

1. Tsunami Advice for Support Workers in the Field

“If it’s not safe – don’t do it”

All of New Zealand is at risk of earthquakes and our entire coastline is at risk of tsunami. We can’t predict when one will happen, but we can protect ourselves and our loved ones.

Do not wait for official warnings of a Tsunami. For a local source tsunami which could arrive in minutes, there won’t be time for an official warning. It is important to recognise the natural warning signs and act quickly. The warning signs are listed here.

WHAT DO YOU NEED TO KNOW/DO?

If you are driving:

- Keep your radio on a local news station and head to high ground immediately.
- If you can, let someone know where you are.

If you are in a client’s home:

- It is good to know already if they are already living in a safe zone.
- Obviously right beside the beach is not safe.
- If you can get them into a vehicle and move both of you to a safe zone, then do so. But leave a note on the door in case someone comes looking for their loved on. If you can notify next of kin ASAP that will reduce their stress levels.
- Never, rush into a situation to assist a client if you will be put in danger – you will be no use to your clients or your family if you are seriously or mortally injured.

If you are outside walking:

- Some of you walk between clients – if you are in a danger zone (by the sea) get to high ground immediately.
- Let someone know where you are as soon as you can.

Know that Access Management team will try contact you to check that you are safe following a national or local disaster. So please make sure we have your most up to date contact details.

There is much more information about preparing for and surviving disaster events on the Civil Defence web site: <http://www.civildefence.govt.nz/>

