



Daytime At-Home Posture

Run after waking and repeat after any disruption. Maintain this posture throughout the day.

Two-person drill: one person reads the CALL column aloud, the other responds. Alternate roles each time.

Solo: read each call aloud, then answer it yourself.

	ITEM	CHECK
	Phone 	☐ Phone Location? <i>Or within arm's reach</i> ON PERSON ☐ Charge Status? CHARGED or CHARGING ☐ HFC App? RUNNING
	Dressed 	☐ Clothing? FULLY CLOTHED ☐ Footwear? CLOSED-TOE shoes ON <i>Not slippers, not barefoot</i>
	☐ Keys — ON PERSON or BY DOOR 	
	☐ Go Bag — BY DOOR, ZIPPED 	
	Exit Route 	☐ Hallway? CLEAR ☐ Front Door? OPENS QUICKLY
	☐ Browser Alert — Red Alert extension ACTIVE <i>If working at desk</i>	
	Situational Awareness	☐ News Scan? DONE within last 1–3 hours <i>HFC app + one gov source. Do not doom-scroll</i>

Working from home during wartime:

- Stay dressed and shoed — do not slip into pyjamas “just at the desk”
- Headphones: use one ear only, or keep volume low enough to hear a siren
- Save work frequently — you may need to abandon your desk mid-sentence
- At the start of any call: “I’m in an active alert zone. I may need to leave abruptly.”