



Hriatthamna Thawhchhuah Programme





BIOLOGICAL EMERGENCY

THUHMAHRUAI:-

Biological agent attack tuar apiangah symptoms a lang vek kher lo.

Biological agent attack hi a lang nghal lo mai thei a, a chhan chu heng agent te hian incubation period an nei a, chutih chhung chuan agent effect hmuh tur a awm lo.

A LAN CHHUAH DAN TLANGPUI:

- Mihring natna sawifiah theih loh leh rannung leh sava thihna sawifiah theih loh tam tak.
- Biological attack tam takah chuan miten an exposed (infected) tih an hre nghal lovang. Chutiang dinhmunah chuan, finfiahna hmasa ber chu biological agents-te avanga natna lan chhuah dan hriat a nih hian a ni thei.

COMMUNICATION NEI RENG LA, CHHANCHHUAKTUTE TANPUI RAWH:

- Chaw leh tui intur dahkhawm la, khuh reng la, a chhe hmam thlak fo baw ang che.
- I chhungkua/vengchhunga natna awm chuan hriselna lama thuneitute hnenah report tur a ni.
- Chaw leh thlai chi hrang hrang hri kai awmte tihchhiat kawngah thuneitute tanpui a, rar vulh tam takah a darh loh nan.

ATTACK HMAA INBUATSAIHNA:

- I hmun (office, in leh a chhehvel) chu fai takin vawng la, chu chuan natna hrik a darh loh nan.
- Ei leh in hmam sahbawn leh tuiin kut sil/standard basic hygiene leh mimal faina dan zawm, etc.
- Thlai/thei te, chawhmeh/eitur ei hmam uluk takin silfai thin ang che.
- In hmam tui chhum la, a theih chuan chlorine telh baw ang che.
- Thil thleng bik a thlen hmaa i tih theih thenkhat chu thuthang hmanga hriat tumla, l ataksa fitness ngai pawimawh rawh

- Biological agent hman dan chhinchhiahna leh lanchhuah dan hriat belh duh tan mass media hmang rawh.
- Emergency medical facility te hriat hmasak phawt tur a ni.
- Natna tlanglawn tam tak chuan symptom inang an nei a; natna eng pawh hi biological emergency puan avanga lo awm niin ngai suh.
- I chiang lo a nih chuan damdawi lam thurawn la rawh.

HRI LENG LAI HIAN:

- I kai(exposed) tawh nia i hriat chuan fimkhur hle ang che.
- Biological agent kai nia rinhlelh mi i biak a ngai a nih chuan thawkna lama venhimna hi a pawimawh hle.
- Mi atanga hlat takahawmla, hnai takah biak loh tur.
- Chanchinbu chhiar la, TV en la, radio-ah thu hriat duh neiin ngaithla la, official instruction leh emergency warning system te ngaihven la, chutiang chuan ti rawh.

- I vun, i thawmhnaw emaw, i hak theih thil dang emaw chu natna hrik kai thei hmuh theih thil nen a inzawm a nih chuan, chu chu la chhuak la, sahbawn leh tui lum hmangin sil nghal rawh. Thawmhnaw fai inbel la, damdawi lam pan rawh.
- Chutiang emergency a darh nia rinhlelh lai chuan window leh kawngkhar zawng zawng khar vek tur a ni a, fan leh air conditioner/cooler hman loh tur a ni.
- Damdawi lam hriattir la, health department-in thurawn a pekte zawm fo ang che.

HRI LENG A CHHUAH HNUAH:

Infection i tawh nia i rinhlelh chuan heng fimkhur turte hi zawm tur a ni:

- Biological agent nia rinhlelhna hmun chu hriat nghal tum la, chu hmun atang chuan inthiarfihlim rawh.
- I hnar leh hmui chu boruak filter thei tur puan layer hmangin khuh rawh.
- Disaster management leh police te hriattir rawh.
- A rang thei ang berin sahbawn leh tui hmangin uluk takin inbual la, thawmhnaw fai tak inbel bawh ang che.
- Chhungkaw member a damloh chuan thuneitute ruatsa damdawi in panpui rawh.

I bula factory/industry chi hrang hrang awmte chu hre reng ang che. Emergency a awm chuan himna kalphung/venna tur dik tak hriat duh chuan thuneitute zawt rawh.





CHEMICAL EMERGENCY

Chemical Emergency a nih chuan:

Kan rama industry lama hmasawna a lo awm tak avangin chemical agents hmanna pawh a tam hle. Tunah hian nuai 3 vel a ni

Chemical Agent hrang hrang:

Heng chemical te hi an chemical property avang leh mihring taksa tana tha lo tak tak an neih avangin thihna thlen thei chemical te an ni. Entirnan, Chlorine gas, methyl isocyanate, cyanogen chloride, sulfur mustard gas, etc. te hi a ni.

Mihring Taksa chhunga luh dan:

- ✓ Vun.
- ✓ Mit.
- ✓ Thawhna.
- ✓ Ei leh in.
- ✓ Injection.

A lan chhuah dan tlangpui:

A natna vei chuan khuh, luak chhuak, mit tui, vun na, thawk harsa, leh

hriselna lama nghawng tha lo dangte a nei thei a ni.

Administration te inbiakpawhna leh tanpui:

- ✓ Gas leak i hmuh emaw, rim danglam tak i hriat emaw chuan disaster management hnenah hriattir nghal rawh.
- ✓ I chhungkua leh vengchhunga damlote chu health department-ah report rawh.
- ✓ Administration-in hna a thawh mekte thawhpui a, an thupek zawm.

Chemical Accident hmaa inbuatsaihna:

- ✓ Chemical attack/incidents/emergency hlauhawmzia leh mahni inven dan tur leh tih dan tur mipui hriattir.
- ✓ I in kawngkhar leh tukverh vel sealna tur thilte chu inpeih reng ang che.
- ✓ Face mask pawh inpeih reng tur a ni.
- ✓ Decontamination kit leh damdawi te chu inpeih reng tur a ni.

- ✓ Emergency service leh damdawi in phone number te chu in lamah dah reng tur a ni.

