

EXERCISE EXERCISE EXERCISE

ARE YOU PREPARED  
**IN CASE**  
**SOMETHING**  
**HAPPENS?**



# EXERCISE: KEEPING WARM

Severe storms are causing extensive damage to power lines. Tens of thousands of households **lose power** in a large geographic area, and **you live in the middle of a blacked-out neighbourhood**. There is major damage to roads and other infrastructure.

**The outside temperature is 5 °C and falling.**

Due to heavy rain and wind, it **takes four days** for recovery and restoration work to begin.

**How do you stay warm through the crisis?**



**Check out more exercises at [sikkerhverdag.no](https://sikkerhverdag.no)**

## TEST YOUR PREPAREDNESS

Do you have a non-electrical heat source? For example, a wood-fired stove, gas stove, or something else?

Yes  No

Every household should have a plan for how to keep warm in the event of a prolonged power cut. Remember that there is a limit to how much gas and flammable liquid you can store in your home.

Do you have warm clothes, blankets and sleeping bags for everyone in your household?

Yes  No

If it is difficult to find alternative heat sources suitable for you, you can arrange with neighbours, family or friends to shelter you.

Remember that you also lose electric lighting when there is a power cut. Do you have a flashlight/headlamp with extra batteries?

Yes  No

Remove the batteries from the flashlight if it is not used regularly. Annually check that it works and that you have extra batteries.