

Spring Forward/Fall Back

Emergency Readiness Time Change Checklist

- ☐  Test your smoke alarms and carbon monoxide detectors. Replace the batteries if they're more than a year old. Turn fire extinguishers upside down and tap with a rubber mallet to loosen the settled chemicals; leave them upside down for a few days.
- ☐  Check your flashlights, emergency radios, blood pressure monitors, thermometers, and any other battery-powered equipment. Replace batteries as needed.
- ☐  Check expiration dates on your food, water, and medications. Use food or donate to Helpline House's food bank before it goes bad. Update your supplies as needed.
- ☐  Throw out canned foods that are dented, swollen, or corroded.
- ☐  Revisit your household needs: Is anyone on new medications? Is there a new human or animal member of the household? Does anyone have any changed needs? Update your kit as needed.
- ☐  Review your family emergency plan. Update phone numbers, addresses, contacts, and meeting places as needed.
- ☐  Brace and bolt furniture/appliances for earthquake safety. Use earthquake putty to secure smaller items on shelves.
- ☐  Review the locations of propane and water shutoff valves. Are they still accessible? Make sure toilet valve shutoffs work.
- ☐  Clean air dryer vents and hoses.
- ☐  Inventory household chemicals and make sure they are stored safely.
- ☐  Replace air filters in heating systems, vacuums, and air purifiers as needed.
- ☐  Make sure your vehicles are updated for the season: Water for the spring and summer. Blankets, windshield scrapers/brushes for the fall/winter. Windshield wiper fluid all year.
- ☐  Take the *Are You Bainbridge Prepared?* assessment at tinyurl.com/5dn8fdh7.