Chemical attack/thil thleng hnua tih tur:

- ✓ I taksa pum pui khuh rawh.
- ✓ I hmaiah puan huh dah la, zawimuangin thawk la rawh.
- ✓ Thli tleh/thli thawt lohna lamah awm rawh.
- ✓ Kawngkhar, tukverh, fan, cooler, etc. zawng zawng khar vek tur a ni.
- ✓ Chaw leh in tur khuh loh engmah ei suh.
- ✓ I vun a na a nih chuan Fuller's earth(lei) emaw flour(atta) emaw hmang la.
- ✓ Radio leh television-a thu hriattirte chu ngaithla rawh.
- ✓ Thuthang satliah thehdarh suh la, ngaihven suh.

Chemical agent-in nghawng a neih tlem hnua tih tur:

- ✓ Hliam tuar te tan first aid pek.
- ✓ Hliam tuar te chu a rang thei ang bera damdawi inah thawn tir rawh.
- ✓ Inbual rawh(decontaminate) rawh.
- ✓ Van boruak zau takah chuan chhuak rawh.
- ✓ Khawtlangte pawhin radiation, biological, leh chemical emergency laka invenna tur anmahni invenna tur hmun (quaranteen center)an siam thei bawk.

Tih loh tur:

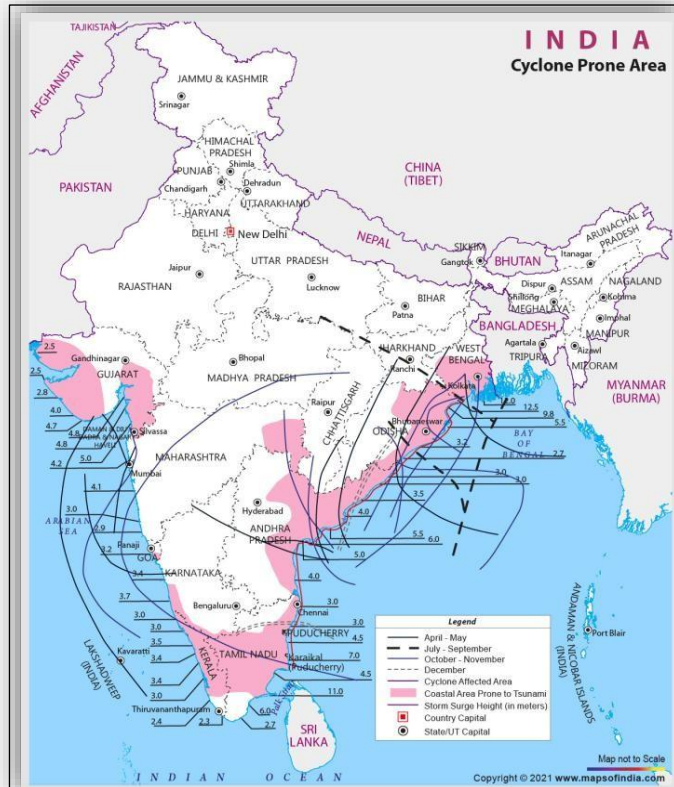
- ✓ Chhiat tawhna hmunah hian ei tur/tui/in tur khuh loh ei loh tur a ni.
- ✓ Thuneitute thupek hma chuan shelter/basement chhuahsan suh.
- ✓ Buara apack chhangphut, lehkhaw khuh chaw, tui inhawng emaw hmang suh. > Invenna tel lovin pawnah kal suh.
- ✓ I chhehvela factory/industry chi hrang hrang awmte chu hre reng ang che. Emergency a awm chuan a tul

anga himna tur/venna tur thuneitute zawt thin ang che.





CYCLONE



Thlipui tleh laiin:

- ✓ Gas supply chu off rawh.
- ✓ Mei chhem chu timit rawh.
- ✓ Battery hmanga hman radio-ah chanchin pawimawh ngaithla rawh.
- ✓ Thlipui tleh hnua pawnah boruak muanawm a awm hma chu pawnah chhuak suh.
- ✓ Sawrkar thupek atanga chhuah a him tih finfiah hun nghak rawh.
- ✓ Lirthei ikhalh anih chuan ding la, mahse tuifinriat, power line leh tui hnaih atanga hla takah awm rawh.

Thlipui tleh hnua:

- ✓ Gas leak eng pawh titawp rawh.
- ✓ Electric hmanrua hman suh.
- ✓ Hliam tuar leh thite zawng chhuak rawh
- ✓ A mamawhtute tanpuina hmasa ber pek a, rang taka damdawi in panpui. Police leh paramilitary force te tanpui thin ang che.

Cyclone hi air system lian tak a ni, low-pressure center vel a inher a, thlipui na tak leh khawdur nasa lutukah thleng thin a ni. Tuipui chung atanga boruak lum leh hnawng lo chhuak a, rotating air system siam avanga thlipui chi khat a ni..



Alanchhuah dan(symtoms):

- ✓ Thli leh thlipuina tak tak te.
- ✓ Ruahsur nasa, tuilian thlen thei.

Thlipui tleh hma hian:

- ✓ Radio leh TV-ah khaw awmdan(wheather) report ngaihthlak la, thlipui tleh tur thu i hriat veleh i bul hnaia chengte hriattir nghal baw ang che.
- ✓ Hmun him emaw, in sak nghet emaw zawng hmasa la, kawng him tur zawng rawh.
- ✓ In lamah emergency kit dah la, document pawimawh leh thil hlu tak tak dah rawh.
- ✓ Chaw leh tui tui in tur tha dahtha rawh
- ✓ Rannungsa te chu hmun himah dah ang che.
- ✓ In a him leh him loh tih enfiah rawh.
- ✓ I in kawngkhar, tukverh leh inchung chu ati nghet la, chhiatna lakah ihm nan

Emergency Kit hman tur:

- ✓ First Aid Box-ah dah a ni
- ✓ Tui in tur
- ✓ Chaw
- ✓ Thawmhnaw
- ✓ Polithene
- ✓ Mutbu
- ✓ Lehkha pawimawh

Thlipui tleh la ia tih tur:

- ✓ Hlauthawng suh.
- ✓ Window-ah paper bel la, a chhiat loh nan.
- ✓ Tui in tur, ei tur leh thawmhnaw te chu hmunhim ah dah rawh
- ✓ polythene emaw water proof bag ah dah rawh.
- ✓ Hriselna atan thawmhnaw lum ha thin ang che.
- ✓ Tuipuiah kal suh.
- ✓ I chhungte nen hmun himah insawn rawh.
- ✓ Electrical power zawng zawng off vek rawh.



