



Asunto Oy Helsingin Pasuunatie 8 Rescue Plan



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1 Introduction

The drafting, upkeep and communication of the rescue plan are based on the requirement of the Rescue Act (379/2011). In this rescue plan, there is an account:

1. for the conclusions of the assessment of hazards and risks;
2. for the safety arrangements of the building and the premises used in the operations;
3. regarding the instructions to be given to people for the prevention of accidents and acting in accident and danger situations;
4. other possible actions for independent preparation at the location. (Rescue Act 379/2011, Section 15))

The rescue plan must be kept up to date and it must be communicated in the necessary way to the persons in the relevant building or other site. (Government Decree on Rescue Action 407/2011, Section 2.)

There are also other requirements for safety in the Rescue Act; the most important of these are: The owner and holder of the building and the operator must, for their part take care that the building, structure and its surroundings are kept in such condition that:

1. the risk of the starting, intentional starting and spreading of a fire is slight;
2. the people in the building can vacate the building in the event of fire or other sudden danger situation or they can be rescued in another way;
3. rescue operations are possible in the event of fire or another accident;
4. the safety of rescue personnel has been taken into account. (Rescue Act 379/2011, Section 9))

The following equipment and devices must be kept in working order and serviced and inspected appropriately:

1. extinguishing, rescue and prevention equipment;
2. devices that facilitate extinguishing and rescue work;
3. fire detection, alarm and other devices signalling the risk of an accident;
4. the lighting and signs of the exit routes;
5. the equipment and devices of the civil defence shelters (Rescue Act 379/2011, Section 12))

The owner and holder of the building and the operator must, for their part:

1. the starting of fires is to be prevented, as well as the arising of other hazardous situations;
2. the protection of persons, property and the surroundings in danger situations is to be prepared for;
3. the extinguishing of fires, and other such rescue measures that they are able to do independently, are to be prepared for;
4. start action for securing safe exit from fires and other danger situations, as well as action for

making rescue operations easier. (Rescue Act 379/2011, Section 14))

2 Basic property information

2.1 Basic information

Property name	Asunto Oy Helsingin Pasuunatie 8
Building address	Pasuunatie 8 Klaveeripolku 3 00420 HELSINKI
Number of apartments	54
Building type	Apartment building
Number of floors	5
Year of construction of the property	1999
Housing management office	Iskurit Oy tel. 020 7301330 https://www.iskurit.fi/

2.2 Organisation

Superintendent	Jarkko Svensk Iskurit Oy phone 020 7308311 jarkko.svensk@iskurit.fi
Safety manager	Kari Tuominen phone 050 4900506 karituominen@hotmail.com
Manager of civil defence shelter VSS1	Teemu Järvinen
Person responsible for civil defence shelter VSS1	Teemu Järvinen phone 050 4402884 teemu.jarvinen@yit.fi

2.3 Other information

The site falls within the area of the following rescue service: Helsinki.

Heating type	Ground source heat
Main water shutoff	In the heat distribution room
Heat distribution room	In building A
Electricity switchboard	In building A
Ventilation device	
Air ventilation emergency stop	On the ground floor of the staircases
Maintenance	Tapiolan Lämpö Oy phone 020 7505300 service 020 7505300
Electricity supplier	Helen Sähköverkko Oy tel. 09 6171 http://www.helen.fi/
Insurance company	Dual Finland Oy
Gathering area	Parking spaces
Back-up gathering area	The neighbouring property
Number of civil defence shelters	1
Location of civil defence shelter VSS1	In building C



Technical areas in building A

3 Division of responsibility

Party	Area of responsibility
Property management	Responsible for the management of the entire property, managing maintenance contracts and equivalent matters, addressing reported security or other breaches or assigning them to other parties. The manager is the contact person for regulatory control and other such matters and participates in e.g. fire inspection rounds
Property maintenance	Responsible for the technical systems and security devices on the property, management of the yard area, necessary snow clearing etc. The maintenance person observes any issues while moving around the property and manages them on their own or reports the issue to the manager.
Resident	The resident is responsible for their own living area and storage booth as well as their movables and operations in the company. The property systems or fixed structures on the residents' premises are managed by the maintenance company.
Normal information flow in terms of deficiencies: Resident--- Maintenance company --- Management	

The residents can report the safety observations or other deficiencies to the maintenance or the property management by phone or by e-mail, the necessary contact information can be found e.g. in the "Organisation" chapter of this plan.

4 Important phone numbers

4.1 Important numbers of the property

Task	Name	Telephone number	Service phone number
Maintenance company	Tapiolan Lämpö Oy	020 7505300	020 7505300
Lift maintenance	KONE Hissit Oy		0800 15063

4.2 Other important numbers

Operator	Telephone number	Duty hours
Public emergency numbers	112	24 h
Poison information centre	0800 147 111	24 h

5 Risks

From the point of view of safety and security, a risk is the combination of the probability of an accident happening and the possible consequences. Recognising risks in any property is an important part of safety and security. In the following pages, risks related to individuals, property, and environment are recognised. For all recognised risks, there are suggestions on how to act accordingly to eliminate, diminish, and manage risks. Only a recognised risk can be controlled.

Risk classifications concerning the property and people:

- Accidents
- Fire hazards
- Water damage
- Cases of illness
- Radiation or gas hazard
- Storm damage
- Break-ins, vandalism, etc.

