

# ROHU72 - RECOMMENDATIONS IN CASE OF DISASTERS

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## Lesson 1 - Fire

### EVACUATION IN CASE OF FIRE

- ✓ Discuss with all family members, and especially with the children, the possibilities of evacuation from the house.
- ✓ It is recommended that the fire escape should be as close to the floor as possible, where the air is free of smoke in the event of a fire. Practice evacuating the house with the children.
- ✓ Do not lock the children in the house. Leave them the key. A high number of deaths among children occur annually because their parents leave them alone in the house without any possibility of being able to leave the house in case of fire.
- ✓ Periodically clean the storage spaces in the home. Do not keep old newspapers and magazines which, in the event of a fire, could contribute to the production of a large amount of heat and smoke.
- ✓ Check closed doors for hotness before opening them. If you must pass through spaces where doors are closed, check the top of the door, the handle, and the space between the door and the door frame with the back of your hand. Never use your palm or fingers to do this check.

## IN CASE OF FIRE

- ✓ Check closed doors for hotness before opening them. If you must pass through spaces where doors are closed, check the top of the door, the handle, and the space between the door and the door frame with the back of your hand. Never use your palm or fingers to do this check.
- ✓ Get out of the house urgently.
- ✓ Do not linger inside to try to save your belongings or put out the fire. Every second counts for your life.
- ✓ Close the doors behind you to limit the spread of the fire.
- ✓ Do not return to the house to take items considered important. Your life is more precious.
- ✓ ATTENTION! If your clothes are on fire, cover your face with your hands, sit on the ground and roll from side to side until the fire goes out. Don't run! Thus, intensify the fire.
- ✓ When you are outside, call the emergency services.

## AFTER THE FIRE IS EXTINGUISHED:

- ✓ If there are victims or you yourself are a victim of a fire, call the emergency services or ask someone to call.
- ✓ Cool with water and cover the burns with sterile pads to reduce the chance of infection.
- ✓ Return to the home only after obtaining the fire department's approval.
- ✓ If you are a tenant, contact the home owner.

## Lesson 2 - THE STORM

### BEFORE THE STORM

- ✓ Remove trees or dry branches, which during a storm, could fall and cause casualties or property damage.
- ✓ Don't forget the 30/30 rescue rule: take shelter inside a building if, after seeing lightning, you can't count to 30 before hearing thunder. Stay inside the building for another 30 minutes after you hear the last clap of thunder.

### OBSERVE THE FOLLOWING RULES IF A STORM IS IMMINENT

- ✓ Stop any outdoor activities.
- ✓ Enter the house, a building or a car. Although you may be injured if lightning strikes your car, you are much more protected inside the vehicle than outside.
- ✓ Close the windows and doors.
- ✓ Avoid showers or bathrooms. The fixed pipes of the installations can conduct electricity.
- ✓ Use corded phones only in emergencies. Cordless or mobile phones are safe to use.
- ✓ Unplug appliances and other electrical equipment such as computers and air conditioners. They can be damaged as a result of atmospheric electrical discharges.

## DURING A STORM

- ✓ When you feel your hair standing on end, it is an indication that there is a danger of lightning.
- ✓ Crouch down on the ground. Put your hands on your ears and head, and your head between your knees.
- ✓ Make your target as small as possible and reduce contact with the ground.
- ✓ Do not lie on the ground.
- ✓ Avoid: tall objects such as an isolated tall tree in an open area, fields, beaches or a boat on the water, any metal objects such as agricultural machinery, farm equipment, motorcycles, bicycles, etc.
- ✓ If you are in the woods, seek shelter in an area with less tall trees.
- ✓ If you are in an open area, go to a low area such as a valley.
- ✓ If you are on a lake, get to the shore immediately and take shelter immediately.

