



# Life Safety & Security Program

## Emergency Procedures Quick Reference Guide (QRG)

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## Introduction

This guide contains information, so that in the event of an emergency, a quick reference will be available to all persons within the building. It has been created, and should be used, as a general guideline only. Although this guide could not possibly address each emergency situation that may be presented, it is designed to be flexible in order to adapt to contingencies of different situations. Always remember that each emergency situation may dictate a different set of circumstances and must be evaluated on the basis of personal protection and safety of human life.

The guide is not meant to replace existing emergency procedures, but rather to work in conjunction with existing plans. Please refer to the formal documentation for your building to familiarize yourself with the detailed emergency plans.

It is recommended that this information be kept in public areas, such as lunchrooms, service centers, kitchenettes and areas that have personnel on a 24-hour basis.

This guide was prepared in cooperation with representatives from Six Nations Elected Council, Six Nations Police Department, Six Nations Fire Department, Six Nations Paramedic Services, Six Nations Health Services.

For any inquiries regarding this guide, security or life safety please contact Six Nations Health Services Administration at 519-445-2418.

### SIX NATIONS EMERGENCY SERVICES

# 911

### Six Nations of the Grand River

## Introduction

## Responsibilities and Contacts in an Emergency

Rather than restrict life safety training to a limited few, Six Nations makes training available to all employees in our facilities. Six Nations Fire Services is responsible to complete annual fire/evacuation training sessions and drills.

### Employee responsibilities include:

- Identification and the upward communication of any hazards or persons requiring assistance within their area.
- Familiarization with the emergency procedures, floor arrangements, exits and staging areas at their workplace and subsequent buildings that they may be visiting.
- Participation in life safety training sessions and fire/evacuation drills.

### Departmental responsibilities include:

- Overseeing the safe and orderly evacuation of personnel in their areas.
- Being familiar with floor arrangements, exits (ensuring they are always clear of debris) and establishing primary and secondary staging areas, as applicable.
- Maintaining an up-to-date list of all persons who may require assistance (who cannot use stairs unaided) and to be prepared to follow the procedures outlined when an evacuation is necessary.
- Participating in fire/evacuation drills conducted by the Six Nations Fire Services
- Participation and encouragement in training sessions offered for dealing with emergency situations.

### Six Nations Fire Services tasks include:

- The regular maintenance and ongoing verification/testing of life safety equipment:
  - Fire Suppression Systems (fire extinguishers, etc.)
  - Building Alarm/Evacuation Systems
- Meeting legislative requirements in relation to life safety and in conjunction with legislation such as the Ontario Fire Code, Ontario Building Code and the Occupational Health and Safety Act including:
  - Annual life safety training sessions
  - Annual fire/evacuation drills
  - Maintaining up to date fire plans

### Important contact numbers in an emergency...

|          |                           |  |
|----------|---------------------------|--|
| Fire:    | <a href="tel:911">911</a> | Six Nations Elected Council – 519-445-2201 |
| Medical: | <a href="tel:911">911</a> | Six Nations Health Services – 519-445-2418 |
| Police : | <a href="tel:911">911</a> | Six Nations Police Services – 519-445-2811 |

## Responsibilities and Contacts in an Emergency

## Persons Requiring Assistance

Due to the diverse workforce, several individuals may require physical assistance during emergency situations. This can include, but is not limited to, those persons that may:

- Be physically confined to a wheelchair or other mobility assistance device.
- Suffer from a temporary or long-term injury (i.e. broken bones, etc.).
- Suffer from illnesses such as asthma, claustrophobia, stress disorders, etc.
- Have a history of heart illness, breathing problems, high blood pressure, etc.
- Be an expectant mother.
- Suffering from a cognitive or degenerative mental disability.

The Property Services Branch will maintain a record of these individuals as notified. They will also work with individual departments and the Joint Health and Safety Committee to ensure that individuals requiring assistance receive specific training and a “trusted partner” is assigned to assist and remain with this person until emergency personnel arrive to evacuate them.

