



# **TOGETHER AGAINST DISASTERS**

*Guide for Journalists*

**PPRD**  
e a s t



Civil Protection and Disaster  
Management

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## IN ORDER THE HAZARDS NOT BECOME DISASTERS

Floods and droughts, earthquakes and fires, storms and technological accidents — all they threaten individual person, community, country or the whole geographical region. However, one can avoid *hazard*, to get prepared to it and mitigate consequences. In such a case it will not become an occurred *disaster* entailing death, destruction, economic losses, and collapse of infrastructure and public problems. It means that studying and getting prepared to face hazards, we prevent disasters.

Since everyone suffers from disasters, there should be no indifferent people. Despite the fact that the main responsibility related to mitigation of risk of disasters is rested on special state services and their heads, without involvement of local authorities, public organisations and ordinary citizens it is actually impossible to achieve tangible results. Prevention of risks starts with how we bring up children and equip our houses and it has to be taken into account when making all decisions, whether it is planning of region development or arrangement of activities of rescue services of the state.

## IN ORDER THE HAZARDS NOT BECOME DISASTERS

Facing such complicated task the mass media should play more important role than to be just a «mirror» describing the situation around. Media should use their professional and information resource to help a society: teach it to get prepared to hazards, learn lessons from suffered tragedies, lobby the changes in politics, ensure communication between authorities and citizens, and improve level of competence and awareness of ordinary citizens.

We can safely state that the main mechanisms of prevention and overcoming of cataclysms as well as removal of their consequences are concentrated in hands of state authorities and mass media. Just these two powers should teach a society to prevent disasters in an efficient manner!

## KEY DEFINITIONS

**Accident.** Emergency event occurring for technogenic (constructive, productive and technological) reasons as well as due to external impacts and means destruction of technical facilities, creates on the site, territory or water area the threat to human life and health and results in destruction of buildings and structures, harms environments.

**Accident with biological danger.** Accident, which is accompanied by dissemination (or such possibility) of dangerous biological substances in amounts, which threaten human life and health, animals and plants as well as damages the environment.

**Accident with release (overflow) of chemical substances.** Accident at chemically hazardous site that is accompanied by release or overflow of hazardous chemical substances and can result in death or chemical contamination of people, agricultural animals or chemical contamination of environment. Accident of the **first degree of chemical hazard** associated with possibility of mass destruction of staff of chemically hazardous enterprises and population of the nearest areas. Accident of the **second degree of chemical**

**hazard** associated with possibility of mass destruction of staff of chemically hazardous enterprises.

**Accident with release (overflow) of radioactive substances.** Accident at radiation hazardous site, which caused release (overflow) of radioactive substances beyond established protective barriers and/or dose rate exceeds the established limits and threatens the environment.

**Disaster.** Any situation which has or may have a severe impact on people, the environment, or property, including cultural heritage.

**Disaster risk reduction.** Concept and practice of decrease of risks systematic efforts focused on analysis and management of disaster reasons, including through decrease of exposure to hazards, vulnerability of people and property, introduction of reasonable management of land and environment as well as increase of readiness to unfavourable events.

**Early warning.** The timely and effective provision of information that allows action to be taken to avoid or reduce risks and the adverse impacts of a disaster, and to facilitate preparedness for an effective response.

**Ecological accident.** Production or transport situation not foreseen by effective technological regu-

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## TOGETHER AGAINST DISASTERS

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lations and rules and it is accompanied by considerable increase of adverse impact on environment. Release of pollutants (chemical, radioactive etc.) into environment by enterprise that makes its consequences hazardous for people as well as for other living organisms.

**Emergency plan.** Action plan in case of accident at any site where practical activity associated with radiation and radiation and nuclear technologies is carried out.

**Global accident.** Communal accident, which adversely impacts a considerable part (or the whole) of territory of the country and its population.

**Hazard.** Dangerous phenomenon, substance, human activity or condition, which may result in loss of life, injuries or other adverse impacts on health, damage of property, loss of survival facilities and services, disruptions in social or economic areas, and damage to environment.

**Human hazard.** Hazard occurring from technological or industrial conditions. It includes accidents, dangerous procedures, failures in functioning of infrastructure or certain actions of people, which may result in loss of life, injuries, diseases or other damage to health, damage to property, loss of

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## KEY DEFINITIONS

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survival facilities and services, social or economic damage and damage to environment.

