



NouHätä! lessons

Lesson plan



Lesson: 4/4 Incidents and sheltering indoors



Duration: One lesson

Objectives:	Content:
A) Incidents	
1. Students can explain what kinds of incidents are possible.	<ul style="list-style-type: none"> • Prolonged power outages and what causes them • Water supply disruptions: water is cut off or contaminated and what causes them
2. Students know what steps to take to prepare for incidents.	<ul style="list-style-type: none"> • Importance of planning ahead • Food and water • Supplies
3. Students can explain what to do in an incident.	<ul style="list-style-type: none"> • Call 112 in emergencies only • Follow the instructions of the authorities • Prevent food from spoiling • Keep your home and sleeping area warm • If the water is contaminated: put a warning on the tap
B) Sheltering indoors	
1. Students can explain when and why to shelter indoors.	<ul style="list-style-type: none"> • When the public warning signal is sounded • For example, there has been a chemical accident or radiation hazard nearby.
2. Students can describe all necessary safety precautions.	<ul style="list-style-type: none"> • Call 112 in emergencies only • Make your home airtight: Shut down ventilation, close doors and windows and seal off gaps. • Follow the instructions you are given. <ul style="list-style-type: none"> • Do not move to a civil defence shelter unless instructed to do so by the authorities. • Do not take iodine tablets unless instructed to do so by the authorities.
Preparing the teaching space and materials	
Supplies	
Presentation material	
<ul style="list-style-type: none"> • The presentation material for Lesson 4 – Incidents and sheltering indoors can be found on the NouHätä! campaign website at nouhata.fi. • When using the presentation material, follow the lesson plan. • The latest version of the material should always be used. • Use the presentation material so that you can see the lecturer's notes. They provide more information on the topic. • Some of the video materials and online assignments are only available in Finnish. • If the instructor modifies the source material or uses other extra material in the teaching, this must be mentioned separately. Your own extra material must be distinct from the training material provided by SPEK. 	



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LESSON START

- Subject of the lesson
- **Explain to the class:** Where can you find reliable information in the event of an incident?

A) Incidents

- **Explain to the class:** Learning objectives of the section

A1) SECTION: What kinds of incidents are possible?

- **Explain to the class:** What is an incident? What is home preparedness? What is the 72 hours recommendation?
- **Game:** Play the Varautumisen mestari game.
- **Discuss together:** How does a power outage affect daily life?
 - **Explain to the class:** How does a power outage affect daily life? What causes them?
- **Discuss together:** How does a water supply disruption affect daily life?
 - **Explain to the class:** How does a water supply disruption affect daily life? What causes them?
- **Recap to the class:** Possible incidents

A2) SECTION: Preparing for incidents

- **Discuss together:** Could you survive in the eye of a storm?
- **Discuss together:** What should you keep in stock at home?
 - **Explain to the class:** You should have the following at home
 - **Discuss together:** Why are these things on the list?
 - **Video:** What is needed in case of an incident
- **Recap to the class:** Preparing for incidents

A3) SECTION: What to during an incident

- **Explain to the class:** Food during a power outage
- **Explain to the class:** Heating during a power outage
- **Explain to the class:** If the water is cut off
- **Discuss together:** If the water is contaminated, how will you remember not to use water even if the tap works normally? How do you make sure others know or remember?
 - **Explain to the class:** If the water is contaminated
- **Task:** Try putting a plastic bag on the toilet seat.
- **Recap to the class:**
 - Possible incidents
 - Preparing for incidents
 - What to during an incident



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B) Sheltering indoors

- **Explain to the class:** Learning objectives of the section

B1) SECTION: When and why should you shelter indoors?

- **Explain to the class:** When and why should you shelter indoors?
- **Listen:** News article about a fire at a tyre warehouse in Turku
 - **Discuss together:** What would you have done? What was the right course of action?
- **Recap to the class:** When and why should you shelter indoors?

B2) SECTION: Protective measures

- **Explain to the class:** What to do when sheltering indoors
- **Discuss together:** Do you know if your home has mechanical ventilation? Can you turn it off yourself? Can you turn off the ventilation in your home?

In conclusion:

- **Explain to the class:** Where can you find reliable information in the event of an incident?
- **Explain to the class:** What kinds of incidents are possible?
- **Explain to the class:** How can you prepare for incidents?
- **Explain to the class:** What to do in case of an incident
- **Explain to the class:** What reasons are there for sheltering indoors?
- **Explain to the class:** What should you do when sheltering indoors?
- Electronic self-assessment