



The Grey Book — Templates & Forms

Put facts, plans, and handoffs somewhere more reliable
than working memory.

Actual emergency?

Stop reading and use the local emergency number. In the EU, call **112**. If calling is unsafe, get to a safer place or ask a trusted person to call.



What this book is for

- What fact needs a stable place?
- Who owns this form?
- When must it be replaced?

What this book does

Externalize facts, plans, logs, and handoffs that should not depend on working memory.

What it hands off

A completed form does not prove safety, competence, consent, or current local accuracy.

Contents

- Template catalogue — write when needed
- Mini contents
- How to read the resource band
- Use, update, replace
- Who fills what?
- Deployment cover and ownership card
- Location and access card
- Emergency call card
- Local professional contacts
- Comfort inventory
- Five-minute values bridge
- Observation and vital-sign log
- Nice-place and low-demand activity map
- Safe-place and exit map
- Medication, power, and care continuity card
- Household continuity board
- Feedback and field-note sheet
- Installation and wet-room audit
- Route drill and timing log
- First-aid figure usability review
- Maintenance and replacement inspection
- Remarks and handoff sheet
- Quiet activity sheet
- Take, replace, improve

Take a page. Put the needed fact on it. Replace it when the world changes.

The other books explain, decide, and escalate. **T — Templates** externalizes: it gives facts, plans, observations, and handoffs somewhere to live outside your working memory. Which matters when you are frightened, tired, hurt, overloaded, or holding a phone with one hand.

A blank form is not proof of preparation. A completed form is not proof of safety. These pages are small interfaces between attention and action.

The Grey Book's form-grid pattern and grey accent identify its figures and templates. Each page begins with one compact resource band containing exactly the information needed to recognize and cite it:



title, stable reference, and a short description. Privacy and related-resource notes remain secondary.

There are two public resource types:

- **Figure · Read only** — an authored depiction or a local reference sheet. A deployer may complete local facts before installation, but readers do not edit the installed copy. Replace it when those facts or privacy boundaries change.
- **Template · Write** — use a fresh copy for a new incident, observation, review, drill, or handoff.

Template catalogue — write when needed

A template is a reusable working page. Every template carries a title, stable reference, and short description before its writable content.

TEMPLATE · WRITE [BEG:T:F:003]

Emergency call card

A writable launch pad for the facts a dispatcher needs.

Privacy: shared-safe

Related: [BEG:A:G:005] Four responsibility clocks separate live harm, continuing effects, repair, and ongoing care.
[BEG:P:G:002] Six-field professional call packet: where, what, when, current state, danger, and callback number
[BEG:C:G:001] First-aid triage overview

TEMPLATE · WRITE [BEG:T:F:005]

Feedback and field-note sheet

Corrections, failed routes, local adaptations, and useful inventions.

Privacy: do-not-send-private-medical-data

Related: [BEG:R:G:001] Evidence labels used throughout the guide
[BEG:R:G:002] Two-pass guide topology with dependency modifiers

TEMPLATE · WRITE [BEG:T:F:006]

Five-minute values bridge

One value translated into one bounded next action.

Privacy: private-or-shared

Related: [BEG:A:G:004] Five-step repair sequence: stop, stabilize, tell, repair, and follow up.
[BEG:A:G:003] Four-part boundary map for requested support, refusal, uncertain capacity, and immediate danger.
[BEG:B:G:004] Overload control map showing intrinsic, avoidable, and stress loads with the headroom inequality

TEMPLATE · WRITE [BEG:T:F:011]

Observation and vital-sign log

Changes and actions recorded for a clinician or dispatcher.

Privacy: private

Related: [BEG:O:G:002] First 90-second body, room, and attention scan
[BEG:C:G:001] First-aid triage overview

TEMPLATE · WRITE [BEG:T:F:012]

Quiet activity sheet

Low-demand drawing, building, and folding prompts.

Privacy: shared-safe

Related: [BEG:B:G:002] Three optional breathing patterns

TEMPLATE · WRITE [BEG:T:F:013]

Blank remarks and handoff sheet

Blank space for observation, action, result, and next handoff.