Cyclone

Cyclone hi air system lian tak, low-pressure center vel a inher a, thlipui na tak leh khaw lum nasa tak a thlen thin a ni. Tuipui chung atanga boruak lum lo chhuak, rotating air system siam avanga thlipui chi khat a ni.



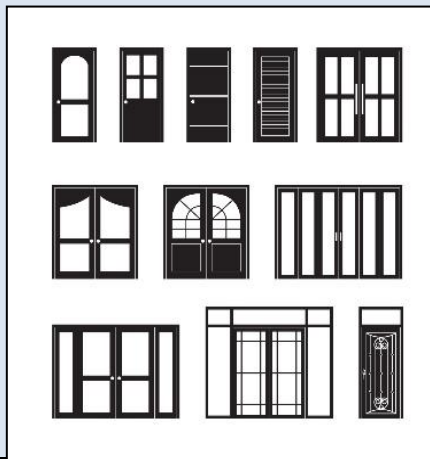
Alanchhuahna:

- Thlipui leh thlipui na tak tak te.
- Ruahsur nasa, tuilian thlen thei.
- Thlipui chak tak, storm surges tia hriat bawk.



Cyclone lo thleng tur atana inbuatsaihna:

- Radio leh television-ah khaw awmdan chanchin ngaithla la, cyclone alert i dawn veleh i bula awmte hriattir rawh.
- Hmun him emaw, building nghet emaw hre lawk la, chuta thlen theihna tur kawng him tak ruahman rawh.
- In lamah document pawimawh tak tak khawn khawm la, emergency kit buatsaih rawh.
- Chaw leh tui in tur tam tawk tak neih theih nan hma la rawh.
- Document pawimawh leh thil pawimawh te chu hmun him takah dah thin ang che.
- Ran vulhte chu inkhung hran emaw, phuarbeha dah loh tur.
- I in leh chenna hmun him leh himloh enfiah rawh.
- I in tukverh, kawngkhar, leh inchung chu tinghet la, chhiatrupna laka a him theih nan fimkhur rawh.



Thlipui tleh lai hian eng nge tih tur:

- Ngawi rengin awm rawh. Hlauthawng suh.
- Tukverh leh kawngkhar kha khar nghet la, in chungah awm rawh.
- Glass a chhiat chuan hliam palha awm loh nan window pane-ah paper emaw tape emaw bel rawh.
- Tui in tur, ei tur leh thawmhnaw te chu tui tlak lohna bag emaw polythene bag emaw ah him takin dah la.
- Emergency kit chu inpeih reng tur a ni.
- Hriselna atan thawmhnaw lum ha thin ang che.
- Tuipuiah lamah kal suh.
- I chungte nen building him leh hmun him i hriat chianah kal rawh.
- Electrical switch zawng zawng off vek rawh.
- Gas supply knob chu off rawh.
- Meichhem/alh te chu timit nghal rawh.
- Battery hmang radio emaw voltmeter emaw hmangin sorkar thu hriatte chu ahunah ngaihthlak chhonzawm zel ang che.



Thlipui tleh hnua tih tur:

- Kangmei a chhuah chuan tihmit nghal tum ang che.
- Gas leak a awm chuan gas supply kha off nghal tur a ni.
- Power supply a him tawh hma chuan electrical appliances hmang suh.
- Mi bo emaw, hliam tuar emaw zawn chhuah.
- Hliam tuar te chu first aid pek a, a tul chuan damdawi inah phurh nghal rawh.
- Police, paramilitary force, leh chhawmdawl hna thawktu official-te tanpui.
- Thu dik lo thehdarh suh la, ring suh.



Chhungkaw Chhiatna Kit



Chhiatna alo thlenin tanpuitu an lo thleng dawn a, mahse a tuar zawng zawngte hnenah an thleng nghal thei lo mai thei. Tanpuina a lo thlen theih nân dârkâr tam tak emaw, ni tam tak emaw pawh a la ngai thei. Chumi hma chuan emergency hmachhawn turin i chungte in inpeih em?



I in chungah thil pawimawh paruk i dah tur a ni: tui, ei tur, first aid kit, thawmhnaw leh mutna, hmanrua, leh emergency thil dangte. Evacuation neih chung hian heng thilte hi i bulah dah la:-

1. **First Aid Kit:** Enkawlna nghal tur chuan a hnuai thilte hi telh ngei ngei tur a ni:

- Roller bandage
- Cotton (cotton pack) bakchek
- Antiseptic solution (Dettol, Savlon ang chi)
- Antiseptic chlorine (Soframycin, Neomycin ang chi)
- Oral rehydration solution (ORS)
- Triangular bandage
- Bandage te tak te leh lian (bamboo emaw thinga siam repellent ang chi).
- Nachhawkna damdawi (paracetamol ang chi).
- Mimal damdawi pawimawh tak tak.
- Chlorine tablets (tui in tur tihthianghlim nan).



2. **Tui:** Tui in tur chu bottle thianghlim, khuh emaw, bawm emaw-ah dah ang che. Bottle emaw container emaw tinte fill emaw refill emaw ni chu chiang takin chhinchhiah rawh. Tui hlui chu paih la, thla li danah tui thianghlim dah leh la, in tur a awm reng theih nan.



3. **Chaw:** Ei tur, enkawl vak ngai lo emaw, refrigeration-a dah tam ngai lo ei tur thlang rawh. Heng thilte hi a rit lo tur a ni a, ei tur tha tak a ni tur a ni a, rei tak daih tur a ni a, awlsam taka phurh theih a ni tur a ni.

Entirnan:

- Biscuit, snacks te pawh a awm bawk.
- Chaw ei tur peih tawh packets.
- Chaw thar, buhfai, thei hring, chickpeas, sattu, murgura (guri), etc.
- Sugar, chi, chi.
- Energy drinks, glucose ang chi te.
- Instant coffee, tea bag.



4. **Thil hmanrua leh bungrua:**

- Disposable plate leh spoon.
- Battery hmang radio.
- Flashlight battery hmang .
- Utility knife (Multi-functional).
- Mombati leh nawalh (lighter) .
- Savun, tui hmanga silfai.
- Thread leh needle hmanga siam.
- Whistle.
- Plastic sheet.



