



Emergency Preparedness – Natural Disasters

Practical Tips for Staying Safe (QLD & NT)

As a registered NDIS provider, Positive Pathways Services is committed to helping participants stay safe during natural disasters. This guide offers clear, practical steps tailored to the conditions commonly experienced in Queensland and the Northern Territory including floods, bushfires, heatwaves, and severe storms.

We encourage participants to explore the **Person-Centred Emergency Preparedness (P-CEP) Workbook**, designed specifically to help people with disability plan for emergencies in a way that reflects their individual support needs.

 [Person-centred emergency preparedness \(P-CEP\) Workbook](#)

This workbook can help you:

- Understand your personal emergency needs
- Plan how to stay safe in different emergency situations
- Communicate your support needs clearly to others

If you would like help using this workbook, please speak to your Support Coordinator or our team.

Floods

Common in: QLD & NT, especially during the wet season and cyclones.

Before a flood:

- Know if your area is flood-prone (check with local council or SES).
- Keep important documents and your emergency kit in a waterproof container.
- Move medications and assistive devices to higher locations.

During a flood:

- Never walk, swim, or drive through floodwater if it's flooded, forget it.
- Move to higher ground as early as possible.
- Call 000 if your life is at risk.

After a flood:

- Stay away from flood-damaged buildings and avoid contact with stagnant water.
- Boil drinking water until the authorities confirm it's safe.

Bushfires

Common in: QLD during dry seasons; parts of NT experience grass fires.

Before a bushfire:

- Know your local fire danger rating and bushfire zone.
- Prepare an evacuation plan with your support team or coordinator.
- Clear flammable debris from around your home.
- Pack a "Go Bag" with medications, ID, and essential items.

During a bushfire:

- Monitor local warnings (e.g., QLD Fire and Emergency Services, NT Emergency Services, ABC Radio).
- Leave early if advised don't wait for smoke or flames.
- Wear long sleeves, face masks, and sturdy shoes.

After a bushfire:

- Only return home when the area is declared safe.
- Watch for smoke inhalation symptoms seek medical help if needed.

Heatwaves

Common in: Both QLD and NT are particularly dangerous for people with disability or health conditions.

Stay safe during a heatwave:

- Stay indoors between 11am–4pm in a cool, shaded area.
- Drink water regularly avoid alcohol and caffeine.
- Dress in light, loose clothing.
- Use fans, air-conditioning, or cooling cloths.

Check for signs of heat stress:

- Headache, dizziness, nausea, rapid heartbeat. Seek help immediately if symptoms occur.

Severe Storms & Cyclones

Common in: QLD (especially North QLD) and coastal NT during wet season.

Before a storm or cyclone:

- Secure loose outdoor items and trim branches.
- Keep phones charged and emergency numbers written down.
- Listen to Bureau of Meteorology (BoM) alerts.

During:

- Stay indoors and away from windows.
- Unplug electronics if there's lightning.
- Do not use landline phones or running water.

After:

- Avoid floodwater and fallen powerlines.
- Report hazards to SES or your local council.

Emergency Kit Checklist

- Personal ID and NDIS details
- Emergency contact list
- Medications and prescriptions
- Torch and extra batteries
- Water and non-perishable snacks
- Phone charger/power bank
- Copies of your emergency plan

Important Contacts – QLD & NT

<u>Service</u>	<u>Phone</u>	<u>Website</u>
Emergency (life-threatening)	000	—
SES QLD	132 500	www.qfes.qld.gov.au
NT Emergency Services	132 500	www.pfes.nt.gov.au
BoM Warnings	—	www.bom.gov.au
NDIS Emergency Hotline	1800 800 110	www.ndis.gov.au

How We Can Help

Positive Pathways Services staff can assist you with:

- Creating a personal emergency plan

- Contacting emergency services or evacuation centres
- Maintaining essential support during disruptions

If you are at risk or affected by a natural disaster, please contact us immediately so we can provide support and coordination.