### Find a safe location and wait for assistance...

A safe location is the area that a “trusted partner” would take this person to until emergency personnel can arrive. Such a location could be:

- The firefighter elevator (used by emergency personnel to investigate emergency situations and evacuate as necessary).
- An office identified for refuge.
- The stairwell exit door (away from the danger area).
- The inside of the stairwell is a safe area, but it should not be used as a waiting area until all people from the higher floors have evacuated.

**It is not recommended that any person attempt to carry an individual during an evacuation situation. This would substantially increase the risk of injury to all persons.**

## Persons Requiring Assistance

## General Emergency Responses

Depending on circumstances and the type of emergency, the first important decision is whether to “evacuate” (Get Away) or “stay put” (Shelter-in-place; Lockdown). Judgement, common sense and finding out information from appropriate sources for decision making is important.

|  |  |
|--|--|
| <p><b>General Considerations:</b></p> <ul style="list-style-type: none"> <li>• Listen for emergency announcements, stay calm, and follow instructions given.</li> <li>• Secure work area and visitors.</li> <li>• Use closest exit for evacuation.</li> <li>• Proceed to designated muster (meeting area).</li> <li>• Do not run or re-enter the facility.</li> </ul>  | <p><b>Reasons for Evacuation:</b></p> <ul style="list-style-type: none"> <li>• Fire Alarms – complete evacuations immediately as directed.</li> <li>• Multi-stage Alarm – await instructions.</li> <li>• Bomb Threat – be alert, note unusual packages in your area, evacuate as directed.</li> </ul>  |
| <p><b>Method of Evacuation (Get Away):</b></p> <ul style="list-style-type: none"> <li>• Help persons requiring assistance.</li> <li>• Close office doors / windows when you leave.</li> <li>• Remain orderly and quiet.</li> <li>• Take only minimal items, do not take objects / items that inhibit evacuation.</li> <li>• Avoid congregating in front of building or areas that inhibit access / egress.</li> <li>• Report to supervisor as required.</li> </ul> | <p><b>Shelter-In-Place (Stay Put):</b></p> <ul style="list-style-type: none"> <li>• Used as a precaution to keep safe while remaining in workplace.</li> <li>• Close the work area.</li> <li>• Provide safety for visitors.</li> <li>• Call emergency contacts.</li> <li>• Turn off call-forwarded devices.</li> <li>• Monitor media and other information sources.</li> <li>• Take attendance of personnel / visitors in your area.</li> <li>• Await instructions.</li> </ul>                                 |
| <p><b>Evacuation Routes:</b></p> <ul style="list-style-type: none"> <li>• All occupants should be familiar with their evacuation routes.</li> <li>• Primary evacuation routes are considered to be the nearest exit / stairwell – consult signage and emergency plan.</li> <li>• Avoid using elevators during an evacuation.</li> </ul>  | <p><b>Lockdown:</b></p> <ul style="list-style-type: none"> <li>• Used to limit exposure when a threat is within the building area and evacuation is unsafe.</li> <li>• Close and secure doors and windows in your work area.</li> <li>• Provide safety for customers and other employees.</li> <li>• If necessary, silence telephones and other noise making devices, turn out lights, and close blinds.</li> <li>• Listen for information from all sources.</li> <li>• Await further instructions.</li> </ul> |

## General Emergency Responses

## Fire / Smoke Procedures

### If you discover a fire...

1. Alert others in your immediate area.
2. Leave the fire area, closing all doors behind you and, if safe to do so, close all windows.
3. Activate the building fire alarm system, using the nearest fire alarm pull station.
4. Call the Six Nations Fire Department – “911.”
5. Follow the instructions from the Fire Department Personnel, Building Staff and/or the inter public address (PA) system.
6. Leave the building via the designated emergency exits and assist others as necessary.

### Do's:

- Use Emergency Exits **ONLY**.
- If caught in heavy smoke, cover your face, take short breaths and crawl to escape on your hands and knees if necessary. There is less smoke at floor level.
- Help people who require mobility or other forms of assistance.

### Don'ts:

- Don't lock doors as you leave, simply close them behind you as the space becomes empty.
- Don't use elevators – **they may not be available to you.**
- Don't attempt to fight a fire, unless the fire is small, and you have been instructed in the proper use of fire extinguishers and other safety equipment.
- Don't re-enter a building or fire area under any circumstances.

