



Pre-Emergency Home Safety

Complete during routine periods — not wartime-active checks. Schedule a walk-through every 6 months or after moving.
Takes 1-2 hours.

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	
	Bookcases & Shelves	☐ Secured to walls? ☐ Heavy objects? <i>Not above head height</i>	L-BRACKETS or STRAPS STORED LOW
	Appliances	☐ Wheeled appliances? ☐ Heavy appliances?	WHEELS LOCKED STABLE AND SECURED
	Gas Shutoff 	☐ Location known? ☐ All know how to shut off? <i>Turn clockwise 90° to close</i> ☐ Operation tested?	BY ALL MEMBERS YES YES
	Electricity Shutoff 	☐ Main breaker location? ☐ All know how to shut off?	KNOWN YES
	Fire Extinguisher 	☐ Accessible? ☐ Expired? ☐ All know how to use?	YES NO YES
	Smoke Detector	☐ Installed? ☐ Tested? <i>Test monthly</i> ☐ Batteries?	ONE PER FLOOR MIN WORKING REPLACED ANNUALLY
	Water Heater	☐ Strapped to wall? <i>Prevents toppling</i>	YES
	Windows	☐ Glass on windowsills? <i>Can shatter into projectiles</i> ☐ Blinds / shutters?	NONE FUNCTIONAL

Mamad Inspection

Complete before escalation and recheck monthly. Based on HFC residential protected-space guidelines.

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.

Structural Inspection

	ITEM	CHECK	
	Blast Door 	☐ Opens & closes? ☐ Handle turn? ☐ Double lock?	SMOOTHLY 90° UPWARD FUNCTIONS
	Door Seal 	☐ Rubber insulation? <i>Replace if dried, cracked, or brittle</i>	PRESENT
	Light Test 	☐ Light when sealed? <i>Light penetration = inadequate seal</i>	NONE VISIBLE
	Steel Outer Window	☐ Opens & closes?	SMOOTHLY
	Glass Inner Window	☐ Functions? <i>Double-wing: remove both wings during escalation, store outside room</i>	CORRECTLY
	Ventilation Pipes	☐ Rubber insulation? ☐ Steel cover screws?	INTACT TIGHT

Contents & Safety

	ITEM	CHECK	
	Flammable / Hazardous 	☐ Hazardous materials?	NONE
	Glass / Ceramics 	☐ Glass, ceramic, porcelain? <i>Can shatter into projectiles</i>	NONE
	Heavy Items	☐ Shelves & heavy items?	FIXED TO WALLS
	Gas Tanks	☐ Distance from walls?	3+ METRES
	Emergency Supplies	☐ Supplies?	STORED INSIDE or NEARBY
	Ceiling Fan	☐ Ceiling fan installed? <i>Prohibited in mamads</i>	NONE
	Ventilation	☐ Room ventilated? <i>Must NOT be used as kitchen, bathroom, or washroom</i>	YES

BRACED — Quick Readiness Check

Daily during wartime · Weekly during elevated tension · Monthly during routine. Under 2 minutes.

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
	Bag 	☐ Position? BY DOOR, ZIPPED ☐ Contents? VERIFIED
	Route	☐ Hallway? CLEAR ☐ Door? UNLOCKABLE quickly
	Alerts 	☐ Phone? ON, CHARGED, HFC app RUNNING, area CORRECT ☐ Wireless Alerts? ENABLED ☐ DND Override? VERIFIED
	Cover	☐ Nearest Shelters? THREE KNOWN, routes WALKABLE
	Essentials	☐ Water Supply? ACCESSIBLE, not EXPIRED <i>72-hour minimum</i>
	Dependents	☐ Headcount? all PRESENT or ACCOUNTED for

Mnemonic: BRACED

“Stay BRACED”



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? ON PERSON <i>Or within arm's reach</i> ☐ 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.”

Before Bed Checklist

Run every night. Everything here exists so a 3am siren is survivable on autopilot.

