

# Checklist for Dealing with Power Cuts in the UK

Experiencing a blackout can be inconvenient, but being prepared can help minimise the disruption. Here's a comprehensive checklist to help you handle power outages effectively in the UK.

## Before a Power Cut

### 1. Emergency Kit Preparation:

- **Torches:** Have at least one torch and a headlamp with spare batteries.
- **LED Lanterns:** Four should be plenty and remember spare batteries.
- **Battery-Powered Radio:** Not only for entertainment but also for news updates. Plus spare batteries.
- **First Aid Kit:** Ensure it's stocked with essentials and accessible.
- **Power Bank:** Keep it charged for emergency use and keep a suitable USB lead with it.

### 2. Home Equipment Preparation:

- **Surge Protectors:** Use them to protect electronics and appliances.
- **Power Station:** Consider purchasing one if power outages are frequent.
- **Fire Extinguisher:** Ensure it is accessible and in working condition.

### 3. Communication Plan:

- **Contact List:** Have a list of emergency contacts, including utility companies.
- **Family Plan:** Discuss and agree on a plan with family members for what to do in the event of an extended Power Cut.

## 4. Important Information:

- **Electricity Company Contact:** Know how to report power cuts.
- **Sign up for Alerts:** <https://www.ukpowernetworks.co.uk/power-cut/text-updates>

## During a Power Cut

### 1. Safety First:

- **Avoid Open Flames:** Use torches and headlamps instead of candles whenever possible.
- **Unplug Appliances:** Disconnect sensitive electronics (routers and computers) to prevent damage from power surges. Switch off electric cookers at the wall.

### 2. Conserve Resources:

- **Limit Phone Use:** Conserve battery for essential communication.
- **Keep them closed:** Limit the opening of fridge and freezer doors to keep the contents cold.
- **Use Water Sparingly:** Especially if your water supply relies on electricity.

### 3. Stay Informed:

- **Listen to Local Radio:** Use a battery-powered radio for updates.
- **Leave a light on:** This will alert you when the power resumes.
- **Stay Updated:** Follow official social media channels or websites for the latest information.

### 4. Maintain Warmth:

- **Layer Clothing:** Wear extra layers to stay warm.
- **Blankets and Sleeping Bags:** Keep them handy for added warmth.
- **Close Doors:** Keep doors closed to retain heat in one room. Consider sleeping in the same room if possible. Use rolled up towels or stuff the

leg of a pair of ladies tights or stockings with scrunched up News paper to create draft excluders. Make sure they can't jam the door from opening.

- **Hot Water Bottles:** If you have access to hot water then consider using hot water bottles. These should be periodically checked. They have a year of manufacture (number within a circle), adjacent to the neck. Discard and renew if more than two years old.

## 5. Stay Entertained:

- **Books, Board Games and a Pack of Cards:** Simple items to keep the mind occupied. Especially if children are in the household.

## 6. Neighbours:

- **Vulnerable people:** Where possible do the neighbourly thing and check up on the elderly and vulnerable.

# After a Power Cut

## 1. Check Appliances:

- **Gradual Reconnection:** Plug in and turn on appliances one at a time to avoid overloading circuits.
- **Reset Clocks and Timers:** Ensure all electronic devices are reset correctly.

## 2. Food Safety:

- **Check the Fridge:** Discard perishable items if the power was out for more than four hours.
- **Smell Test:** Remember, when in doubt, throw it out.

### 3. Review and Restock:

- **Evaluate Supplies:** Replenish any used items in your emergency kit and make sure they are placed back in their normal positions.
- **Assess Home Needs:** What did you struggle with? Consider upgrades or additional equipment that could help in future power cuts.

Being prepared for a power cut involves some planning and organisation, but it ensures that you and your loved ones remain safe and comfortable during unexpected power outages.