- Plastic mugs.
- Plastic bag

5. **Thawmhnaw leh pheikhawk:**

- Thawmhnaw leh pheikhawk mi pakhat tan set 1 zelin.
- Blanket leh khum puan te.
- Canvas kekawr nghet tak (tui lut lohna tur a tha be).
- Tui puan (plastic sheet/raincoat) leh umbrella te.



6. **Nausen tan hmanraw bik:**

- Milk powder (nausen chaw ei tur).
- Diaper (nappies).
- Damdawi pawimawh (doctor-in damdawi a pek dan pangngai).



7. **Puitling tan hmanraw bik:**

- Lung natna leh thisen sang tan damdawi pawimawh tak tak.
- Zunthlum vei tan insulin injection.
- Tarmit vuah tur a ni.



8. **Chhungkaw document pawimawh (record zawng zawng chu waterproof folder emaw file emaw-ah dah vek tur).**

- Will, insurance policy, contract, deed, stock leh bonds, etc.
- Identification card te, voter ID, ration card, passport te a ni.
- Bank kaihnawih lehkha (passbook, ATM card, account information, etc.).
- Zirna leh thil dang certificate, pianpui, nupui pasal neih, leh thihna certificate te.
- Emergency telephone number (chhungkaw, tualchung administration, damdawi in, police, etc.)



Hriatreng tur:

- Kit hi in chhunga hmun awlsam leh him takah dah la, chhungkaw member zawng zawng an hriat ngei ngei tur a ni.
- Chaw leh tui dahkhawmte chu thla 4 danah thlak (replace) thin ang che.
- Kit chhunga thil awm leh chhungkaw mamawh kum khatah vawi khat enfiah la, a tul angin update rawh.
- Thil zawng zawng chu plastic bag-ah nghet takin dah la, a huha achhiat loh nan



Tuilian Chhanchhuah Dan

Chhiatna laka invenna:

'Applied science a ni a, chhiatna thlengte mumal taka enfiah leh thlirletna hmanga invenna, inbuatsaihna, emergency response, leh recovery measures tihchangtlunna tura thawktu.'



Tuilien laia tih tur: -

Tuilien chhiatna hian harsatna khirh tak tak tam tak a thlen a ni. Mi tangkhangte chhanchhuahna leh ei tur pawimawh leh damdawi lam tanpuina thawn chhuahnaah hian tui lama lawng lian tak tak, lawng, leh lawng chawlhna te a ngai a, chu chu awlsam taka hmuh theih a ni lo fo thin.

- Tin Raft: He raft hi tin leh bamboo a siam a ni. Tuilian laia himna thlen nan hman a ni.
- khum Raft: He raft hi cot leh tarpaulin hmanga siam a ni a, tuilian laia himna hmun thlen nan hman a ni.
- Bamboo Raft: He raft hi mau hrui hmanga tawn khawm a ni a, tuilen laiin chhanchhuah nan hman theih a ni.
- Barrel Raft: He raft hi barrel pakhat emaw pahnih emaw hrui hmanga tawn a, tuilen laiin chhanchhuah nan a ni.
- Banana tow Raft: He raft hi balhla/changel kung atanga siam a ni a, tuilen laiin himna hmun atlen theih a ni.
- Tube Raft: He raft hi tube chu pump puar a, himna hmuna kalchhuah theihna a ni.
- Water Bottle Raft: He raft hi tui bottle atanga siam a ni a, tuilen laiin mi pakhat chu himna hmunah a thlen thei a ni.
- Thermocol Life Jacket: He jacket hi puan leh thermocol atanga siam a ni a, tuilen laiin mi pakhat chu himna hmunah a akal thei a ni.

Tin, life jacket a awm loh chuan thermocol seat chu taksa hma leh hnung lama tawnbeh in tuilen laiin himna hmunah kan kal thei



Tui pil mek tanpui huna hriat reng tur:

- Tui pil mek hnaih lutuk suh.
- Tui pil mek chu hruai, tiang, a nih loh leh pawhchhuah theihna tur kawng dang pek tum ang che.
- Tui pil mek chhanchhuah nan tui hleuh thiam i nih chuahin tuia lutin chhanchhuak ang che.
- Tuitla chu a hmui emaw, thawkna kawng emaw kha block suh.
- A tul angin artificial respiration pe thin ang che.
- Tuitla chu recovery position (support position) in awmtir rawh.
- Thawmhnaw huh chu phelh rawh.
- Victim chu dah lum rawh.
- Damdawi in panna tur ruahmanna siam nghal rawh.



Nunna chhanhimna tur ruahmanna:

Nunna chhanhimna chu mihringin tuiah a pil mek chhanchhuahna atana kan hmante hi a ni.

1. Dry Chhanchhuahna

- **Reach Method**:- Hei hi chhanchhuaktute tana hmanraw tangkai ber leh him ber a ni a, eng emergency-ah pawh ngaih pawimawh hmasak tur a ni. leiah bawk la, stability vawng reng la, tuiah pil mek hnaih tum ang che. hruai emaw tiang emaw hmingin tuitla chu I pawt chhuak dawn nia.
- **Wade Method**:- Hetah hian chhanchhuaktu chuan tuitla hnaih thei ang berah kalin hruai emaw tiang emaw in a pawt chhuak ang.
- **Throw Method**:- Hei hi hmanraw tangkai ber leh him ber nia ngaih a ni. Hetiang hming hian tuitla chu lifebuoy thehin chhanchhuah a ni.
- **Raw Method**: Lifebuoy hi tuiah a pil mek chu awlsam taka man a, tuipui kamah a thlen theih nan hman a ni.

2. Wet Chhanchhuahna

- ❖ contact method
- ❖ Wrist Tow
- ❖ Support Tow
- ❖ Arm Tow
- ❖ Head Tow
- ❖ Vice Grip Tow



CPR (Cardiopulmonary Resuscitation) tih hi eng nge ni?

- CPR hi emergency procedure a ni a, mi thaw leh lungphu a tawp thut a. A tum ber chu thisen oxygen nei chu lung leh thluak lama thawn kir leh a ni.
 - CPR hi engtin nge kan tih ang? (Puitling tan)
1. En rawh:
Zawite tein hliam tuar chu ti nging la, "I dam tha em?" ti la.
- Thâwk leh marphu (second 10 chung) enfiah rawh.

2. Tanpuina dil in ko rawh:

- 112 emaw emergency number hnai ber emaw call rawh.
- Mi pakhat hnenah AED (Automated External Defibrillator) (a awm chuan) rawn keng turin hrilh rawh.

