Shelters which may be used during a hurricane or other emergency event.

- Black Rock Seventh Day Adventist
  Accommodation 80
- Dalkeith Methodist Church
  Accommodation 34

**Category 2: Public Shelters**
Shelters which may be used after a hurricane or other emergency event

- Barbados Community College
  Accommodation 178
- St. Paul’s Primary
  Accommodation 24
- Grantley Prescod Memorial Primary School (Pine Primary)
  Accommodation 60
  POTABLE Water Available
- Harrison College
  Accommodation 60
- Hindsbury Primary
  Accommodation 70
  NON-POTABLE Water Available
- Lawrence T. Gay Memorial
  Accommodation 33
  NON-POTABLE Water Available
- St. Ambrose Primary
  Accommodation 70
  POTABLE Water Available
- Luther Thorne Memorial
  Accommodation 100
  NON-POTABLE Water Available
The University of the West Indies
Accommodation 100
The St. Michael School
Accommodation 105

St. Leonard’s Boys’ School
Accommodation 55
NON-POTABLE Water Available

Westbury Primary
Accommodation 100
NON-POTABLE Water Available

**Category 2: Privately Owned Business Shelters**
Shelters which may be used after a hurricane or other emergency event.

Chapman Street Church of God
Accommodation 50

Government Hill Seventh Day Adventist
Accommodation 60

St. Barnabas Day Care Centre
Accommodation 46

St. Matthew’s Church
Accommodation 70

**LIST OF SHELTERS FOR ST MICHAEL SOUTH EAST**
Grantley Prescod Memorial School (Pine Primary)
Accommodation 60
Potable Water Available

Luther Thorne Memorial School
Accommodation 100
Non Potable Water Available

St Barnabas Day Care Centre
Accommodation 46
Listed below are the most important items for a Disaster Supply Kit. One should stock up and replenish as necessary, especially at the beginning of the Hurricane Season (June 1):

- Two-weeks supply of prescription medicines.
- Two-weeks supply of non-perishable/special dietary foods.
- Drinking water in containers: 1 gal per person/per day for two weeks.
- Water purification kit (tablets, bleach, chlorine (plain) and iodine).
- Flashlights and batteries for each member of the family.
- Portable radio and (7 sets) batteries.
- First Aid book and kit including bandages, antiseptic, tape, compresses, non-aspirin pain reliever, anti-diarrhoea medication.
- Two coolers (one to keep food and one for ice).
☐ Plastic tarp for roof/window repair, screening, tools, nails, etc.

☐ Infant necessities (medicine, sterile water, diapers, ready formula, bottles).

☐ Clean-up supplies (mop, buckets, towels, disinfectant).

☐ Non-electric can opener

☐ Plastic trash bags.

☐ Toilet paper, paper towels, hand sanitizer and pre-moisturized towelettes.

☐ Fire extinguisher.

☐ Complete set of clothes, shoes, gloves, rain gear etc.

☐ Personal sanitary items.

☐ Important documents (stored in water-tight plastic bags or plastic containers).

*SOURCED:* Department of Emergency Management (DEM) 2017-2018 Shelter Booklet
Four Simple Steps to Financial Preparedness

1. **COMPILE:** Assemble your important documents and contacts.

   - If you do not have an original version of a document, contact the appropriate company or agency to obtain a copy.
   - Print or download statements of any obligations that you pay automatically, such as rent or mortgage payments, utilities, loan payments and memberships.
   - Take photographs or record a video of the rooms in your home and any valuable belongings. Include copies of these records with either your paper or electronic version of your Emergency Financial First Aid Kit (EFFAK).
   - Keep some cash in a safe location to pay for emergency purchases if ATM’s are not functioning or banks are closed. The amount of cash should be based on the basic needs of the family, including food, gas, and other necessities.
2. **REVIEW**: Review your insurance policies and financial paperwork to be sure that they are still accurate and current.

   - If you own a home, ensure that your homeowners insurance coverage is adequate.
   - If you rent, ensure that your lease/agreement reflects your current rent and verify with your landlord that the insurance coverage is up to date.

3. **SAFEGUARD**: Store paper and electronic copies of all files in safe locations.

   - Consider storing paper copies of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative. If you are using a safe deposit box, you may want to ask your bank to confirm who can and cannot access the safe deposit box if the lessee dies or is incapacitated.

   - For electronic copies of important documents, store them in a password-protected format on a removable flash or external hard drive in your fireproof and waterproof box or safe, or consider using a secure offsite storage service.

   - If you bank or pay bills electronically, we recommend periodically printing your account records to include with your EFFAK.

   - If you have a lawyer, financial advisor or trusted family member or friend, you may want to provide him or her with a paper copy of your EFFAK in a sealed envelope to be opened only with your approval or the approval of someone you have designated in the event you cannot make decisions on your own, such as your next of kin or someone whom you have authorised to act on your behalf such as power of attorney.
4. **UPDATE:** Revisit and update your EFFAK on a regular schedule. Updates are especially important if certain changes in your life occur.

**Suggested schedule for routine review:**
- During tax preparation time
- Around your birthday
- At the start of a new year

**Changes that need EFFAK updates:**
- When you change your insurance provider
- When you purchase a home or rent an apartment
- When you open or close bank accounts
- When you have a change in marital status
- When you have a child
- When your child changes schools
- During retirement planning

*SOURCED FROM*
the Emergency Financial First Aid Kit – www.ready.gov/financialpreparedness
Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household - including children and people with disabilities and others with access and functional needs, as well as outside caregivers - know how to reach each other and where to meet up in an emergency.

