

Bellevue Distribution Center

Tenant Emergency Preparedness

Wright Runstad & Company
1100 Olive Way, Suite 300
Seattle, WA 98101
206-515-4750

F I R E

Your Role:

1. Although our building systems will detect a fire and activate the alarm, if you discover a fire call 911 then the Property Management Office at (206) 515-4750. If the fire is small enough and you have been trained, extinguish the fire with a fire extinguisher.
2. Designate Search Monitors (assistants) to help you in an emergency. Designate Search Monitors at each stairwell to promote safe evacuation of personnel into stairwells.
3. Check offices, rest rooms and conference rooms after evacuation to ensure no one is left behind. Close all doors behind you.
4. Provide necessary assistance during the evacuation. If needed, use the intercom in the stairwell and Property Management or Seattle Fire Department personnel will assist you.
5. When all assigned duties have been completed, proceed four floors down or as directed by Property Management.

On the Receiving Floor:

1. Guide evacuees onto the receiving floor and direct them to wait in the elevator lobby until an announcement is made to return to your floor.
2. Follow your company's procedure for roll call, etc. before returning to your floor.

Safe Refuge Area:

1. During a partial building evacuation, the "Safe Refuge Area" is the stairwell landing on your floor. Wait near the stairwell exit until everyone has evacuated the floor and traffic in the stairwell has cleared; enter the stairwell. Any persons needing special assistance should remain here with two assistants and wait for further instructions.

Our Role:

1. Investigate the alarm location prior to arrival of the Seattle Fire Department.
2. Escort the Seattle Fire Department to the alarm location and assist in the investigation.
3. In the event of a fire, the Seattle Fire Department will assume control of the incident and direct us accordingly.
4. Reset the fire alarm system and make a building-wide announcement after the "All Clear" has been given by the Seattle Fire Department.

EARTHQUAKE

Your Role:

Preparing for an Earthquake:

1. Train coworkers on earthquake response procedures.
2. Encourage coworkers to keep a 3-day supply of food, water, comfortable clothing, etc. in their workspace. Keep flashlights, radios and batteries on hand. Property Management will not provide these items in the event of an emergency.
3. Inform your coworkers that occupants of higher floors will experience swaying of the building; lower floors will experience the most abrupt shaking.

During an Earthquake:

1. Drop, Cover and Hold: Get under a table or desk and hold onto one of the legs or the top. Be prepared to move with the table or desk.
2. Stay away from windows and glass partitions, and turn your face away from them. Grab anything handy, such as a coat, a cushion, pillow, blanket, newspapers or even a cardboard box, to shield your head and face from falling debris and splintering glass.
3. Wait until the earthquake stops before moving from your location. Be prepared for aftershocks.

Immediately Following an Earthquake:

1. Remain quiet and calm. Listen for a building announcement over the public address system and follow the instructions.
2. Assess the condition of your coworkers. Call 911 to report injuries. Be a calming example for your coworkers.
3. Inspect your floor and make a list of noticeable damage to your space. Submit the list to Property Management when they arrive on your floor.
4. Unless instructed otherwise by Property Management, do not exit the building during or immediately after an earthquake. Most earthquake-related injuries occur while someone is outside of a building.
5. Listen to news reports to ensure that areas and roads you will need to get home are in fact undamaged and traffic is moving.

Our Role:

1. We will make a building-wide announcement to confirm that an earthquake has occurred and provide further instructions.
2. We will assist the Seattle Fire and Police Departments in their emergency response.
3. We will inspect the property to assess damage and potential danger to occupants.
4. If necessary, we will coordinate an organized, full building evacuation after receiving instructions from the Seattle Fire and Police Departments.

P O W E R O U T A G E

1. Remain calm and in place.
2. If possible, call the Property Management Office at (206) 515-4750 and tell them the specific problem, i.e. loss of outlet power, no lights, etc.
3. If you experience a total power failure, turn on a battery-operated radio to find out what is happening in your area. Listen for an announcement from Property Management.
4. Unplug all electrical equipment and turn off light switches. When power returns it may surge equipment that was left on prior to the outage.
5. If evacuation is necessary, evacuate to your designated area.
6. If it is necessary to close the building, monitor local news reports or contact the Property Management Office at (206) 515-4750 to find out when the building is open again.