3. Chest Compression hrang hrang:

- Hliam tuar chu hmun sakhat, zawlah muttir rawh.
- Kut pahnih kutphah chu a awmbawr lai takah dah rawh.
- Minute khatah compression 100 atanga 120 (thuk zawng cm 5 vel) pe thin ang che.
- I nem apiangin a awm chu alo up ngahk thin ang che.

4. ka leh ka atanga thawk pek (trained a nih chuan):

- ALu chu hnunglam hawiin kuai dak la, akhabe up rawh.
- AHnar kha hup la, a ka ah thawk wawi hnih pe rawh.
- Compression wawi 30 hnuah thawk wawi hnih pe thin ang che (30:2 ratio).

5. CPR chhonzawm zel tur a ni:

- Professional tanpuina a lo thlen hma loh chuan.
- Chu mi chuan a hriatna a neih leh hma loh chuan.
- I hah a I tih theih loh chuan hlaim tuar tan apawi thei.

Engtin nge CPR pek ang? (naupang tan) .

1. En rawh:

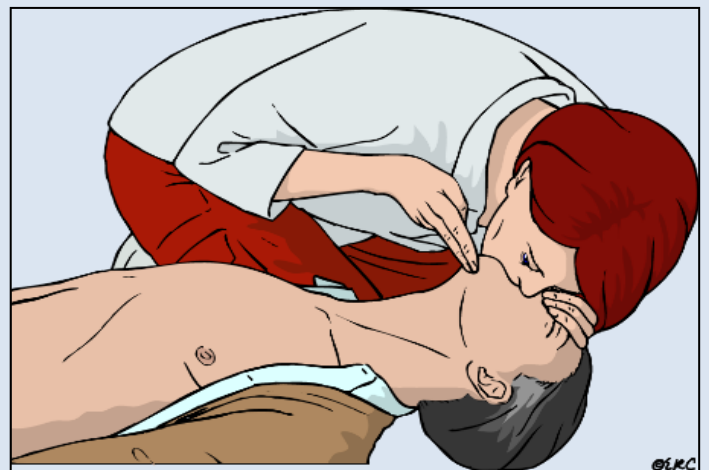
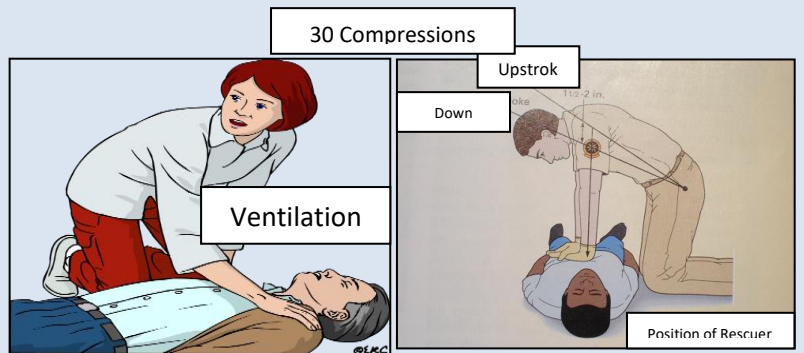
- Zawi zawiin naupang chu ti nging la, "I dam tha em?"
- Thâwk leh pulse (second 10 chung) enfiah rawh.

2. Tanpuina dil turin ko rawh:

- 112 emaw emergency number hnai ber emaw ah call rawh.
- Mi pakhat hnenah AED (Automated External Defibrillator) (a awm chuan) rawn keng turin hrilh rawh.

3. Chest Compressions

- Hun awl sakhat ah azangthalin mut tir rawh.
- Kut pahnih kutphah chu awmlai takah dah rawh.



- Minute khatah compression 100 atanga 120 (thuk zawng cm 4 vel) pe thin ang che.
- I nem apiangin a awm chu up chhoh tir thin ang che.

4. Ka leh ka atanga thawk in pek (training a nih chuan):

- Lu chu hnunglam hawiin, a khabe chu chawi sang rawh.
- Hnar hup la, a ka ah thawk vawi hnih pe rawh. Compression vawi 30 hnuah thawk vawi hnih pe thin ang che (30:2 ratio).

5. CPR chhonzawm zel tur a ni:

- Professional tanpuina a lo thlen hma loh chuan.
- Naupangin a hriatna a neih leh hma loh chuan.
- I chau chuan hlauhaawmah a awm a ni

CPR hi engtin nge kan tih ang? (nausen tan)

1. En rawh:

- Zawi zawiin naute chu han vawrh la, "I dam tha em?"
- Thawk leh pulse (second 10 chung) enfiah rawh.

2. Tanpuina dil turin ko rawh:

- 112 emaw emergency number hnai ber emaw ah call rawh.
- Mi pakhat hnenah AED (Automated External Defibrillator) (a awm chuan) rawn keng turin hrilh rawh.

3. Chest Compression hrang hrang: 1.1.

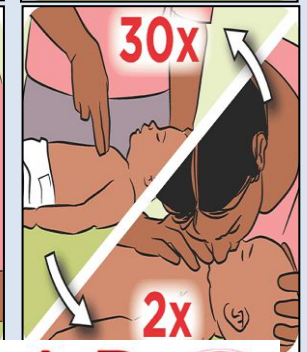
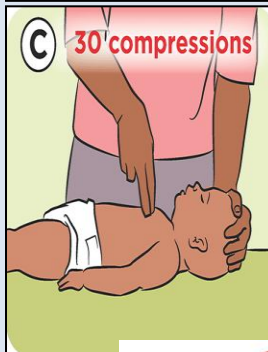
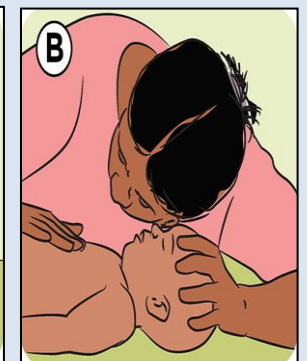
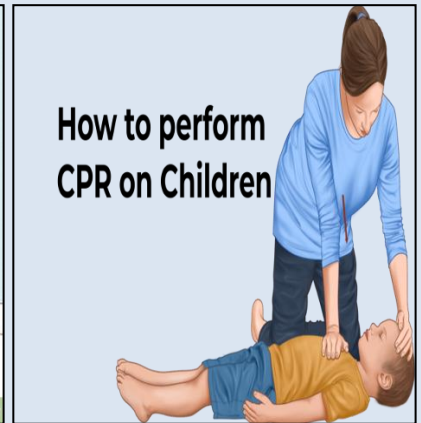
- Naute chu a hnungzang chungah hmun nem takah dah rawh.
- Kut pakhat kut zungtang pahnih chu a awm lai takah dah la.
- Minute khatah compression 100 atanga 120 vel (a thuk zawng chu cm 3-4 vel) pe thin ang che.
- I nem apiangin a awm chu up chhoh tir thin ang che.