**Planning starts with three easy steps:**

1. **COLLECT.** Create a paper copy of the contact information for your family and other important people/offices, such as medical facilities, doctors, schools, or service providers.

2. **SHARE.** Make sure everyone carries a copy in his or her backpack, purse, or wallet. You can complete your Family Emergency Communication Plan provided, and print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.

3. **PRACTICE.** Have regular household meetings to review and practice your plan.

SOURCED FROM
Ready.gov/prepare
CHATTEL HOUSES - It is important to make sure that your eves are in good standing as storm forced winds can get into the eves and remove roof coverings.

HURRICANE STRAPS - Affix appropriate reinforcements or properly attach roof to vertical walls.

CHECK ROOF COVERINGS before to make sure permaclad sheets are properly attached.

DRAINS, MANHOLES, WALKWAYS must remain clear from debris to allow for free water path in order to avoid blockage that can cause flooding

WINDOW COVERING - The past practice of taping windows is no longer recommended. All tape does is prevent windows from breaking into small pieces. What you need to do is prevent windows from breaking at all. All windows should be protected with substantial hurricane shutters or covered with 5/8 inch plywood panels. Install hurricane shutters for each window of your property. Install anchors for the plywood and pre-drill holes in the plywood so that you can put it up quickly.
JALOUSIE LOUVERS - Insert newspaper between louvers to prevent rain seepage.

SCREEN ENCLOSURES - Remove panels as well as the aluminium door and panels.

SLIDING GLASS DOORS - Brace by tapping wedges in the top track.

FRENCH DOORS - Brace with 2 x 4’s

PLUMBING VENT STACKS on the roof should not be closed. They allow sewer gases to escape.

GUTTERS AND DOWNSPOUTS should be cleaned out. Loose ones from outside should be gathered and brought inside.

DEAD TREE BRANCHES AND COCONUTS - Prune trees so the wind can blow through the branches without snapping them. Remove dead branches and coconuts. Make sure you securely store the debris. Make trees more wind resistant by removing diseased and damaged limbs, then strategically removing branches so that wind can blow through.

LOCK all windows, exterior doors and gates.

TURN OFF WATER at the meter to prevent contaminated water from entering the property.

OUTSIDE ANTENNA - Remove after disconnecting the television and the power source.

STORAGE SHED - Tie down with straps or thick rope using ground anchors. Lock door.

AIR CONDITIONING UNITS - Wrap with plastic.
PONDS/SWIMMING POOLS - Drain approximately one foot of water from the pool/pond (saturated grounds or changes in pressure can force a drained pool out of the ground). Add at least three gallons of chlorine for each 5,000 gallons of water (a 15 x 30 pool contains 15,000 gallons of water). Cut off the electricity to the filter motor, then remove it or wrap it in plastic. Cut off electricity to the pool lights. Do not put furniture in the pool (it can damage pool surfaces). Pool Pump / Fountain Motor should be wrapped with plastic.

FRAGILE OBJECTS - Remove fragile objects from wall shelves. Store them in closets to safeguard them from the storm’s vibrations.

FAUCETS - Check and close all faucets.

ELECTRICAL APPARATUSES - Unplug all electrical appliances from wall outlets. Disconnect television antennas from the sets.

WINDOWS - Close and lock all windows. Draw blinds, shades, and draperies. Place folded towels on the window sills to absorb leaking water.

PATIO DOORS - Wedge patio doors (at top if possible) so they cannot be torn off.

OUTDOOR FURNISHINGS - Remove outdoor furniture, container plants and decorative objects from patios, terraces, verandas, and porches. Store them inside so they will not become flying missiles.

GENERATOR - Test the generator regularly, so it will be available for emergencies.

CHECK ALL EQUIPMENT FOR READINESS - fire extinguishers, first aid kits, tools, etc.
SHUTTERS - Install shutters (commercial type, plywood or Masonite). Check fasteners to make sure they fit snugly against the wall.

GARBAGE CAN - Scrubbed clean and dry out. Use for waterproofing items such as charcoal, cat litter, etc.

PROPERTY PROTECTION

• Cover all glass windows and doors on at least the first floor, with shutters, panelling or other protective material such as plywood or Masonite. Tape windows to help prevent flying shattered glass. Draw curtains/shades to act as a barrier to broken glass. Do NOT open windows ever. Do not seek shelter in a room with windows.

• Cover all glass windows and doors on at least the first floor, with shutters, panelling or other protective material such as plywood or Masonite. Tape windows to help prevent flying shattered glass. Draw curtains/shades to act as a barrier to broken glass. Do NOT open windows ever. Do not seek shelter in a room with windows.

• Take before and after pictures of building to aid insurance or tax credit claims after storm.

• Shut down all incoming power, electric, gas and water lines. Before restoring service, check all utilities. If there is a question about the condition of the utilities, call the appropriate company.

• Disconnect all electrical appliances and equipment, such as typewriters, copiers, coffee makers, electric clocks, calculators, etc., to prevent their being damaged due to blown transformers or excessive surge when electric power is restored.
• Check out all equipment, utilities, fire equipment and first aid materials and repair or replace faulty items as necessary.