Privacy: private-or-shared

Related: [BEG:A:G:004] Five-step repair sequence: stop, stabilize, tell, repair, and follow up.



TEMPLATE · WRITE

[BEG:T:F:015]

First-aid figure usability review

Usability test for action, sequence, geometry, and limits.

Privacy: anonymous-or-consented**Related:** [BEG:C:G:001] First-aid triage overview

[BEG:C:G:004] Adult chest-compression location using head, chest, hips, and feet as landmarks

[BEG:C:G:003] AED action sequence: turn on, attach pads, clear for analysis or shock, resume CPR

[BEG:C:G:005] Five-step recovery-position orientation

TEMPLATE · WRITE

[BEG:T:F:016]

Installation and wet-room audit

Wet-room readability, reach, privacy, glare, and physical handling.

Privacy: shared-safe**Related:** [BEG:R:G:002] Two-pass guide topology with dependency modifiers

TEMPLATE · WRITE

[BEG:T:F:017]

Maintenance and replacement inspection

Damage, stale facts, used supplies, and replacement actions.

Privacy: shared-safe**Related:** [BEG:Z:G:002] Household continuity systems and ownership fields

TEMPLATE · WRITE

[BEG:T:F:018]

Route drill and timing log

Calm-time timings and friction from finding to handoff.

Privacy: do-not-use-real-private-crisis-details**Related:** [BEG:R:G:002] Two-pass guide topology with dependency modifiers

Mini contents

[tpl.1.1]

Figures — read only after deployment

1. deployment cover and ownership card;
2. location and access card;
3. local professional contacts;
4. comfort inventory;
5. nice-place and low-demand activity map;
6. safe-place and exit map;
7. medication, power, and care continuity card;
8. household continuity board.

Templates — write on a fresh copy

1. emergency call card;
2. five-minute values bridge;
3. observation and vital-sign log;
4. feedback and field-note sheet;
5. installation and wet-room audit;
6. route drill and timing log;
7. first-aid figure usability review;
8. maintenance and replacement inspection;
9. remarks sheet;
10. quiet activity sheet.

Badger box — forms are handles, not homework

///

A useful form shortens the distance between “I should remember that” and “the fact is available when needed.” Leave irrelevant fields blank, cross out a bad prompt, and send the correction upstream. The paper works for the person; the person does not work for the paper.



How to read the resource band [tpl.1.2]

Every canonical figure or template begins with a generated identity band:

- **Title:** names the resource in plain language.
- **Stable reference:** [BEG: . . . :G: . . .] identifies a figure and [BEG: . . . :F: . . .] identifies a template even when page numbers move.
- **Short description:** states what the resource is for before its content begins.
- **Use mode:** **Figure · Read only** or **Template · Write**.
- **Privacy class:** decide whether the completed page may remain visible, requires local review, or belongs in protected storage.
- **Figures:** stable figure references point to the read-only depiction that explains or tests the same operation.
- **Support:** service references point to the professional route that can receive the completed packet.

The small related-reference line is navigation, not a second dashboard. Stable references make a copied page findable without adding another coloured box for every relationship.

Grey does not decide escalation. A form records the route, backup, destination, or threshold owned by the relevant book, service, clinical plan, product instruction, or official warning. When that source changes, the installed form changes with it — the paper is a copy of the rule, never a second version of it.

Use, update, replace [tpl.1.3]

1. **Use** only the fields relevant to the current action.
2. **Update** facts after a move, service change, failed route, care change, or privacy change.
3. **Replace** a detached page when its version, review date, physical condition, or local truth no longer matches the installation.

The stable address travels with the page. Sensitive content does not become safe merely because the form has excellent typography.

For a **local operational fact**, freshness travels with the fact. Where it applies, record the **source or authority, the date checked, a review-by date, and a backup source**. A number on its own is not the fact: scope, access channel, and hours are part of it, and they do not always match even for the same service. “We checked this recently” is provenance, not proof that a remote service is reachable this minute.