4. Ka leh ka a thawk pek (trained a nih chuan):

- Lu chu hnunglam hawiin, a khabe chu chawi sang rawh.
- Ka leh hnar hmangin vawi hnih ham rawh.
- Compression vawi 30 hnuah thawk vawi 2 (30:2 ratio) pe thin ang che.

5. CPR chhonzawm zel tur a ni:

- Professional tanpuina a lo thlen hma loh chuan.
- Naute chu a hriatna a neih leh hma loh chuan.
- Chau suh a nih loh chuan nausen tan ahlahawm thei.



CPR हे C-A-B

जितना आसान

छाती का दबाव
पीड़ित की छाती
पर तेजी
से दबाव डालें

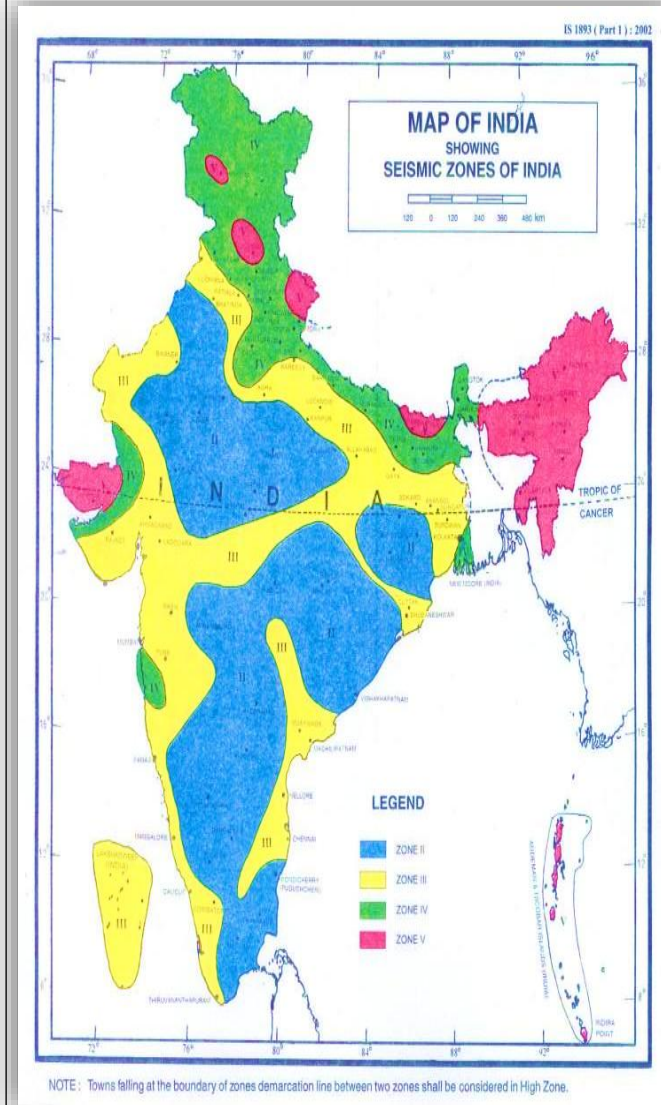
स्वास्थ्य जली को खुला
करना- पीड़ित के
जबड़े को उठाये लेकिन गर्दन
को ना घुमाये

साँस लेना
अपने मुँह से
उसके मुँह
को साँस देना

अनुक्रम बदलकर, छाती पर दबाव डालने का काम जल्दी शुरू की जाती है, रेंटिलेशन में विलंब न्यूनतम होना चाहिए



LIRNGHING



LIRNGHIN HNUAH:-

- HLAUTHAWNG SUH, THLAMUANG TAKIN AWMLA, THUTHANG SATLIAH NGAITHLAK LEH THEHDARH LOH TUR.
- ANGHIN HNUAH AFTERSHOCK LO AWM THEI LAKAH INBUATSIAH RAWH.
- HLIAM TUARTE, TANPUI NGAITE TANPUI A, A MAMAWH TU TE TANA FIRST AID PEK TUR.
- NAUSEN, HMEICHHIA, TAR LEH RUALBANLO TE TANPUI HMASA RAWH
- BUILDING CHIM/CHHIA ATANGA HLA TAKA AWM TUR.
- MEI TIH ALH LOH TUR, MOMBATI, LLANTERN TE HMAN LOH TUR, TORCHLIGHT HMAN ZAWK TUR A NI.
- BUILDING CHIM MAI THEI TE ZAWNA, CHU MI ATANGA HLA TAKA AWM A, TUMAH HNIAH KAL HANIH TIR LOH TUR.
- UPDATE LEH INFORMATION HRIAT DUH CHUAN RADIO ATANGA NGAITHLAK TUR.
- HLAUHAWM A AWM TAWHLO TIH OFFICIALA AN PUAN HUNAH CHUAH I INAH HAAW ANG CHE.
- TELEPHONE HI EMERGENCY SERVICE AH CHUAH HMAN ANG CHE.
- ELECTRIC LINE TE ENFIAH LA, RINHLELHAWM A AWM CHUAN MAIN SWITCH AH OFF ANG CHE.
- CIVIL DEFENCE DAN ZAWM TUR A NI.

LIRNGHING TIH HI ENGE A NIH?

- LEILUNG HI PLATE ENGEMAW ZAT INSIAM CHUNGAH A AWM A.GEOLOGICAL REASON AVANGA LEICHHUNG THUK TAKAH HENG PLATE TE HI ACHET HIAN SEISMIC WAVE ASIAM A. CHU CHU KAWNG TIN RENGAH A DARH A, LEILUNG ATI CHE IN ATI NGHING THIN A, CHU CHU LIRNGHING AN TI A NI.
- LIRNGHING HII SAWI LAWK THEIH A NI LOVA
- LIRNGHING HIAN NUNNA LEH BUNGRUA AHLOH TIR THEI A NI.

