

## Travelling in Areas Prone to Natural Disasters

As a locum health professional, you may be required to travel to rural and remote areas of Australia where natural disasters such as cyclones, flooding, and bushfires can occur. Being prepared and knowing how to respond in an emergency can ensure your safety.

---

### Cyclones

#### Before Travel:

- Check cyclone warnings via the Bureau of Meteorology (BOM) ([www.bom.gov.au](http://www.bom.gov.au)).
- If there is a possibility of a cyclone pack an emergency kit with water, food, flashlight, radio and first aid supplies.
- Have a backup communication plan if mobile networks go down or are limited. eg. Keep contact numbers of family/friends written down and agree on a plan for how you will communicate with them in an emergency. Ensure they have the contact details of where you are working. Have a backup battery/power source for your mobile devices.

#### During a Cyclone:

- Seek shelter in a secure building away from windows.
- Avoid travelling outside until authorities declare it safe.
- Listen to emergency broadcasts via ABC Radio or local authorities.
- If you require assistance contact SES (dial 132 500) or in an emergency dial 000

#### After a Cyclone:

- Watch for hazards like downed power lines and flooding.
  - Follow emergency services' instructions before venturing out.
- 

### Flooding

#### Before Travel:

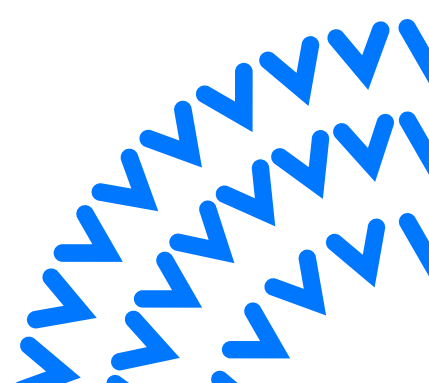
- Monitor flood warnings at BOM or State Emergency Services (SES) websites.
- Identify alternative routes in case of road closures.

#### During a Flood:

- Never attempt to drive or walk through floodwaters.
- Move to higher ground if flooding occurs suddenly.
- If you require assistance contact SES (dial 132 500) or in an emergency dial 000

#### After a Flood:

- Avoid contaminated water and damaged roads.
  - Follow local health warnings on water safety.
- 



## Bushfires

### Before Travel:

- Check fire danger ratings via the respective state's fire service website (e.g., [www.rfs.nsw.gov.au](http://www.rfs.nsw.gov.au) for NSW, [www.cfa.vic.gov.au](http://www.cfa.vic.gov.au) for Victoria).
- Pack a fire survival kit (N95 masks, long-sleeve clothing, emergency contacts).

### During a Bushfire:

- Follow evacuation orders immediately—do not delay.
- Stay inside a well-prepared building with fire safety measures/systems in place and supplies to sustain you if unable to evacuate.
- Monitor updates via the National Bushfire Warning System
- If you require assistance contact SES (dial 132 500) or in an emergency dial 000

### After a Bushfire:

- Check in with local emergency services before returning to affected areas.
- Avoid breathing in ash or entering damaged structures.

---

## Key Contacts & Websites

- **Emergency Services:** Dial **000** for immediate assistance.
- **Bureau of Meteorology (BOM):** [www.bom.gov.au](http://www.bom.gov.au)
- **State Emergency Services (SES):** Dial **132 500** or visit state-specific SES websites.
- **ABC Emergency:** [www.abc.net.au/emergency](http://www.abc.net.au/emergency) (for live updates on disasters)
- **National Bushfire Warning System:** Check state-based fire authority websites.
- **Check with the local City Council in your location for updates**

---

## Final Tips

- Always inform your cmr consultant of your travel plans.
- Keep a printed map in case GPS fails.
- Have extra food, water, and fuel in remote areas.
- Stay calm and follow official advice in emergencies.
- Make sure your all your contact details and emergency contact details are up to date with cmr

In the event you need to contact cmr during or out of business hours, please call **1300 267 300**

Being prepared can save lives—stay informed and stay safe!

Happier healthcare recruitment.

3/100 Brookes Street,

**1300 267 300**  
**cmr.com.au**

