Are You Prepared for an Emergency?
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At the hospital
At Capital Health we have a plan that tells staff what to do in an emergency. Our goal is to keep everyone, including patients and staff, as safe as we can during an emergency.

Our staff is trained for emergencies and practice fire and safety procedures often.

Fire safety
The Capital Health Fire Safety Program requires that all buildings and equipment meet modern standards.

Every effort is made to protect the hospital against fire. All patient areas have smoke and heat detectors, fire alarms, sprinkler systems, and fire extinguishers. Fire exits are clearly marked throughout the hospital.

Alarm bells
If alarm bells ring during your stay with us it does not mean there is an immediate threat to your safety. These bells tell our staff to get ready and secure their work areas. It means that something is happening that may become a threat. Most alarms are caused by minor things (burning toast, for example) that may stop normal hospital activities for a short time. It does not always mean there is a threat to your health or safety.
If you hear an alarm bell

• Stay calm.
• Stay in your room.
• If you are in an area away from your room, stay where you are.
• Stay alert and wait for a trained staff member to tell you if there is anything you should do.

Remember, an alarm does not always mean there is an emergency.

What you can do to help

• Always be alert for fire risks and tell your nurse about any you see.
• If you bring personal electrical appliances (radio, electric shaver, hair dryer, laptop, etc.) to the hospital with you, they must be CSA-approved and not changed in any way. Turn them off and unplug them when you’re not using them.

Remember, if there is a real emergency, you will be told and a trained staff member will help you.

• Capital Health is a smoke-free space. Thank you for not smoking, using tobacco, or vaping, inside or on Capital Health property, or during Capital Health staff-led patient outings. This includes electronic cigarettes, cigars, pipes, hookahs, hookah pens, vape pens and other Electronic Nicotine Delivery Systems (ENDS).
At home

You should think about fire safety at home, too.

Fire escape plan

• Make a plan for your home if there is a fire or other emergency and you need to leave quickly.
• Practice the plan.
• Talk about it with your family and let them know the best ways to get outside quickly.
• Choose a meeting place outside and in front of your home where everyone can go if there is a fire. Make sure everyone knows where the meeting place is.

Smoke detectors

Smoke detectors should be on every level of your home. Don’t forget the sleeping areas. When you change your clock in spring and fall, change the batteries.

Fire extinguishers

Install fire extinguishers in your home. Know how to use them. A general purpose fire extinguisher (ABC) works on most types of fires in the home. Have it checked (inspected) every year.
**Extension cords**

Try not to use extension cords for long-term use. A power bar is a better choice. Make sure all electrical cords are not frayed or damaged and don’t run them under carpets or furniture.

**Space heaters**

Give space heaters space. If you use portable space heaters, make sure you keep them at least 1 metre (3 feet) away from things that could burn. This includes things like paper, bedding, furniture, and curtains. Turn your heaters off when you go to bed or leave your home.

**While cooking**

Don’t leave the room when something is cooking on your stove, stand by your pan! If a small grease fire starts in a pan, smother the flames by carefully sliding the lid over the pan. If you don’t have a lid ready, pour baking soda on the flames. Turn off the burner. Do not move the pan or lid until the pan is completely cool.
Keep your chimney clean
Fires often happen in a dirty chimney. Chimneys get filled with creosote from burning wood. A blocked chimney can also let deadly carbon monoxide gas enter your home. Your chimney should be checked and cleaned by an expert at least once a year.

Carbon monoxide
Carbon monoxide gas can be a silent killer. Carbon monoxide can’t be seen, has no smell, and can kill you in no time. Only a carbon monoxide detector can let you know this deadly gas is in your home. Protect your family by adding a carbon monoxide detector to your home.

Dryers
Make sure your dryer vent hose is metal from the dryer all the way up to the outside vent. Clean your dryer’s lint trap before every use.

Flammable liquids
These are liquids that will catch fire easily, like paint thinners, gas, or propane. Store these in a well-ventilated storage area or shed outside your home.

If you have any questions, please ask.
We are here to help you.
Looking for more health information? Contact your local public library for books, videos, magazines, and other resources. For more information go to http://library.novascotia.ca

Capital Health promotes a smoke-free, vape-free, and scent-free environment. Please do not use perfumed products. Thank you!

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