**Hyogo Framework for Action for 2005-2015.** The document approved on the World Conference on decrease of disaster hazard (Kobe, Hyogo, Japan, 18-22 January 2005) and focused on creation of potential of resistance to disasters at the level of states and communities. The declared priorities:

1. Ensuring that decrease of disaster risk to be national and local priority provided that there is a solid institutional framework.
2. Revealing, assessing and monitoring of factors of disaster risk and improving early warning.
3. Studying knowledge, innovative solutions and education to create safe conditions and potential of resistance at all levels.
4. Decreasing the basic factors of risk.
5. Increasing readiness to disasters for the purposes of efficient response at all levels.

**Millenium Development Goals.** Eight international development goals, which 193 UN Member-States and at least 23 international organizations have agreed to achieve by 2015.

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**Natural hazard.** Natural processes or phenomena, which may result in loss of lives, injuries or other damage to health, damage to property, loss of survival facilities and services, social or economic damage or damage to environment.

**Partner Countries** — Azerbaijan, Armenia, Belarus, Georgia, Moldova, and Ukraine: countries-participants of the European Union funded programme «Prevention, Preparedness and Response to Natural and Man-made Disasters within the ENPI east region (PPRD East)».

**Preparedness.** A state of readiness and capability of human and material means, structures, communities and organisations enabling them to ensure an effective rapid response to a disaster, obtained as a result of action taken in advance.

**Prevention.** Any action aimed at reducing risks or mitigating adverse consequences of a disaster for people, the environment and property, including cultural heritage.

**Risk.** Potential disastrous losses of lives, health, survival facilities, valuables or services, which may occur in community or in society during the certain period of time. It occurs as a result of interrelation of hazards and vulnerability.

## KEY DEFINITIONS

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**Risk Assessment.** The overall cross-sectoral process of risk identification, risk analysis, and risk evaluation undertaken at national or appropriate sub-national level.

**Trans-boundary accident.** Global accident when the area of accident spreads beyond the state borders of the country where it occurred.

**Vulnerability.** Characteristics and circumstances of community, system or property, which make them exposed to impact of hazard. It may be stipulated by physical (proximity to the focus of hazard, violation of construction rules), economic (underfinancing of early warning system, absence of insurance), social (social status, gender problems, limited capacities of participation in decision-making), psychological (religious fears, prejudices, political pressure) or physiologic factors (young or old age, chronic disease, pregnancy, limited capacities).

## WHY IT IS IMPORTANT TO KNOW ABOUT DISASTERS?

### To be Ready is an Important Strategy

*Natural hazards* are often sudden, unpredictable and inevitable. It is impossible to avoid earthquake, hurricane, rock fall, flood, extreme cold or heat. Changes of climate and degradation of environment became the reason of the fact that number and intensity of natural hazards increase over years.

Sources of *human hazards*, technological and industrial facilities are, normally, to a large extent, subject to control and prevention of risks. However, non-compliance of safety rules, obsolescence of engineering structures and human factor create additional *risks* in *Partner Countries* of PPRD East Programme.

The described tendencies require from states, along with the prevention measures, the intensified attention to *increase preparedness* to rapidly response to emergency and to decrease a damage as maximal as possible.

## WHY IT IS IMPORTANT TO KNOW ABOUT DISASTERS?

### **Number of Victims and Those who Suffered is Increasing**

According to the UN, annually more than 200 million of people worldwide are exposed to impact of natural and human disasters. This number increases due to degradation of environment, climate changes and unauthorized construction.

At the same time safety is one of the main rights of a human being and its violation entails not only the short-term risks for life or its quality but also prevents a long-term development of society. At that the most vulnerable are people who live in poverty, women and children.

### **Prevention is a Beneficial Investment**

According to the estimates of UN and the World Bank, removal of consequences of disasters currently costs about USD 185 billion per annum and this figure continues to grow. At the same time it was estimated that each dollar invested in *disaster risk reduction* allows to saving from USD 5 up to 10 to remove them.

Despite economic benefit not all countries can afford such long-term investments since the question is not of a direct profit. At the same time to implement the preventive measures the political will is needed.

### **Responsibility is Rested with Everyone**

Transfer from tactics of response to strategy of prevention at state level of each Partner Country of PPRD East Programme will allow to save lives and to decrease damage. It does not relieve responsibility from business, industry or institutions, which should invest in improvement of safety of certain facilities, to create internal emergency response plans and to strictly meet the safety requirements.

Additionally it is necessary to comprehend that the culture of safe behavior starts with ordinary citizens — people should be knowledgeable to get protected from risks and to correctly behave in emergency situations.