### If you discover smoke...

1. Contact building maintenance or supervisor immediately.
2. Try to identify sources and note any smells associated with the smoke (i.e. smells like burning plastic).
3. If evacuating through thick smoke – get low to the floor to crawl, regulate breathing if possible.
4. Activate building fire alarm.

### Don'ts:

- Don't lock doorways.

## Fire / Smoke Procedures

## Medical Emergency

### In the event of an accident or illness on the premises...

1. Remain calm and reassure the individual.
2. Attract the attention of a co-worker who is trained in first aid and request their assistance.
3. Call "911" and advise the operator of the following:
  - Your name and telephone number.
  - The building name and exact address.
  - The floor that you are located on and the location of the emergency.
  - That this is a medical emergency.
  - The nature of the emergency and any details available.
4. Have someone meet Emergency Personnel at the building entrance and escort them to the location of the emergency.

### **Don'ts:**

- Don't move injured or ill persons. Attempt to make them more comfortable until Emergency Personnel arrive.

### How to report incidents...

- All incidents should be reported to your supervisor / manager.
  - Incidents involving Six Nations employees must follow the appropriate accident/Incident Investigation process by completing the appropriate Incident/Accident Form.
  - **For Reporting Procedure please see Central (Z:) Drive**

**DON'T try to give medical attention to someone experiencing a medical emergency unless you are appropriately trained in First Aid.**

**Defibrillators should be utilized preferably by those that currently possess an up to date First Aid Responder Certificate. If a First Aid Responder is unavailable, follow prompts given by the defibrillator.**

## Medical Emergency



## Elevator Entrapment

Elevator entrapment is a very uncommon occurrence, but due to the fact it is a mechanical device, failure is possible. Therefore, being prepared to deal with this type of situation is necessary.

If you become trapped in an elevator...

### Do's:

- Remain Calm.
- Most elevators are equipped with emergency two –way communication. Use the emergency elevator phone button. (You will be connected directly to the elevator service department and they will dispatch a technician to your location).
- Note the location of your elevator entrapment. You will need the address so the technician can locate you. There are two elevators located in the following facilities:

**White Pines Health Administration**  
1745 Chiefswood Road, Ohsweken, ON – 519-445-2418

**Grand River Employment & Training Centre**  
16 Sunrise Court, Ohsweken, ON – 1-519-445-2222

**ILA Sports**  
3201 2<sup>nd</sup> Line, Hagarsville, ON – 1-905-768-9199

- If the emergency elevator telephone button is not working press the Alarm button and wait a few minutes. If you feel too much time has passed you can bang on the door to make noise and grab the attention of passer byers.
- You can also use your cell phone to call for help.
- Wait calmly until help arrives.

### Don't:

- Don't panic.
- Don't attempt to force the doors open.
- Don't attempt to leave the elevator through the upper trap door (if equipped) unless advised by emergency responders such as Six Nations Fire Department.

**Professionals will be dispatched to assess the situation and remove any occupants safely**

## Elevator Entrapment

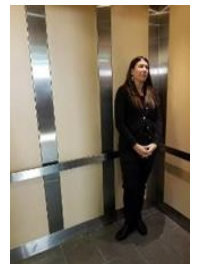
**STEP 1**  
Press the emergency telephone button and inform dispatch of the issue



**STEP 2**  
If the emergency telephone button is NOT working, press the alarm button and wait patiently



**STEP 3**  
Wait patiently until help arrives



## Electrical Power Failure

**A power failure may result in the improperly functioning of the following services:**

- Lighting (indoor and outdoor)
- Security Systems (including employee access cards)
- Elevator Service
- Intercoms and Communication Devices
- Parking Gates
- Computer Systems
- Workstations and Office Equipment
- Water, Fire, and Heating / Air Conditioning Systems
- Refrigerators and other appliances

A temporary loss of these services may impair the ability to carry out job functions as usual, but it does not require the immediate evacuation of the building. Please note that security systems are specifically designed to release from the inside during a power failure. However, re-entry into the space may be difficult until regular power is restored and systems return to normal.