5.1 Accidents

Risks

- falling down
- slipping
- tripping
- snow or ice falling down on people or property
- accidents happening in the children's playground
- traffic accidents
- electric shock

Consequences

- damage to property
- personal injuries
- death

Actions and safety and security preparations

- The Board of Directors has delegated the responsibility for sanding services, monitoring the snow and ice dropping need and snow clearing to the maintenance company.
- The Board of Directors supervises the operations and deals proactively in case of deficiencies.
- The Board of Directors may forbid snow dropping by the company and deal with it.
- The accumulation of snow and ice on the roofs must be monitored in the winter.
- Any hazardous areas must be immediately notified to the maintenance company.
- In danger situations transit or parking must be prevented in the areas with a danger of snow or ice falling.
- The year area must be kept clean and in good condition.
- Near miss situations should be dealt with immediately. Near miss situations shall be examined and necessary measures performed in case of similar events and to prevent them.
- Everyone should familiarise themselves with the general first aid guidelines.

5.2 Fire hazards

Risks

- short circuits
- fire caused by a broken electronic appliance
- grease or other fire in the kitchen
- careless smoking
- arson
- a fire caused by children playing
- accidentally leaving electronic appliances on
- storing items in passageways
- storing items in staircases
- fire doors open
- unattended burning of candles

Fire-hazardous locations are, for example the kitchen of the apartments, sauna and storage space, the laundry room, technical areas and other equivalent property areas.

Consequences

- damage to property
- smoke damage
- personal injuries
- death

Actions and safety and security preparations

- Exit safety must be ensured.
- Exit ways must be accessible and unobstructed
- Actively taking action to right problems.
- Every resident is responsible for ensuring the functionality of their own fire alarm(s).
- Extra flammable materials should not be piled up near the building.
- The rescue plan should be maintained and updated. People should familiarize themselves with it.
- Flammable substances should be stored in a designated area.
- Electrical repairs and installations should be undertaken by professionals found in the TUKES database.
- Lighting and the maintenance of general cleanliness at the property are important.
- "Close call" situations should be addressed and investigated immediately and have the necessary actions defined for situations in which such an event may reoccur
- Switchboards must be noted and nothing should be stored in their direct vicinity.

5.3 Water damage

Risks

- flood
- heavy rain
- waterproofing failure of structures
- an accident caused by structural and material errors
- washing machines and refrigerators breaking down
- vandalism
- broken pipes

Consequences

- damage to property

Actions and safety and security preparations

- The location of the main water stopcocks is marked.
- HWA works, inspections, and installations are contracted only to professionals.
 - An HWA contractor must possess sufficient installation certificates and the contractor

must have done similar work before.

- HWA inspections are carried out in accordance with the service programme.
- An assessment of the state of the plumbing is carried out regularly.
- Independent change construction and other building work must be supervised and defects concerning the building must be intervened in immediately.
- Supervised use of household appliances and emphasising the importance of their maintenance.
 - The filters and lint strainer in the dish washer and the laundry machine must be cleaned once a month.
 - It is recommended to vacuum behind the fridge once a month, or at least once a year. When you do this, it is recommended to have a quick look at the compressor and drain pan as well.
 - A drain pan should be installed under every larger kitchen appliance (e.g. fridge, freezer, dishwasher, and sometimes laundry machine), which will make the detection of water damage faster and easier.
- Leaves on the roof and in the gutters should be removed in late autumn.
- Pre-emptive maintenance of washing machines. Maintenance is to be done yearly by a professional and certified business.

5.4 Cases of illness

Risks

- heart failure
- diabetic shock
- stroke
- cerebral haemorrhage
- epilepsy
- fainting

Consequences

- personal injuries
- death

Actions and safety and security preparations

- Guaranteeing speedy access to help within the property.
- Everyone should familiarise themselves with the first aid guidelines attached to the rescue plan and giving first aid should be rehearsed.
- Listing individuals skilled in first-aid is recommended.
- The stopping of rescue vehicles outside the exterior doors is to be made possible.

5.5 Radiation or gas hazard

Risks

- a transport accident when transporting a hazardous substance
- an accident in a nuclear power plant
- a fire in the nearby area

Consequences

- radiation sicknesses
- death

Actions and safety and security preparations

- Acquiring iodine pills as needed (2 tablets per person).
- Stocking up on home storage supplies.
- The air ventilation emergency stop is marked with signs.
- The safety and security organisation must be aware of the air ventilation emergency stop's location.
- Making a guide in case of accidents involving dangerous substances.
- The property has a civil defence shelter that can be used for shelter in the event of a radiation hazard.
- The operating condition of the civil defence shelter is maintained.
- Civil defence shelter operators have been nominated and trained for their task.
- Possibility of taking shelter in the civil defence shelter.
- There are instructions for different situations in the rescue plan.
- Everyone must familiarise themselves with the operating instructions.

5.6 Storm damage

Risks

- various natural phenomena

Consequences

- blackouts
- damage to property
- personal injuries
- death

Actions and safety and security preparations

- A knowledgeable maintenance company will check roofs and gutters, and fix deficiencies.
- Checking the trees on the property.
- Removal of dangerous branches.
- General maintenance of the yard.
- The curfew set by the authorities must be respected.
- When taking shelter indoors, you must stay away from windows and glass doors.
- Prepare yourself independently for long power blackouts by, for example:
 - home storage supplies
 - a lamp and batteries
 - candles and fire-making tools
 - a battery-operated radio

5.7 Criminal activity

Risks

- apartment break-in
- basement break-in
- graffiti
- ruining and destruction of property

Consequences

- damage to property

Actions and safety and security preparations

- Active monitoring of general cleanliness and order as well as taking action regarding any problems.
- Cleanliness and order are a part of overall safety.
- Outdoor lighting is maintained.
- Servicing and maintenance of exterior door locks.
- Keeping the doors to common spaces locked.
- Noting and taking photographs of valuable items.
- Immediate cleaning of graffiti and any other defacements

6 Safety manager

A protection manager has been nominated for the housing organisation, who is responsible for their part for the safety of the housing organisation. The protection manager acts to provide an example of safety to the other residents of the housing organisation. His/her tasks vary, depending on the situation.

