

# Emergency Action Card

For use in the event of a Radiation  
Emergency at BAE SYSTEMS and  
Ramsden Dock Basin

## GO IN, STAY IN, TUNE IN

**1 GO INDOORS AND CLOSE DOORS  
AND WINDOWS**  
Shut down ventilation and air conditioning systems



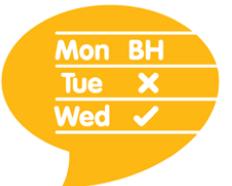
**2 LISTEN TO LOCAL RADIO**  
BBC Radio Cumbria 96.1 FM 358m MW  
The Bay 96.9 FM



**3 TAKE POTASSIUM IODATE TABLETS –  
ONLY IF TOLD TO DO SO**



**4 REVIEW AND UPDATE EMPLOYEE  
REGISTER**



Mon	BH
Tue	X
Wed	✓

**5 DO NOT USE TELEPHONES**  
unless you need urgent help



**6 FOLLOW EMERGENCY SERVICES ADVICE**



For additional information see over

# Additional Information

- **GO INDOORS AND STAY THERE**

In an emergency, the best thing to do is to go indoors where you will be protected from the worst effects of a radioactive release. Listen to local radio.

- **STABLE IODINE TABLETS**

Stable Iodine Tablets may have been pre-issued or are being distributed in areas that may be affected. Listen to local radio. You will be told if you need to take them. The dose is: newborn (babies to 1 month) - ¼ tablet; young children (1 month to 3 years) - ½ tablet; older children (3 to 12 years) – 1 tablet; adults – 2 tablets.

- **DO NOT ATTEMPT TO LEAVE THE AREA**

Do not try to leave the area unless told to do so by the Police. There could be serious traffic congestion and you will be much safer indoors.

- **EVACUATION**

If an evacuation is required, the Police will direct you to a Reception Centre. Listen to local radio. Everyone must go to the Reception Centre to be registered. Take a list of staff and, if possible, a list of visitors with you.

- **SCHOOL CHILDREN**

If your children are at school during an emergency, you will naturally want to collect them as soon as possible; however it may not be safe to do so. They will be looked after as a priority group either at the school or evacuated to a safe place where they will be looked after by the school staff and those responding to the emergency. Please listen to local radio for advice and details of the arrangements that have been made.

- **DO NOT USE TELEPHONES (unless you need urgent help)**

In an emergency, all telephone systems may become overloaded and this may prevent emergency calls getting through. If you must make a call, please use a landline phone and be brief or send a mobile text message. Please do not make mobile telephone calls.

- **FURTHER INFORMATION**

For further advice consult the booklet “What to do in a Radiation Emergency at BAE SYSTEMS”. The booklet is available online at [www.cumbria.gov.uk/emergency](http://www.cumbria.gov.uk/emergency) if you cannot find your copy.