## AFTER THE STORM

- ✓ After a storm, if you identify a victim struck by lightning, check next:
  - Breathing: If he stops breathing, start mouth-to-mouth resuscitation.
  - Pulse: If the victim has a pulse and is breathing, look for other possible injuries.
  - Possible burns, damage to the nervous system, broken bones and loss of hearing or vision.
- ✓ If medical assistance is needed, call the emergency services as soon as possible.

## Lesson 3 - The Flood

### Before a flood occurs

- ✓ Ask at the town hall about the flood zones in the locality.
- ✓ Do not build your house in flood zones.
- ✓ Provide waterproof walls in basements to avoid water ingress.
- ✓ Build barriers to stop water from entering your home in the event of a flood.
- ✓ Clean ditches and gutters to allow rainwater to drain away.
- ✓ Do not randomly throw household garbage and plant debris into the watercourses.
- ✓ Prepare the backpack for emergency situations.
- ✓ Participate in simulation exercises organized by professional emergency services and local authorities.

### IN THE CASE OF FLOODING

- ✓ Follow the recommendations broadcast on radio or television by the authorities.
- ✓ If evacuation is necessary, move immediately to a nearby elevated area specified by the authorities; if you were caught by the flood, climb to the upper parts of the house or on the roof, until the rescue teams arrive.
- ✓ If you think you still have time, move important objects to higher floors.
- ✓ Turn off the main power switch.
- ✓ Unplug electrical appliances.
- ✓ Do not touch electrical equipment if you are wet or standing in water.

- ✓ Turn off the water and gas supply installations.
- ✓ Lock the doors of the house and protect the windows from being broken by strong winds, water currents or objects carried away by water currents. Evacuate animals and valuables to designated places of refuge.
- ✓ If you have to leave the house, observe the following rules as much as possible: Do not move through currents of water: you can lose your balance by moving through currents of water about 15 cm high.
- ✓ Do not travel by car in the flooded area: in case of flooding, at a height of about 20 cm of water, water can enter the vehicle and cause loss of control. At a height of about 40 cm of water, the vehicle floats. At a height of 60 cm, most vehicles are taken by water.

#### AFTER THE PRODUCTION OF THE FLOOD

- ✓ Listen to the information of the local authorities regarding the drinking water supply of the locality.
- ✓ Avoid areas where there is still water: the water can be contaminated with petrol, diesel or waste from the sewage system; it can also be electrically charged from high voltage lines or downed electrical cables.
- ✓ Avoid water currents.
- ✓ Find out about the areas where the waters have receded: roads or bridges could have weakened and could give way under the weight of cars.
- ✓ Do not approach areas where electrical cables have fallen and notify the authorities about this.
- ✓ Return home only if the authorities have allowed it.

- ✓ Be careful when entering buildings that have been flooded: their strength could be affected, especially at the foundation level.
- ✓ Do not use the electricity, water, gas supply installations only after the approval of specialized operators. Clean and disinfect all objects that have been in contact with water: there is a risk of serious illness as a result of lack of hygiene and affected sewers.



## Lesson 4 - Earthquake

### BEFORE THE PRODUCTION OF AN EARTHQUAKE

- ✓ Perform repair and maintenance work on buildings that require it.
- ✓ Do not make changes to buildings, in order to increase or decrease some spaces, which affects their resistance structure;
- ✓ Do not mount heavy installations (antennas, ventilation/air conditioning, etc.) on structural or non-structural elements of the building if they affect the resistance structure.
- ✓ Prepare your emergency backpack: The emergency backpack contains items that will help you survive for 3-5 days, in case you need to leave your home.
- ✓ Look around your home and try to imagine what might happen in each room if an earthquake occurred.
- ✓ If you are in a hotel, read the instructions in the room. Identify safe places to shelter in case of an earthquake (eg: under a solid table).