### **To Inform and to Warn Means to Protect**

New challenges require from authorities and mass media closer cooperation when the question is to prevent and overcome the consequences of disasters.

Authorities, on their hand, should not limit a number of those who are informed about what is going on. The approach, according to which only specialists are able to cope with consequences, but journalists are just the means of retransmitting of official reports, undermines confidence of people and makes them

## WHY IT IS IMPORTANT TO KNOW ABOUT DISASTERS?

unprotected to hazards. In its turn, the mass media should not only fairly highlight the events but also suggest to state services the most efficient mechanisms to inform the broad public.

Both authorities and mass media should disseminate information focusing on interests of people, who live and work in the risk zone and bearing the main burden of removing the consequences of disasters.

# WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

## Context

The systems of population civil defence in the countries of Eastern Partnership are relatively new as only after collapse of the Soviet Union such systems were re-focused from militarized defence measures on prevention of disasters. Just prevention of disasters should become one of the priorities of governments. These intentions are proved by obligations assumed under *Hyogo Framework for Action* (HFA), *Millenium Development Goals* (MDG) and other international agreements but their practical implementation is complicated by lack of financial, staff or technical resources.

An important point to make efforts in the Partner Countries is to establish functioning of *early warning system*. Without such system it is impossible either to prevent and minimize consequences, or rapidly respond to emergencies as information on disaster is received too late.

In the Partners Countries press-services of rescue agencies efficiently inform governmental and

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## WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

non-governmental media about occurrence of emergency situation. However the coordinated national strategies of communication and informing of individual target groups in case of emergency, based on application of modern experience and communication technologies, are not available. Mass media as a rule do not highlight the issues of disaster prevention on a regular basis.

### Earthquakes

*Earthquakes* are underground shocks, which cause vibrations of the Earth surface. They are, by right, considered as the most terrible killers. During the period of 2000-2010 over 680000 people died worldwide as a result of earthquakes.

To assess and compare earthquakes *magnitude scale* is being used, which assesses the relieved energy in the form of seismic waves (for instance, 9.5 score Richter scale) and various *intensity scales* (they assess impact on people, articles, animals on the surface according to 12 score system). In case of earthquake, firstly we know its magnitude, which is determined on seismograms but not intensity, which is determined only later on after the information about consequences is received.

***The Spitak earthquake occurred in Armenia on 7 December 1988 took, for the very few seconds, the lives of at least 25 thousand people and covered about 40% territory of the country, 514 000 people were left without a roof over their heads.***

## WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

### Additional risk factors:

- Violation of standards of construction planning, especially, in seismically hazardous zones.
- Necessity to reconstruct the existing buildings and infrastructure.
- Facilities sensitive to risk (in particular, gas- and oil pipelines).

## Floods

Land floods are generically called as *floods*; they are very wide-spread disasters, which can be local (occur in an individual village or small settlement) but they can cover the basins of rivers and a number of settlements.

At that one should differentiate high water and spring flood. *High water is* a repeated, long lasting rise of water level in rivers, typically caused by spring melting of snow on flatlands or rainfalls. *Spring flood is* an intensive relatively short-term rise of water level caused by heavy rains, showers, sometimes quick melting of snow during thaws.

The special hazard is the so-called *sudden spring floods* related to short-term but very intensive showers. They form a dangerous destructive spring flood wave carrying mud, stones, branches and rubbish.

***In summer 2008 due to intensive storm rains the most large-scale flood for the last 60 years took place in Ukraine and Moldova. The rivers of Dniester and Prut as well as lakes and water storage basins overflowed.***

***In Western Ukraine 30 people, including 6 children died, 40601 residential houses and 34000 hectares of agricultural lands were waterlogged, 680 km of automobile roads were washed away, 360 automobile and 561 pedestrian bridges were destroyed. For the budget of Ukraine removal of consequences of cost UAH 5 bln. (about USD 1 bln.).***

***In Moldova water flooded towns and villages, agricultural lands. Bridges, roads, transmission lines and other infrastructure facilities were destroyed. As a result of flood the northern areas suffered most of all: here 46 villages were flooded, 500 houses found themselves under water fully or partially, about 8000 people were left without a roof over their heads, 10 thousand 500 hectares of agricultural lands were flooded. One third of the total harvest was perished. According to the reports, the state incurred losses for amount of USD 120 mln.***

## WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

### *Additional risk factors:*

Construction in areas with a risk of flood. Construction without considering impact of floods.

Disturbance of ecological balance (deforestation, overregulation of water flows).