Safety manager

Kari Tuominen
phone 050 4900506
karituominen@hotmail.com

6.1 Duties in normal circumstances

- Manages the property's safety and security matters both administratively as well as operatively.
- Is in charge of the property's safety and security both under normal and exceptional conditions, as well as following the protection guide and keeping it up to date.
- Is responsible for the training and knowledge of the various individuals within the protection organisation under various kinds of accident and threat circumstances.
- Updates the rescue plan.
- Makes the necessary proposals on safety and security improvements.
- Monitors that the real estate is in order according to the laws, decrees, and regulations.
- Supervises alteration and repair work done in the property.

7 Safety procedures

7.1 Safety equipment

Ventilation emergency stop

If the building is subjected to an external danger, such as fire gases from an adjacent building, the ventilation must be shut off. In such a case, the rescue authorities usually issue an emergency warning, providing additional instructions, such as to turn off ventilation systems.

Air ventilation can be stopped by anyone.

Ventilation emergency stop: On the ground floor of the staircases



Air-conditioning emergency stop in the staircases

7.2 Fire safety

Smoke detector

The purpose of fire alarms is to alert of any imminent fire. This will enable measures to extinguish the fire, warn others and take rescue measures.

Smoke detector

Location	In the apartments and staircases
System model	Battery-operated
Type of alarm	Localised alarm

Emergency exit routes

The principle of exit safety is that all spaces of the building must have at least two exit routes at all times, which do not require keys or other tools to open the doors. Exiting must also be possible to do in the dark, which is why the exit routes must be clear at all times. Because the property has 5 floors, the window or apartment-specific balcony shall serve as an emergency exit. In this event, the rescue department shall assist in evacuating the building in case of emergency. Objects are not to be stored in front of the exits. (Environment Ministry's regulation of fire safety of buildings.)

Exit ways and doors leading to them must be easily accessible and openable in emergency situations from the inside.

A door can be locked, for example, to prevent trespassing from the outside, but must it must be possible to open it from the inside without a key during the normal use of the building.

Never exit into a smoky stairway.

Hot work

Hot work is defined as work in which sparks arise or in which naked flames or other heat sources are used and may cause a fire hazard. Such work includes e.g. oxyacetylene and arc welding, flame and arc cutting, disc cutting and metal grinding, which create sparks, as well as work involving the use of gas burners, other open fire or combustion air blowers.

Performing hot work at a temporary hot work site always requires a permission granted by a person responsible for the hot work. The hot work permission ensures the actions of the different parties regarding safety and fire protection. The person conducting the hot work must have a hot work licence.

The property manager office grants the hot work permissions.

8 Other arrangements

8.1 Lift

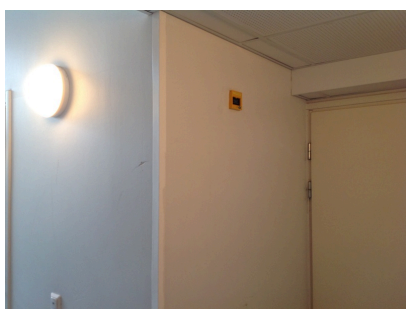
Lift

Location	In the stairways
Maintenance company	KONE Hissit Oy

8.2 Ventilation device

Ventilation device

Description	Ilmanvaihtokoneen tyyppi: Koneellinen ilmanvaihto
Emergency stop switch location	On the ground floor of the staircases



*Air-conditioning emergency
stop in the staircases*

9 Action guidelines

The following pages contain a guide on accident prevention and on how to act in accident and danger situations. **Read the action guide carefully!**

The correct actions, solutions, and choices prevent and limit accidents. This way accidents can be minimised or they can be prevented altogether.

Safety and security are our shared concern!

9.1 Alerting help

In all urgent emergency situations, whether it be a police, fire department, paramedic, or a social worker case involving an urgent need for help CALL THE EMERGENCY NUMBER: **112**

Call the emergency number yourself if you can

It is important to make the emergency call yourself, if the matter concerns you. The victim has more knowledge on the situation, based on which the dispatcher can send help accordingly. Using middle-men to make the call can delay getting the right kind of help on site.

Tell what happened

The emergency centre dispatcher will ask the caller about what happened so that they can send the appropriate assistance.

Give the exact address and municipality

The emergency centre might have several same addresses in different municipalities/cities in its service area. Therefore it is also important to know the name of the town/city/municipality where the accident has taken place.

Answer the questions that are asked of you

The questions asked by the dispatcher are important. They do not delay alarming for help. In urgent cases the dispatcher already alerts the authorities and other partners during the call, and gives them more information on what has happened.

Act according to the information given to you

The dispatcher is trained to give instructions in various types of situations. It is important to follow the given instructions. Correct initial actions often play an important role in the end result.

End the call only after you're given permission to do so.

Ending the call too soon may delay the help from arriving. After you are given the permission to end the call, end it. Keep the phone line open. The dispatcher or the help on its way may need additional information on what has happened.

9.2 Sudden illness or accident

Find out what happened

- Has the person fallen or fainted?
- Are there possibly eye witnesses, that can tell you better about what has happened?

Check the person's condition

- Can you wake the person up by talking or shaking?

Check breathing

- If the person doesn't wake up, check breathing: place the back of your hand in front of the patient's mouth and feel if there is air flow.

Make an emergency call.

- Call the number **112**.
- Tell where you are calling from.
- Tell what happened
- Act according to directions.

Give first aid if needed.

- If the person is not breathing, start with first aid.

Turn an unconscious but breathing patient into the recovery position on their side.

Observe the patient.