Who fills what? [tpl.1.4]

ROLE	OWNS	MAY SUPPORT	MUST NOT ASSUME
Author	generic structure, evidence, build, revision	examples and defaults	local numbers, rooms, relationships, consent
Deployer	local facts, placement, supplies, maintenance	calm-time completion with readers	permission to publish private medical or safety data



ROLE	OWNS	MAY SUPPORT	MUST NOT ASSUME
Reader	moment-to-moment observations and choices	feedback and personal plans	responsibility for maintaining the whole installation
Helper	factual observations and agreed actions	calls, writing, transport, handoff	authority over the affected person when they can decide

Comfort inventory belongs to both reader and deployer. The deployer makes resources findable; the reader decides what is useful. A blanket can be stocked without being compulsory. This resolves the false choice between “the reader should know themselves” and “the deployer should prepare the room.” Preparation and agency are different jobs.

Deployment cover and ownership card

[templ.1.5]

FIGURE READ ONLY	[BEG:T:G:002]
Identity, ownership, version, and review date for this copy.	
Prepared by: deployer before installation; replace when local facts or privacy boundaries change.	
PRIVACY: SHARED - SAFE	
See also: figures none required · support named local service when applicable	

Why: An unlabeled guide slowly becomes archaeology. Someone needs to know which copy this is, who maintains it, and when local facts expire.

FIELD	LOCAL VALUE
Copy / site name	
Exact placement	
Deployer or maintainer	
Guide version	5.1.1
Local customization revision	
Build commit	
Built on	
Last local check	
Next local check	
Replacement copy location	
Online guide	https://be.fkr.dev
Project and participation	https://bathroom-emergency.fkr.dev
Feedback	bathroom_emergency@fkr.dev



Location and access card

[tmpl.1.6]

FIGURE | READ ONLY

[BEG:T:G:006]

Verified address, access barriers, exits, and meeting point.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: SHARED-SAFE

See also: figures [BEG:P:G:002] Six-field professional call packet: where, what, when, current state, danger, and callback number, [BEG:D:G:003] Six-field safe-place confirmation packet · support [BEG:P:C:009] rescue service and fire brigade, [BEG:P:C:008] police

Why: Dispatchers can work with imperfect prose. They cannot send help to an emotionally accurate but geographically unspecified bathroom.

LOCATION FACT	FILL BEFORE DEPLOYMENT
Street, number, postal code, city, country	
Coordinates	
Height above sea level, when locally useful	
Building / entrance / rear building	
Floor / room	
Bell / name on entrance	
Lift, stairs, locked doors, access barriers	
Safe instruction for unlocking or meeting help	
Nearest visible landmark	
Evacuation exit	
Outdoor meeting point	

Optional floor sketch

NORTH / STREET / LANDMARK:

+-----
--+
|
|
|
|
| mark: YOU ARE HERE · exits · stairs/lift · meeting point
|
|
|
|
+-----
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Do not publish hidden-key locations, alarm codes, escape-shelter addresses,
or details that increase danger for someone facing violence.



Emergency call card

[tpl.1.7]

TEMPLATE | WRITE

[BEG:T:F:003]

A writable launch pad for the facts a dispatcher needs.

PRIVACY: SHARED - SAFE

See also: figures [BEG:A:G:005] Four responsibility clocks separate live harm, continuing effects, repair, and ongoing care., [BEG:P:G:002] Six-field professional call packet: where, what, when, current state, danger, and callback number, [BEG:C:G:001] First-aid triage overview · support [BEG:P:C:009] rescue service and fire brigade, [BEG:P:C:008] police, [BEG:P:C:013] medical on-call service

Why: Externalizing the first facts frees working memory. The call handler will ask the questions in the order needed; this card is a launch pad, not a script to read over them.

I am at: _____
What happened: _____
The person is: awake / unresponsive / unsure
Breathing: normal / abnormal / unsure
Immediate danger at the scene: _____
Started / last known well: _____
People affected: _____
Callback number: _____

Put the phone on speaker when safe. Do not hang up until the dispatcher says to. The dispatcher may coach first aid while help is being sent.