Unsatisfactory condition of engineering facilities (breakwaters, dikes, dams and backwaters, embankments and storm collectors).

## **Draughts**

*Draughts* are called the long-term periods (from several weeks up to two-three years) of stable weather with high temperatures of air and small number of rainfalls. As a result the reserves of moisture in soil are exhausted and crops perish.

***As climate changes the frequency and duration of draughts considerably increase. In particular, if earlier the catastrophic draughts in Georgia have been occurring once in 15-25 years, nowadays this interval shortened up to 5-8 years. For the period of 1995-2008 the economic damage from draughts in Georgia was 40 mln. lari. In 2000 the draught covered 50% of territory of the country and lasted for seven months.***

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### *Additional risk factors:*

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Disturbance of ecological balance, inefficient land use.

Vulnerability and non-adaptivity of crops.

Lack of water basins and rainfall collection systems.

## Rock falls and Landslides

*Landslide* means separated mass of loose rocks, which is falling on slope slowly or by jerks. *Rock fall* means fall of fragments of rocks and boulders from steep mountain slopes and walls.

***The settlement of Bailovo in Baku, the capital of Azerbaijan is under continuous control of the Ministry of Emergencies as for the decades this area is a landslide zone. The most serious landslide on this territory occurred in 2000 due to earthquake; at that time the huge mass of earth for very few seconds took down the petrol station having blocked the highway between the centre of the city and settlement. Restoration of highway and demolished buildings took several months.***

## WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

***Landslides are also one of the acute problems in Georgia. The total area of lands located in the zone of high risk of landslides is over 1.5 million hectares (22% of the total area). At present 53 thousand of land plots are exposed to risk of intensification of landslide processes. For the last 40 years dozens of villages were left by inhabitants because of landslides.***

The reasons of rock falls and landslides could be heavy rains, movement of ground waters, weakening of slopes due to erosion and unwise activities — ploughing-up, construction work etc. These disasters often accompany earthquakes.

### **Household and Forest Fires**

*Household fires* deprive thousands of lives annually. Their reasons are mostly ignition of old electric wiring, carelessness of people when treating the open fire, household appliances and heating systems. Non-observance of fire-prevention standards during construction, absence of smoke and fire alarm systems as well as the means and skills to fight fires in everyday life cause the additional risks.

*Forest fires* in most of the cases are caused by human

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factor — unextinguished cigarette butts or bonfires, incineration of waste of agricultural activity that is prohibited by law. Less often — by lightning strokes. Forest fires are especially dangerous because they quickly spread and cover green afforestation — shrubs, low vegetation and grass near agricultural areas, on wastelands and in abandoned lots threatening the inhabited territories. Anomalous heat, string breezes and draughts promote their spreads to large territories.

***In 2012 in Belarus of 931 died in emergencies  
927 persons died during fires!***

### Chemical Accidents

*Chemical technological accidents* are unpredictable events at plants and enterprises accompanying by fires, explosions, releases of harmful substances. The signs of your stay near the focus of accident could be explosions, smoke, fire, sharp smell, «colourful» precipitation, sudden mass death of animals, instantly dried leaves etc.; quick appearance of specific symptoms (sickness, forced respiration, irritation of skin and mucous tunics).

Unfortunately, in the Partners-Countries industrial companies are not obliged to make assessment of

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## WHAT IS IMPORTANT TO KNOW ABOUT DISASTERS?

risks despite functioning of hundreds of sites and facilities, which are hazardous from the point of view of chemical releases. At that rescuers note an extreme obsolescence of equipment of enterprises. It considerably complicates prevention of technogenic emergencies.

***On 6 August 2013 during the planned repair at «Stirol» chemical plant (Horlivka, Ukraine) liquid ammonia was released. Six workers of the workshop died. For the first day 24 persons were taken to the hospital with burns and intoxication, later on another five workers requested the medical assistance.***

***The main reason was unsatisfactory condition of liquid ammonia pipeline because of long-term corrosion exposure. The accompanying technical reason was non-compliance of pipeline operation with the safety requirements.***

### *Additional risk factors:*

Selection of building site and designing without considering an impact of seismic events and floods.

Necessity to reconstruct the sites and facilities.

Lack of system for regular monitoring of sites and facilities.

## **MEDIA — PROFESSIONALISM SERVING THE SOCIETY**

**Large disasters, severe accidents with fatalities and serious economic damage will always be for mass media the priority «information cause». However for responsible media it is important not only to, timely and in a balanced manner, state the facts. It is necessary to understand the reasons and to help society to make correct conclusions in order to mitigate risks and consequences of inevitable disasters in future.**

### **Being alert**

To rapidly and qualitatively highlight hazard or the occurred natural/human disaster the mass media should have the respective editorial policy.

