

Personal Emergency Kits for the Office or Lab

Every employee should put together a personal emergency kit that should be kept in their office in case they are stuck here for 48-72 hours (Another great location for your personal kit is your car if you drive to work). A backpack is recommended to store the kit as you can grab it and exit quickly.

The items that people should put in these packs include:

- ❑ Sturdy closed shoes
- ❑ Warm clothing (sweatshirt, long pants)
- ❑ Spare underwear and socks
- ❑ Spare eyewear (glasses, contacts or contact solution. After an earthquake, contacts quickly become unbearable to wear because of the dust and other particulate matter that is in the air)
- ❑ Personal medications (allergy, heart, blood pressure and other items that they can not be without for several days)
- ❑ Flashlight and batteries
- ❑ Personal contact phone numbers, calling card
- ❑ Water (2 or 3 small containers, be conscious of the weight it adds)
- ❑ Food (3 days worth. Watch expiration dates)

Additional items to consider adding if space allows:

- ❑ Work gloves
- ❑ Pocket knife/Multi-tool
- ❑ Toilet tissue
- ❑ Handi-wipes
- ❑ Matches
- ❑ Survival blanket
- ❑ Rain poncho
- ❑ Whistle
- ❑ Light Sticks
- ❑ Small first aid kit
- ❑ Small trash bags
- ❑ Portable radio and batteries
- ❑ Pencil (mechanical is best) and notepaper

The small emergency kits that have been purchased and distributed in the past provide only a minor amount of security for an individual after an emergency, as they are not personalized. However, they often have some useful items that could be utilized in a personal kit so scavenge them before disposing of them.