

ANNEXURE

Annexure 1

Dos' and Don'ts of hazards

1. EARTHQUAKE

An earthquake is a series of underground shock waves and movements on the earth's surface caused by natural processes occurring within the earth's crust.

Before and earthquake

- Develop a family emergency plan and practice it regularly
- Identify an out-of area phone contact person to call and check about you & family welfare.
- Choose a couple of family meeting places; pick easy to identify, open and accessible places that you can easily reach.
- Prepare to be self-sufficient for a minimum of three days.
- Assemble an emergency supply kit; include food, water, prescription medications and first aid supplies, a battery operated radio, flashlight, extra batteries, shelter, clothing, sturdy shoes, and personal toiletries.
- Take an approved first aid course.
- Make your house earthquake resistant and secure heavy furniture and objects.

During and Earthquake

- Remain calm! The shaking usually lasts no more than a minute.

If inside,

- Stay inside. "DROP, COVER, and HOLD!" Drop under sturdy furniture. Cover as much of your head and upper body as you can. Hold onto the furniture, if you cannot get under sturdy furniture, move to an inside wall or archway and sit with your back to the wall, bring your knees to your chest and cover your head.
- Stay away from mirrors and windows.
- Do not exit the building during the shaking.

If outdoors,

- Move to an open area away from all structures, especially building, bridges, and overhead power lines.

After an earthquake

- STAY CALM! Count to 60 to allow time for objects to fall before moving.

Annexure 1- Dos' and Don'ts of hazards

- Move cautiously, and check for unstable objects and other hazards above and around you.
- Check yourself for injuries.
- Help those around you and provide first aid, if you are qualified.
- Inspect gas, water and electric lines. If there are leaks or if there is any doubt about leaks, shut off mains; evacuate immediately
- Anticipate aftershocks, especially if the shaking lasted longer than two minutes.
- Stay out of damaged buildings.
- Listen to the radio or watch local TV for emergency information and additional safety instructions.

Rules to remember in an earthquake

1. Protect Yourself and your Family.
2. Turn off gas, electric heaters, etc. the moment you feel the earthquake, and in case a fire breaks out, put it out quickly.
3. Avoid rushing out of your house during the earthquake.
4. Open the door to secure an exit.
5. When outside protect your head and keep away from dangerous objects.
6. Evacuate on foot rather than by any vehicle, and carry only what you need.
7. Avoid being misled by false rumors and try to obtain and act on correct information.

2. FLOODS

Flood is a temporary inundation of large regions as the result of an increase in reservoir, or of river flooding its banks because of heavy rains, high winds, cyclones, storm surge along coast, tsunami, melting snow or dam burst.

Before Flooding Occurs

- All your family members should know the safe route to nearest shelter / raised pucca house.
- If your area is flood-prone, consider alternative building materials. Mud walls are more likely to be damaged during floods.
- Have an emergency kit on hand.

When you hear a flood warning or if flooding appears likely

- Tune to your local radio/TV for warnings and advice.

- Don't give any importance to rumors and don't panic.
- Keep dry food, drinking water and clothes ready.



During Floods

- Drink boiled water.
- Keep your food covered, don't take heavy meals.
- Drink, rice-water, tender coconut-water, etc.
- Do not let children remain on empty stomach.
- Use bleaching powder and lime to disinfect the surrounding.
- Be careful of snakes as snake bites are common during floods.

If you need to evacuate

- Firstly pack warm clothing, essential medication, valuables, personal papers, etc. in waterproof bags, to be taken with your emergency kit.
- Inform the local volunteers (if available), the address of the place you are evacuating to.
- Raise furniture, clothing and valuables onto beds, tables and in attic (electrical items highest).
- Turn off the main power supply.
- Whether you leave or stay, put sandbags in the toilet bowl and over all laundry / bathroom drain-holes to prevent sewage back-flow.
- Lock your home and take recommended / known evacuation routes for your area.
- Do not get into water of unknown depth and current.

If you stay or on your return

- Stay tuned to local radio for updated advice.
- Do not allow children to play in, or near flood waters.

- Avoid entering floodwaters. If you must, wear proper protection for your feet and check depth and current with a stick.
- Stay away from drains and culverts.
- Do not use electrical appliances, which have been in floodwater until checked for safety.
- Do not eat food, which has been in floodwaters.
- Drink boiled water.
- Check the safety of your neighbours and help each other. Pay special to women, infants, elderly people & people with disabilities.

3. TSUNAMI

Tsunamis, also known as seismic sea waves (also called “tidal waves”), are a series of enormous waves created by an underwater disturbance such as an Earthquake. A tsunami can move hundreds of miles per hour in the open ocean and smash into land with waves as high as 100 feet or more, although most waves are less than 18 feet high.

What to do before tsunami

- Find out if your home is in a danger area
- Know the height of your street above sea level and the distance from the coast. Evacuation orders may be based on these numbers
- Tsunamis can be caused by an underground disturbance such as earthquakes, landslide or volcanic eruption; people living along the coast should consider an earthquake or a sizable ground rumbling as a warning signal. A noticeable rapid rise or fall in coastal waters is also a sign that a tsunami is approaching.
- If you are feel the danger of tsunami ,tray and climb a raised platform or climb the highest floor of nay house or building which you might see.
- Make evacuation plans. Pick an inland location that is elevated. After an earthquake or any other natural disaster, roads in and out of the vicinity may be blocked, so plan more than one evacuation route.