### **Mass media managers:**

- Conduct meetings with representatives of emergency services.
- Elaborate the information plans in case of emergencies (who to phone to, lists of phone numbers, who coordinates the actions).
- Assign a reporter who is in charge of highlighting

## MEDIA — PROFESSIONALISM SERVING THE SOCIETY

the natural and human disasters.

- Help journalists to improve their knowledge and skills about disasters and accidents, send them to special events and workshops of rescue services.
- Formulating tasks focus an attention on cause and effect relations.

### **Journalists who are specialized in highlighting of emergencies, it is important to, beforehand:**

- Study the hazards of natural and human disasters, which are important for the said region. Find out the most vulnerable areas. Know factors, which can worsen the consequences of disaster.
- Collect data on the previous events in the region.
- Get familiarized with the system for prevention and mitigation of consequences of emergencies.
- Maintain personal contacts with representatives of services in charge of emergencies management.
- Maintain contacts with professional experts by each type of hazards.

***Always use several sources of information! First of all, state services as well as witnesses and experts.***

### **Before and after disaster — what to write about?**

About potential hazards and risks!

One should not forget about suffered disasters: it is necessary to tell how they could be avoided, how to mitigate risks, protect ourselves and our children. Remind about human and economic losses due to the past disasters.

***It is not enough to cite facts — it is important to inform about the reasons. (Lack of early warning, role of professionalism and human factor, issue of competence of the persons in charge, low potential of resistance due to economic or staff reasons, absence of political will, low level of competence of population etc.).***

- Initiate interviews with employees of emergencies services and experts, discuss hazards and preventive measures.
- Tell about social, economic, ecological consequences of emergencies; cite the reputable sources of information.
- Use information causes of catastrophes occurred abroad to tell fellow citizens about risks and how to prevent them.
- Do not miss international and national holidays

## MEDIA — PROFESSIONALISM SERVING THE SOCIETY

devoted to emergencies fighting.

- Initiate and support educational campaigns!
- Highlight the stages of overcoming the consequences of catastrophes — reconstruction, investments, political, staff and other decisions.

Try to analyse whether the emergency can repeat. Where, in particular? For what reason? How to avoid it?

### **Do not forget to ask!**

- What, where and when occurred? What is the essence of accident?
- Why it happened? Factors caused the tragedy.
- What could be predicted? Was it possible to prevent the accident?
- Whether the risk prevention and mitigation measures have been implemented?
- Did the early warning system work?
- Did people respond to warning?
- Are there fatalities?
- What is the scope of destructions?
- What about the suffered people? Are they provided assistance? Are the temporary refuges arranged?
- What is an economic damage? Has environment suffered?
- How much time will overcoming of consequences take?

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- Who is responsible for what has happened?
- Who managed the process of evacuation, rescue, overcoming of consequences?
- Who should have managed these processes?

What measures should be taken to prevent the similar events in future?

**Witnesses and suffered are the important source of information for each reporter but do not forget about ethic norms and sympathy!**

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*While questioning the suffered people be careful and respectful.*

*Properly name yourselves and mass media you represent.*

*Express condolence and sympathy. Careful interaction with suffered people can, on one hand, help them to cope with the suffered tragedy and, on the other hand — make the commentary deeper and human.*

*Learn to keep balance between sensitivity to somebody's grief and professional distance.*

*Start with the simplest questions gradually moving to more complicated.*

*Be ready that the person can refuse to talk to you.*

## PERSONAL SECURITY OF JOURNALISTS

**Journalists working at the site of natural or human disaster area exposed to high risk as they should stay in the focus of events. At that, the editorial policy of mass media not always envisages special training and provision with individual protection means for their employees.**

**Always coordinate your actions with representatives of rescue services!**

### **Take into consideration your capacities!**

- Regularly pass medical examination to exclude risks associated with the state of your health.
- Take care of medical insurance.
- If you are not sure that psychologically you are ready to cope with what you can see at the site of disaster then refuse travelling to the site of accident.

### **Follow the safety rules!**

- Get prepared before you travel to site of accident (get familiarized with risks, safety and behavior

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rules, put together the basic commodities).

- Use the means of individual protection.

### **Be ready to render first aid!**

- Have the first aid kit with you — it can save your life and the life of people around you.
- Remember that sometimes it is more important to refuse a professional interest but save somebody's life.