- If there are changes in the patient's condition before the rescue department arrives, notify them by calling the emergency number **112**, so that the emergency centre can re-evaluate your situation.

Guide the professional help quickly to the patient

- Tell the professional help what has happened and what has been done.

9.3 Fire

Save

- Make an assessment of the situation. Rescue those in immediate danger.
- Be careful not to breathe smoke! Smoke is highly toxic and you can lose consciousness quickly if you breathe it.

Warn

- Warn others in the building about the fire and the threatening danger.
- Direct people to the gathering area.

Alert

- Call the emergency number **112** from a safe location.
- Tell who you are, where the fire is (address and floor), what is on fire, and if there are people

in danger.

- Do not hang up the phone until you are given permission to do so.

Extinguish

- Perform initial extinguishing measures, where possible.
- A grease fire is extinguished by suffocating it with a fire blanket.
- When an electrical appliance is on fire, disconnect power and begin extinguishing the fire.

Limit

- Remove fire sensitive items and flammable liquids.
- Contain the spread of fire and smoke by closing windows and the door as you exit.

Guide

- Direct the rescue personnel to the location or arrange guidance. For example: one person stays to guide on the side of the parking lot and another next to the building.

Using the lift in the event of a fire is strictly forbidden!

In evacuation situations the gathering area is: Parking spaces

Back-up gathering area: The neighbouring property

9.4 Fire action guide, when safe exits are blocked

Sometimes a fire in another location prevents safe exit from the building. In these cases it is smartest to stay in a smokeless space and keep all doors and other openings closed.

Stay in the apartment and remain calm.

- In apartment buildings, each apartment is its own fire compartment, and the spreading of fire from one apartment into the others has been prevented by structural measures.
- Jumping from a height has fatal consequences, remaining in the apartment doesn't.

Go to a balcony or to a window and attract attention.

- by shouting
- by flashing lights
- by waving something visible
- you can also call 112 and tell the exact address of where you are.

Prepare for the spreading of the fire.

- As a precaution, fill the bathtub and sink with water.
- If smoke starts to get in to the apartment from cracks in the door, the postbox, or through air ventilation, air out the apartment with fresh air and seal the leaking cracks and openings with wet textiles.
- If the apartment door starts heating up, cool it down with water.
- If flames start hitting the apartment windows, move easily flammable items away from the window.

Follow directions from the authorities.

9.5 Action in the gathering area

Gathering area: Parking spaces



Assembly point

When people have left the building and proceeded to the gathering area, the representative of the personnel begins to direct activities. Based on the situation at hand, it is necessary to consider whether it is safe to remain in the designated gathering area or if people should be directed elsewhere, for example into a pre-arranged interior area or to a property in the vicinity (the back-up gathering area).

Do not leave the gathering area without the permission of the rescue authorities.

Factors to bear in mind in the gathering area:

- Taking care of anyone who may be injured; the safety personnel are to be informed
- looking after people with reduced mobility or otherwise poor physical condition
- if one is aware of someone having remained inside, this is to be reported

Back-up gathering area

Back-up gathering area: The neighbouring property

In severe winter conditions or other situations, an additional gathering area may be needed. Authorities will also provide instructions about shelter locations for long-term shelter.

9.6 Assisting people with reduced mobility in emergency situations

In an emergency situation, the movement of people with reduced mobility out of the building may be difficult and slow. If you know there is a neighbour with reduced mobility, for example handicapped,

blind, or elderly, try to secure their safe exit in emergency situations. If you know your neighbour is at home, but you are not able to assist in moving them out, notify the rescue authorities about the situation as fast as possible.

Work in cooperation with the other residents.

Things to consider when helping people with reduced mobility

- Help a person with reduced mobility to exit, within the limits of your own capabilities.
- Listen to the person you're helping.
- Take care of the person you helped also after getting out.

9.7 Water damage

Action guide

- Disconnect power from where the leak is and from its proximity.
- Stop the water from flowing, from i.e. the water mains, if possible.
- Notify of the situation immediately:
 - to the maintenance personnel: Tapiolan Lämpö Oy, phone 020 7505300, service 020 7505300
 - to the housing manager: Jarkko Svensk, tel. 020 7308311
- Contact the emergency number if needed **112**.
- Main water shutoff: In the heat distribution room
- Heat distribution room: In building A
- Electricity switchboard: In building A

Should there be threat of water outside the building

- Find out what is causing the water threat.
- If there is a leak, try to block it.
- Try to prevent the water from getting into the building.
 - by baggings
 - by using plastic covers
 - by directing the water away from the building
- Call for additional help if needed.

9.8 Under threat of violence

In an unarmed threatening situation, act in the following way.

- Act calmly and try to calm the person with your behaviour.
- Make sure you do not turn your back or let yourself be cornered, so that you will always have an escape route when a threatening person comes close.
- Call for help depending on the circumstances.
- Escape and help others escape.

Take care of your own safety. Seek to direct the threatening person to a place where they cannot harm others. After the event, contact the police about the incident if required.

If the threatening person is armed, act in the following way.

- Do not resist.
- Do whatever the person threatening you tells you to do.
- As the situation permits, try to warn others.
- By closing doors, you can limit a person's movement within the property.
- After the situation, call **112** to get professional help on site as fast as possible. Listen to directions and act accordingly.

Every threat and sighting of a possibly threatening situation must be taken seriously and the police must be informed immediately. Through your own behaviour, you can affect the progress of the situation, and thus you should take all threatening situations seriously and try to calm down already begun situations.

9.9 Public warning signal

The public warning signal is a one-minute-long ascending and descending tone or a warning announcement by the authorities. The length of the ascending tone is 7 seconds.