• Check drains on the roof of the building to ensure that they are clear and able to drain off the heavy rain which usually accompanies a hurricane. Clogged roof drains could cause the roof to collapse from weight of accumulated water, or cause damage to the interior of the building if water on the roof becomes deep enough to cover vent pipes and run down inside the building.

• Secure or bring inside any potted plants or other decorative objects which could be blown about by the hurricane force winds.

**VEHICLE PREPARATION**

• The best place for an automobile or a truck is in a garage or a carport. If a garage or carport is not available, the vehicle should be parked close to the building on the side away from the wind. Vans and semi-trailers are capable of being blown over if they are exposed to the full force of the winds.

• Vehicles should not be parked near a tree that might fall or where power lines might fall. Vehicles should be kept from between houses located very close to one another since wind will probably funnel through this area.

• Vehicles should be filled with a sufficient amount of fuel, preferably a full tank. Fuel might not be available for days after the hurricane strikes. Batteries should be fully charged, since dampness after the storm might make the vehicle harder to start. It is good to have the radio working since in an extreme emergency, it may be the only source of information.
• If a vehicle is located in the beach area, a covering should be placed over the windows to prevent blowing sand from pitting them. Use old blankets or double sheets and tape fully into place. Remember that any opening, no matter how small, will allow wind to get under covering and could be blown away. Remove tape immediately after the storm to avoid leaving marks on the vehicle.

**HURRICANE CATEGORIES**

**CATEGORY 1: WINDS OF 74-95 MILES PER HOUR**

Damage primarily to shrubbery, trees, and unanchored mobile homes. No real damage to other structures. Some damage to poorly-constructed signs. Low-lying coastal roads inundated, minor pier damage, some small craft in exposed anchorage torn from moorings.

**CATEGORY 2: WINDS OF 96-110 MILES PER HOUR**

Considerable damage to shrubbery and tree foliage; some trees blown down. Major damage to exposed mobile homes. Extensive damage to poorly constructed signs; some damage to roofing materials of buildings; and some window and door damage. No major damage to buildings. Coastal roads and low-lying escape routes inland cut by rising water two-four hours before arrival of the hurricane’s center. Considerable damage to piers. Marinas flooded and small craft in unprotected anchorages torn from moorings.
CATEGORY 3: WINDS OF 111-130 MILES PER HOUR

Foliage torn from trees; large trees blown down. Practically all poorly-constructed signs blown down; some damage to roofing materials of buildings; some window and door damage; and some structural damage to small buildings. Mobile homes destroyed. Serious flooding at coast and many smaller structures near coast destroyed; low-lying escape routes inland cut by rising water three-five hours before the hurricane’s center arrives.

CATEGORY 4: WINDS OF 131-155 MILES PER HOUR

Shrubs and trees blown down; all signs down. Extensive damage to roofing materials, windows and doors; complete failure of roofs on many small residences; complete destruction of mobile homes. Major damage to lower floors of structures near shore due to flooding and battering by waves and floating debris.

CATEGORY 5: WINDS GREATER THAN 155 MILES PER HOUR

Shrubs and trees blown down; considerable damage to roofs of buildings; all signs down; very severe and extensive damage to windows and doors; complete failure of roofs on many residences and industrial buildings; extensive shattering of glass in windows and doors; some complete building failures; small buildings overturned or blown away and complete destruction of mobile homes. Low-lying escape routes inland cut by rising water three-five hours before the hurricane’s center arrives.
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<th>Address</th>
<th>Mobile #</th>
<th>Email</th>
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</tbody>
</table>

**Important Medical or Other Information:**

- [ ] Name: ........................................
- [ ] Mobile #: ......................................
- [ ] Home #: ...........................................
- [ ] Other # or social media: ............................
- [ ] Email: ........................................
- [ ] Important medical or other information: .......................................................

**Address:**

- [ ] School, Childcare, Caregiver, and Workplace Emergency Plans
- [ ] Police:  ............................................
- [ ] Dial 211 or #:  ..........................................
- [ ] Other:  .............................................................................................................
- [ ] Water Company:  .............................................#:  ..........................................
- [ ] Gas Company:  .................................................#:  ..........................................
- [ ] Electric Company:  ...........................................#:  ..........................................
- [ ] Homeowner/Rental Insurance: .......................#:  ..........................................
- [ ] Kennel:  ............................................................#:  ..........................................
- [ ] Veterinarian:  ....................................................#:  ..........................................
- [ ] Policy #:  ..........................................................................................................
- [ ] Medical Insurance:  ..........................................#:  ..........................................
- [ ] Pediatrician:  .....................................................#:  ..........................................
- [ ] Instructions:  ...................................................................................................
- [ ] Indoor:  ............................................................................................................
- [ ] Out of Neighborhood:  .......................................................................................
- [ ] Out of Town:  ..................................................................................................

**IN CASE OF EMERGENCY (ICE) CONTACT**

- [ ] Emergency Plan/Pick-Up:  ..............................................................................
- [ ] Address:  ..........................................................................................................
- [ ] Name:  .............................................................................................................
HURRICANE TIPS FROM THE BARBADOS LIGHT & POWER COMPANY

BEFORE THE STORM

Trim tree branches to keep them away from power lines, from your house and from other buildings. Call Light & Power for those which are either close to or have power lines running through them.

