



SAFETY TIPS FOR TIMES OF CIVIL DISOBEDIENCE

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GUIDELINES TO KEEP YOURSELF AND YOUR FAMILY SAFE DURING TIMES OF CIVIL DISOBEDIENCE

During incidents of civil disobedience, the sudden increase in violence and crime may temporarily overwhelm authorities. You may find yourself in an area that is far from police and other emergency services and have to deal with the situation yourself for a period of time.

Infrastructure such as water and electricity supplies may be damaged and roads may be blocked or destroyed. Unstable safety conditions may prevent you from going about your normal day to day activities; prevent you from getting home, to your children’s school or your place of work.

Whether such a crisis keeps you locked inside your home, leaves you stranded on the road somewhere, or catch you by surprise in the local mall, it is important to prepare your loved ones and yourself to be able to deal with the situation.

EMERGENCY PHONE NUMBERS

SERVICE	PHONE NUMBER
CPT EMERGENCY SERVICE	LANDLINE / MOBILE 021 480770 LANDLINE 107
METRO POLICE & TRAFFIC	021 5961999
HOUT BAY POLICE STATION	021 791 8660 / 021 791 9300
HOUT BAY FIRE STATION	021 791 7960 / 021 590 1900 (24 x 7)
WATCHCON	021 790 9333 / 082 883 6142
NETCARE EMERGENCY SERVICES	082 911
ER24 EMERGENCY SERVICES:	084 124
EMERGENCY MEDICAL SERVICES (HQ)	021 9489908
DISASTER RISK MANAGEMENT SERVICE	021 5975000

BASIC SAFETY TIPS

- Developing situational awareness of what is going on around you is vital to protect yourself and your loved ones in any dangerous situation.
- During times of unrest - be aware, quickly assess situations that may be dangerous and immediately remove yourself and your loved ones from the area if possible.
- Stay informed of situations in your environment. Determine if known hot spots are in your area.
- Your family should know what to do before, during and after an emergency situation.
- It is important to stay calm when determining your response to a critical incident. In high stress situations, your adrenaline and survival instincts will kick in, but try to think rationally, calmly and pursue safety methodically.
- Prepare a Family Emergency Plan and make basic preparations for times of crises. Keep the whole family up to date with the plan.
- The Family Emergency Plan should include information on what to do when family members are separated, where they will meet, how they will contact each other, and where children will wait for parents.
- Ensure that each family member has a prepared, up to date Go Bag
- Carry basic emergency items on you EVERY DAY in small pouch e.g. Small flash light, small survival knife, mini first aid tin, a laminated card with important numbers, required medication names, emergency cash in small denominations.
- In times of high stress, have “check-in” times to verify family member safety
- Have a functional multi-channel radio to receive emergency broadcasts
- Listen to local radio and /or TV to understand the current boundaries of the unrest. Given the location of the unrest, start planning how you can maintain your normal activities while avoiding the area.
- Keep a list of emergency numbers on mobile phones and on display at home for easy access.
- Rehearse escape routes from your home, schools, malls and other areas of regular use, and ensure you know where your neighborhood meeting points are.
- Don’t assume SAPS or Law Enforcement will be able to assist you in the middle of a dangerous situation.
- Do not delay evacuating until it is too late, in order to protect property or possessions. Remember when looters strike you will be outnumbered. Property is not worth your life.
- Avoid public transportation, especially bus and train stations areas. These places may become dangerously over crowded when people flee in panic.
- Remember that even young children can be dangerous.

- Avoid being hit by riot control chemicals or weapons.
- If exposed to Pepper Spray – rinse eyes with as much fresh cold water as possible. These chemicals can cause severe pain, respiratory distress and temporary blindness. Rinse all areas of exposed skin thoroughly with continuous running water.

IN YOUR HOME

- Secure your home if rioting is imminent in your area. Rioting brings looting and damage that destroys property. Lock doors and lock up or board up windows if possible.
- Bring pets inside to ensure their safety
- Bring assets indoors e.g. Vehicles into garages or at least off the street.
- Analyze the security features in your home to determine weaknesses that need to be strengthened.
- Ensure that you have multiple, working fire extinguishers strategically placed in various places in your home, especially near vulnerable front windows. In multi-story homes, have fire escape ladders from upper story rooms.
- Create escape routes from your house and out of your property in case the attack overwhelms your ability to defend yourself.
- Set up a personal self defense system in accordance with local laws.
- Each family member should know and rehearse their role in keeping themselves and the property safe if required. Never start the fight.
- Plan for times when normal services may be disrupted and you don't have access to electricity, water and communication services.
- During prolonged periods of unrest, you may be cut off from shops and other facilities. Collect emergency supplies for these times.
- Depending upon the level and location of the unrest, plan on how to ration fuel, food and water supplies.
- Form a community of like minded people that will band and work together.
- Create a network of support to help when children or elderly parents are home alone and you can not reach them.
- Create an early warning system amongst your group to warn of specific threats, and call for help when in danger.
- Have more than one communication method such as a radio, amateur radio system (CB), and mobile phone.
- Ensure that you have a well stocked First Aid Kit in your house.

- Create a “safe room” in your house that is specifically fortified to which the family can retreat to in time of high danger. Ensure the safe room has the necessary survival supplies, including communication, food, water, bedding, fire protection, a first aid kit, and copies of important documentation.