The public warning signal means an immediate danger threatening the public. The warning is given in population centres with an outdoor alarm system and with an alarm attached to a vehicle in rural areas.

The All Clear signal is a one-minute-long monotonous signal. It is an announcement of the threat or danger having passed.

Act in the following way after you've heard the public warning signal

- Proceed indoors.
- Stay indoors.
- Close doors, windows, ventilation holes, and air conditioning devices.
- Turn on the radio and wait for instructions.
- Avoid using the phone to prevent telephone lines from getting jammed.
- Do not leave the areas unless urged to do so by the authorities, so as not to endanger yourself on the way.

9.10 Gas hazard

Public warning signal in danger situations concerning gas

Additional information on the type of danger can be got from radio and television. The following are usually connected with a gas hazard.

- If you are indoors and can smell gas:

- stay indoors
- the top floors make the best shelter
- place a wet cloth over your mouth and breathe through it
- stay on the upper floors until the danger is over
- do not go into the basement.
- If you are outside when you smell gas but are not able to get indoors:
 - hurry into side wind from underneath the gas cloud
 - try to get as high as possible, for example to the top of a hill
 - press a wet cloth, tuft of grass, turf, or moss in front of your mouth and breathe through it.

Additional information on taking cover from gas

- Switch off air conditioning devices and close doors and windows tightly. The more airtight you can make the building, the slower the gas can get inside.
- You can also close or tape inside doors and stay in upwind areas. If you smell gas you can breathe through a moist and spongy cloth.
- The authorities will announce on radio or with vehicles with loudspeakers when the gas cloud has dispersed. Ventilate indoors well after the event.

9.11 Radiation hazard

Radiation situations are monitored with gauges throughout the country. Even the slightest change is detected immediately and notified of. A public warning signal is given upon the threat of radiation.

Go inside

Close doors, windows, ventilation holes, and air conditioning tightly to prevent radioactive substances from getting indoors. The centre and basement of the building are the best places to take shelter.

Iodine tablets

Take an iodine tablet only when the authorities tell you to do so either on the radio or on television. Iodine tablets prevent radioactive iodine from building up in the thyroid gland, but offers no other protection. You should not go outside the facilities to look for iodine tablets when the danger situation is present. You can acquire iodine beforehand from the pharmacy. Each property should have 2 iodine tablets per person.

Protect your food and drinking water

Put the food products that are out into plastic bags or tight containers. The refrigerator, freezer, and tight packages protect against radioactive dust.

Moving outside

If you must go outside, use tight clothing that covers the skin, for example rain gear. Upon coming back inside, take off your clothes in the entry hall and wash up well. Use a respiratory mask, towel, or paper towel to prevent radioactive particles from getting to your lungs.

Additional instructions

You will get additional information from your city's rescue authorities, from broadcast media, and from Yle's (the Finnish Broadcasting Company's) Teletext page 867. You can also find information from the Finnish Radiation and Nuclear Safety Authority's website www.stuk.fi and from the rescue authorities website www.pelastustoimi.fi.

9.12 Blackouts

How to act during a power cut:

- First check the fuses. If they are intact, find out whether the electricity of your neighbour or neighbouring houses is working.
- If the electricity is out from a larger area, the problem is already known and actions to fix it have started. Most electricity suppliers have a taped recording of the malfunction on its fault service number, which will give information on the blackout situation in your area. The electricity supplier of the property is Helen Sähköverkko Oy.
- When the electricity comes back but acts unusually, for example the lights burn brighter or dimmer than usual, the reason might be a break in the electricity network's neutral wire. This can result in equipment damage, fire and, in the worst case, the risk of electric shock. In such situations, switch off the electricity from the main switch and call your electricity supplier's fault emergency number.
- When a power cut lasts longer, prepare yourself with warm clothes, especially in the winter, and home storage supplies. Instructions regarding home storage supplies can be found in the appendices.

In the event of a power cut, lifts will stop working. Should you be stuck on a lift due to a power cut or other failure, act as follows:

Contact the lift maintenance emergency line:

- by mobile phone - (KONE Hissit Oy, 0800 15063)

When necessary, you can call the general emergency number 112.

9.13 Coronavirus instructions

Practical tips for everyday life during the coronavirus epidemic:

- For advice and information on the coronavirus, you can call the national helpline 0295 535 535.
- The Finnish Institute for Health and Welfare (THL) maintains a situation update on coronavirus at <https://thl.fi/en/web/infectious-diseases-and-vaccinations/what-s-new/coronavirus-covid-19-latest-updates/situation-update-on-coronavirus>.
- The latest news on the coronavirus measures taken by the Finnish Government are available at <https://valtioneuvosto.fi/en/frontpage>.
- For general health advice, contact your own health centre. If you have acute symptoms, contact the emergency health centre. In case of an emergency, call 112.

Grocery shopping

If you need help with shopping for groceries or other necessities, you can ask your neighbours to help you:

- by putting a note on your building's notice board (with your contact information and flat number)
- by putting a note on the door of your flat
- by posting on the housing company's communication channel (e.g. a Facebook group)
- the housing company can also help bring together neighbours who need and offer help on the notice board using a list
 - print a list and put it on the housing company's notice board
 - print a message about helping the neighbours (in six languages)

To help prevent the spreading of the coronavirus, provide your shopping list by sending a message or by calling. Leave the bag(s) of groceries outside the door and let the person know they are there by sending them a message or by calling. Always wash your hands properly when you go shopping, handle money or accept a bag of groceries.

Information and instructions about coronavirus from THL is provided below.

Coronavirus symptoms

The symptoms of coronavirus are usually mild.

Some people have had more severe symptoms. These are usually people who also had some other underlying condition, such as asthma or a heart disease.