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	
	Situation Check	☐ News? <i>HFC app + gov sources. Assess if safe to sleep at home</i> ☐ Threat Level? <i>Standard or extra-vigilant tonight?</i>	SCANNED NOTED
 	Phone	☐ Charge Status? ☐ Phone Mode? <i>DND/silent OK</i> ☐ Location Services? ☐ HFC Override?	CHARGING or CHARGED ACTIVE , not airplane mode ON PERMISSIONS SET
 	☐ Clothes — LAID OUT by bed <i>Full outfit ready in seconds</i>		
 	☐ Footwear — CLOSED-TOE by bed <i>Ready to step into</i>		
	☐ Torch — ARM'S REACH <i>On nightstand, not in go bag</i>		
	☐ Glasses — BY BED <i>Same spot every night</i>		
	☐ Keys — ACCESSIBLE <i>By bed or on hook by front door</i>		
 	Go Bag	☐ Bag Position? ☐ Bag Contents? ☐ Power Bank?	BY DOOR VERIFIED ON CHARGE
 	Exit Route	☐ Hallway? <i>Can navigate in the dark</i> ☐ Front Door?	CLEAR NOT double-locked
 	☐ Hearing — NO EARPLUGS — ears clear <i>Must hear siren + phone alert</i>		
 	Dependents	☐ Headcount? ☐ Baby?	all ACCOUNTED for CLOTHES by bed, BABYWEAR by door

Before Showering — Vulnerability Checklist

You are at your most vulnerable in the shower. Minimise time and maximise readiness.

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
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Must be audible over water</i> ☐ Phone Location? IN BATHROOM or just outside door
	☐ Clothes — FULL OUTFIT in bathroom <i>Not in another room</i> 	
	☐ Footwear — CLOSED-TOE by bathroom door 	
	☐ Towel — WITHIN REACH <i>For rapid dry-off</i>	
	☐ Bathroom Door — UNLOCKED	
	☐ Keep It Short — GET IN, GET OUT <i>Minimise shower time</i> 	

If a siren sounds while showering:

1. **Turn off water** (1 second)
2. **Grab towel** — wrap as you move (don't dry off)
3. **Step into shoes** by door
4. **Move to protected space** — clothes can wait, shelter cannot

Post this on the bathroom door or mirror. Review before every shower during wartime.

Before Leaving Home

Run every time you leave the house during wartime or escalation.

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
	☐ Go Bag — TAKING WITH ME 	
	☐ News Check — SCANNED before departure Check HFC app and news for active alerts 	
	Shelters 	☐ Route Shelters? At destination and along route IDENTIFIED
	☐ Time To Shelter — KNOWN for destination area	
	Phone 	☐ Charge Status? ☐ HFC App? ☐ Location? CHARGED RUNNING ON
	☐ Car Fuel — at least HALF a tank	
	☐ Household Notified — destination and return time COMMUNICATED	

If a siren sounds while driving:

1. **Pull over** to the side of the road
2. **Exit the vehicle** and move away from it
3. **Enter the nearest building** or lie flat on the ground
4. **Protect your head** with your hands
5. **Wait 10 minutes** before returning to your vehicle

Bathing a Baby — Vulnerability Checklist

A wet baby is harder to carry and slower to dress. Minimise bath time and maximise readiness.

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
	News Check 	☐ Active Alerts? NONE <i>No active alerts in your area</i>
	Phone 	☐ Volume? at MAXIMUM <i>Audible over splashing</i> ☐ Phone Location? IN BATHROOM or just outside
	Baby Prep 	☐ Towel? ARM'S REACH <i>Large enough to wrap quickly</i> ☐ Nappy & Clothes? IN BATHROOM , ready to go <i>Not in another room</i> ☐ Babywear / Carrier? BY BATHROOM DOOR <i>For emergency evacuation</i>
	Your Clothes 	☐ Your Outfit? ON — fully dressed <i>You may need to move fast while holding baby</i> ☐ Your Shoes? CLOSED-TOE, ON FEET
	Door	☐ Bathroom Door? UNLOCKED
	Shelter Route	☐ Route Clear? YES <i>Can you get from bathroom to shelter holding a wet baby?</i>
	Keep It Short 	☐ Time? MINIMISED <i>Quick wash, not a play session</i>

If a siren sounds while bathing baby:

1. **Lift baby out of water** — one motion
2. **Wrap in towel** — do NOT dry off, just wrap
3. **Do NOT dress the baby** — a towel-wrapped baby is fine for shelter
4. If carrier/babywear is by the door — **use it** (faster than carrying by hand)
5. **Move to shelter** — you are already dressed and shoed
6. Dress the baby **in the shelter**, not before

Two-parent protocol

- **Parent A** — lifts and carries baby
- **Parent B** — grabs go bag and opens doors
- Assign roles **before** bath time, not during the siren
- If solo: baby first, bag only if it's on your route

Post near the baby bath. Consider bath time the highest-vulnerability window with an infant in the house.

Situational Awareness

Ongoing awareness during wartime or escalation. Check frequencies vary — maintain a rhythm.

