

This publication contains information about:

The Automatic External Defibrillator (AED)

Park rules

Waste separation and bulky waste

Fire safety in the bungalow

Postal adress of your bungalow (see map)

Map of the park

 **Natuurpark de Oostvaardersplassen**
Natuurpark de Oostvaardersplassen, 1715 ZH, Almere

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Contact :: secretaris@parkwildrijk.nl

Automatic External Defibrillator (AED)

You will find this on the side of the post house at the entrance of the park.



In case of emergency

Always phone 112 first (you or someone else).

For help in the area, please call the emergency number:
085 467 4371

Possibly someone from the park may be able to help you.

See page 3 for some examples of how to use the AED.

PERFORMING A RESCUE

1



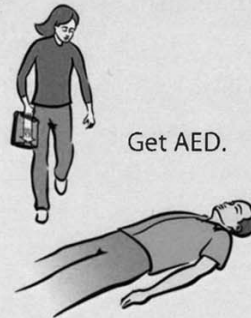
Is patient responsive?

2



Call emergency services!
112!!!

3



Get AED.

4



Place AED on ground.
Open lid.

5



Remove clothing.
Expose chest.

6



Attach pads.

7



Do not touch the patient.

8



If required, AED will deliver
shock automatically.

9



If present, place CPR device.

10



Follow AED prompts.
Give compressions.

11



If instructed, give breaths.

Automatic AED



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Park rules

- Follow the parking plan instructions when parking your car and/or trailer. Visitors park their cars in the front parking lot, right or left of the barrier
- Users of the Park are requested to refrain from offensive behaviour and particularly noisy activities between 10 p.m. and 8 a.m.
- Keep dogs on a leash, not on the paths between the bungalows, clean up the mess yourself in the event of accidents (lawful obligation).
- Do not confine dogs alone in the bungalow to avoid whining and barking: have consideration for your neighbours.
- It is dangerous to let children play at the barriers and on the main road.
- Do not ride motorbikes and/or mopeds on the walking paths.
- Rubbish must be disposed of in closed plastic bags in the designated container. Cardboard and paper – compressed – in the blue container and glass and bottles in the green container.
- Do not deposit discarded furniture, mattresses, etc. near the containers, but take them to the "Bulky waste containers", to the right of the entrance. Make an appointment for this at the secretariat (secretaris@parkwildrijk.nl).
- You or your building contractor are responsible for the removal of construction waste, such as rubble, roofing and the like, as well as garden tiles and sleepers.
- Take your bulky waste preferably to your own municipality. The Schagen waste collection station, environment street at Zijperweg 12b in Schagen, does not always accept your bulky waste.
- You can take re-usable items to the RataPlan Recycle Store in Schagen, De Korte Fok 4 in Schagen.
- Take grass waste to the designated bins.

Glass:

Glass can be disposed of in the large green glass containers.

Paper and cardboard:

You can place this in the blue containers.

Please make the cardboard boxes as flat as possible.

Residual waste:

That's what the grey containers are for.

Dog waste bags:

You will find these at the post house in a green dispenser.

Put the full bags in the grey waste containers

Bulky waste:

This is on call.

Send an e-mail to: secretaris@parkwildrijk.nl

State your name, telephone number and bungalow number.

You will be called back for an appointment.

If possible, please minimize the size of the bulky waste

Fire safety at home

An average living room burns completely within 3 to 4 minutes. That is why it is very important that people know how to save themselves in these crucial minutes, before arrival of the fire brigade. Provide smoke detectors and fire extinguishers, practice an escape route with your family or housemates. You can then be sure that you are prepared for a fire.

Living room

Lights

Halogen light bulbs generate a lot of heat. Do not hang them too close to the ceiling or the curtains, as they could catch fire. Even better: replace them with energy-saving lights or LED lights.

Candlelight

Candlelight is cosy, but sometimes dangerous. Do not use real candles or light candles near curtains or in draughty locations. Always place candles in a sturdy candlestick and place tea lights on a non-flammable surface.

Television

Switch off a television with a picture tube (recognizable by the protruding back) when you go to sleep or when you leave the house. These TV's attract dust and become so hot that the dust can ignite. Flat screens produce much less heat and less dust. If your TV can only be switched to standby, there is little chance that it could cause a fire.

Power strips

Handle power strips with care. Use approved, undamaged power strips and do not simply connect them together. Too many electric outlets on one group can cause overheating and fire.

Take care with power cables. Regularly check loose cables for damage and do not place them under a carpet or mat. Always unroll the cable reels before using them. Rolled up reels can overheat and cause a fire.

