



NouHätä lessons

Lesson plan

 Lesson: 4/4 Disruptions and preparedness

 Duration: One lesson

Learning objectives:	Content:
A) Incidents	
1. Students can describe how to prepare for incidents	<ul style="list-style-type: none">• What is meant by an incident?• Reliable sources of information in an incident• Power outages• Disruptions in water supply• Preparing for incidents• Home emergency food supply
2. Students can describe what to do in different incidents	<ul style="list-style-type: none">• Storing food• Heating the home• In case of a water supply disruption• Sheltering indoors

Preparing the teaching space and materials

Supplies

Presentation material

- The presentation material for Lesson 4 – Incidents and sheltering indoors can be found on the NouHätä! campaign website at nouhata.fi.
- When using the material, follow the lesson plan.
- The latest version of the material should always be used.
- Use the lesson material so that you can see the lecturer's notes. They provide more information on the topic.
- If the instructor **modifies** the source material or uses other **extra** material in the teaching, this must be mentioned separately on the slide. Your own extra material must be distinct from the training material provided by SPEK.



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 Lesson: 4/4 Incidents and preparedness

 Duration: One lesson

Course of the training

START

- Objectives of the lesson

1. Incidents

- **Lecture:** What are incidents and what is meant by preparedness? Where can you find reliable information in the event of an incident?
- **Discuss with the class:** How does a power outage affect everyday life?
- **Discuss:** What causes water supply disruptions?
- **Discuss:** Could you survive if the power or water was out?

2. Preparing for incidents

- **Discuss:** What items should you have stored at home? Why are these items and supplies on the list?
 - **Video:** What is needed in case of an incident
 - **Review by lecturing:** Preparing for incidents

3. How to act in case of an incident

- **Lecture:** Food supply during a power outage
- **Lecture:** Heating during a power outage
- **Lecture:** If the water is cut off
- **Video:** Could you survive in a water outage?
- **Discuss:** If the water is contaminated, how will you remember not to use water even if the taps work normally? How do you make sure others know or remember?
- **Lecture:** When and why should you shelter indoors?
- **Lecture:** What to do when sheltering indoors

4. Revision

- **Discuss:** Where can you find reliable information in the event of an incident or emergency?
- **Discuss:** Preparing for incidents
- **Discuss:** When should you shelter indoors?