

Power cut checklist: What should you have in stock?

Power cuts pose a challenge. But if you prepare well in advance, you will be able to manage without going shopping for a few days!

Make sure you have a supply of items such as matches, lighters, candles, tea lights, torches, solar lamps, reserve batteries, a battery-operated radio or car radio and also cash. If you have a car, make sure you have enough fuel in the tank.

Keep a few days' supply of food and drink in stock. You can expect to need 2 litres of liquid per person per day. This could be mineral water, juice and long-life milk. Choose foods that do not need to be refrigerated and can be prepared without cooking (e.g. muesli, nuts, fruit, tinned cold meat and fish, long-life bread, dried fruit). When getting in your supplies, don't forget to stock up on medication and pet food.

Further information on stocking up

Federal Office for Civil Protection
and Disaster Assistance
www.bbk.bund.de



Guide for emergency provisions
and what to do –
"My personal checklist"

Further information about power cuts

Federal Office for Civil Protection and
Disaster Assistance

https://www.bbk.bund.de/EN/Prepare-for-disasters/Recommendations/Electric-power-breakdown/electric-power-breakdown_node.html



NINA warning app:

https://www.bbk.bund.de/DE/Warnung-Vorsorge/Warn-App-NINA/warn-app-nina_node.html



Frankfurt Fire Brigade

General information:
www.feuerwehr-frankfurt.de
Emergency information map:
<https://fwffm.info/karte>



Issuer

City of Frankfurt am Main
Department of Climate, Environment and Women
Department of Law & Order, Security and Fire Safety
frankfurt.de

Title illustration: Heldenstaten
Photo Rosemarie Heilig: Katharina Dubno
Photo Annette Rinn: FDP (Free Democratic Party) District Association Frankfurt am Main



Hints and tips on how to save energy,
stocking up on supplies and what to do
in a power cut



Rosemarie Heilig
Councillor for Climate,
Environment & Women



Annette Rinn
Councillor for Public Order,
Security and Fire Safety

Dear Frankfurt residents,

The electricity supply in Germany is one of the most secure in Europe. Even though large-scale and long-lasting power cuts are unlikely, the risk has risen due to the Russian invasion of Ukraine.

Experts currently expect our energy supplies to be adequate to get us through the winter. However, we need to keep on saving energy and prepare ourselves for an emergency situation.

If there should be a large-scale, long-lasting power cut, the effects will be felt in all areas of our lives. This is why we should all prepare well in advance so that we can manage this situation.

This kind of crisis can only be overcome if we all work together. We all have a part to play in managing the serious consequences of a potential power cut. This starts with stockpiling provisions and moves on to community spirit and mutual support through the crisis.

With our useful hints and tips we can get through the winter with prudence and a real sense of solidarity.

Best wishes,

(Rosemarie Heilig)

(Annette Rinn)

Saving energy together. Do your bit!

To ensure that we have sufficient energy supplies to see us through the winter, the German Government is calling for energy savings of 20%.

You should get into good habits of avoiding unnecessary energy use. This includes standby operation of electrical devices such as televisions and computers, tumble dryers and half loads in washing machines.

Bleed your radiators and keep them on a moderate setting (maximum 2 or 3).

Turn out the lights when you leave a room.

Please remember that additional electric heaters place a strain on the electricity grid and could lead to a power cut. It is better to wrap up well in warm clothes and blankets.

Stadt Frankfurt am Main
frankfurt.de/energiefragen



Further information on how to save energy:
klimaschutz-frankfurt.de

Frankfurt pulls together

If you do not need your energy rebate, you could donate it to a crisis fund for people in need of urgent support: weitergeben-frankfurt.de

Donation Account:
Frankfurt Youth and Social Welfare Office,
designated charity: „Weitergeben“
IBAN DE18 5001 0060 0000 7356 02

What to do in a power cut

If a power cut lasts for a prolonged period, many areas of public life can be affected: Traffic, traffic lights, telephone, internet, cash point machines, supermarkets, fuel stations, lifts and much more.

Keep in touch with your neighbours and help each other out.

Use a battery-operated radio to follow official information. A car radio can also be used. Follow all official advice and instructions.

Take note of the instructions provided by the Federal Office for Civil Protection and Disaster Assistance (BBK). The emergency tips can be found in the NINA warning app, even if you are offline. We recommend that you read through these now in preparation.

Emergency reporting points in Frankfurt am Main

In the event of a power cut, the fire brigade will set up a series of decentralised emergency reporting points. These are the fire and rescue centres of both professional and volunteer fire brigades and some other public places. If the telephone network fails, you will be able to report any emergencies there.

Find out now where your nearest emergency reporting points are. You can find an overview of fire and rescue centres on the fire brigade's emergency information map.

If there is a power cut, listen to the radio to find out the location of other emergency reporting points.