During tsunami

- Stay away from the beach.
- Never go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it.
- Listen to a radio or television to get the latest information and be ready to evacuate if asked to do so.
- If you hear an official warning, evacuate at once.

- Return home only after authorities advise it is safe to do so.
- A tsunami is a series of waves. Do not assume that one wave means that the danger is over. Subsequent wave may be larger than the first one. Stay out of the area.



After a tsunami

- Stay tuned to battery- operated radio for the latest emergency information.
- Help injured and trapped persons.
- Stay away from flooded and damaged areas until officials say it is safe to return.
- Enter your home with caution.
- Use flashlight when entering damaged houses. Check for electrical short circuit and live wires.
- Check food supplies and test drinking water.

4. CYCLONE

Cyclone is a violent storm, often of vast extent, characterized by high winds rotating about a calm center of low atmospheric pressure. This center moves onward, often with a velocity of 50 kilometer or above an hour.

Before a Cyclone

- Listen to radio or TV weather reports and in case of a cyclone warning ensure that everybody is alerted. This is usually done through a loud speaker or by going home to home
- Identify safe shelters in your area. These should be cyclone resistant pucca houses. Also find the closest route to reach them.
- Keep your emergency kit ready

Annexure 1- Dos' and Don'ts of hazards

- Doors, windows, the roof and walls should be strengthened before the cyclone season through retrofitting and repairing.
- Store adequate food grains and water in safe places.
- Conduct Mock Drills for yourself and the community that a warning has been given

Upon a cyclone Warning

- Listen to your local radio, TV or community warning system for further information
- Close all windows and doors of the home.
- Stay indoors
- Get the emergency kit ready and in case of warning of a severe cyclone, move with your family to a strong pucca house.
- Do not venture into the sea.



When a Cyclone strikes

- Stay Indoors. Stand below the strongest part of the house if you have not moved to the cyclone shelter
- Protect yourself with blankets, and anchor yourself to a strong fixture or get under a strong table.
- Remain indoors until advised that the cyclone has passed away

After the Cyclone

- Do not go out till officially advised that it is safe. If evacuated, wait till advised to go back.
- Use the recommended route to return to your home. Do not rush.
- Check for gas leaks before using the stove.
- Dry electrical appliances before use

- Be careful of fallen power lines, damaged roads and houses, fallen trees
- Rescue the victims and help in the relief work.

5. FIRE ACCIDENTS

The do's and don'ts that need to be observed for fire breakouts are as follows:

Do's

- In case of Fire, dial 101
- Remain calm, unplug all electrical appliances
- Alert all others around you.
- Learn at least two escape routes in your office, apartments.
- Buy Fireworks from a licensed shop and keep them in closed box.
- Store crackers away from source of fire or inflammation.
- Light crackers at arm's length and stand back while lighting.
- Discard used fireworks in a bucket of water
- Keep buckets of water and blankets ready, in case a fire breaks out.
- Wear thick cotton clothes for maximum safety from fire.
- If clothes catch fire, Stop, Drop and Roll
- Install smoke alarms so as to get warnings.
- Ensure planned escape routes are free from obstructions.
- Try and make way to the window, if the room becomes smoky, crawl along floor.
- In case of uncontrolled fire, wrap the victim in a blanket, till the fire ceases.
- In case of burns, splash tap water (not ice water). The process may be repeated till the burning sensation reduces.
- If fingers or toes are burned, separate them with dry, sterile, non-adhesive dressings.
- Make sure the burn victim is breathing, if breathing has stopped or if the victim's airway is blocked then open the airway and if necessary begin rescue breathing.
- Cover the area of the burn with a moist sterile bandage, or clean cloth (do not use blanket or towel for healing burns).

Annexure 1- Dos' and Don'ts of hazards

- Consult the local doctor as soon as possible for the proper medication.



Don'ts

- Don't burn crackers in crowded, congested places, narrow lanes or inside the house.
- Don't let children burst crackers unaccompanied by an adult.
- Don't put fireworks in your pocket or throw them.
- Don't cover crackers with tin containers or glass bottles for extra sound effect.
- Don't dare to examine unburst crackers...leave them.
- Don't light crackers on own hands.
- Don't use fireworks inside a vehicle
- Avoid long loose clothes, as they are fast in catching fire
- Don't remove burnt clothing (unless it comes off easily), but do ensure that the victim is not still in contact with smoldering materials.
- Don't apply adhesive dressing on the burnt area.
- Don't break the burst blister.
- Don't dispose off lighted cigarette ends carelessly.
- Don't pug too many electrical appliances in one socket.
- Don't store L.P.gas against gas cylinders rules.
- Don't apply any paint on Fire detectors/sprinkler heads.
- Don't engage unqualified contractors for the servicing of fire fighting system.
- Don't relax after hearing fire/emergency call.