Power cut cheat sheet

Alston Moor Emergency Response Group · amerg.org

When the power goes off

105 Power cut. Free, day or night	**01434 647247** Local emergency line	**999** Life in danger, or a fallen power line

01434 647247 is answered when AMERG is active – at other times it may not be answered. We are unpaid local volunteers, not a medical service.

1. Neighbours off too? If not, check your fuse box.
2. Ring 105 to report it and ask how long it may last.
3. Switch things off, but leave one light on so you know when power is back.
4. Keep the fridge and freezer doors shut. Check on neighbours.

Keeping going

- **Phone:** power bank, low-power mode.
- **Light:** torches, not candles.
- **News:** battery or wind-up radio.
- **Heat:** most boilers need electricity. Layers, blankets, hot water bottles, one warm room.
- **Cooking:** most camping stoves are for outdoor use only. Never a barbecue indoors.
- **Food:** fridge cold about 4 hours; full freezer about 2 days.

Stay safe

- **Generators outside only**, well away from the house. Never in a garage or shed.
- Never plug a generator into a house socket.
- Have a **carbon monoxide alarm**.
- Do not use a battery that is swollen, hot or damaged.
- Charge batteries on a hard surface, not a bed or sofa.

How long? (1,000 Wh power station)

LED light bulb (8 W)	about 1½ days
Router (12 W)	over a day
Fridge-freezer	about 15 hours
Heater or kettle	too much

From its 3-pin sockets. Small things last longer on its USB sockets. A 20,000 mAh power bank is about 3 to 4 phone charges.

Before winter

- ☐ Power banks charged
- ☐ Torches and spare batteries
- ☐ Radio
- ☐ Warm layers and flasks
- ☐ Food needing no cooking, and water
- ☐ Spare medicines
- ☐ Some cash
- ☐ Numbers written on paper

Free Priority Services Register (extra help in a power cut): Electricity North West **0800 195 4141**. **AMERG Vulnerable neighbours list:** join at amerg.org.

Full guide with calculators: **amerg.org/power-cuts.php** · General guidance only · November 2026