On the onset of a storm, turn your refrigerator and freezer to the coldest settings. If the power goes off, this will help keep food fresh longer.

When a storm warning is given, listen to the radio broadcasts before and after the storm to obtain up-to-date information.

Have battery powered lights or lanterns available in case of a power outage. These are safer to use for emergency lighting than candles and lamps.

Ensure you have hand manual type can openers, paper towels, plates and plastic utensils available for use.

Ensure that items such as cell phones and emergency lights are fully charged before a storm in case of a power outage.
Make sure family members know where the breaker panel is located in case you need to turn off the power.

Protect any valuable electrical equipment by covering it or enclosing it in plastic bags.

If you have medication which needs to be refrigerated, place in a cooler with an ice pack.

Keep extra cash on hand in case it is needed since an extended power outage may prevent you from withdrawing money from ATMs or banks.

If you have a portable generator, ensure that it is serviced, fueled and ready to run. Never run these indoors.

**DURING THE STORM**

During storm conditions, unplug all unnecessary electrical equipment.

Turn off your main switch when winds reach high speeds, when severe lightning conditions occur, or if water gets into your house.

Except for emergencies, do not use the phone or electrical appliances during a storm.
AFTER THE STORM

Do not touch fallen or low-hanging wires, nor the trees they are resting upon. Report unsafe electrical conditions to Light & Power.

If you have water leakage, flooding or other damage that may affect your electrical wiring, equipment, panels and/or outlets, have it checked by a qualified electrician.

Stay clear of puddles where downed lines may have landed since the wires may be live and dangerous. Report unsafe electrical conditions to Light & Power.

Do not connect portable generators directly to your home’s wiring, they can be a safety hazard to Light & Power’s linemen and may also result in damage to your equipment when the power returns.

Light & Power will work to restore the electricity supply as soon as possible. However priority will be given to the emergency services, the air and seaports, pumping stations and communication facilities.

These tips are brought to you compliments Barbados Light & Power.
It’s important that you be prepared for emergencies and possible disasters. Natural or human caused disasters can strike suddenly at any time and anywhere.

Get involved. Make a plan. Join other members of your community to get prepared.

You never know how many people your action will affect and how many lives you might save.

Please tick the appropriate box □

My house could possibly be affected by the following severe events:

□ Flood □ Hurricane
□ Earthquake □ Volcano
□ Sea surge □ Tsunami
□ Landslide □ Bush/forest fire
□ Industrial accident
If I stay at home, I will do the following to protect my home and myself from disaster:

**Flood:**
- □ I will install sandbags and other flood barriers

**Bush Forest Fire:**
- □ I will clear dry bush from around the house to prevent fire from spreading

**Earthquake:**
- □ I will secure large objects which can fall and injure family members

**Hurricane:**
I have the following protection for my windows and glass doors:
- □ Shutters
- □ Plywood (½ inch or thicker)
- □ I already have barrier materials
- □ None purchased as yet

**Other:** ____________________________________________
____________________________________________________
____________________________________________________

**The shut-off valves are located:**
- □ Water ___________________________________________
- □ Electricity _______________________________________
- □ Water ___________________________________________
- □ Gas _____________________________________________

I have copies of important papers and I’ve put them in a waterproof container that’s safe from fire.
- □ Yes □ No
The following documents are safely secured in a known location.

- Yes  No
- Birth, marriage and other certificates
- Personal ID cards/ papers/ passport
- Land & building deeds/ rental agreement
- Insurance & other policies

In the event of hurricane, I have identified a safe room:
- Yes  No

If I have to evacuate, I will go to:

Name:
________________________________________________

Address:
________________________________________________
________________________________________________

Phone:
________________________________________________

My closest emergency shelter is:
________________________________________________
________________________________________________

I have made proper arrangements to go there:
- Yes  No

I have a survival kit:
- Yes  No

I have notified my family/friends of our plans:
- Yes  No
FAMILY DISASTER PLAN

If at work or school: Where will I go if I cannot get home?
__________________________________________________________________________
__________________________________________________________________________

FIRE:____________________________________________________________________

POLICE:________________________________________________________________

AMBULANCE:________________________________________________________________

FAMILY DOCTOR:________________________________________________________________

EMERGENCY SHELTER:_________________________________________________________________
FAMILY EMERGENCY CONTACT NUMBERS

In case of emergency at home, I will evacuate to:

In case of emergency at work or school, I will evacuate to:

Name and type of pets/ livestock:

What will I do with my pets if I have to leave my home?:

Do I have a car +/-boat?:
☐ Yes ☐ No

How will I secure that car+/boat?:


FAMILY SURVIVAL KIT FOR AT LEAST 3 DAYS

- Food items (non-perishable)
- Water 2-6 litres per person, per day (for drinking & cooking)
- Hygiene supplies soap, toothbrushes & toothpaste, feminine products
- Essential medications
- First aid supplies
- Matches
- Can opener & kitchen knife
- Transistor radio
- Torch & batteries /lamps & fuel/whistle
- Bedding
- Reading glasses
- Copies of important documents
- Pet food

Contact your local Red Cross Society and National Disaster Office.

www.caribbeanredcross.org
www.cdema.org
Important Tips for Communicating in Disasters

It is important for consumers to keep in mind that during an emergency, many more people are trying to use their wireless and wireline telephones at the same time when compared to normal calling activity. When more people try to call at the same time, the increased calling volume may create network congestion.