Our Role:

1. We will make a building-wide announcement to provide further instructions.
2. We will assist the Seattle Fire and Police Departments in their emergency response.
3. If the power outage is known to continue for an extended period of time, we will evacuate and close the building until power is restored.

B O M B T H R E A T

Your Role:

If the threat is via phone:

1. Use the checklist in your Emergency Response Manual to gain as much information as possible from the caller.
2. Signal a coworker to call 911 and then call the Property Management Office at (206) 515-4750. Notify your supervisor.
3. The Seattle Police Department will not search for a bomb in your office space. They rely on the occupants of a space to identify anything that is out of place, suspicious, etc. Please be prepared to search your space to identify anything suspicious.

If the threat is related to an unidentified package, box, bag, etc. in an office area:

1. Call 911.
2. Call (206) 515-4750 (Property Management Office).
3. Move all employees away from the area.

Our Role:

1. We will escort the Seattle Police Department to your floor.
2. We will notify the tenants above and below the affected floor, adjacent tenants on multi-tenant floors, and other floors as advisable, and provide them the information we have.
3. The manager of the tenants above and below the affected floor will make the judgment as to whether to evacuate or not, unless the local authorities make that decision for us.

S U S P I C I O U S P A C K A G E

1. Become familiar with the warning signs of a suspicious package. Train all coworkers, particularly those who handle mail frequently.
2. Do not open the article.
3. Isolate the package and secure the immediate area.
4. Do not place the package in water or a confined space such as a drawer or filing cabinet.
5. Call 911.
6. Call the Property Management Office at (206) 515-4750.

Our Role:

1. We will escort the Seattle Police Department to your floor.
2. We will support the Seattle Police Department while they investigate the package.

S U S P I C I O U S S U B S T A N C E

1. Call 911. It is important that the phone call come from the affected floor so that the Seattle Fire Department and Police will know exactly the floor from which the call was made.
2. If applicable, contact your company's designated emergency number.
3. Call the Property Management Office at (206) 515-4750 and leave a contact name and phone number where we can reach you again.
4. Identify a point person on the floor with whom the Fire and Police personnel may talk. They will want to talk with that person on the phone before going to the floor.
5. If possible, isolate the substance by closing a door, or if in an open area, putting an empty trash can or other container over it.
6. Anyone in contact with the substance should wash his or her hands with soap.
7. Further, those in contact with, or in the immediate area of the substance, should isolate themselves from everyone else on the floor to prevent cross-contamination.
8. Make a list of every person in or near the location of the substance.
9. Do not allow anyone to leave the floor or enter it via the elevators or stairwells. It is important to know who may have been exposed, to not have others exposed and to be sure that if anyone needs treatment, they are readily identifiable.

Our Role:

1. Help isolate the floor from the lobby via the card access system.
2. Shut off the HVAC to the floor so that air movement does not disturb the substance.
3. Follow the instructions of the Seattle Fire and Police Departments until given the "all clear."

M E D I C A L E M E R G E N C Y

1. Encourage your company to keep an updated list of emergency contact telephone numbers for all employees. In the event of a medical emergency, it will expedite calling a family member.
2. Keep a list of employees on your floor that are certified in CPR.
3. If someone on your floor experiences a medical emergency, call 911 first.
4. Call the Property Management Office at (206) 515-4750 and leave a contact name and phone number where we can reach you again.
5. Send someone to the elevator lobby on your floor to meet the arriving medical emergency rescue team and escort them to the individual needing assistance.

Our Role:

1. Escort the medical emergency rescue team to your location.
2. Escort the medical emergency rescue team out of the building to the ambulance.

RESOURCES

Refer to the following online resources for additional information:

Centers for Disease Control <i>Biological and Chemical Hazards</i>	www.cdc.gov
Emergency Email Network <i>Sign Up for Free Local Emergency Alert Emails</i>	www.emergencyemailnetwork.com
Federal Bureau of Investigation <i>Biological and Chemical Hazards</i>	www.fbi.gov
Govlink <i>Emergency Information in King County</i>	www.govlink.org
King County Red Cross <i>Emergency Preparation Emergency Kits for Sale Assisting the Disabled CPR Instruction</i>	www.seattleredcross.org
Seattle Fire Department <i>Fire Safety, Floor Warden Information</i>	www.cityofseattle.net/fire/home.htm
Washington State Department of Health <i>Biological and Chemical Hazards</i>	www.doh.wa.gov
United States Postal Service <i>Mail Safety</i>	www.usps.gov