Local professional contacts

[tpl.1.8]

FIGURE | READ ONLY

[BEG:T:G:005]

Verified local names, channels, hours, and backups.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: SHARED - SAFE

See also: figures [BEG:A:G:003] Four-part boundary map for requested support, refusal, uncertain capacity, and immediate danger., [BEG:P:G:003] Professional route selector linking a named problem to the system able to change it and a backup or escalation route, [BEG:P:G:004] Four support-system layers: basic services and security, community and family, focused non-specialized support, and specialized services, [BEG:D:G:002] Four-way safe-place routing map · support [BEG:P:C:010] public-administration information line, [BEG:P:C:011] violence against women helpline, [BEG:P:C:012] child and youth helpline, [BEG:P:C:013] medical on-call service, [BEG:P:C:014] TelefonSeelsorge, [BEG:P:C:017] violence against men helpline, [BEG:P:C:018] municipal emergency accommodation / homelessness service, [BEG:P:C:015] accessible emergency accommodation or powered care destination, [BEG:P:C:020] local youth emergency service / Jugendnotdienst, [BEG:P:C:016] local gas-network emergency service

Why: “Find local help” is not a route. A usable entry has a verified name, number, scope, hours, access channel, and backup.

NEED	FIRST ROUTE	HOURS / ACCESS	BACKUP / ESCALATION	SOURCE · CHECKED · REVIEW BY
GP / regular practice			116 117 / 112 as appropriate	
Pharmacy / night service				
Emergency department			112 for a life-threatening emergency	
Regional poison centre			112 for severe or life-threatening symptoms	



NEED	FIRST ROUTE	HOURS / ACCESS	BACKUP / ESCALATION	SOURCE · CHECKED · REVIEW BY
Psychiatric crisis service			116 117 / 112 according to urgency	
Sozialpsychiatrischer Dienst				
Violence support / shelter		safe-device notes:	110 / 112 for immediate danger	
Municipal emergency housing — day				
Municipal emergency housing — night			110 / 112 only for immediate danger or emergency	
Accessible / powered safe place		barriers confirmed:	116 117 or clinical route when urgent but not life-threatening; 112 when essential care is failing with imminent serious harm	
Youth emergency service			110 / 112 for immediate danger; otherwise the local youth route	
Gas-network emergency service		call from outside	112 for fire, explosion, severe symptoms, or danger to life	
Building utility / caretaker				
Veterinary emergency service				
Other local route				

Comfort inventory

[t m p l . 1 . 9]

FIGURE | READ ONLY

[BEG:T:G:001]

Ordinary regulation resources made findable before overload.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: SHARED - SAFE

See also: figures [BEG:O:G:002] First 90-second body, room, and attention scan, [BEG:B:G:004] Overload control map showing intrinsic, avoidable, and stress loads with the headroom inequality, [BEG:B:G:002] Three optional breathing patterns · support named local service when applicable

**PRINCIPLE** *make useful ordinary things visible; do not turn them into a test.*

RESOURCE	PRESENT AND FINDABLE?	READER SAYS IT HELPS?	LOCATION / NOTE
phone and working charger	☐	☐	
power bank	☐	☐	
charged light	☐	☐	
drinking water	☐	☐	
warm layer / blanket	☐	☐	
cool cloth / cleaner-air place or safe-air route	☐	☐	
stable seat or support	☐	☐	
familiar music / quiet	☐	☐	
visual book / comic / simple game	☐	☐	
notebook / pencil	☐	☐	
safe person / agreed contact	☐	☐	
prescribed plan	☐	☐	private location:
safer next room / outdoor place	☐	☐	

No score proves safety. Zero checked boxes means “obtain one useful resource,” not “you failed comfort.” Avoid candles, smoke, incense, and strong scents when air safety, asthma, migraine, sensory sensitivity, or judgement is uncertain.

Five-minute values bridge [tpl.1.10]

TEMPLATE | WRITE

[BEG:T:F:006]

One value translated into one bounded next action.

PRIVACY: PRIVATE - OR - SHARED

See also: figures [BEG:A:G:004] Five-step repair sequence: stop, stabilize, tell, repair, and follow up., [BEG:A:G:003] Four-part boundary map for requested support, refusal, uncertain capacity, and immediate danger., [BEG:B:G:004] Overload control map showing intrinsic, avoidable, and stress loads with the headroom inequality · support named local service when applicable

Why: A value is a direction. A five-minute action is small enough to start without demanding that one bathroom visit solve the republic.