To ensure that your telephone call gets through to family, friends and loved-ones during an emergency or disaster, here are things to consider:

**Text is best** when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you’ve re-sent the same data. This contributes to a clogged network.

**Conserve your mobile phone battery** by reducing the brightness of your screen, placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.

**Keep charged batteries, a car phone charger, and a solar charger** available for backup power for your mobile phone, amplified phones, and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.

**If driving, do not text**, read texts, or make a call without a hands-free device.
Maintain a corded household line that is not dependent on electricity and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.

If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.

Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are Deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.

If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.

Use a pay phone if available. It may have less congestion because these phones don’t rely on electricity or mobile networks.
Tips for Communicating in an Emergency

1. Maintain a list of emergency phone numbers in your phone;

2. If in your vehicle, try to place calls while your vehicle is stationary;

3. Have a family communications plan in place. Designate someone out of the area as a central contact, and make certain all family members know who to contact if they become separated;

4. If you have Call Forwarding on your home number, forward your home number to your wireless number in the event of an evacuation. That way you will get incoming calls from your landline phone;

The Barbados Meteorological Services (BMS) is a self-contained department within the Ministry of Agriculture, Food, Fisheries and Water Resources Management. This Department has been in operation since 1963. It has a staff compliment of 34 persons, five of make up the ancillary and the remainder is technical staff.

The Mission Statement of the BMS is to observe and understand the weather and climate of Barbados and the region and provide meteorological, hydrological and marine services in support of the national needs and international obligations. The services of the BMS includes the preparation of thrice daily weather forecasts for Barbados, Dominica and St. Vincent and the Grenadines. Watches and Warnings and Advisories are also prepared for these countries as needed. Services are also provided to the Aviation Sector.

Accurate and up-to-date weather information can be obtained from:

**BMS website url:** www.barbadosweather.org

**Facebook:** BarbadosMeteorologicalServices

**Contact Information for key staff is as follows:-**

<table>
<thead>
<tr>
<th>Name</th>
<th>Position</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>SONIA NURSE,</td>
<td>Director (Ag)</td>
<td>Mobile: 230-0899</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:sonia.nurse@barbados.gov.bb">sonia.nurse@barbados.gov.bb</a></td>
</tr>
<tr>
<td></td>
<td></td>
<td><a href="mailto:antoin.nurse@qmail.com">antoin.nurse@qmail.com</a></td>
</tr>
<tr>
<td>CLAIRMONTE WILLIAMS,</td>
<td>Deputy Director (Ag)</td>
<td>Mobile: 231-3061</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:Clairmonte.Williams@barbados.gov.bb">Clairmonte.Williams@barbados.gov.bb</a></td>
</tr>
<tr>
<td>ROSALIND BLENMAN,</td>
<td>Senior Meteorologist (Ag)</td>
<td>Telephone: 535-0018</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mobile: 233-6424</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Email: <a href="mailto:rcb.met1@amail.com">rcb.met1@amail.com</a></td>
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</tbody>
</table>
The impact time for hazards varies from extremely sudden in the case of earthquakes to several days in the event of a tropical cyclone. For the householder, the most important factor is being prepared at all times and for the worst case scenario. In turn, being well prepared involves adequate planning. It is recommended that a good plan includes arrangements for your family’s safety, and steps to secure personal possessions and secure property.
THE FOLLOWING ARE SOME TIPS FOR HOUSEHOLDERS:

- **Secure Important Documents** such as birth and marriage certificates, passports, deeds, insurance papers (property, health & life), credit cards and immunization records in waterproof and safe place. Additionally, digital copies of the documents may be made, and saved to a flash drive.

- **Keep an Emergency Supply of Food**, purified water and clothing on hand at all times.

- **Prepare a Disaster Supply Kit** which contains: a flashlight, batteries, cash, first aid supplies and medications.

- **Know the Contact Numbers** for the Department of Emergency Management, Police, the Emergency Ambulance Service, Fire Service and local volunteers in the community.

- **Know the Quickest Routes** to the nearest emergency shelter and safer locations.

- **Remain Informed** via the local news and regarding weather reports and other potential hazards.

- **Prior to the Hurricane Season**, tree limbs which can cause potential damage should be trimmed or removed to keep you and your property safe. Storm force winds can cause trees and branches to fall.

- **Secure and Reinforce** roofs, windows and doors to minimize property damage.

- **Install and Maintain Smoke Detectors** to reduce damage from fires.
Facing the aftermath of a hurricane is often scary and mentally and physically distressing. Homes damaged or destroyed, and irreplaceable memories lost in the ravages of wind and water. Recovering from a strong storm is a hard task.

Also, because the storm has passed doesn’t mean that the danger is over. A lot of care must be taken when heading along the road to recovery in the days after a major storm.
HERE ARE A FEW HELPFUL TIPS

• Don’t try to do too much at once. Recovery is an ongoing process, be as kind to yourself as you can be in this difficult situation.

• Ensure that you limit contact with floodwater. Floodwater is likely contaminated with sewage or other hazardous substances. Symptoms from exposure to contaminated floodwater may include upset stomach, intestinal problems, headache and other flu-like discomfort.

