



BalanceWorks® Resource Guide

Special Edition | Written by the work/life experts at **eni**



**Special
Edition**

Emergency Resource Guide Tornadoes & Flooding

Tornadoes

Tornadoes are nature's most violent storms. Spawned from powerful thunderstorms, tornadoes can cause fatalities and devastate a neighborhood in seconds. A tornado appears as a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with whirling winds that can reach 300 miles per hour. Damage paths can be in excess of one mile wide and 50 miles long. Every state is at some risk from this hazard. Some tornadoes are clearly visible, while rain or nearby low-hanging clouds obscure others. Occasionally, tornadoes develop so rapidly that little, if any, advance warning is possible. Before a tornado hits, the wind may die down and the air may become very still. A cloud of debris can mark the location of a tornado even if a funnel is not visible. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Understanding Weather Alerts

A tornado **watch** is issued when weather conditions favor the formation of tornadoes, for example, during a severe thunderstorm. In this situation, continue to monitor the weather and be prepared to take shelter if conditions worsen.

A tornado **warning** is issued when a tornado funnel is sighted or indicated by weather radar. In this situation, you should take shelter immediately.

Before a Tornado

- Build an emergency kit and make a family communications plan.
- Listen to NOAA Weather Radio or to commercial radio or television newscasts for the latest information. In any emergency, always listen to the instructions given by local emergency management officials.
- Be alert to changing weather conditions. Look for approaching storms.

For more information or support on emergency situations contact the work/life experts at **BalanceWorks®** by calling:

1.800.327.2255

eni's **BalanceWorks®** program is a confidential 24/7 service provided by your employer to help achieve work/life balance.





- Look for the following danger signs:
 - Dark, often greenish sky
 - Large hail
 - A large, dark, low-lying cloud (particularly if rotating)
 - Loud roar, similar to a freight train
- If you see approaching storms or danger signs, be prepared to take shelter immediately.

During a Tornado

Remember if you are under a tornado warning, seek shelter immediately! Most injuries associated with high winds are from flying debris, so remember to protect your head.

IF YOU ARE IN:	THEN:
A structure (e.g. residence, small building, school, nursing home, hospital, factory, shopping center, high-rise building)	<ul style="list-style-type: none">• Go to a pre-designated area such as a safe room, basement, storm cellar, or the lowest building level. If there is no basement, go to the center of a small interior room on the lowest level (closet, interior hallway) away from corners, windows, doors, and outside walls. Put as many walls as possible between you and the outside. Get under a sturdy table and use your arms to protect your head and neck.• In a high-rise building, go to a small interior room or hallway on the lowest floor possible.• Put on sturdy shoes.• Do not open windows.
A manufactured home or office	<ul style="list-style-type: none">• Get out immediately and go to a pre-identified location such as the lowest floor of a sturdy, nearby building or a storm shelter. Mobile homes, even if tied down, offer little protection from tornadoes.
The outside with no shelter	<ul style="list-style-type: none">• Immediately get into a vehicle, buckle your seat belt and try to drive to the closest sturdy shelter.• If your vehicle is hit by flying debris while you are driving, pull over and park.• Stay in the car with the seat belt on. Put your head down below the windows; cover your head with your hands and a blanket, coat or other cushion if possible.• If you can safely get noticeably lower than the level of the roadway, leave your car and lie in that area, covering your head with your hands• Do not get under an overpass or bridge. You are safer in a low, flat location.• Never try to outrun a tornado in urban or congested areas in a car or truck. Instead, leave the vehicle immediately for safe shelter.• Watch out for flying debris. Flying debris from tornadoes causes most fatalities and injuries.



Flood Information

Floods are scary, dangerous, and unpredictable, which is why it is smart to be prepared.

Flood Facts:

Floods can take several hours to days to develop, so it's important to know the difference in alerts, to best prepare. A flood WATCH means flooding is possible, while a flood WARNING means flooding is already occurring or expected to occur soon in your area.

Flash floods develop much more quickly and can begin in as little as a few minutes to a few hours. Therefore, when a flash flood WATCH is issued be prepared for the reality that it may turn into a WARNING very quickly.

General Preparation:

It is important to develop a plan with your family on how you should all respond if a flood occurs. For example, pick a place that everyone is supposed to meet if a flood should occur and you are forced to evacuate your home. Finally, always be alert to news updates when there is severe weather, so you are fully aware of the potential risks and how to respond.

It's smart to assemble a disaster supply kit in case you're ever stranded, injured, or without power due to a flood or other natural disaster. Your kit should include:

- Canned food and can opener
- At least three gallons of water per person
- Protective clothing, rainwear, and bedding or sleeping bags.
- Battery-powered radio, flashlight, and extra batteries.
- Special items for infants, elderly, or disabled family members.
- Written instructions for how to turn off electricity, gas and water if authorities advise you to do so. (Remember, you'll need a professional to turn them back on.)

When Flooding is Expected:

As soon as a flood watch is issued move your furniture and valuables to the highest floor of your home to help protect them from damage. Remove anything from your basement that you do not want ruined, as basements often flood even if there is just a small amount of water. Bring any important documents or irreplaceable items such as family photos to a safe deposit box in case your entire home is flooded. Fill your car up with gas in case you have to evacuate. Once a flood warning is issued, it may be smart to turn off electricity, gas, and water to reduce damage if your home is hit with water. Also, pay close attention to local radio or TV stations, so you will be aware if you are told to evacuate. In the case of a flash flood warning, it is smart to evacuate immediately since they can develop so quickly.



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During a Flood:

Always listen to authorities' recommendations during a flood. If you are told to evacuate your home do so as soon as possible. Likewise, if you are driving and barricades are blocking certain roads, do not go around them, instead find a different route. Remember these measures are put in place for your safety.

Once flooding starts, attempt to reach higher ground immediately. It is nearly impossible to outrun a flood (even in a car), which is why it is important to flee up instead of just away. The most important thing to remember if ever stuck in a flooded area is to avoid flood waters at all costs. Flood waters generally move very quickly creating a strong current that can sweep people and debris away. It is imperative to avoid even shallow flooding that you could easily walk through, because the water is likely contaminated with debris that could injure you, bacteria that could make you ill and even electric wires that could shock you.

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