The symptoms of coronavirus include

- high fever
- muscle aches
- cough
- shortness of breath
- fatigue

If you fall ill

If your symptoms are mild, stay home.

Call your health centre if

- your symptoms last a long time
- your symptoms become more severe
- you experience shortness of breath

If you are ill or you have mild symptoms, stay home. Do not go to work if you are ill. Do not take your sick child to the day care centre or school.

How to prevent the spread of coronavirus

There are actions we can all take to protect each other from the coronavirus.

Good hand and respiratory hygiene is the best way to prevent the spread of coronavirus and all other viruses.

- Wash your hands often and thoroughly with water and soap.
- If you cannot wash your hands, use a hand sanitiser.
- Cover your mouth and nose when you cough or sneeze. Use a tissue or your sleeve or bent elbow. Do not cover your mouth and nose with your hand when you cough or sneeze.

Here are more tips for your everyday life:

- Stay home as much as you can.
- Avoid shaking hands. Find other ways to greet your friends.
- Maintain a distance of at least one metre from anyone who is coughing or sneezing.
- Work remotely, if possible.
- Avoid large public events or leisure activities.
- Do not visit people who are over 70 years old, as they are at a higher risk of contracting a severe coronavirus disease. A good way to keep in touch is by calling them on the phone.

10 Civil defence

The purpose of the civil defence shelter is to protect people from collapses, explosion pressure waves and fragments, gases, radiation and fire. This property has a civil defence shelter. It is recommended that a civil defence shelter have an elected manager and deputy. It is good for the property's shelter's manager to learn how to use the equipment and how to prepare the shelter for use.

In Finland there are enough civil defence shelters for approximately 3.8 million people. Civil defence shelters are found both in domestic and other properties. In addition to shelters in properties, there are also public ones, such as rock shelters. Such civil defence shelters are public, usually the responsibility of the cities and only located in major cities.

Under normal circumstances the shelters are used for various activities, such as sports or storage, or other kinds of useful purposes. A civil defence shelter must however be ready for use within 72 hours should the authorities give an order to prepare it.

With civil defence shelters it is important to protect metal parts from rusting, insulation staying intact, machinery remaining functional, and equipment kept safe in stock.

This property has a civil defence shelter:

Location	Protection grade	Surface area	Defence shelter places	Location of equipment
In building C	S1	87.2 m ²	116	In the civil defense shelter

The civil defence shelter is in class S1. The civil defence shelter in protection class S1 is a newer shelter, built after 1971. It is possible to stay in this shelter model for long time periods. The shelter has a manually operated or mechanical air intake machinery, equipped with a pre-filter and an activated carbon particle filter.

The authorities provide instructions by radio if it is necessary to move to civil defence shelters and information on which of the public shelters people are to move to. Moving into the civil defence shelters therefore always happens as a result of direction by the authorities. Accidents occurring in normal times do not generally ever require taking cover in civil defence shelters, with taking cover indoors being sufficient. There are 110,000 spaces altogether in the civil defence shelters of Finland.

10.1 Civil defence shelter maintenance.

A civil defence shelter as well as civil defence equipment and devices must be maintained in such

condition that the shelter can be made operational in 72 hours. A shelter can also be used for other purposes, as long as making it operational takes no longer than stated before. Normal time use is not allowed to damage the shelter nor prevent it being inspected or tested for leakage.

It is not permitted to store pollutant liquids in a shelter nor is it permitted to make holes in surrounding structures. Protective doors, hatches and air ventilation machinery must not be moved from their designated spots nor is it permitted to use the air ventilation machinery for air ventilation under normal circumstances. It is permitted to install a door to the protective door's opening. Even during normal times it should be ensured that at least half of the shelter is free in case of a sudden need to take shelter.

Additionally you should take note of the following:

- The civil defence shelter owner and manager must make sure that the shelter, its equipment and machinery are kept operational and maintained and inspected accordingly.
- An appointed person inspects and test uses the shelter's doors, hatches, tightness, air conditioning and electricity equipment, as well as the drains, yearly according to the directions from the equipment retailer.
- In order to ensure the shelter equipment is operational they ought to be inspected and serviced at least every 10 years unless the manufacturer has stated a shorter maintenance period.
- An inspection log must be drafted when checking machinery's functionality, where machine-specific inspections are marked. The inspection log must be presented to the rescue authorities when asked for.
- The owner and the proprietor of the property must ensure that the civil defence shelter has such equipment that it can be made operational. This equipment consist of items such as spare water containers, waste containers, dry lavatories, and beds.

10.2 Renovating the civil defence shelter

When proceeding to an improved level of protection

- A civil defence shelter is assigned a care person, who is in charge of renovation. S/He must know the machinery in the shelter as well as know how to use it. Additionally, the shelter's care person is responsible for the general order and cleanliness, as well as discipline, in the shelter.
- The shelter is emptied of the goods stored in it, or that have otherwise collected there, in accordance with the clearing plan.
- All temporary structures are taken down and taken out of the shelter.
- Hinges, latches, etc. from doors and hatches are inspected, lubricated, and serviced.
- Door insulations are inspected and put in place according to instructions.
- Inspection of the emergency exit hallway and hatch for functionality and use.
- Dry toilets (15 plastic bags per toilet) are distributed into the dry toilet spaces. The toilet spaces are partitioned off with curtains or boards. There is to be one toilet space per every 20 m².
- All vents (HWA) are checked for functionality by turning them from one extreme setting to

another.

