FREE PRINTABLE · THE FAMILY SECURITY PLAN

Fridge emergency sheet

Post this inside a kitchen cabinet or on the fridge, and point it out to every sitter and guest.

Emergency: 911 · UK: 999 or 112

OUR ADDRESS

ADDRESS

NEAREST CROSS STREET OR LANDMARK

CALL

PARENT 1	PHONE	
PARENT 2	PHONE	
BACKUP ADULT	PHONE	
OUT-OF-AREA CONTACT	PHONE	

MEET

OUTSIDE OUR HOME

IN THE NEIGHBORHOOD

SHUTOFFS

WATER	GAS	POWER

MEDICAL

ALLERGIES

MEDICATIONS

CONDITIONS & DOCTOR'S PHONE

Poison Help (US): 1-800-222-1222 · **UK:** NHS 111

In a fire: **get out, stay out,** and call 911 from outside.

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This sheet is page 39 of something bigger

The Fridge Emergency Sheet comes from **The Family Security Plan (2027 Edition)**, a 42-page fillable plan written by Yair Arad, a former bodyguard and private investigator with 15+ years in security and investigations.

- **Home security audit:** the outside walk-around, doors and locks, lighting, cameras, Wi-Fi
- **Emergency plans:** contacts, meeting points, fire escape map, go-bag and car kit
- **Kids' safety:** family code word, safe pickup plan, “If I get lost” rules, child ID pages
- **Babysitter security briefing** and sitter vetting questions
- **AI-era safety:** a family safe word against voice-clone scams, social media rules
- **Investigator-style logs** and cut-out wallet cards

GET THE FULL PLAN

securitydogma.com/home-safety/family-security-plan

Instant download · fillable and printable · US Letter and A4

