



COMMUTER EMERGENCY CHECKLIST

PLANNING AHEAD

- Discuss emergency preparedness with friends and family and have a plan in the event of an emergency during your commute.
- If you and your family are commuting at the same time, designate a single point of contact for all family members.
- Designate a long-distance emergency contact as local phone lines may be jammed during an emergency.
- Identify alternate routes and alternate means of transportation in case you need to avoid or circumnavigate an area along your route.
- Program emergency information into your phone, including an emergency contact. Clearly label this person so that a stranger or first responder would know who to call in the event you are unable to communicate.
- If you commute by train or bus, program the numbers for the local transit system and transit police into your phone so that you can reach them in case of an accident or emergency.
- Ask your employer if there is an emergency response plan for your place of work and incorporate it into your personal planning.
- If your work requires professional dress, or if you wear heels, keep a change of clothes and shoes in your office if an emergency requires you to evacuate on foot.

TRANSPORTATION RESPONSES

On a commuter train or subway

- Familiarize yourself with posted emergency procedures and protocols. Listen to announcements and calmly proceed as instructed.

On a bus

- Familiarize yourself with posted emergency procedures and protocols, as well as with emergency exits and roof hatches. Follow driver's instructions in the event of an emergency.

On a platform

- Locate emergency exits, stairwells, and other means of egress. Listen for announcements and follow instructions quickly and calmly.

In an automobile

- Ensure that your car is kept in good working condition and that you have sufficient fuel. Keep a fully stocked emergency supply kit, including first aid, small tools, and seasonal supplies. Pre-set your local emergency information station on your car radio.

On foot

- If you walk to work, check out guaranteed ride home programs in your local community to ensure you can secure transportation if needed. Identify public buildings along your route where you can take shelter if necessary.

MOBILE APPS FOR EMERGENCIES

Zello

- This push-to-talk app allows you to use your phone as a walkie-talkie in the event of communications breakdowns.

GasBuddy

- In the event of an evacuation, commuters may need to find fuel quickly and in unfamiliar areas. This app is designed to help you find the nearest open station.

Facebook Safety Check

- Allows friends and family to know your location and condition when you check in and helps you keep tabs on others in your area.

Life360

- Allows you to set a pre-programmed group text and notify them automatically as you move from place to place.

ICE Standard

- Records vital medical information and puts it on the lock screen of your phone so that first responders and medical personnel can properly assess your condition.

American Red Cross

- This app offers information and resources including disaster preparedness and first aid information. Instructions are available in both English and Spanish and are downloadable in the event of network outages.