

Resident's safety and security guide

As Oy Helsingin Kartanonisäntä

The rescue plan can be found from the address:

<http://pelsu.fi/u/pDE>

EMERGENCY TELEPHONE NUMBER AND POLICE

112

BUILDING ADDRESS

Laivalahdenkaari 10
00810 HELSINKI

ELECTRICITY SWITCHBOARD

Stairway B

MAIN WATER SHUTOFF

Stairway B

AIR VENTILATION EMERGENCY STOP

Stairway

GATHERING AREA

The front of Laivalahdenkaari 12, at the crossing

MAINTENANCE

Lassila & Tikanoja
Service line: 010 636121

CIVIL DEFENCE SHELTERS

The property is part of the general civil defence district. This property does not have its own civil defence shelter.

Independent preparedness means preventing accidents, protecting people, property, and the environment in dangerous situations, as well as preparing for accidents. Individual skills in first aid and emergency fire extinguishing are good examples of independent preparedness. The Rescue Act obligates us all to prepare individually.

Accident avoidance is often simple. A lot can be done simply by reacting immediately to possibly dangerous deficiencies ja broken equipment. Lack of safety is, for example, an unploughed walkway, or a broken light fixture in the basement. Deficiencies that are noticed should be brought to the attention of the responsible parties, such as the building manager or the maintenance company.

Home storage supplies mean a week's worth of food products and other necessary goods, e.g. medicine, water containers, a spare light, and battery-powered radio, to cope with disturbances when connection to the outside world is lost. Home storage should be compiled in every home. It must be maintained and updated regularly. The contents of the home storage vary based on what you are used to eating.

Notifying of an emergency is easy. The public emergency number is **112**, and it works almost all over the world. The public safety call centre answering your emergency call will guide you to act correctly in any situation. Before calling the emergency number, find out as much as you can about the quality and location of the

accident. The best thing is to find out the exact address.

Sheltering indoors is the best method for protection from outside threats, such as radioactive radiation and chemicals.

1. Move indoors, stay indoors.
2. Close all openings in the apartment as well as air vents.
3. Open the radio and calmly wait for instructions.
4. Do not jam the phone lines.
5. Do not leave the indoors until notification from the authorities to avoid danger on your way out.

The public warning siren is a one-minute-long ascending and descending siren or an announcement by the authorities. In this case proceed as instructed in the guide for taking cover indoors. The ascending tone is 7 seconds long, as is the descending tone. The 'All Clear' signal is a one-minute-long monotonous tone, and it signals that the threat or danger is over.

In the event of **fire** act as follows:

1. RESCUE those in immediate danger.
2. NOTIFY others of danger.
3. ALARM. Call 112.
4. EXTINGUISH THE FIRE, if you can.
5. CONFINE. Close all windows and doors.
6. GUIDE the officials to the site.

We are all **obligated to assist**. Obligation to assist means those actions that we can perform within our own individual capabilities to pre-

vent accidents and to help those who've been in accident.

Emergency first aid is a life-saving first aid skill, which each of us should practice regularly. Training is frequently arranged by, for example, the Finnish Red Cross (Suomen Punainen Risti). The purpose of the emergency first aid is to prevent the worsening of the patient's condition until the arrival of professional paramedics. Remember to also report the emergency first! Learn at least the following skills:

Place an unconscious patient in a **recovery position** on their side. An unconscious patient breathes independently, but is not responsive when spoken to or shaken. A patient in the recovery position lies on his/her side so that the head is tilted back to keep their airways open. Remember to report the emergency!



CPR (cardiopulmonary resuscitation) means maintaining a person's blood circulation and respiration before paramedics arrive at the scene. In resuscitation the patient's chest is compressed 30 times and mouth to mouth breathing given two times, repeating for as long as necessary.