### **Overcome stress correctly!**

- In stress situation many people manage to get mobilized, keep away from tragic situation and switch attention to collection of facts. Emotional reaction can come later in, already in safe situation. It is obligatory to discuss your emotions with a person whom you trust. Use an opportunity to have recourse to psychologist.

# FIRST AID

## First Aid Procedure:

- Take urgent measures to save the life.
- Call for help.
- Render first aid to those who suffered.
- Wait until ambulance comes.
- Take the suffered to hospital.

## Who should receive the aid in the first place if there are several suffered?

- To the person who does not speak and does not answer the questions — normally, such person is without consciousness or in the state of traumatic shock.

## Your assessment should give answer to four questions:

- Is the person conscious?
- Are respiratory tracts free?
- Does the person breathe?
- Is there pulsation?

**The suffered person is without consciousness, there is no breathe and heartbeats:**

- Call ambulance.
- Start doing artificial ventilation and closed-chest massage.

**The suffered person is without consciousness, there is no breathe but heartbeats exist:**

- Start doing artificial ventilation.
- Call ambulance.
- Keep doing artificial ventilation of lungs until ambulance arrives.

**The suffered person is without consciousness, there is breathe and heartbeats exist:**

- Determine affection that can threaten life.
- Lay down the suffered person in safe attitude;
- Call ambulance.

**The suffered person is in consciousness, there is breathe and heartbeats exist:**

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- Examine the suffered person.
- If needed, call ambulance.

**Damage of spine — very frequent trauma, especially as a result of traffic accident. Signs:**

- Sharp pain of neck, impossibility to move head in different directions.
- Painfulness in thoracic or lumbar spine.
- Sharp pain of spinous processes of damaged vertebra.
- Impossibility to move extremities or change of sensitivity in them.

**Actions when evacuating the suffered person with spine trauma:**

- Evacuation should be carried out by two-three persons.
- Cervical spine should be fixed with a kind of Schantz collar; it has to be supported by one of the rescuers to avoid malposition.
- At rescuer's command who keeps head the suffered person should be carefully laid on hard stretcher.

### Call of ambulance

Immediately call ambulance! If someone called there ask him to confirm that the call is accepted. When calling ambulance, please, introduce yourself and inform that you give the first aid on the site of the accident, give dispatcher your telephone number and provide the following information:

- What has happened — describe the type and degree of event heaviness.
- Number, sex and approximate age of suffered.
- Types of traumas — just express your opinion about types of traumas, nature of disease and state of suffered.

Wait for further instructions or questions. Confirm that you understood the instructions. The telephone call can be finished only by dispatcher of ambulance. If arrival of ambulance is impossible, arrange transportation of suffered to the nearest medical institution.

The purpose of the first aid is not only to treat physical traumas but also to morally support the injured person. Try to encourage the suffered person as much as possible!

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## **Cardiopulmonary Resuscitation:**

- Lay the suffered person down on the back, on hard surface.
- Using one hand open his/her mouth, with fingers of the other hand wrapped up in napkin or pocket handkerchief liberate the respiratory tracts.
- By hand, that is put under occiput, straighten, as maximal as possible, the spine in cervical, move forward lower jaw by chin, keeping it in such position by one hand, by second hand squeeze the wings of nose.
- Fill in your lungs with air, tightly embrace the open mouth of the suffered person and inject air in his/her lungs simultaneously, by “edge of eye”, controlling the rise of chest. If jaws of unconscious person are tightly squeezed or there is damage of jaw, tongue, lips do artificial ventilation by method not “mouth into mouth” but “mouth into nose”, at that squeezing not a nose but mouth. Number of injections - 16-20 times per minute.
- For external cardiac massage stay aside from the suffered person; bottom of palm of one hand put on front-bottom part of breastbone, bottom of the second palm – across the first one, straighten hands in elbow joints. Do rhythmic pushes using

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the whole mass of body, pressing the breast with a rate of 80-100 motions per minute.

- In case when the rescuer is alone the ratio of number of injection to number of pressings on breast is 1:5, if the rescuers are two – 2:15.
- In each two minutes the cardiopulmonary resuscitation should be suspended for several seconds and to check whether the pulse appeared on carotid arteries. Cardiac massage and artificial ventilation of lungs should be carried out until breathing and pulse are restored, pupils of eyes are narrowed and complexion is improved.

**Avoid unprotected contacts with blood of suffered persons!**

**USE RUBBER GLOVES!**



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