- Spare water containers are cleaned and filled up. The filling hose and other equipment are checked at the same time. The showers for the decontamination tent are installed and tested out. There should be 50 litres of water per square metre in the shelter, meaning $50 \times 80 = 4,000$ litres (or 30 litres/person).
- Floor drains are cleaned and their functionality is tested by pouring water into them. Attention! The floor drain has a closing valve.
- Air pressure valves are checked and joints are lubricated.
- Air ventilation openings used in normal conditions are blocked off by installing dust covers with insulation.
- The condition of the pressure valves is checked from outside the shelter.
- Air ventilation shafts and filters are cleaned.
- All pipes, connections, and machinery connected with air ventilation are checked. Special filters are installed according to the machine's installation guide.
- The functioning of exit valves is checked by turning them from one extreme setting to another.
- Check overpressure indicator for: fluid, the pipes opening, that the meter reads 0, and the spare fluid (dyed fuel oil).
- The balometer sensitivity is tested with a test use.
- Pressurisation of the shelter is to be checked; the pressure test is conducted according to the machine manufacturer's instructions. The aim is to verify that there is enough overpressure, and that the shelter doesn't leak too much air out.
- Examine and inspect the functionality of the shelter's phone, antenna, appliance fuses, lighting, backup batteries, spare lightbulbs and spare fuses, switches and power outlets, etc.
- Equip the shelter with appropriate gear (attachment) in accordance with regulations.
- The spaces in the shelter are divided according to the plan made beforehand into general living and activity spaces (men/women, protection personnel, staff, customers). Each sheltered person has their own personal living space containing personal items, medication, and long-life provisions.
- The shelter contains enough seats, tables, and bunkbeds for approximately one third of the people coming into the shelter.
- For exceptional circumstances, there should also be equipment and goods that will make a longer stay possible (e.g. entertainment).
- Check functionality of spare lighting.
- Signs guiding the way to the shelter must be installed in passages and corridors.

10.3 Civil defence material

Civil defence material can be divided into two categories: shelter- specific material and protection staff material. Each civil defence shelter should have the shelter-specific material reserved for it as well as the protection material for the shelter manager and his/her deputy.

Material is usable in normal conditions in care and maintenance activities, assuming that the mate-

material is stored in the property where it belongs. Tools belonging to the civil defence shelter must be usable when the shelter is issued to be used.

The residential buildings' shelter-specific material

Tag	Count
Stretchers	1
Water preservation solution	Based on the amount
Crowbar	1
The shelter's tag places	1
Hand light	2
Bucket hose	1

The shelter's tools

Tag	Additional information
Peening hammer	2 kg
Cutting chisel	300 mm
Spike chisel	300 mm
Power cutters	approx. 600 mm
Hatchet	approx. 400 mm
Entrenching spade	approx. 500 mm when folded
Crowbar	approx. 600 mm
Handsaw	blade 500 mm
Hacksaw	blade 310 mm
Hacksaw blades	5 to spare
Adjustable wrench	max. a 35 mm jaw
A slotted screwdriver	tip 8 mm, blade 150 mm

Tag	Additional information
Phillips head screwdriver	
Carpenter's hammer	0.5 kg
Nails	2 kg, 75, 100, and 125 mm
Belt-knife	approx. 200 mm
Rescue rope	d=12 mm, 20 m

The apartment building's protection staff's material

Safety and protection staff's material	For every 100 residents
Civilian gas mask and civil defence shelter filters	2
Hard hat	2
Protective glasses	2
First aid kit and protective bandage pack	1
Sterile first aid dressing	2
Geiger counter / over 100 person property	1
Iodine tablets	2/resident
Guide on building protection (Kodin turvaopas, SPEK)	2

10.4 Civil defence shelter manager's and deputy's duties

- Is responsible for the maintenance and the condition of the civil defence shelter.
- Makes yearly inspections and maintenance for the civil defence shelter according to the operating and maintenance instructions.
- Are responsible for preparing the civil defence shelter for use and operations during the incident when ordered to do so.

11 Safeguard evasion

Safeguard evasion means controlled relocations of members of the population from a danger zone in a situation where this is considered less risky than taking cover indoors. Such situations are for example fast-developing dangerous substance accidents, extensive harm caused by exhaust fumes, danger of explosion, and radiation situations.

Safeguard evasion is always done on a special order from the authorities. The authorities have planned in advance to perform a safeguard evasion from the area and reserved the necessary transportation equipment for it.

12 Storing in the property

Storage of different kinds of objects may lead to a hazard of fire starting or spreading, the prevention of safe exit in an emergency situation and increased difficulty in extinguishing the fire. It is easier to prevent a fire pre-emptively than to extinguish it. For this reason it is necessary to know what causes fires and to recognise the hazardous factors in one's own immediate environment. Rescue law contains directives on, for example, the storage of easily flammable materials and other objects within buildings. Legislation on chemicals contains restrictions on storage of flammable liquids and other dangerous chemicals in spaces where they can cause an exceptional hazard. Many substances which are kept at home also generate explosive gases that ignite from a spark, for example the spark caused by a light switch - so fire is not even needed for ignition. Therefore always handle fire- hazardous substances in accordance with instructions. **Storing fire hazardous substances in apartment-specific storage rooms is strictly forbidden.** Storing them in apartments and garages is limited.

The building's exit hallways and staircase areas must be kept walkable and clear of any obstacles.

Apartments and the balconies, terraces or equivalent areas belonging to them

- If storage is possible without endangering safety, the following can be stored:
 - flammable liquids and aerosols containing flammable liquids or flammable gases, up to a maximum amount of 25 litres
 - up to 25 kg of liquid gas
 - fireworks, up to 5 kg (net weight), must be stored in a locked closet accordingly with no heat sources or handling of fire, which could cause the fireworks to explode
- **Flammable gases, other than the aforementioned, must not be stored in the apartment.**
- **Storing of unnecessary items in the apartments should be avoided.**

Exit corridors, staircases, inside hallways, basement and storage area passages

- It is not permitted to store any items.