### **Alternate power sources:**

All buildings are required to have emergency lighting available, however this is meant for evacuation purposes only and may last for a limited time. Some buildings are equipped with an uninterrupted power source (UPS) and generator to back-up the power requirements. If this occurs, these systems will be used on a limited basis until regular power feeds can be established.

### **Awaiting power restoration:**

Persons inside the building at the time of a power failure should remain with co-workers until they receive communication otherwise. **Evacuation of the building is not recommended**, as stairwells can become crowded and dangerous. Keep in mind that elevator service will not be available. Should the situation escalate to a point where it does not appear that hydro will be restored, the building may be designated as unsuitable for occupation (untenable).

**Elected Council will advise staff of building evacuations during power outages. Should an evacuation be necessary please follow directions from Elected Council, Director of Health Services or your Manager/Supervisor.**

Should the situation escalate to a point where it does not appear that hydro will be restored, the building may be designated as untenable. A controlled evacuation will be required at this point. An announcement will be made within the office at that time and should be followed.

**Upon return to the building after a prolonged power outage – check food and other perishable items that have been stored in appliances such as refrigerators or freezers. Be wary, as these products may be spoiled and not fit for consumption or use.**

## Power Failure

## Floor or Building Evacuation

**If the building alarm rings or an announcement is made to evacuate, an immediate evacuation would be required at this time.**

### **Do's:**

1. Remain calm and do not panic.
2. Listen for instructions, follow the directions offered and take your valuables with you.
3. Walk quickly to the nearest marked exit while alerting others to do the same.
4. Assist others where possible.
5. Close each door behind you.
6. Evacuate via the stairwells, walking in single file only while using the handrails.
7. Clear the way for any Emergency Personnel who may be traveling up the stairwells.
8. Be prepared to merge with others that may be evacuating.
9. Once outside, move to a clear area at least 150 metres (500 ft.) away from the building to the designated staging area for employees, if available.
10. Keep clear of roads, fire routes, hydrants, and walkways for emergency vehicles and personnel.

### **Don'ts:**

- Don't use the elevators – **they may not be available.**
- Don't run in the stairwells.
- Try to avoid wearing uneven footwear in stairwells if you cannot navigate the stairwell in a controlled manner – remove footwear prior to entering the single file evacuation line.
- Don't return to your work area until the "ALL CLEAR" has been announced by the authorities.

**NOTE:** All elevators return to the ground floor during an emergency. Do not attempt to use the elevator after the alarm rings. If it is needed, an elevator will be activated by emergency personnel to help persons requiring assistance.

**Do not assume the emergency is over when the alarm stops ringing.  
Wait until an announcement lets you know it is safe to enter the building facility.**

## Floor or Building Evacuation

### **Suspicious Items / Suspicious Package**

(Reference: FNSB Policy 5.02)