PROMPT	YOUR ANSWER
Value I want to express	
One action under five minutes	
What makes it small enough	
Person or resource involved	
Stop condition	
What I will check afterward	better / same / worse / different problem



Filled example

PROMPT	EXAMPLE
Value I want to express	responsibility
One action under five minutes	text Mara: "I left abruptly because I was overloaded. I am safe. I will call tomorrow."
What makes it small enough	one factual message; no full conflict analysis tonight
Person or resource involved	Mara; phone charger
Stop condition	send once; do not begin a ten-message trial
What I will check afterward	whether the next need is rest, repair, or professional help

Observation and vital-sign log [tpl.1.11]

TEMPLATE WRITE	[BEG:T:F:011]
Changes and actions recorded for a clinician or dispatcher.	
PRIVACY: PRIVATE	
See also: figures [BEG:O:G:002] First 90-second body, room, and attention scan, [BEG:C:G:001] First-aid triage overview · support [BEG:P:C:009] rescue service and fire brigade, [BEG:P:C:013] medical on-call service	
PRINCIPLE <i>observe change and improve the handoff; never use one device value to cancel a red flag.</i>	

DATE/TIME	RESPONSE / ORIENTATION	BREATHING	PULSE / DEVICE READING	SYMPTOMS AND LOCATION	ACTION TAKEN	BETTER / SAME / WORSE

Device / cuff / oximeter notes:

Medication or substance already taken, with dose/time:

New confusion, unresponsiveness, abnormal breathing, severe breathlessness, stroke signs, collapse, severe bleeding, or another red flag → **112**.

Nice-place and low-demand activity map [tpl.1.12]

FIGURE READ ONLY	[BEG:T:G:007]
Preselected reversible places and low-demand activities.	
Prepared by: deployer before installation; replace when local facts or privacy boundaries change.	
PRIVACY: PRIVATE-OR-SHARED	
See also: figures [BEG:D:G:002] Four-way safe-place routing map · support named local service when applicable	

Why: Alarm makes every destination look equally unavailable. Precomputing a few reversible options gives the exit somewhere to go.



NEED	PLACE / ITEM	ACCESS BARRIERS	BACKUP
quiet			
another person nearby			
cleaner air / safe-air route			
warmth			
low light			
charger			
simple food			
safe exit			
short walk / sit in a confirmed safe place			
drawing / folding / puzzle			
familiar sound			

Optional public collection of low-demand activities:
artifacts.fkr.dev. Check the destination before printing it as a promise; websites are not load-bearing walls.

A “safe-air route” is incident-dependent. Smoke, an outdoor chemical release, or another official warning can make **staying inside, closing ventilation, or leaving by a named route** safer than simply going outdoors. Orange and the current warning authority own that decision, not this table.

Safe-place and exit map

[tmpl.1.13]

FIGURE | READ ONLY

[BEG:T:G:008]

Confirmed destinations, access routes, backups, and escalation.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: CONTEXT-SENSITIVE

See also: figures [BEG:D:G:002] Four-way safe-place routing map, [BEG:D:G:003] Six-field safe-place confirmation packet, [BEG:D:G:001] Communication-access adaptations, [BEG:D:G:004] Reserve-clock route: identify the essential function, confirm help and a destination, then move before the reserve ends · support [BEG:P:C:008] police, [BEG:P:C:009] rescue service and fire brigade, [BEG:P:C:011] violence against women helpline, [BEG:P:C:017] violence against men helpline, [BEG:P:C:018] municipal emergency accommodation / homelessness service, [BEG:P:C:015] accessible emergency accommodation or powered care destination, [BEG:P:C:020] local youth emergency service / Jugendnotdienst

PRINCIPLE *a safe place is a confirmed destination plus a backup—not the phrase “go somewhere safe” wearing sensible shoes.*

ROUTE	CONFIRMED DESTINATION	TRANSPORT / ACCESS	CONTACT	BACKUP	ESCALATION
person or active threat					110 for an active police matter; 112 when life, medical, or fire danger is present