Bron: Brandweer

<https://www.brandweer.nl/brandveiligheid/thuis-brandveilig>

Fire safety at home

Bathroom

If the power is switched on again after a power cut, it can be dangerous. For example, a hair dryer that was turned on when the power was cut may cause a short circuit due to the sudden power surge. As a precaution, you must therefore remove all plugs from the socket in the event of a power cut, especially when you leave the house. Do not forget to clean the mechanical ventilation valves regularly. A lot of dust collects here over time, which can ignite in the event of a short circuit.

Bedroom

Electric blankets can cause fire due to short circuit or overheating. Use them in correctly. When you remove the electric blanket from the cupboard after the summer, test it before use. The wiring can be damaged and cause a short circuit. If you are not using the blanket, store it rolled up. Wiring can damage when folded. If you fall asleep, a burning cigarette can cause a fire quickly. Smoking in bed is a common cause of a (fatal) home fire. Synthetic bedding in particular catches fire quickly.

Kitchen

Switch off an electrical frying pan immediately after use. Overheating can cause a serious fire. If the pan catches fire, turn off the heat immediately and cover the pan with a suitable lid or a fire blanket. Also switch off the extractor hood immediately. Never extinguish with water! This can lead to a large flash. Allow the pan to cool for at least 15 minutes. Keep matches and lighters away from children!

Bron: Brandweer

<https://www.brandweer.nl/brandveiligheid/thuis-brandveilig>

Fire safety at home

Avoid chimney fire

Every year there are more than two thousand chimney fires in our country. The cause is usually a dirty or clogged chimney. If you burn wood, coal or oil in your stove or fireplace, unburned particles enter the chimney. They form a tar-like, highly flammable layer. It is therefore important that the chimney is regularly swept.

Tips

Place a bucket of sand next to the fireplace / stove / chimney. Have the chimney cleaned at least once a year by a recognized company. It is best to check the chimney for bird's nests in May. Around October it is also good to check the fireplace. Have the chimney checked regularly for cracks and leaks.

Chimney fire! And now?

A chimney fire can be recognized by a roaring sound in the flute. Immediately close the air supply with the chimney valve and extinguish the fire with sand. Never use water, this can cause an explosion!

In lightning storms, lightning can go through the chimney and through the fireplace to the living room. So stay away when it comes to thunder.

Call 112 !!!

Carbon monoxide

Beware of carbon monoxide poisoning

The chimney for example can be blocked by a bird's nest, mortar or stones. There is then too little or no "draft", so that the smoke flows back into the room. You then run the risk of fatal carbon monoxide poisoning. Good maintenance is therefore important. The chimney sweeps remove the dirt from the chimney and check for loose parts and cracks. Note: more pollutants are released when burning with a fireplace or stove.

Bron: Brandweer

<https://www.brandweer.nl/brandveiligheid/thuis-brandveilig>

Fire safety at home

Extinguishing media

Why an extinguishing agent?

If you have the right fire extinguishers at home, you can extinguish a fire yourself.

It is more important to bring yourself and your housemates to safety. And always call 112, as you do not know if the fire remains manageable. Also keep in mind that smoke is always toxic. Breathing smoke is therefore life threatening!

Water

You usually have enough water to extinguish a fire. Beware! Do not extinguish a fire of oil or fat or an electrical appliance with water!

Fire extinguisher

There are different types of fire extinguishers. Have the fire extinguisher checked at least every two years. Thus you know for sure that it really works when you need it. You cannot use a fire extinguisher that long, therefore, be as close as possible to the fire source as long as it is safe for you. It works best if you spray with short movements, otherwise the canister is emptied quickly. Do not focus on the flames, but on the material that burns.

Foam extinguishers are ideal for extinguishing small fires through solid and liquid substances, both at home and on holiday. They cause little damage when extinguishing and have a longer extinguishing time than powder extinguishers.

Fire blanket

A fire blanket is made of a fire retardant material. It is a practical extinguishing agent when a person's clothing catches fire, a fire from a fallen candle or a fire in a garbage can.

How to use the fire blanket:

Place it on the fire or wrap it around a victim. If you wrap it around a victim, start from the head and neck to prevent the smoke and flames from entering your face. Discard the blanket after use.

Bron: Brandweer

<https://www.brandweer.nl/brandveiligheid/thuis-brandveilig>

Fire safety at home

When a pan catches fire

- If possible, cover your hands / put on oven gloves.
- Cover the pan with a suitable lid or pan (place the lid or pan away from you). Switch off the heat source and turn off the extractor hood.
- Leave the pan with the lid on until it has cooled down completely (at least one hour).
- When in doubt, always call the fire brigade.