## GUIDELINES WHEN DEALING WITH SUSPICIOUS ITEMS / SUSPICIOUS PACKAGES

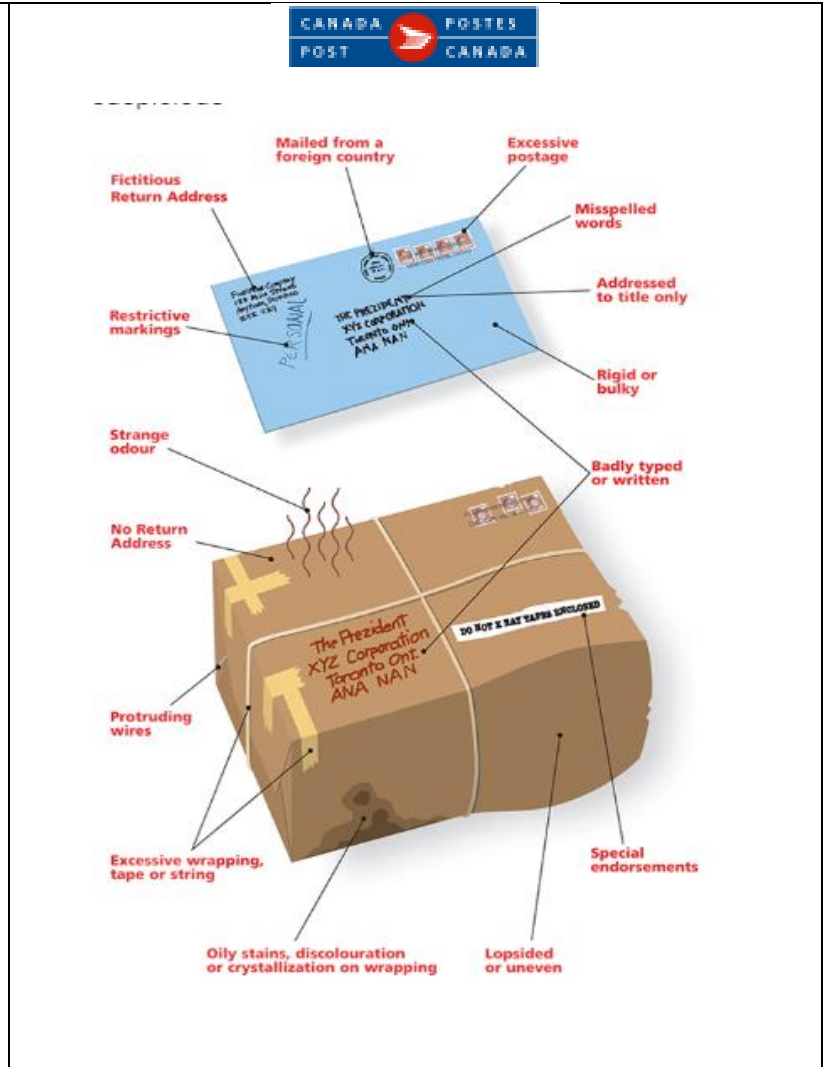
If you become aware of a suspicious item (i.e., potential drugs) or suspicious package, please proceed with the following steps:

### Do's:

- Immediately isolate the area and ensure that no one enters the area – if it is safe to do so, take pictures of the scene
- Immediately inform your Supervisor/Manager, Director and the Senior Administrative Officer
- Call Six Nations Police at 519-445-2811 or Call 911
- The Police will enter the area and will be the only person responsible to collect the item/package and clean the area
- Once the Police have completed their work, they will advise when the area is cleared to be accessible
- An incident report needs to be completed by the first person who found the item/package and any potential witnesses to the incident (include if you are aware of any people who may have been in the area)

### Don'ts:

- Don't touch or tamper with the suspicious item/package



Ensure that if you are using a product that could be mistaken as a hazardous substance (powders, lotions, etc.) make sure that the product is clearly marked and cleaned from the floor, table, etc.

## Suspicious Items / Suspicious Package

## Threatening Call / Bomb Threat

**All threatening calls are to be taken seriously.**

**All threats must be treated as genuine and reported immediately.**

### **Do's:**

1. Remain calm.
2. Attract the attention of a co-worker. Have them alert 911.
3. While speaking on the phone (or immediately after) notify your manager/supervisor and complete an Incident Report as outline in the reporting policy.
4. Immediately upon completion of the call **move to a different phone** and report the details of the incident by calling: "911" – Six Nations Police and Fire Services.

### **Don'ts:**

- Don't assume the threat is a hoax.
- Don't transfer the call.
- Don't ridicule the caller.
- Don't make any further calls from the extension that the call was received on.
- Don't touch any suspicious object.
- Don't evacuate the building.

### **Note:**

**Arbitrary evacuation is not the safest approach in dealing with a threatening call.**

Unauthorized persons generally receive limited access and would likely place any device in an outer exit way or public area. Instead of moving to safety when evacuating, individuals may instead be moving closer to potential danger. Also, the panic associated with precipitant evacuation can be a greater threat to human life than the alleged bomb.

Generally, office employees are encouraged to remain where they are until the situation has been assessed.