LIRNGHING HMA A INBUATSAINA:-

- AHUN TAKAH NANGMA HIMNA TUR I NGAIHTUAH TUR A NI.
- THIL PAWIMAWH (TUI BOTTLE, DRYRATION,GAGGERY, CHICKPEAS, FLATTENED, RICE, FIRST AID KIT, TORCHLIHT, RADIO-BATTERY, ETC.) HENG TE HI BAGAH DAH FELSA RAWH.
- CHHUNGKAW MEMBER ZAWNG ZAWNG TE EMERGENCY A AWM THUT ATAN ELECTRIC LEH GAS CONNECTION OFF DAN ZIRTIR TUR A NI.
- I INCHHUNGAH HMUN HIM LINGHING LAI PAWH A HIM THEI TUR NGAIHTUAH HMASA RAWH.

- I CHHUNGTE EMAW I THIANTE EMAW PAWNA EMAW KHAWPUI VELA AWM BIAK PAWH DAN NGAIHTUAH HMASA RAWH.
- LIRNGHING HUNAH PAWH CHHIATNA THLENG TLEM THEI TUR ANG BERIN IN PAWH SAK TUR A NI.
- I INCHHUNG KHI EMAW A AWM CHUAN SIAMTHAT VAT TUR A NI.
- INCHUNGAH TUI I DAHNA CHU ATLAK MAI LOH NAN NGHET TAKIN SIAM RAWH.
- INCHHUNG A EMERGENCY EXIT TE ENFIAH A, ADAL THEI TUR ENGMAH DAH LOH TUR.
- LIRNGHING ALO THLEN PAWH A KAN BUAI LOH NAN TLANCHHUAH DAN TUR LO PRACTICE LAWK TUR A NI.

LIRNGHING LAIIN:-

INCHHUNGAH I AWM ANIH CHUAN:-

1. HLAUTHAWNG LO LA, THLAMUANG TKAIN AWM LA, INCHHUNGAH AWM ANG CHE.
2. DAWKAN HNUAI EMAW ENGEMAW FURNITURE HNAUI NGHET TAK AH AWM LA NGHET TAKIN VUAN ANG CHE.

3. I IN CHHUNGAH AHNUAIA AWM MAI THEIHNA FURNITURE A AWM LOH CHUAN BANG NGHET TAK BULAH THINGTHI IN KUN LA I KUT LEIAH DAH ANG CHE.
4. KAWNGKHAR BULAH AWM LOH TUR A NI. KAWNGKHAR CHU ACHET NASAT LUTUK AVANGIN NANGMAH AHLIAM THEI CHE A NI.
5. TUKVERH, DARTHLANG,CUPBOARD RIT TAK TAK LEH LEHKHABU DAHNA HNAIHAAH AWM SUH. BUILDING NGHETLO ANIH CHUAN CHHUAHSAN NGHAL ANG CHE.
6. ELEVATOR EMAW LIFT EMAW HMANG SUH; STEP ATANGIN CHHUK ANG CHE.

PAWNLAMAH I AWM CHUAN:-

1. BUIADING, LAMP POST LEH POWER LINE ATANGA HLA TAK AH AWM RAWH.
2. ELECTRIC LINE HNUAI LEH BUL VELAH DING SUH.
3. THINGKUNG BULAH DING SUH
4. BUILDING CHHIA AH LUH TUM SUH.

LIRTHEIAH I CHUANG ANIH CHUAN:-

1. BUILDING,THING LEH POWER LINE ATANGA HLA TAK HMUN FAI TAK AH LIRTHEI DAH LA, ACHHUNGAH AWM RENG ANG CHE.
2. LIRNGHING AREH HMA LOH CHUAN FIMKHUR TAKIN AWM ANG CHE.



FIRE

**"Fire is Fire.....
Friend or Foe, We Decide."**



Kangmei laka himna leh in venna tlangpui:

- I chhungte zawng zawngin kangmei a chhuah chuan eng nge an tih tur tih hriat tir vek rawh. Tlan chhuahna tur ruahman lawk rawh.
- kangmei chhuaha kal chhuahna atana hman theih tur step, hall wall, leh tukverh te ang chi hi siam tur a ni.
- Tukverh leh kawngkhar awlsam taka inhawng turin enfiah rawh. Kangmei chhuak awm thut atan pawnah entin nge kan chhuah anga kangmei engtin nge kan thelh ang ruahman lawk tur
- I in ah kangmei achhuah nasat thuta I chhungkua te chu hmun him kangmei hlauhawm lohna tur hmun ruahman rawh
- Chhungkaw member te inven dan practice pui rawh. Bedroom tinah bell leh torchlight dah reng tur a ni.
- I mutna kawngkhar khar chungin mu fo ang che. Hei hian mutna pindan chhunga mei leh meikhu te chu alo lut zung zung thei lovanga, chhuahna hun tam zawk inei thei ang.
- Chhungkaw zinga mi zawng zawngin alarm an tih theih dan tur zawng la, chu chu au thawm, bang vuak, whistling, etc. "Mei, mei, mei tiha au.
- Hun hi a hlu a, Thawhnaw inbelte, ran vulh te, thil hlu te buaipuiin ihun khawhral suh la, Chhuak vat rawh!

Inpeih rawh. Ruahmanna siam lawk rawh.

- I in, sikul, pawl emaw office emaw ah tlan chhuahna tur ruahmanna siam rawh.
- Mit tuam chungin building atanga tlan chhuah dan practice fo ang che. Kangmei tak tak a awm chuan, kangmei atanga meikhu chhuak avangin hmuh a ti harsa thei.
- I chhuah dawnin hnam takah kunchungin chhuah dan practice thin ang che. Kangmei chhuah lai hian leiah hnam takin awm reng ang che, meikhu emaw gas emaw thawk khat lek pawh hi thihna thlentua a tling thei a ni.
- Kawngkharte chu i hawn hmain i kut hnunglam hmangin dek hmasa phawt ang che. Kawngkhar a lum chuan chhuahna dang atangin chhuak rawh.
- Thawmhnaw akan chuan mei tihmit nan stop, drop, leh roll method hi practice rawh.
- Kangmei thelhna tur chu hmun pawimawh takah dah a, a thawk tha thei em tih enfiah thin rawh.

