

# Resident's safety and security guide

## Helsingin Lintulahdenpuisto As Oy



The rescue plan can be found from the address:

<https://pelsu.fi/u/pCdX>

EMERGENCY TELEPHONE NUMBER AND POLICE

# 112

BUILDING ADDRESS

Lintulahdenaukio 8  
00500 HELSINKI

ELECTRICITY SWITCHBOARD

In the basement

MAIN WATER SHUTOFF

In the heat distribution room

AIR VENTILATION EMERGENCY STOP

In the vestibule of the stairwell on the side of Lintulahdenaukio

GATHERING AREA

Parking spaces

MAINTENANCE

Tapiolan Lämpö Oy  
Service line: 0207505360

CIVIL DEFENCE SHELTERS

This property has a civil defence shelter.  
In the basement

Civil defence shelter nearest to the property:  
Katri Valan puiston väestönsuoja  
Vilhonvuorenkatu 9a, 00500 Helsinki

**Independent preparedness** means preventing accidents, protecting people, property, and the environment in dangerous situations, as well as preparation for accidents. Individual skills in first aid and emergency fire extinguishing are good examples of independent preparedness. The Rescue Act obligates us all to prepare individually.

**Avoiding accidents** is usually simple. A lot can be done simply by reacting immediately to potentially dangerous deficiencies and broken equipment. Safety deficiencies may include things such as an unploughed walkway or a broken light fixture in the basement. Deficiencies noted should be brought to the attention of the responsible parties, such as the building manager or the maintenance company.

**Home storage supplies** refers to a week's worth of food products and other necessary goods, e.g. medicine, water containers, spare lights and a battery-powered radio, for survival when separated from the rest of the world. Home storage supplies should be kept in every home. They must also be maintained and updated as necessary. The contents of the home storage may vary based on things such as eating habits.

**Notifying of an emergency** is easy. The public emergency number is **112**, and it works almost everywhere in the world. The public safety call centre answering your emergency call will guide you to act correctly in any situation. Before calling the emergency number, find out as

much as you can about the nature and location of the accident. The best thing is to find out the exact address.

**Sheltering indoors** is the best method for protection from outside threats, such as radioactive radiation and chemicals.

1. Move indoors, stay indoors.
2. Close all openings in the apartment as well as air vents.
3. Open the radio and calmly wait for instructions.
4. Do not jam the phone lines.
5. Do not leave the indoor areas until urged to do so by the authorities, in order to avoid danger on the way.

**The public warning signal** is a one-minute-long ascending and descending siren or an announcement by the authorities. In this case, proceed as instructed in the guide for taking cover indoors. The ascending tone is 7 seconds long, as is the descending tone. The All Clear signal is a one-minute-long monotonous signal. It signifies that the threat or danger has passed.

In the event of **a fire**, do as follows:

1. RESCUE those in immediate danger.
2. NOTIFY others of danger.
3. MAKE AN ALERT. Call 112.
4. EXTINGUISH THE FIRE, if you can.
5. CONFINE. Close all windows and doors.
6. GUIDE the officials to the site.

We all have **a duty to render aid**. Duty to ren-

der aid refers to those actions that we can perform within our own individual capabilities to prevent accidents and to help the victims of an accident. We also have a duty to assist the authorities in accordance with their instructions.

**Emergency first aid**, or life-saving first aid, is a civic skill that everyone should practice regularly. Training is arranged by entities such as the Finnish Red Cross. The purpose of emergency first aid is to prevent the worsening of the patient's condition until the arrival of professional paramedics. Also remember to report the emergency! Learn at least the following skills:

Place an unconscious patient in a **recovery position** on their side. An unconscious patient breathes independently, but is not responsive when spoken to or shaken. A patient in the recovery position lies on his/her side so that the head is tilted back to keep their airways open. Remember to report the emergency!



**CPR** (cardiopulmonary resuscitation) means maintaining a person's blood circulation and respiration before paramedics arrive at the scene. In resuscitation the patient's chest is compressed 30 times and mouth to mouth breathing given two times, repeating for as long as necessary.