

## Free checklist

# Blackout immediate check: the first 30 minutes

What you should check, secure and prepare immediately after a power cut.

### Important

Work through this list calmly from top to bottom. The aim is not panic, but order: check safety, gather information, save energy and prepare for the next few hours. This checklist is intentionally practical. It does not replace official warnings, medical advice or expert assessment of specific hazards. In acute danger, emergency services, local authority information and official warning channels take priority.

## 1. Stay calm and briefly assess the situation

- Take a short breath. Do not make rushed decisions.
- Check: is only your own flat or house affected, or are neighbours, the stairwell, the street or the surrounding area also affected?
- Check the fuse box only if it is safe to do so.
- If there is a smell of fire, smoke, sparks, a scorched smell or wet electrical areas, keep your distance and get help.
- Do not use lifts. If someone is trapped in a lift: keep them calm and contact the property manager or emergency services.

### Rule of thumb

Safety first, comfort second. A power cut is unpleasant - it usually becomes dangerous because of the wrong reactions.

## 2. Secure light and trip hazards

- ☐ Place a torch, head torch or rechargeable lamp within reach.
- ☐ Use candles only if they stand securely and are never left unattended.
- ☐ Remove trip hazards: cables, shoes, toys and wet patches.
- ☐ Light stairs, entrances, bathroom and kitchen first.
- ☐ Bring children, elderly people and pets to a safe area.

## 3. Protect appliances and save energy

- ☐ Switch off the cooker, iron, kettle, fan heater and other heat-producing appliances.
- ☐ If necessary, unplug sensitive devices: computer, TV, router and chargers.
- ☐ Leave one light switched on so you can see when the power returns.
- ☐ Put your mobile phone into power-saving mode.
- ☐ Use power banks, rechargeable batteries and solar lamps carefully - do not use everything up immediately.

## 4. Keep fridge and freezer closed

- ☐ Keep the fridge door closed.
- ☐ Do not open the freezer unless it is necessary.
- ☐ Do not check perishable food unnecessarily.
- ☐ If available, monitor the thermometer in the fridge/freezer.

### Food

With the door closed, a fridge typically stays cold for only a few hours. A full freezer lasts significantly longer than a half-full one. Therefore: keep the doors closed.

## 5. Get information

- ☐ Switch on a battery, wind-up or solar radio.
- ☐ Check an official warning app or authority channel if mobile reception or internet is working.
- ☐ Do not keep refreshing news constantly - save battery.
- ☐ Briefly ask neighbours whether they are affected or need help.
- ☐ Use emergency numbers only for genuine emergencies.

## 6. Prepare water while it is still running

- ☐ Fill clean bottles, canisters or pots with drinking water.
- ☐ For toilet/washing, also fill buckets, tubs or the bath with utility water.
- ☐ Keep drinking water and utility water clearly separate.
- ☐ Secure water for babies, medication or care first.

## 7. Check people in the household

- ☐ Is everyone at home or reachable?
- ☐ Does anyone need medication, an oxygen device, ventilation, cooling or other electrical aids?
- ☐ Inform children in an age-appropriate way: calmly, briefly and without dramatising.
- ☐ Secure pets, provide water and keep a transport box within reach.
- ☐ Agree a fixed meeting point or way to make contact in case someone joins later.

### Medical devices

If life-critical devices need electricity, do not improvise. Contact emergency services, an out-of-hours medical service, care contact or local utility provider early.

## 8. After 30 minutes: make a decision

- Is it a short outage or does it seem more widespread?
- Are water, light, communication and important medication secured?
- Does anyone need to be informed or picked up?
- Will cooking, heating or cooling become an issue over the next few hours?
- If the power cut lasts longer: switch to the 72-hour checklist.

## My most important contacts

| Contact            | Telephone number | Note |
|--------------------|------------------|------|
| Family / household |                  |      |

| Contact                      | Telephone number | Note |
|------------------------------|------------------|------|
| Neighbour / property manager |                  |      |
| Doctor / care / pharmacy     |                  |      |
| Local energy supplier        |                  |      |
| Meeting point                |                  |      |

## Technical orientation

The contents have been written independently and structured for Blackout-Tip.com. From a technical perspective, they are based on publicly available recommendations from official bodies:

- Federal Office of Civil Protection and Disaster Assistance (BBK): guides and checklists for emergency preparedness.
- Ready.gov / FEMA: recommendations on emergency kits, water, food and behaviour during power cuts.
- CDC / FoodSafety.gov: food safety guidance during power cuts.

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