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.

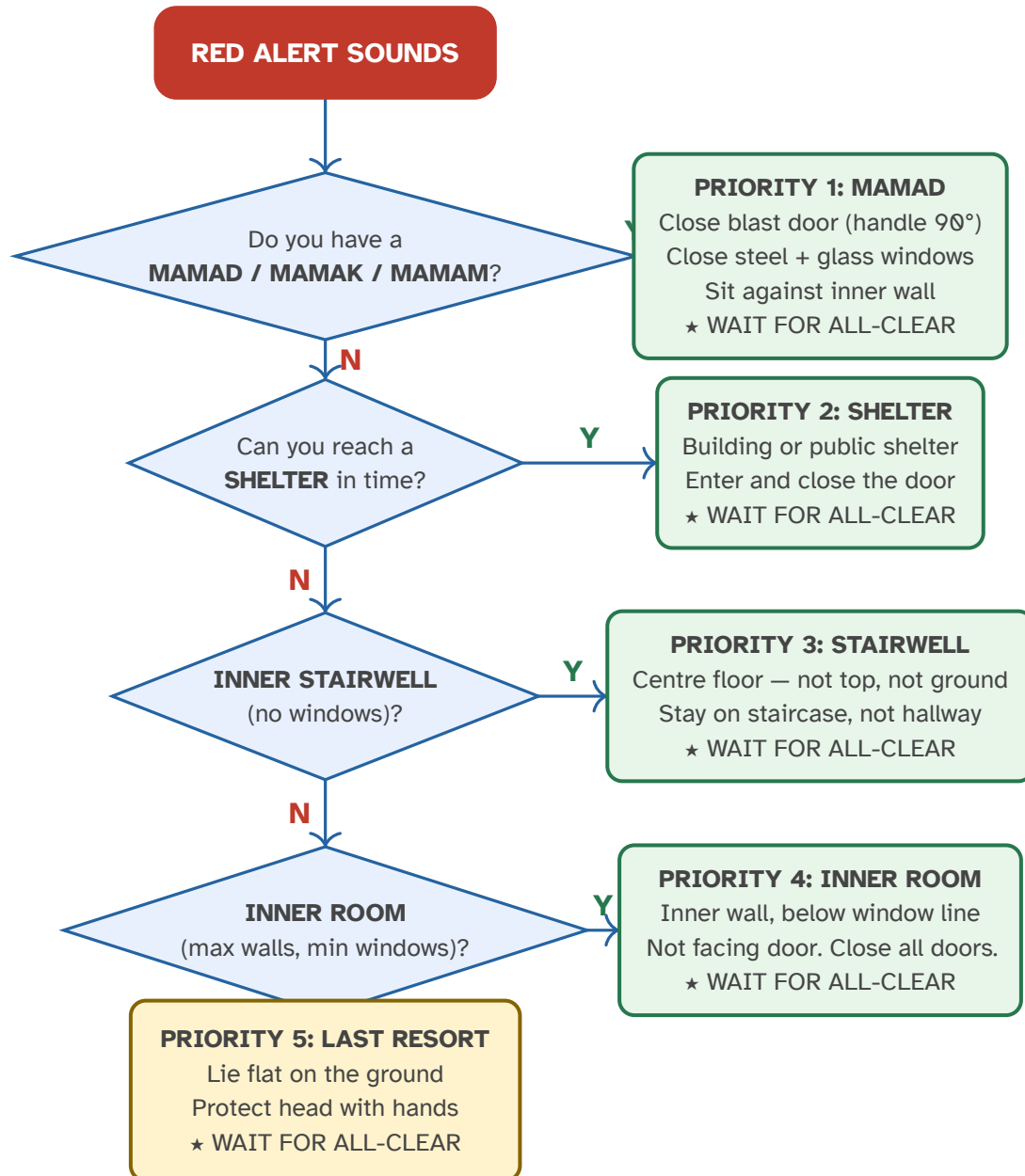
	CATEGORY	ACTIONS	FREQUENCY
	News	☐ SCANNED	Every 1–3 hours
	Alert Area	☐ KNOWN	
	Shelters	☐ NEAREST 3 KNOWN ☐ ACCESSIBILITY VERIFIED ☐ OPEN / HOURS NOTED ☐ EXIT TIMED	Once per emergency
	HFC App	☐ CHECKED Current advice	Once per day
	Supplies	☐ WATER + FOOD REPLACED ☐ BATTERIES + ELECTRONICS CHECKED	Water/food: 3 months Batteries: 6 months



Protected Space Decision Tree

When a Red Alert sounds, choose the highest-priority option you can reach.