ROUTE	CONFIRMED DESTINATION	TRANSPORT / ACCESS	CONTACT	BACKUP	ESCALATION
no weather-safe roof tonight					local accommodation route; 112 if exposure or another emergency becomes life-threatening
place fails mobility, power, medication, child, caregiver, or animal needs					name the failing function; 116 117 or a clinician when urgent but not life-threatening ; 112 when essential care is failing with imminent serious harm
physically safe but socially/internal crisis					crisis or social route; 112 for acute self/other danger or inability to remain safe

Code word / check-in plan, only where safe to record:

Medication, power, and care continuity card

[tpl. 1.14]

FIGURE | READ ONLY

[BEG:T:G:003]

Medication, power, care dependencies, runtime, and approved backup.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: PRIVATE

See also: figures [BEG:A:G:002] Care continuity loop showing essentials, warning signs, owner, backup, and next review., [BEG:H:G:001] Essential treatment and powered-device continuity map, [BEG:Z:G:006] Continuity systems are coupled, [BEG:D:G:004] Reserve-clock route: identify the essential function, confirm help and a destination, then move before the reserve ends · support [BEG:P:C:009] rescue service and fire brigade, [BEG:P:C:013] medical on-call service, [BEG:P:C:015] accessible emergency accommodation or powered care destination

Why: Essential care should not depend on remembering runtime and backup instructions after the power has already failed.

ESSENTIAL NEED	CURRENT RESOURCE	REMAINING RUNTIME / QUANTITY	APPROVED BACKUP	DESTINATION / CONTACT	ESCALATE WHEN
medication					
powered device					



ESSENTIAL NEED	CURRENT RESOURCE	REMAINING RUNTIME / QUANTITY	APPROVED BACKUP	DESTINATION / CONTACT	ESCALATE WHEN
refrigeration					
communication					
mobility / transfer					
caregiver / dependant					
other					

Use the affected person's clinical, manufacturer, utility, or care plan. Do not invent battery bridging, oxygen changes, medication substitutions, or transport techniques from first principles during an outage.

Household continuity board

[tmpl.1.15]

FIGURE | READ ONLY

[BEG:T:G:004]

Owners, backups, checks, and escalation for essential functions.

Prepared by: deployer before installation; replace when local facts or privacy boundaries change.

PRIVACY: SHARED - SAFE

See also: figures [BEG:A:G:002] Care continuity loop showing essentials, warning signs, owner, backup, and next review., [BEG:Z:G:002] Household continuity systems and ownership fields, [BEG:Z:G:001] Five operational functions for a short crisis meeting, [BEG:Z:G:005] Why everyone-tells-everyone stops scaling · support named local service when applicable

FUNCTION	OWNER NOW	BACKUP PERSON	NEXT PHYSICAL ACTION	NEXT CHECK	FAILURE ROUTE
air / hazard check					
essential medical care					
temperature / shelter					
water					
communication / warnings					
food					
sanitation					
dependants / animals					

A role is an assignment, not a personality. Reassign it when the owner is exhausted, absent, unsafe, or becoming the single point of failure.



Feedback and field-note sheet

[tpl.1.16]

TEMPLATE WRITE	[BEG:T:F:005]
Corrections, failed routes, local adaptations, and useful inventions.	
PRIVACY: DO-NOT-SEND-PRIVATE-MEDICAL-DATA	
See also: figures [BEG:R:G:001] Evidence labels used throughout the guide, [BEG:R:G:002] Two-pass guide topology with dependency modifiers · support named local service when applicable	

Send to: bathroom_emergency@fkr.dev

Please do not send private medical records, credentials, hidden safe-place locations, or identifying details about another person without permission.

PROMPT	FIELD NOTE
Guide version / commit	
Layout and mode	A4 / A4/2 / large print · color / mono / HTML
Page or stable reference ID	
What happened	
What the guide made easier	
What caused delay or confusion	
Local fact that was missing or wrong	
Figure / template that helped or failed	
Proposed correction	
Can this be quoted anonymously?	yes / no
Reply address, optional	

Installation and wet-room audit

[tpl.1.17]

TEMPLATE WRITE	[BEG:T:F:016]
Wet-room readability, reach, privacy, glare, and physical handling.	
PRIVACY: SHARED-SAFE	
See also: figures [BEG:R:G:002] Two-pass guide topology with dependency modifiers · support named local service when applicable	

Why: A layout can pass a renderer and still fail beside a reflective tile, behind a door, below a leaking pipe, or beyond the reach of the person expected to use it. Test the installation, not the concept art in your head.

