Part 5. Safety First

**Content:**

5a. Points of Contact & Emergency Numbers

5b. Safety Awareness
   - b1. Heat and Cold Related Illness
   - b2. Preventative Measures and Self-Care
   - b3. CPR & First Aid

5c. Partner Up & Communicate
Part 5a: Points of Contact & Emergency Contacts

Weekday & weekend supervisory point(s) of contact for refuge:

Weekday:
Weekend:

Phone number and e-mail for refuge law enforcement officer(s):

Phone number for local first responders (local PD; EMS; Coast Guard, etc.):

Evacuation location(s) in case of emergency:

Location(s) of first aid kits and/or automated external defibrillators (AED):

POCKET EMERGENCY INFO
Complete the form below. Then cut it out, fold it over, and keep it in your pack while on duty.

<table>
<thead>
<tr>
<th>Refuge Safety Information</th>
<th>Optional Personal Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Refuge Emergency Number</td>
<td>Your Name</td>
</tr>
<tr>
<td>Local Emergency Number</td>
<td>Your Emergency Contact (name / #)</td>
</tr>
<tr>
<td>Refuge Address</td>
<td>Allergies, Medications, and Alerts</td>
</tr>
</tbody>
</table>