WHEN TO LEAVE: Stay for **10 minutes OR until all-clear** — whichever comes later.



NOT valid: Kitchen · Bathroom · Toilet · Building entrance lobby · Caravans / prefab · Areas with ceramics, porcelain, or glass

Stairwell positioning: 3+ floors: at least 2 floors above you. 3-storey building: middle floor only.

Night Alarm — From Drowsy to Go

Post this by your bed. Everything here exists so you don't have to think at 3am.

Two-person drill: one person calls each step, the other responds with the status. Alternate roles.
Solo: say each step aloud as you rehearse. On the real night, your body follows the pattern.

The First 5 Seconds

1. **SIREN?** — Do not process. Just move.
2. **SHOES?** — Same spot every night.
3. **GLASSES & PHONE?** — From nightstand.

☐ **AWAKE — MOVING**
☐ **ON FEET**
☐ **IN HAND**

The Next 10–20 Seconds

5. **CLOTHES?** — Pull on whatever is laid out. Speed over appearance.
6. **TORCH?** — From nightstand if power is out.
7. **PROTECTED SPACE?** — Move to shelter or front door.

☐ **ON**
☐ **IN HAND**
☐ **IN POSITION**

For Parents

8. **CHILDREN?** — One parent → child/children. Other → go bag.
9. **BABY?** — In babywear by door. Do not stop to dress them.

☐ **ROLES EXECUTING**
☐ **SECURED**

Do not think. Follow the procedure.
Do not check your phone. The siren means go.
It gets easier. After 2–3 nights, the routine becomes automatic.

After Returning From Shelter — Reset

Run immediately after the all-clear. Restore full readiness before the next alert.

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	
	Go Bag 	☐ Bag Position? ☐ Bag Sealed? <i>Did anything fall out?</i>	BACK BY DOOR RE-ZIPPED
	Phone 	☐ Charge Status? <i>If battery dropped</i> ☐ HFC App?	ON CHARGE still RUNNING
	☐ Power Bank — ON CHARGE <i>May have been used in shelter</i>		
	☐ Water — RESUPPLIED <i>If you drank from emergency stock</i>		
	☐ Clothes & Shoes — BACK IN POSITION <i>By bed at night, on person during day</i>		
	☐ Torch — BACK IN POSITION <i>Nightstand or go bag</i>		
	☐ Dependents — all ACCOUNTED for and SAFE 		

Self-Care — Do these NOW, not later. You don't know when the next alert comes.

☐ Eaten? <i>Stress suppresses appetite — eat anyway</i>	YES	☐ Showered? <i>If time and situation allow</i>	YES
☐ Hydrated?	YES	☐ Groomed? <i>Morale and normalcy matter</i>	YES
☐ Toilet?	DONE	☐ Rested? <i>When possible</i>	YES

Children:

☐ Fed?	YES	☐ Hydrated?	YES	☐ Changed?	YES
☐ Cleaned?	YES	☐ Rested?	YES		

During a Lull — Resupply & Maintenance

When there's a pause in alerts — hours or days — use the window wisely. Lulls don't last.

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.

Resupply — Priority Order

	ITEM	CHECK	
	Water 	☐ Water Supply? <i>9L per person for 72 hours</i>	TOPPED UP
	Medications 	☐ Prescriptions? <i>Don't wait for the last pill</i>	FILLED
		☐ First Aid Kit?	RESTOCKED
	Power	☐ Phones?	CHARGED
		☐ Power Banks?	CHARGED
		☐ Torches?	batteries FRESH
	Food	☐ Pantry? <i>Canned goods, shelf-stable — see Appendix I</i>	RESTOCKED
	Go Bag	☐ Bag Contents? <i>Replace anything used, check expiry dates</i>	REPACKED
	Transport	☐ Fuel Level? <i>Queues may be long</i>	at least HALF a tank
		☐ Cash? <i>ATMs may go offline; keep small bills</i>	WITHDRAWN
	Laundry	☐ Clean Clothes? <i>Ready for the next round</i>	DONE

Home & Safety Checks

	ITEM	CHECK	
	Mamad / Shelter	☐ Shelter Condition? <i>Anything displaced by shaking?</i>	CHECKED
		☐ Door Seal?	INTACT
	Safety	☐ Smoke Detector?	TESTED
		☐ Fire Extinguisher?	ACCESSIBLE
		☐ Gas Lines?	no LEAKS