CHECK	OBSERVATION	PASS / CHANGE	OWNER AND DATE
readable from the intended position			
glare in daylight and artificial light			
readable during low light / power loss			
reachable while seated, standing, or mobility-limited			
pages turn with one hand			



CHECK	OBSERVATION	PASS / CHANGE	OWNER AND DATE
sleeve, clip, folder, or box stays stable			
water, steam, cleaning spray, and condensation route			
door, window, heater, flame, and ventilation clearance			
shared pages reveal no private or dangerous information			
private pages can be found without being publicly exposed			
pencil, writing surface, light, charger, and forms are present			
version and next review date are visible			

Photograph the installation only when the image does not expose private fields, keys, security details, or another person without permission.

Route drill and timing log

[tpl.1.18]

TEMPLATE WRITE	[BEG:T:F:018]
Calm-time timings and friction from finding to handoff.	
PRIVACY:DO-NOT-USE-REAL-PRIVATE-CRISIS-DETAILS	
See also: figures [BEG:R:G:002] Two-pass guide topology with dependency modifiers · support named local service when applicable	

PRINCIPLE *test finding and handoff, not theatrical panic.*

Use invented or sanitized facts. Stop the drill immediately when someone becomes distressed or a real event interrupts it.

The times below are **provisional interface targets, not reader performance standards**. A slow stage means “find the friction in the installation,” never “this person failed the emergency guide.”

STAGE	TARGET	OBSERVED TIME	FRICTION / WRONG TURN	CHANGE BEFORE NEXT DRILL
notice the guide	10 s			
choose the correct subguide	20 s			
find the first action	20 s			
locate factual address/access card	20 s			



STAGE	TARGET	OBSERVED TIME	FRICTION / WRONG TURN	CHANGE BEFORE NEXT DRILL
choose 112 / 110 / 116 117 / local route	30 s			
find a verified backup	30 s			
complete a five-field handoff	60 s			

Scenario used:

Layout / mode / stable reference:

One thing that worked without explanation:

One thing that required coaching:

First-aid figure usability review [tpl.1.19]

TEMPLATE | WRITE

[BEG:T:F:015]

Usability test for action, sequence, geometry, and limits.

PRIVACY: ANONYMOUS - OR - CONSENTED

See also: figures [BEG:C:G:001] First-aid triage overview, [BEG:C:G:004] Adult chest-compression location using head, chest, hips, and feet as landmarks, [BEG:C:G:003] AED action sequence: turn on, attach pads, clear for analysis or shock, resume CPR, [BEG:C:G:005] Five-step recovery-position orientation · support [BEG:P:C:009] rescue service and fire brigade

Why: “The diagram is technically correct” is weaker than “a reader who has not seen it before can point to the intended action and explain the limit.” This sheet reviews the picture; it does not certify first-aid competence.

Reviewer role: instructor / trained layperson / no prior CPR practice / other

Figure: CPR location / AED sequence / recovery position / triage overview

PROMPT	OBSERVATION
What do you think this figure asks you to do?	
Where would your hands / pads / body position go?	
What action comes first?	
What would make you call 112?	
What part is unclear, misleading, or too small?	
Did labels, sequence, and arrows agree?	
Could you use it in monochrome?	
Could you use it without the image, from nearby text?	
What did you infer that the figure did not intend?	



Result: retain / revise wording / revise geometry / replace / instructor review required

Do not practise compressions, rolling, shocks, or airway manoeuvres on an unconsenting person. Use approved training equipment and qualified supervision for physical practice.