**The decision to evacuate will be based on recommendations from the local authorities.**

**Upon evacuation, ensure that a roster is taken of employees who have left the building. Account for missing employees or visitors, if possible.**

## Threatening Call / Bomb Threat

## Suspicious Person / Activity / Safety Management

(Reference: FNSB Policy 85.04)

**A “suspicious person” is not necessarily a threat. It could simply be someone you deem as unfamiliar, or someone acting in a fashion not in keeping with the normal customer, client or visitor demeanor.**

A suspicious person may be depicted by clothing (baggy, oversized and not in season), actions (someone who does not acknowledge you when challenged), someone who is loitering (or asking questions about staff names) without an apparent reason. This type of individual may pose no threat or may be someone who is lost, confused or disoriented.

**If such a person(s) enters your facility you should:**

- Ask the person if he/she needs assistance or is looking for something specific.
- Observe the persons actions – viewing, speech, and record clothing and other physical features.
- Advise other sections and areas of your building facility.
- Note any other persons that may be following / accompanying the original person of interest – check both inside and outside of your area.

If you observe a suspicious person or persons, a suspicious item or a suspicious vehicle, you should immediately report the information to the appropriate law enforcement agency.

Non-emergency tips should be called immediately to your area’s appropriate tip line and/or e-mail address.

**For an emergency or an imminent event immediately report it to 911:**

- You should be prepared to provide your name, location and call-back number.
- You should be prepared to explain exactly what type of emergency is being reported.
- You should be prepared to stay on the line with the call taker and to answer the call taker’s questions to the best of his/her ability; the call taker should terminate the call.
- You might be requested to meet with the first responder to answer his/her questions and to direct the officer to the correct location.

**Most of all, if the person is acting erratic and aggressive, do not attempt to forcibly remove them. Lock doors and secure as much of the building as possible. If the threat escalates (i.e. a weapon is presented or suspected) proceed to the Active Attacker / Threat portion of this Quick Reference Guide.**

*See Something, Say Something*

## Suspicious Person / Activity / Safety Management

## Active Attacker / Threat

(Reference: FNSB Policy 85.04 & 85.05)

**If an intruder enters the building and actively attacks or threatens occupants with any sort of weapon (i.e. firearm, edged or improvised weapon). The person may also be verbally threatening anyone without a weapon seen.**

### Do's:

#### **Evacuate the building if you can safely (RUN)**

1. Remain calm and try not to panic.
2. Listen for instructions and follow the directions offered.
3. Walk quickly to the nearest safe exit while alerting others to do the same.
4. Assist others where possible.
5. Close each door behind you.
6. As you exit the building, ensure that your hands are visible to emergency responders
7. Be prepared to provide any information about the attacker including description, weapons seen and last location.

#### **If unable to evacuate (HIDE)**

1. Find a place that you can secure such as a storage room.
2. Secure the entrance as best you can by locking or barricading the doorway and windows.
3. Turn off lights and silence mobile phone ringers.
4. If possible, quietly contact emergency services via 911 and give your location and identification of persons hiding with you.
5. If possible, be prepared to provide any information about the attacker including description, weapons cited and last location.

#### **If you are unable to hide (DEFEND) (Used as a last resort)**

1. Be prepared to defend yourself using the most **reasonable** force available. Avoid excessive and unnecessary force. You only want to neutralize the attacker.
2. Attempt to improvise methods of defense against the attacker with fire extinguishers, improvised clubs, chairs or other items that can be used to neutralize the person.
3. If a weapon is dislodged during the defense, remove and secure the weapon (avoid keeping possession of it unless absolutely necessary). Upon arrival of Police and other emergency responders, immediately yield the weapon slowly to the ground or as directed.

### Don'ts:

- Don't engage the attacker unless absolutely necessary – **for personal protection**
- Don't attempt to take personal possessions with you
- Don't return to your work area until the "ALL CLEAR" has been announced by the authorities

Police and other emergency responders will take priority to locate and stop the attacker. They will not immediately treat, triage or extricate wounded persons until the initial threat posed by the attacker is neutralized. Be prepared to deal with psychological trauma.