Loose fittings storage units

- Do not store easily flammable material.
- Liquefied petroleum gas is not to be stored in loose fittings storage units.
- No storing of petrol, gas bottles, or other flammable fluids.
- Firework devices are not to be stored in the apartment-specific storage spaces of the loose fittings storage units or in public spaces in common use.

Under or near buildings

- It is not permitted to store flammable material or other goods by the walls of the building, e.g. garbage containers, piles of cardboard, or transportation trays
- Refuse containers outside, as well as refuse shelters, are to be positioned at least 8 metres

away from the building

A separate storage space belonging to the residential building residential building)

- It can store:
 - flammable liquids and aerosols containing flammable liquids or flammable gases, up to a maximum total amount of 50 litres
 - up to 50 kg of liquid gas

Attention!

- The rescue authorities can permit single case exceptions, for example for storing a larger amount or allowing storage in a different place or limit storing, if safety requires that
- The housing company can also have its own rules
- In unclear situations, you should always contact the fire inspector at the local rescue department

13 Attachments

This rescue plan has the following attachments:

- How to use a small fire extinguisher
- Car heating cables
- Smoke detector guide
- Home storage supplies

Appendix A How to use a small fire extinguisher

A.1 Extinguishers

- Turn the extinguisher upside down and shake the extinguisher to ensure the powder's running.
- Remove the safety pin.
- Approach the fire from the direction of the wind.
- If you are indoors, approach low on the floor, as this will improve the visibility.
- Take a hold of the extinguisher's hose from the end and direct the extinguishing substance at the base of the flames, don't cut through them.
- Start extinguishing from the front and continue towards the back, or from bottom to top.
- Extinguishing can be improved with a back and forth motion.
- The whole area that is burning must be covered in the extinguisher cloud.
- After the flames are extinguished the extinguishing can be stopped.
- Observe the burnt object and make sure that the fire is out.
- If the target catches fire again, repeat the extinguishing.

A.2 Extinguishing blankets

- Take a hold of the corners of the blanket and protect your hands by placing them inside the blanket.
- Step on the blanket with your foot; this will prevent the flames from getting to your face.
- If you are outside, approach the fire from the direction of the wind.
- Extend your arms straight.
- Spread the blanket over the fire.
- Hold the blanket tightly over the fire and make sure that the fire is extinguished.
- Protect yourself while lifting the blanket as the fire can re-ignite.
- Make sure once more that the fire is extinguished.

Appendix B Car heating cables

Car heating cables should be detached from the power outlet and the cable in the outlet should not be left hanging on the heating pole. The cover of the outlet box should also be kept locked.

An open outlet box and a freely hanging heating cable with voltage cause danger of an electric shock. If the plug-in unit falls into a puddle or snow, it may electrify the surrounding area. In addition, the heating cable may break and become a hazard while clearing snow in the area, for example. An open outlet box is susceptible to vandalism.

Users should be advised on the safe use and storage of the car heating cable. The housing organisation is responsible for the safety of the property, and if, for example, an external party is injured, the housing organisation will be held responsible. A car user who has incorrectly left the cable attached to the outlet is also responsible for their part for any possible damages.

When pre-heating a car, you should only use a heating cable suitable for the purpose and an interior space heater designed for cars. Using an extension cable should be avoided as extension cables are generally not child-proof and they are easily left on the ground, where they are subjected to water, dirt and snow. The connection cable and condition of the plugs should be checked at regular intervals.

If the car heating equipment is not used or their condition is not preserved, danger of an electric shock to the user or another person follows. It also poses a fire hazard.

Appendix C Smoke detector guide

Install the fire alarm in the ceiling

Fire alarms are placed on the ceiling because smoke rises. If the apartment includes more than one floor, each floor should have its own fire alarm.

Also remember the following the instructions when installing the fire alarm:

- Place the fire alarm on the ceiling in the centre of the room in a place that will have unobstructed exposure to any smoke.
- Install the fire alarm at least 50cm from any walls, corners or ceiling beams.
- Do not install the fire alarm close to any small windows or ventilation channels. The flow of air may prevent smoke from coming in contact with the fire alarm.
- Do not place the fire alarm in the kitchen or in any damp or very dusty places.
- Follow the installation instructions that come with the fire alarm.

** Keep the fire alarm in good condition and test it monthly**

Fire alarms can collect dust quite easily, making the alarm go off erroneously. The alarm should be cleaned once a year.

Appendix D Home storage supplies

Home storage supplies are a part of a housing company's residents' independent protection. Surprising circumstances are easier to overcome when you have a home storage supply at home. Home storage supply means those food and other daily goods that are stocked up on more than normally needed in weekly/monthly use. The home storage supply should last for several days, even a week. The home storage supply consists of everyday groceries and items, which are stocked up on as they are used up. This way the groceries and other items stay fresh and usable.

A situation where you cannot get to the store can surprise you for many reasons. A person living alone can get sick and is not able to go shopping or a member of the family can fall sick. The wider society is vulnerable as well; there can be a strike, traffic connections may break down, or there might be a wider disturbance in the electricity grid. There can be an accident which closes the stores or prevents you from going outside. Additionally, distribution disturbances can prevent goods from getting to the stores as well as getting items from the store.

Each family has their own kind of home reserves consisting of usual groceries. The contents of the home reserves can differ based on the household's food preferences and also include containers for storing water, medicine, iodine tablets, as well as household-specific necessities. The home reserves should last at least a week, preferably two – home reserves are continuously used and restocked continuously.

The home reserves also include essential supplies, of which there must be a supply for the same period as in the case of food. These are, amongst others, personal medication, hygiene products, nappies, a battery-powered radio, an electric flashlight and batteries.