WHILE DRIVING

- Keep a “Go Bag” in your car with essential survival supplies and a first aid kit. Keep comfort items for children.
- During times of unrest, keep informed of potential trouble routes by listening to local radio stations and subscribing to local cellphone groups.
- Keep maps (Paper and Electronic) of the area in your car in case you get lost trying to avoid a hot spot.
- Avoid confrontation and try to go around potential problems. Have an escape route that you have selected ahead of time.
- If you have to enter / pass known hot spots – If possible, travel during daytime, don't travel alone and keep others informed of your schedule and route.
- If you're caught up in a car, stay calm. Remain inside the car unless your car becomes a focus for the riot, in which case it risks being torched, smashed or rolled over. Calmly and swiftly leave it behind and get to safety if that happens.
- Don't stop your vehicle. Drive quickly and safely, and try not to stop for anything until you've reached a safe place. If people seem to block your escape route; honk your horn, and carefully drive through or around them at a safe speed.
- Never drive directly at police lines, they may mistake it for an attack.

IN PUBLIC PLACES

- Stay away from shopping malls, commercial areas, banks and public spaces during times of civil disobedience as these places are likely target areas.
- Think about your possible escape routes and safe havens before anything actually happens.
- Typically, riots occur in the streets or elsewhere outside. Being inside, especially in a large, sturdy structure, can be your best protection to weather the storm.
- Stay indoors as long as possible. However, if you hear breaking glass or smell smoke, you can probably assume your location is no longer safe.
- Do not attract unnecessary attention to yourself.
- Do not try to confront rioters or looters to prevent property damage. No material thing is worth your life.

- Try to stay outside of a crowd when walking. Go around, rather than through the crowd.
- If you land in the middle of a mob, work your way to the outer edges and make your escape.
- Keep moving in the same direction as the crowd and slowly work your way diagonally across toward the outside where the flow is weaker.
- Don't stop or stand near temporary structures which could collapse under the weight of a crowd.
- Don't stand near or against immovable objects, such as walls, doors or barricades, which would limit your options for escape or represent a risk if pressed against by the crowd.
- If you are caught up in the middle of a crowd, **DON'T STAND STILL OR SIT DOWN!**
- Watch your footing in a mob situation. If you stumble and fall to the ground, you're likely to be trampled. Don't pick up dropped items.
- If you do fall down and can not get up at all, roll into a foetal position and protect you head with your arms.
- When rioters enter a mall or building, leave immediately if possible, and leave the area completely.
- Plan for an emergency exit as you enter a mall or building. Make sure you know where your nearest emergency exit is as you move through large malls and buildings.
- If you can't escape, hide behind locked doors and heavy objects, but not in areas where you can become trapped.
- Stay away from outside windows, and beware of flying / broken glass
- Fires are often started during riots – clear out of the area immediately.
- Never participate in looting or other criminal activity, join the rioting process, or incite rioters, even when you sympathise with their cause.
- Don't ever involve children in protesting or rioting activities.

GO BAG

A Go Bag is a portable kit that normally contains the items one would need to survive for 72 hours when evacuating from a disaster.

It is also the type of bag you keep in your vehicle to supply your basic and emergency needs if your stuck on the side of the road, or can not get home.

Shelter accommodation offers the bare minimum in care, so it would make your stay more bearable if you take at least the survival necessities for each family member in easy to carry backpacks.

REMEMBER YOU WILL HAVE TO CARRY THIS BAG AND MAY HAVE TO STAY IN CONFINED SPACES SO KEEP IT LIGHT, STRONG, WATERPROOF AND EASY TO CARRY.

LIST OF ITEMS TO CONSIDER TAKING

ALL IMPORTANT PERSONAL DOCUMENTS (In Waterproof Bag)

- Identification, Drivers License, Insurance, Medical Prescriptions etc.
- Phone numbers to stay in contact
- Updated pictures of each family member

WEATHER APPROPRIATE CLOTHES

- In re-sealable plastic bags to keep it dry
- Bandana or Scarf

STURDY SHOES

RAIN COATS / COLD WEATHER JACKETS (Depending on area and season)

FULLY CHARGED CELL PHONE with extra airtime, battery and charger / car charger kit

EMERGENCY CASH : In small denominations

MEDICATIONS

- Emergency First Aid Kit
- Prescription and over the counter medication used daily
- Special Needs Items e.g. asthma pumps, Epi Pens
- Sunscreen / Burn Cream
- Digestive Care – Indigestion, stomach ache, nausea, and diarrhoea

SPECIAL INFANT AND ELDERLY CARE ITEMS

- Maintaining hygiene may be difficult – plan accordingly

PERSONAL HYGIENE CARE ITEMS

- All personal hygiene products including toilet paper

- Hand sanitizer gel / Wet Wipes

BOTTLED WATER

HIGH ENERGY SNACKS AND NON PERISHABLE FOOD

Energy Bars / Nuts / Chocolates

- Any special dietary need products
- Appropriate food for infants and children
- Basic eating utensils and tools to open containers

DUST MASKS

RE-SEALABLE PLASTIC BAGS

MULTI-FUNCTION UTILITY TOOL

- Leatherman / Swiss Army Knife

STRONG, SHARP KNIFE

DUCT TAPE / PARA CORD

LIGHTER / MATCHES (Waterproof) / FIRE STARTERS

LIGHTING / TORCH (High power LED, Waterproof) & Batteries

WHISTLE : To attract attention when lost or trapped

MULTI CHANNEL EMERGENCY RADIO

BEDDING

- Sleeping bags or blanket (Fleece blankets are warmer and lighter to carry)
- Space blankets

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