

## Emergency Contact List Template

Type of Emergency	Contact Number
Medical - GP (Family Doctor)	
Ambulance	999 or 112
Local Injury Unit or E-doc (Out of Hours Urgent GP Care)	
Public Health Nurse	
Pharmacist	
Fire Brigade	999 or 112
Gas Networks Ireland	1850 20 50 50
Electricity Company	
Family, Carer, Neighbour, or Friend	
Family, Carer, Neighbour, or Friend	

## Useful Websites, Guides and Apps

**www.emergencyplanning.ie** - Information on Ireland's planning, response and management with regard to a wide range of emergencies.

**www.winterready.ie**

### Other Information:

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**National Rehabilitation Hospital**  
Rochestown Avenue, Dún Laoghaire,  
Co. Dublin, A96 RPN4  
**Telephone** (01) 235 5000  
[www.nrh.ie](http://www.nrh.ie)



The [National Rehabilitation Hospital](http://www.nrh.ie) is accredited by CARF (Commission for accreditation of Rehabilitation Facilities) for a range of services, confirming they meet recognized international standards



Ant OspidéalIN áisiúnta Athshlánúcháin

## Be Prepared in an Emergency



## A guide to having a Personal Emergency Evacuation Plan (PEEP)

## Importance of a Personal Emergency Evacuation Plan (PEEP)

Unexpected emergencies such as a fire, flood or a gas leak can strike quickly and without warning, forcing people to leave quickly or be confined in their home unexpectedly.



For people with disabilities, emergencies present a real challenge. You can ensure the safety of you and your family with a Personal Emergency Evacuation Plan (PEEP).

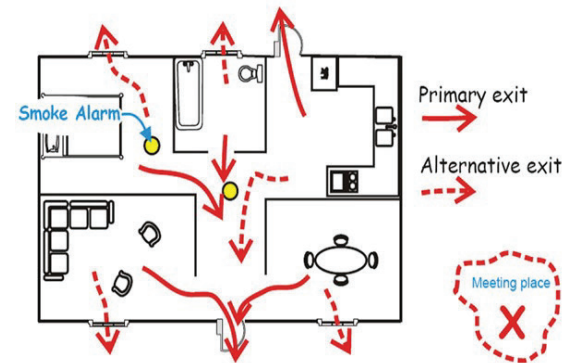


## Tips for an Effective Personal Emergency Evacuation Plan

**Tip 1**— Have an Emergency contact list on your own phone and printed somewhere that is easy to locate within your home. Create a network of family and friends you can call on.

**Tip 2**— Give your Eircode to Emergency Services so that they can quickly locate your home.

**Tip 3**— Hold a family meeting to create your Personal Emergency Evacuation Plan (PEEP). Ensure all family members are familiar with the plan. Practice your plan regularly.



**Tip 4**— Ensure that smoke alarms are installed in all rooms and check these regularly. Consider buying a carbon monoxide alarm.

**Tip 5**— Consider having a fire blanket and fire extinguisher in your home.

**Tip 6**— Register with your electricity supplier to advise them that you have a disability. They can advise you of planned power cuts and respond quickly after a power cut.

**Tip 7**— Have blankets available in case of power cuts in cold or freezing weather.

**Tip 8**— Build an emergency supply kit.



**Tip 9**— If you live in an apartment with a lift and have a wheelchair, know the name of the maintenance company and their contact details.

**Tip 10**— Have back-up power packs if you have a powered wheelchair.

**Tip 11**— Back-up important documents on your computer that could be lost in case of fire or flooding.

**Tip 12**— Consider the need for interpreter assistance or a communication board or device for these situations.

**Tip 13**— Keep at least seven days supply of essential medications.