**Do not assume the emergency is over when the alarm stops ringing.  
Wait until an announcement lets you know it is safe to enter the building facility.**

## Active Attacker / Threat

## Hazardous Materials

### If you observe any of the following in or near your work area:

- Chemical Spill/Release – any size
- Electrical Hazard
- Gaseous or other strange odors
- Illicit drugs or drug paraphernalia
- Materials that may contain bodily fluids

### General Response Guidance:

- Secure if possible, isolate the immediate area so no one can come in contact with the material.
- If the situation is serious call 911.
- Do not touch the hazardous material or contaminated objects.
- Avoid breathing vapors and get to fresh air immediately.
- Do not attempt clean up or move, unless advise to do so.
- Establish ventilation to the outside if safe / prevent contaminant from spreading.
- It may be necessary to stay put until safe to leave the area.

### Shelter-In-Place

In certain emergency situations, including a severe weather alert, an environmental hazard (e.g., chemical release), or a local emergency (e.g., active shooter), the public is told to “shelter-in-place.” The purpose of sheltering in place is to keep people safe while indoors during an emergency event. However, the phrase may be confusing to someone who is not well-versed in disaster preparedness, interpreting the instruction as staying where you currently are. That’s precisely the opposite of what you need to do.

### Different threats require slightly different sheltering recommendations.

**The following steps describe how to effectively take shelter in place in your office and ensure everyone at your business is safe during a crisis:**

- If there are any visitors in your office, make sure that they stay in your building and are instructed on the shelter-in-place protocols for your office.
- Gather everyone in the designated shelter-in-place area, secured and with locks on the doors.

**In a natural disaster or radiological release**, the safest location is the room on the lowest level, or underground, and in the interior-most part of the building.

**In the event of a chemical or biological disaster**, the area should be an interior, windowless room on the highest floor of the building. Most hazardous agents are heavy enough to slowly settle to the ground.

**Shut off all HVAC systems and fans.** If there is no other room other than the one with windows, cover or block them.

**Encourage everyone to reach out to their emergency contact** and let them know of their location.

## Hazardous Materials



## Severe Weather

There are many types of disaster that can occur in the Six Nations area with inclement weather involving heat, heavy rain, windstorms, extreme cold, hail, snowstorms, earthquakes, etc.

|   |   |
|---|---|
| <p><b>Earthquakes:</b></p> <ul style="list-style-type: none"> <li>• Move immediately to an inside wall, stay away from glass, outside doors and outside walls and potential falling objects.</li> <li>• Drop, Cover and Hold On – under sturdy desks, tables, benches against an inside wall. Clasp both hands behind neck, cover ears and eyes with forearms.</li> <li>• Be aware that utilities will be disabled, malfunction or activate (i.e. Fire Alarms).</li> <li>• Scan exit ways for damage, such as stairwells.</li> <li>• If already outside, do not enter the building, stay back 35 meters, move away from trees, utility poles, electrical wiring.</li> <li>• If you are in a car, stop if safe, pull to the side of the road, stay with your vehicle, if safe.</li> </ul> <p>After the earthquake stops, be prepared for aftershocks, check for injuries, check for other hazards such as electrical, fire, natural gas leaks and other chemical spills.</p> | <p><b>Floods:</b></p> <ul style="list-style-type: none"> <li>• Flooding, including Flash Floods can occur very quickly.</li> <li>• Depending on your location, go to a safe location on higher ground or a higher elevation.</li> <li>• If told to evacuate do so immediately, respect barricades and other safety indicators.</li> <li>• Avoid entering flood water / beware of currents.</li> <li>• Stay off bridges over fast-moving water</li> <li>• If trapped in a vehicle in rapidly moving water, stay inside. If water enters the vehicle go on the roof if possible.</li> <li>• Be aware of energized water flow, turn off electric supply, if possible.</li> </ul> |
| <p><b>Other Inclement Weather</b></p> <ul style="list-style-type: none"> <li>• Monitor weather sources (Weather Network and Environment Canada) – watch for advisories and warnings.</li> <li>• Dress appropriately (i.e. heat waves, extreme cold weather, rain, wind, etc.).</li> <li>• Reporting for work – check in with supervisor about coming to work.</li> <li>• Remaining at work – avoid travel during such periods, develop / activate an emergency plan to contact relatives.</li> <li>• Operational facility closure – Band council will decide and direct this action.</li> </ul>   |   |

## Severe Weather

# Bullying Hurts Everyone

## What is Bullying?

Bullying is never appropriate and is intentional. This repeated and hurtful act includes: name calling, inflicting physical pain, exclusion, public humiliation, hurtful pranks and defacing one's property. Bullying involves an imbalance of power.