• Boil your water before drinking it, in the event that the water supply has been contaminated by floodwaters, until you are able to verify with local authorities that the water is safe to drink. The last thing you need is to get sick.

• Take stock of food and supplies in the days after a hurricane. Get rid of those that have come into contact with possibly contaminated floodwater.

• If appliances are wet, turn off the electricity at the main fuse box or circuit breaker, even if you do not have electricity. Unplug appliances and let them dry out. Have them checked by a professional before using them again.

• Carefully inspect the outside of your home for loose power lines, gas leaks and structural damage.

• If pipes are damaged, turn off the main water valve. Do not flush toilets until you know that sewage lines are intact.

• Document the damage to your home with photos or video this might come in handy when dealing with insurance matters.

SOURCES:
United States Environmental Protection Agency and the Ready Campaign.
<table>
<thead>
<tr>
<th>No.</th>
<th>Safety Tip</th>
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<tbody>
<tr>
<td>01</td>
<td>Keep matches &amp; lighters out the reach of children</td>
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<tr>
<td>02</td>
<td>Take the mystery out of fire. Teach your children fire is a tool &amp; not a toy</td>
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<tr>
<td>03</td>
<td>Install smoke alarms</td>
</tr>
<tr>
<td>04</td>
<td>Stop, drop &amp; roll if your clothing is on fire</td>
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<tr>
<td>05</td>
<td>Have more than one exit (way out)</td>
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<tr>
<td>06</td>
<td>Never use water on a grease fire</td>
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<tr>
<td>07</td>
<td>In smoke fill rooms fall &amp; crawl</td>
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<tr>
<td>08</td>
<td>Have &amp; practice an escape plan from every room in the house</td>
</tr>
<tr>
<td>09</td>
<td>Know your emergency numbers</td>
</tr>
<tr>
<td>10</td>
<td>Never leave your stove unattended when cooking</td>
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# FIRE SAFETY TIPS

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<tr>
<td><strong>11</strong></td>
<td>Never cook in loose clothing</td>
<td><strong>16</strong></td>
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<tr>
<td><strong>12</strong></td>
<td>Do not use the stove if you are sleepy or intoxicated</td>
<td><strong>17</strong></td>
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<tr>
<td><strong>13</strong></td>
<td>Keep a lid nearby when cooking to smother a greaser fire</td>
<td><strong>18</strong></td>
</tr>
<tr>
<td><strong>14</strong></td>
<td>Do have a large deep, non-tip ashtrays for smokers in the home</td>
<td><strong>19</strong></td>
</tr>
<tr>
<td><strong>15</strong></td>
<td>Keep your stove top clean &amp; free from clutter</td>
<td><strong>20</strong></td>
</tr>
</tbody>
</table>
Never empty an ashtray in a garbage can without wetting the butts

Do not use extension cord for prolong period (more than 3 months)

Never use an extension cord that has been damage

Do not Affixed extension cards to walls by using nails or staples

Establish an assembly point outside the home
About the Barbados Renewable Energy Association

The Barbados Renewable Energy Association (BREA) is a non-governmental association which is committed to the promotion of energy efficiency techniques and renewable energy technologies as a means of facilitating the growth and development of the renewable energy and energy efficiency sectors within Barbados. Established in May 2011, BREA has emerged as the leading regional voice on local and regional issues pertaining to energy efficiency and renewable energy across the Caribbean.

Energy Efficiency and Renewable Energy are often discussed within the context of enhancing the country’s foreign exchange saving potential, increasing the amount of job opportunities from the creation of new innovative niche areas and the notable opportunities for increase revenue brought about by the export of goods and services within the renewable energy and energy efficiency sectors.

However, this article will explore the possibility of using energy efficiency and renewable energy as means of adequately preparing for natural disasters. A number of SMART tips are mentioned within the article which provide a simple approach to how energy efficiency and renewable energy can be used as mitigating strategy...
for individuals, families and communities to prepare for natural disasters.

**Background**

Climate Change is having a significant impact on the world’s environment, Barbados as a small island developing state, is particularly susceptible to the impacts of climate change which include a significant increase in sea level rise and severe weather conditions.

In recent years the Caribbean region has been hit by more intense and frequent natural disasters. In Barbados particularly, a significant amount of damage was caused by severe weather and hurricane systems which included namely; Hurricane Tomas (2010), Hurricane Matthew (2016) and most recently the November 29th - 30th, 2016 island wide flooding.

The frequency and severity of such extreme natural disasters and weather conditions is likely to increase. It is therefore important, that as a country we be adequately prepared to deal with such natural disasters as they arise.

The topics of energy efficiency and renewable energy are often left out of the national discussion on disaster preparedness; with a greater focus being placed on the more traditional disaster preparedness techniques. This article will seek to explore how the adoption of energy efficiency techniques and the integration of renewable energy technologies can be used to help individuals, families and their communities prepare for natural disasters.

When we speak about “energy efficiency” the focus is more aligned to how energy efficiency can be used to conserve energy and reduce our overall energy usage. Equally important in preparing for natural disasters is a strong focus and incorporation of energy efficiency techniques, many of these traditional energy efficiency techniques can be used to adequately prepare for natural disasters.
ENERGY EFFICIENCY PREPARATION TIPS:

• Check your Refrigerator gasket sealing. This is an important tip which can be used by families to adequately prepare for natural disasters as you want to ensure that food remains at its freshest for the longest period in the event of a power outage.