### DURING THE EARTHQUAKE

- ✓ It does not matter where you are when the earthquake occurs. Take shelter immediately in a safe place and remain calm until the earthquake stops.
- ✓ IF YOU ARE INSIDE A BUILDING: Stay where you are, do not try to get outside and do not go to the balcony. Take shelter under a table, desk or solid piece of furniture and hold on to it.
- ✓ If you are in a hallway, sit in a crouched position against an interior wall. Protect your head and face. Move away from windows, glass, mirrors, bookcases, tall furniture, lighting devices.

- ✓ If you are in a wheelchair, block the wheels and protect your head and neck.
- ✓ If you are in a public place (for example: a store), take shelter in places as far as possible from windows or areas with heavy objects. Don't go outside where you could get hurt. Do not use the elevator.
- ✓ If you are in the elevator during the earthquake, press the emergency button. When the elevator stops, get out of the elevator as quickly as possible and take shelter in a safe place.
- ✓ ATTENTION! During an earthquake, objects can topple or slide, ceiling plaster can come off and windows can break.
- ✓ IF YOU ARE OUTSIDE THE BUILDING Take shelter in a safe place away from windows, buildings, bridges, power lines or poles. Stay at least 10 m away from broken or fallen electrical cables.
- ✓ IF YOU ARE IN A VEHICLE Stay in the car. After the earthquake stops, do not get out of the vehicle if there are electrical cables lying around. In this case, wait for the intervention forces. Stop in a safe place, without blocking the road, away from bridges, viaducts and buildings.
- ✓ IF YOU ARE ON THE MOUNTAIN Be careful around and look for a safe place to take shelter. On unstable slopes, falling stones or trees or landslides are possible.

#### AFTER THE EARTHQUAKE IS OVER

- ✓ First of all, try to stay calm. Calm frightened people and children. Check if you are injured and then look at the people around you.
- ✓ If they are injured, provide first aid, only if you know how. If, following the occurrence of an earthquake, you were caught under rubble or in premises, at certain intervals of time, if possible, you should strike with a hard object

the most compact part of the place where you are stuck, in order to transmit signals which can be identified and located by the special search-rescue equipment. Do not use the phone except to signal an emergency.

- ✓ Wear sturdy shoes and clothing to avoid being injured by falling pieces, especially glass.
- ✓ Check if the house has been damaged.
- ✓ Check the condition of the gas installation only with water and soap emulsion. If gas emissions are detected, close the gas supply valve, remove the fire sources and open the window.
- ✓ If the running water supply is still available, fill the bathtub and other containers in case it might stop later.
- ✓ If you have to leave your home because it is no longer safe, don't forget to take your emergency backpack.
- ✓ ATTENTION! Be careful on the stairs. It is possible that the seismic movement affected their resistance.
- ✓ If you need help and can no longer leave the house, put a poster in the window that says in very large letters: HELP!
- ✓ Listen to the authorities' instructions on the radio.
- ✓ Do not use the machine except in extreme situations. Traffic routes must be left free for emergency vehicles.
- ✓ In preschool, primary and secondary education units, teachers guide children and ensure their protection until the arrival of an adult in the family.

## LESSON 5 - HEAT AND COLD

### DURING THE HEAT

- ✓ Stay indoors and limit sun exposure.
- ✓ It would be ideal to live on lower floors if you don't have air conditioning.
- ✓ Spend most of your hot days in public buildings like libraries, schools, theaters, shopping malls, etc.
- ✓ Eat regularly, balanced and light. Avoid using salt. Drink plenty of water. People who have epilepsy, suffer from heart, kidney or liver problems, have restrictions on the use of fluids or have problems with fluid retention should consult a doctor before increasing their intake. Limit the consumption of alcoholic beverages.
- ✓ Wear light, cool, light-colored clothing that covers as much skin as possible. Protect your face and head by wearing a wide-brimmed hat.
- ✓ Never leave children or animals alone in closed vehicles.
- ✓ Avoid strenuous work during the hottest part of the day. Use a system of constant contact with another person and take frequent breaks.

