



Emergency Handbook



Preparing for an Emergency: The Smart Thing to Do's and Don'ts



Centre for Disaster Management
Lal Bahadur Shastri National Academy of Administration ,
Mussoorie-248179. INDIA

Emergency Handbook



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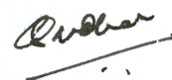
PREFACE

Due to its unique geographical and geological conditions India is vulnerable to various natural disasters. The incidents of flood, drought and other natural disasters are on the rise and pose great challenges for the Administration. Each disaster heightens the urgency to equip ourselves better for coping and managing. The recurring incidence of such disasters necessitates learning from our own experience as well as the best practices adopted all over the world in the field of ***Disaster Management***.

To ensure meaningful participation of community members and to empower them to take action during times of emergencies, we need to first raise their awareness on what our hazards, risk and vulnerabilities are and what we can do to prevent and mitigate them. More importantly, we need to educate people on the ***Do's and Don'ts*** during various disaster events and small but significant actions they can take to reduce risk to their lives.

This Emergency Hand Book is one of the many efforts made by the Centre for Disaster Management (CDM), LBSNAA, Mussoorie to raise public awareness on disaster risk reduction. The handbook is easy to read with simple illustrations and provides basic information on various hazards, actions that can be taken by individuals and communities before, during and after emergency and essential first aid information.

Reducing disaster risks and extending support to those affected during emergencies is the responsibility of every citizen. Let us all work towards a “Safer India” and achieve the SDGs we set for ourselves.



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8. BASIC ITEMS FOR EMERGENCY KIT

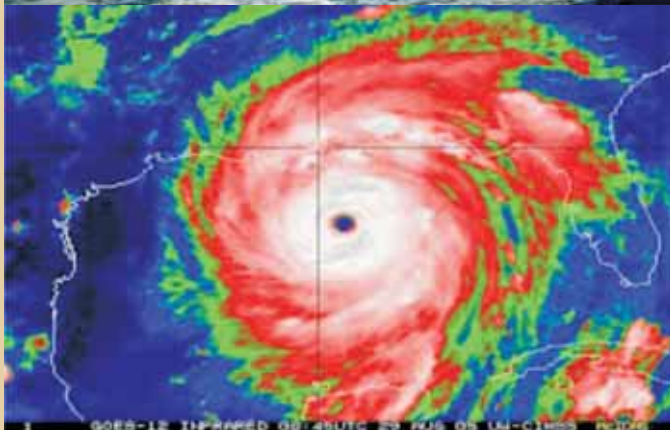
- Battery-powered, or solar-powered radio
- Waterproof torch or normal torch
- Spare batteries for all devices
- First aid kit and guide book
- Chlorine tablets or powdered water purifiers
- Toiletries including soap, hand wash gels, toilet paper, tissues, toothpaste and sanitary items
- Cash and a phone card
- Woollen blankets
- Candles with waterproof matches or lighters
- Drinking water (consider having 10 litres per person to last three days)
- Dried and long-life food to last three days, include a can opener and utensils
- Waterproof bags for valuable items and documents and online backup of all important documents
- Copies of essential documents such as prescriptions and insurance details or a USB stick with scanned copies
- Your written emergency survival plan including contact numbers of family, relatives or neighbours
- Items of protective clothing suitable for likely emergencies, protective footwear or rubber boots etc.



9. EMERGENCY NUMBER

A Single Helpline Number for India, and ways to achieve it

Sr. No.	Department	Number
1	Police	100
2	Fire Brigade & Emergency	101
3	Ambulance	102
4	Emergency Disaster Management	108



Lets prepare for the worst.....

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Center for Disaster Management (CDM) at Glance

Center for Disaster Management (CDM) is a research and training unit of National Institute of Administrative Research an Autonomous Registered Society under the umbrella of LBSNAA, Mussoorie. Apart from conducting training programs the centre has been involved in formulation of national strategy for adaptation of the global best practices to suit Indian conditions. The Centre is involved in training officers belonging to the IAS and other civil services at induction as well as at in-service level in various aspects of disaster management: sociological aspects, use of IT, HAM Radio, action research projects, documentation of best practices, case studies, teaching materials etc.



Since 2007 the Centre is also engaged in conducting number of tailor-made training programmes under XI Five Year Plan for the Plan Scheme “National Programme for Training of Scientists & Technologist working in the Govt. Sector” in collaboration with Department of Science & Technology, Govt. of India, New Delhi. Hundreds of scientists and technologists across the country have got exposed to the training environment of premier institute with unique pedagogical approach. The training programmes include lectures by both in-house and eminent guest faculty (Acclaimed Scientists, Management Professionals, Administrators and Policy Makers), Panel Discussions, Case Studies, Films, Group activity, Field visits, Hands on sessions and Simulation exercise.



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