• Unplug or Power Off all electrical equipment when not in use. As electrical equipment can become damaged or spark an electrical fire in the event of lighting.

• Avoid heavy frost build up. Defrost regularly so that food remains fresh for longer periods.

• Ensure that all electrical outlets and switches are not faulty and are working properly. This prevents issues of electrical or power outages within your home during the event of a natural disaster.

• There are some energy efficiency painting options available which can also be used as waterproofing protection for household or commercial roofs.

In discussing the topic of “renewable energy” the discussion is largely focused on the use of such technologies as a means of reducing the country’s dependence on high cost imported crude oil.

However, the tips provided below explore the possibility of using renewable energy as a means of adequately preparing for natural disasters.
• Consider installing a solar PV system which can be used as alternative energy source, however ensure you have a battery backup system for your critical loads like the refrigerator, as a grid-tied system will shut off during a power outage.

• For persons who have a solar PV system ensure that there is adequate insurance coverage in the event of damage to the system.

• Consider installing a battery based solar PV system which will power your entire house from solar and stored energy. Therefore in the event of a natural disaster, where power may be cut off your home would be unaffected.

• Although you might have either battery backup for your grid-tied system or a battery based system. It still makes good sense to implement some of the energy efficiency practises mentioned. During bad weather, it might be overcast for extended periods and you will have a reduced amount of energy stored.
CONCLUSION

In preparation for natural disasters, the use of energy efficiency practices provides simple yet effective options that can be used by the average person as part of their disaster preparedness plan. The integration of renewable energy technology on the other hand, is also another option which can be utilized by the average householder and commercial entity in reducing the risk and overall impact that the reduction or loss of power, during a natural disaster can have on consumers. BREA stands committed to working with all stakeholders to widen their understanding of the importance of energy efficiency and renewable energy and; how these concepts and techniques can be utilized not only as a means of driving economic development and foreign exchange savings but as part of our disaster preparedness mitigation strategy.

CONTRIBUTORS:

MS. MESHIA CLARKE
Executive Director
Barbados Renewable Energy Association

MR. JERRY FRANKLIN
Managing Director
EnSmart Inc & Vice-President
Barbados Renewable Energy Association
If you care about your environment you need to know the following:

The waste generated in your household is your responsibility. Therefore, we urge you to ensure that you have the following done: -

**PLEASE SEPARATE** waste for easy removal by the loaders.

**PLEASE HAVE A CAN** (about 4 cubic feet) for your waste to be stored until the lorry arrives.

**PLEASE ENSURE** that holes are at the bottom of the can.

**PLEASE ENSURE** that there is a suitable cover on the can.

**PLEASE PLACE** can in a location that is accessible to the loaders and within a six feet distance from the curb. If due to the distance of your property this is not feasible, please contact your depot to discuss this with the area supervisor.
Please ensure that needles, broken glass and any bulk waste material are not placed in the can. (SEE BELOW FOR INFORMATION ON BULK WASTE)

What Is Bulk Waste?

This is the term given to discarded materials which occupies a larger volume than regular household refuse. Such materials include:- old appliances, old household furniture galvanize large plastic and metal items wooden products and mattresses.

The Sanitation Service Authority provides Bulk Waste collection service. This service is according to equipment availability and volume. If you or a neighbor have Bulk waste please don’t hesitate to call 535-5000.

Please Note: Metal, Wood and plastic are to be separated prior to the truck arriving.

Our Commercial Department is ready to provide bobcat and truck services for a nominal fee.

If community groups are desirous of commencing district clean ups, please inform the SSA in a timely manner so that we can provide counsel and where possible provide support.

Effects Of Illegal Dumping?

- Blocks drains
- Destroys coral reefs which reduces fish stock.
- Causes ground water contamination

The Sanitation Service Authority promotes

**CLEAN THOUGHTS**
**CLEAN LIVING**
**CLEAN NATION**
The most recent hazard which caused substantial loss of lives in Barbados was Hurricane Janet in 1955, which was responsible for 38 deaths. Since 1955, storm and flooding events have been responsible for only 5 reported deaths. (Evanson 2014) However, the small number of reported deaths from these natural hazards does not accurately reflect the vulnerability of Barbados to the threat of a disaster. Despite the fact that the loss of life caused by hazards has been minimal, the potential for exposure to and economic loss caused by natural hazards has increased significantly.

Natural or man-made hazards may impact at any time. Yet, it seems that Barbadians are severely affected by the “God-is-a-Bajan” Syndrome, contented and satisfied with thinking that no hazard can or will significantly impact the country. However, science suggests the opposite. Barbados is situated within an earthquake zone which recorded three hundred and seventy-five (375) earthquakes in 2015. (Wedderburn, 2016) More recently in 2016, the vulnerability of Barbados as a Small Island Developing State (SIDS) was exposed by Tropical Storm Matthew. Even though the system did not directly impact the island and was just a Tropical Storm, there were several reports of flooding and infrastructural damage.
Comprehensive Disaster Management (CDM) should therefore be a priority for Barbados, encompassing the elements of prevention, preparedness, mitigation, response and recovery. The important question is “who is involved in Comprehensive Disaster Management (CDM)?” Government emergency response agencies may have the overarching responsibility but will always have limitations in reducing the vulnerability of the entire population to a disaster.