### DURING THE COLD SEASON

- ✓ Listen to radio, television, weather reports and information from local authorities responsible for emergency management.
- ✓ Eat regularly and drink fluids, but avoid excess caffeine and alcohol.
- ✓ Avoid straining yourself when clearing snow. Physical exertion in extreme cold can cause a heart attack. Before going outside to exercise, it is necessary to warm up the body.

- ✓ Watch for signs of frost. These include loss of sensation and white discoloration of the fingertips, toes, ears, and nose. If you notice such symptoms, seek medical help immediately.
- ✓ Watch for signs of hypothermia. These include uncontrollable chills, memory loss, disorientation, incoherence, slurred speech, drowsiness and apparent exhaustion. If you notice such symptoms, take the victim to a warm area, remove wet clothing, warm the central part of the body first and, if the victim is conscious, give him warm non-alcoholic drinks. Get medical help as soon as possible.
- ✓ IF A BLIZZARD SURPRISES YOU IN THE CAR, TAKE THE FOLLOWING MEASURES:  
Pull to the right. Turn on the hazard lights and hang a cloth on the radio antenna or on the window. Stay in the car until rescue forces come to rescue you. Do not go out unless you see a nearby building where you can take shelter. Attention, the distances are distorted by the blizzard. A building may seem close, but it may be too far to walk through big snowdrifts. Run the engine and heater for about 10 minutes every hour to keep the interior warm. When the engine is running, open a window slightly for ventilation. It will protect you from inhaling carbon monoxide. Periodically clean the snow from the exhaust pipe. Move to keep the body warm, avoiding exhaustion. Don't fall asleep. A person must be awake at all times to see the rescue forces. Drink fluids to avoid dehydration. Be careful not to drain the car's battery. The battery is needed to keep the lights, heat and radio running. Turn on the interior light at night so rescue teams can see you. If you are in an open area, and you can, write "SOS" in large letters on the snow to attract the attention

of pilots flying over the area looking for you. If the blizzard has stopped, and it is absolutely necessary, leave the car and continue on foot.

## LESSON 6 - BACKPACK CONTENTS FOR EMERGENCY SITUATIONS

1. THE WATER. At least 4 l of water/person/day. If you have pets, don't forget to provide water for them as well (approx. 30 ml. of water/kg. animal/day). Store the water in a cool, dark place. replace the water once every 6 months. ATTENTION! Water is essential to survival. In case of maximum emergency, potable water can be obtained by boiling for 10 minutes.

2. Compact and light FOOD that does not require cooling, boiling or baking. Here are some examples of foods you can prepare:

- ✓ canned food (don't forget the opener).
- ✓ dehydrated foods.
- ✓ energy bars.
- ✓ rye crackers.
- ✓ Sweety.
- ✓ juices, coffee, tea. as appropriate, food for special needs: baby food, milk, etc.
- ✓ if you have pets, don't forget their food.

If you need to heat certain foods, provide a camp stove and fuel.

3. CLOTHING AND SHOES for each person, depending on the season. Also, don't forget your underwear.

4. ONE SLEEPING BAG or two warm blankets for each person.

5. A FIRST AID KIT containing: personal medicines (ATTENTION! Do not forget to write the name of the family doctor on a note) and prescriptions. analgesics, antiseptics. if necessary, items or accessories needed for the hearing aid, wheelchair, etc.

6. USEFUL DEVICES AM/FM radio with spare batteries (Remember to replace the batteries annually). flashlight/person and spare batteries. a whistle (the conventional emergency signal is short whistles). a mobile phone and a phone card.
7. HYGIENE ITEMS toilet paper, wet hand paper, paper tissues. personal items: soap, shampoo, deodorant, toothpaste, toothbrush, comb, etc. kitchen bags.
8. SPECIAL ITEMS FOR CHILDREN: games, depending on the age of family members, coloring books, pencils, toys for children.
9. PERSONAL DOCUMENTS - identity card, medical insurance cards, money, checks. important phone numbers.