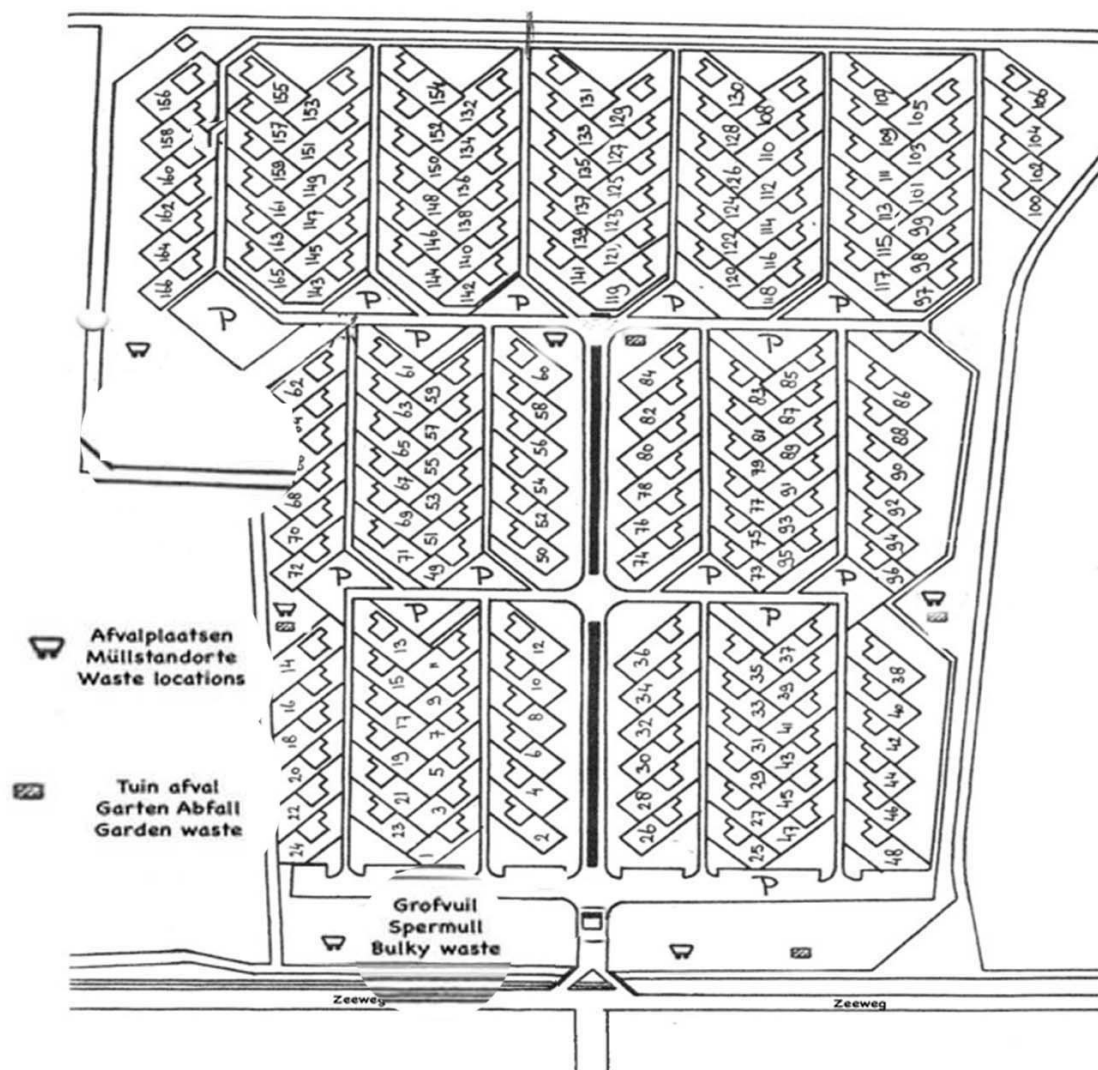
Smoke alarm

Smoke detectors help detect a fire on time and are a must in every home! When you sleep, you do not smell anything, but you hear a smoke alarm. That is why a smoke detector that makes sounds is so important. It gives you time to flee. A smoke detector can be your rescue. It is important that the smoke detector "monitors" the escape route from the bedroom to the outside. Hang smoke detectors near the bedrooms or in the hallway.

Bron: Brandweer

<https://www.brandweer.nl/brandveiligheid/thuis-brandveilig>

Map



The address of your bungalow is as follows:

Zeeweg 2 AH and then your bungalow number.

Example: Zeeweg 2 AH134

Please inform the various authorities so that your mail always arrives at the park.