Maintenance and replacement inspection

[tpl.1.20]

TEMPLATE WRITE	[BEG:T:F:017]
Damage, stale facts, used supplies, and replacement actions.	
PRIVACY: SHARED - SAFE	
See also: figures [BEG:Z:G:002] Household continuity systems and ownership fields · support named local service when applicable	

ITEM	CURRENT STATE	ACTION	DUE / COMPLETED
guide version and build revision			
local contact verification dates			
address, access, and meeting point			
safe-place and care-continuity fields			
water, tearing, fading, mould, or dirt			
page order and missing sheets			
pencils and writing surface			
light, charger, cable, and power bank			
first-aid supplies and expiry dates			
privacy boundary still appropriate			
one tabletop route completed			

Immediate replacement trigger: incorrect emergency route, exposed private information, unreadable damage, missing required local facts, or a failed route with no safe workaround.

Remarks and handoff sheet

[tpl.1.21]

TEMPLATE WRITE	[BEG:T:F:013]
Blank space for observation, action, result, and next handoff.	
PRIVACY: PRIVATE - OR - SHARED	
See also: figures [BEG:A:G:004] Five-step repair sequence: stop, stabilize, tell, repair, and follow up. · support named local service when applicable	

Date/time: _____ Stable reference: _____



OBSERVATION

ACTION

RESULT: better / same / worse / different problem

BACKUP / NEXT ROUTE / REVIEW TIME

Quiet activity sheet

[tpl.1.22]

TEMPLATE | WRITE

[BEG:T:F:012]

Low-demand drawing, building, and folding prompts.

PRIVACY: SHARED-SAFE

See also: figures [BEG:B:G:002] Three optional breathing patterns · support named local service when applicable

These are activities, not treatment and not a test of calmness.

Stop when an activity increases strain, dizziness, frustration, danger, or paper-based hostility.

Dot-grid graffiti warm-up

.
.
.
.

Prompt: draw one letter three ways—block, bubble, impossible architecture.

Card-house challenge

1. Make one stable triangle from two cards.
2. Add a flat card as a floor.
3. Stop at one storey or continue while it remains amusing.
4. Record which failure mode appeared: sliding, bending, table vibration, cat.

Paper-folding practice

Use a square scrap. Fold corner to corner, reopen, fold the other diagonal, then bring all four corners toward the centre. This produces a small layered square, not yet a bird. A proper bird-folding tutorial needs tested diagrams and is therefore a future illustrated insert rather than confident origami fan fiction.

Take, replace, improve

[tpl.1.23]

Templates may be copied independently. Keep the resource band, stable reference, guide version, privacy class, and local review date with each detached page. A page without provenance can be useful today and dangerous after three phone- number changes.



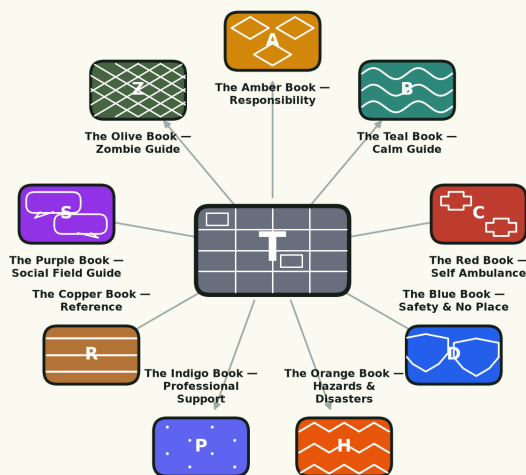
Where next?

T

You do not need to complete the shelf in order. Stay here while this is the primary problem; move when another title becomes more accurate.

- **A — The Amber Book — Responsibility** — use it when that problem becomes primary.
- **B — The Teal Book — Calm Guide** — use it when that problem becomes primary.
- **C — The Red Book — Self Ambulance** — use it when that problem becomes primary.
- **D — The Blue Book — Safety & No Place** — use it when that problem becomes primary.
- **H — The Orange Book — Hazards & Disasters** — use it when that problem becomes primary.
- **P — The Indigo Book — Professional Support** — use it when that problem becomes primary.
- **R — The Copper Book — Reference** — use it when that problem becomes primary.
- **S — The Purple Book — Social Field Guide** — use it when that problem becomes primary.
- **Z — The Olive Book — Zombie Guide** — use it when that problem becomes primary.

You are here: T — The Grey Book — Templates & Forms



Complete route names follow as text. Immediate danger bypasses this map.

Connections from T — The Grey Book — Templates & Forms