The innocent one being bullied feels alone, depressed and scared and feels they have nowhere to turn.

## Physical Bullying

- Calling someone hurtful and derogatory names
- Spreading lies and bad rumors about someone
- Being mean and teasing someone
- Hitting, punching, shoving, spitting and physically hurting someone
- Social exclusion or isolation ... not including someone in a group
- Getting certain kids or teens to "gang up" on others
- Having money or other things taken or damaged
- Being threatened or being forced to do things

## Cyber Bullying

Cyberbullying is when kids or teens bully each other using the Internet, mobile phones or other cyber technology. This can include:

- Sending mean text, e-mail, or instant messages
- Posting nasty pictures or messages about others in blogs or on Web sites
- Using someone else's user name to spread rumors or lies about someone
- Stealing someone's password and spreading rumors about someone else making it seem like that person is the Cyberbully

## Act

If you are the target, or if you see, hear, or know someone, is being bullied physically, cyber, text, or other means, you must act. Tell someone:

Bullying Canada created a 365-day-a-year, 24 hours-a-day, 7 days-a-week support network that offers youth life-changing assistance via telephone, online chat, email, and texting.

Call: 877-352-4497

Text: 877-352-4497

Email us 24/7: [support@bullyingcanada.ca](mailto:support@bullyingcanada.ca)

# Bullying Hurts Everyone

# Missing Persons

## Why People Go Missing

### **1. Children/Youth Run Away**

Some missing person reports involve children or youth who run away. Children and youth who runaway are at serious risk of physical or sexual abuse or involvement in crime while on the run

### **2. Children May Be Abducted**

Abductions involve less than 1% of all missing children cases and most are parental child abductions cases

### **3. Health Concerns – Alzheimer’s or Dementia**

More than 60 percent of those with Alzheimer’s or another form of dementia will wander, and if a person is not found within 24 hours, up to half of individuals who wander will suffer serious injury or death. Families and caregivers should have a plan in place to help reduce risk and know how to respond if a person with dementia does go missing. As a bystander, it’s also important to recognize the signs of wandering and how to help ensure a safe return home

### **4. Foul play**

People may go missing as a result of foul play or criminal conduct

### **5. Violence Against Aboriginal Women and Girls**

Aboriginal women and girls are at-risk of going missing as a result of violence. The number of missing person cases indicates that Aboriginal women are over-represented in comparison to their proportion of the population amongst missing women and as possible victims of foul play

### **6. Drowning Incidents**

Boating, hunting or other accidents can lead to a person going missing

## **Act**

If you know a person is missing call **Six Nation Police Services at 519-445-2811 or call 911**

- You should not wait 24 hours to report someone missing - report them missing immediately
- Anyone can report someone missing – a relative, a co-worker, a friend, a neighbor
- You can report that someone went missing at your nearest police station – even if the person went missing elsewhere
- Report someone missing no matter what has occurred in the past - not every event surrounding a missing person is the same
- Cold cases are NOT closed cases - ALL unsolved missing person investigations remain active until there is some sort of outcome

## Missing Persons

## Six Nations of the Grand River Emergency Codes

| <b>Code</b>   | <b>Emergency Type</b>                    |
|---------------|--|
| <b>Orange</b> | <b>Community Wide Emergency</b>          |
| <b>Red</b>    | <b>Fire</b>                              |
| <b>White</b>  | <b>Violent Attacker</b>                  |
| <b>Blue</b>   | <b>Medical Emergency</b>                 |
| <b>Yellow</b> | <b>Missing Persons</b>                   |
| <b>Black</b>  | <b>Bomb Threat or Suspicious Package</b> |
| <b>Brown</b>  | <b>Hazardous Materials</b>               |

## Emergency Codes