Communities must therefore invest their resources and efforts in building their resilience to disasters. In other words, all Barbadians should be involved in disaster management since the negative impacts of earthquakes, hurricanes, floods and droughts do not discriminate on the grounds of economic status, colour or age. Across the globe, one of the ways that communities have sought to build resilience is via the implementation of volunteer programs. These programs are used to support local emergency response agencies, safety initiatives at the community level and disaster relief.
In the event of an emergency, the availability of human resources at the community level is absolutely vital. In fact, according to Johnson (2014), in ninety-five percent (95%) of emergency cases, the first and immediate aid or assistance provided at the scene is given by a victim or bystander. It is therefore important that volunteers are adequately trained. The 1985 earthquake in Mexico City reinforced this need for the training of volunteers. The city was blessed with a relatively large cadre of volunteers who were able to aid in search and rescue operations. The downside of the rescue was that more than one hundred (100) volunteers lost their lives due to the fact that they were untrained. Notwithstanding this, it was reported that the volunteers had made eight hundred (800) successful rescues, saving individuals who would have perished otherwise. (Johnson 2014) Fast-forward almost 35 years later, and structured volunteer programs comprising trained individuals have expanded from response and relief, to ensuring that community are more prepared and less vulnerable to hazards.
The unpredictability of hazards and emergency situations suggests that our perception of disaster management should not be shaped by our lack of experience. Rather, our attitudes towards preparedness should be based on the question of “what if?”. What if an earthquake impacted Barbados at this moment? What if someone at my workplace needed assistance in basic first aid?

The Department of Emergency Management’s volunteer arm is made up of thirty (30) District Emergency Organizations (DEOs) which are aligned along the 30 constituency boundaries of the island. The aim of the DEOs is to facilitate the equipping of volunteering members with the skills and training necessary to assist their communities during national or isolated emergencies. Members are trained in radio communications, basic first aid, damage assessment and road clearance procedures. It is in the best interest of ourselves and our community that we all play a role in the disaster management. Your individual contribution can minimize damage to property, protect livelihoods and most importantly, save lives.

REFERENCES


The Heart & Stroke Foundation of Barbados Inc. (HSFB) is a non-profit organisation. The Foundation was founded in 1985 as the Heart Foundation of Barbados and in 2006 embraced stroke to become the Heart & Stroke Foundation of Barbados. The motto of the HSFB is "Everybody has a heart" which speaks to the fact that all individuals should be committed to living healthy lifestyles.

The mission of the Foundation is:

“To promote and support heart health and reduce suffering and death from heart disease and stroke.”

The Heart & Stroke Foundation of Barbados urges the public to be aware of the symptoms of a serious cardiovascular event:

- A cardiac event, such as a heart attack, can occur at any time and can present as crushing central chest pain often spreading in the neck, jaw and down the arms.
St. Michael South East District Emergency Organization fully engaged in Heart Saver First Aid CPR & AED training led by Senior Instructor - Dave Bascombe of the Heart and Stroke Foundation.”
• The symptoms of a stroke can be described using the acronym FAST:

- **Facial** Twist
- **Arm** Weakness
- **Slurred** Speech
- **Time** to Call the Ambulance Service **URGENTLY**
As a training center in the American Heart Association (AHA) Emergency Cardiovascular Care (ECC), the Heart & Stroke Foundation of Barbados offers the following courses both in
Barbados and the centres throughout the Caribbean. Under this programme the following AHA certified courses are taught:

- Basic Cardiac Life Support (BLS) training and certification is provided to the general public, health care providers, and medical students.

- Advanced Cardiac Life support (ACLS) training and certification is provided to medical doctors and other specially selected health care workers.

- Heart Saver First Aid programme provides training for the general public in the use of an Automated External Defibrillator and general first aid.

- We also provide an intensive training course for medical, nursing and paramedic personnel on Paediatric Advanced Life Support (PALS).

We therefore encourage members of the public to register now and learn the skills necessary to save a life with an AED! In the words of the AHA 2016 ECC philosophy statement - **Life is Why!**
ACKNOWLEDGEMENTS

Special Thanks to all the contributors who made this booklet possible

Department of Emergency Management
Barbados Light & Power Co Ltd
Heart & Stroke Foundation of Barbados Inc
Alpha-Omega Construction Inc
Barbados Red Cross Society
Barbados Fire Service
Barbados Renewable Energy Association
Sanitation Services Authority

Thanks for their consultative contribution
Selwyn Brooks, St James Central DEO
Randy Chandler, Barbados Citizen’s Band Radio Association
EMERGENCY NUMBERS

Police: 211
Fire: 311
Ambulance Service QEH: 511
Hospital QEH: 436-6450
FMH Emergency Center: 228-6120
Island Care Ambulance: 537-9425
Islandwide Ambulance: 271-3218
Medic Response
Ambulance Service: 228-8633
Sandy Crest Medical Center: 419-4911
Department of Emergency Management (DEMS): 438-7575
The Sparman Clinic & Ambulance Service: 624-3278
Barbados Light & Power Co. Ltd
Weekends & Holidays 626-9000
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National Petroleum Corporation 430-4000
Emergencies - 24 Hours 430-4099
Barbados Water Authority 434-4292
After Hours / Sundays / Holidays 427-3991