Kangmei laka invenna atana thurawn dangte:

- Meikhu leh meialh hriat theihna turin smoke detector dah rawh. Thla khatah vawi khat smoke detector enfiah la, kum khatah vawi khat tal battery thlak thin ang che. smoke Detector te hian boruakah meikhu emaw, hmuh theih loh combustion gas emaw awm zat danglam tak chu an hmuchhuak thin.
- Kangmei chhuah emergency hnuah a remchan dan angin first aid pe thin ang che. Hliam na tak tuar te chuan professional medical an pan nghal tur a ni.
- Building chhia atanga hla takah awm fo ang che. Fire official-te'n a him an tih hunah chauh kir leh tur a ni.
- Portable leh space heater te hi thil kang reng reng atanga feet 3 tal hlaah dah tur a ni. In atanga kan kal chhuahin heater on in chhuhsan ngai suh. Naupang leh ran vulh te chu heater atanga hla takah dah fo ang che.
- Khumah emaw, mut lain emaw meizuk ngai suh. Khawvel puma kangmei vanga thihna thlentua lian ber chu fimkhur lova cigarette/biris te hi an ni.
- Chaw siamna hmun chu kang thei thil atanga hla takah dah la, chaw siam dawnin-kawrfual tawi emaw, tight emaw vuah tur a ni. I bungrua kenna chu a kang lo turin nangma lam hawiin her rawh. Grease a kang chuan fimkhur takin chhin la, meialh chu timit la, chumi hnuah gas off rawh.
- nawalh leh lighter te hi naupang kut ah chuan a hlauhawm thei hle. Hmun hla takah dah la, a tha ber chu locked area-ah dah rawh. Naupangte chu chutiang chu zirtir rawh. nawalh leh lighter hi hmanrua a ni a, puitling chauh hman tur a ni.
- Eng thil pawhin mei khu emaw rim danglam emaw achhuah chuan la chhuak nghal la, siamthat tir rawh. Electrical wire chhe tawh chu thlak la, extension cord overload a hman loh tur, Carpet hnuah dah suh. Fuse box te khawih che ngai suh la, fuse size dik lo hmang ngai suh. Mi a kang a nih chuan tui vawtah minute 10 atanga 15 chung dah vat rawh. Kangmeiah hian blisters emaw rashes emaw a lo awm a nih chuan doctor rawn nghal tur a ni.

NATIONAL DISASTER RESPONSE FORCE



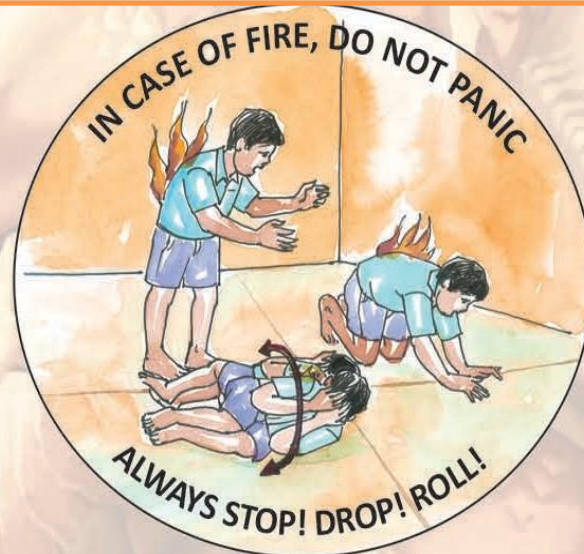
Meichhia himna leh venhimna atana thil

Invenna leh tihtur:

- Schoolah fire emergency plan siam la, mi zawng zawngin an hre ngei ngei tur a ni.
- I sikul him taka awm theih nan building regulation zawm fo ang che.
- Emergency a nih chuan fire alarm set (manual alarm system hmanga practice) leh kangmei a chhuah chuan mi zawng zawng hriattir rawh.
- Kangmei chhuaka i tlanchhuahna kawngah mit tuam chungin kal dan practice rawh.
- I tlanchhuahna tur kawng chu chiang takin vawng la, eng thil pawh tibuitu tur a awm loh nan tifa ang che.
- Store ah thil tul lo leh kang mai thei dah suh. Cafeteria staff te kitchen-a hna an thawh naah fimkhur zual turin hrih rawh.
- Eng emergency pawh nise first aid kit inpeih reng tur a ni. First aid box chu hmun langsar takah dah rawh.
- Thil kang thei, kerosene, gas cylinder, etc. te chu zirlai te atanga hla takah dah tur a ni.
- Kangmei a chhuah chuan electrical hmanrua te pawnah la chhuak rawh.
- Hun pangngai chuan wiring chhe tawh leh electrical fitting chhe tawh te siamtha rawh.
- Thil hlauhawm a awm chuan i electrician hnenah hrih rawh.
- Kangmei venna hmanrua chu hnathawhna hmunah dah la, hman dan zir rawh.
- Zirlaite chu kangmei laka himna dan zirtir rawh.
- Hlauthawng lovin classroom chhuahsan la, thlamuang takin awm rawh.

Kangmei a chhuah chuan:

- Nangmah leh i thiante venghim rawh – thlamuang takin awm la, hlauthawng suh.
- Alarm ri la, mi zawng zawng hriattir rawh.
- Emergency exit hnai ber hmang rawh.
- I hnung lamah kawngkhar leh tukverh zawng zawng kha khar vek rawh.
- Step hmang la, elevator hmang suh.
- Ding suh; hmai hnuai lam hawiin i hmai khuh reng rawh.
- Thawm ri nasa tak siamin chhanchhuaktute ko rawh.



Mi pakhat a kang a nih chuan:

- Ding la, tlu la, roll bawk ang che. Mei tihmit nan leiah roll rawh.
- Fire emergency eng pawhah 101-ah fire service call nghal la, chu chu a thlawna hman theih a ni a, a hnuai mi hi hre reng ang che:
- Fire department hnena thil thleng report dawnin thlamuang takin awm rawh.
- Caller hnenah i hming leh address dik tak pe rawh.
- I contact number kha pe rawh.
- Emergency chi hrang hrang, kangmei chhuah dan leh a chhuahna chungchang hriattirna pe rawh.
- A bul hnaia landmark awmdan chungchang hriattirna pe rawh.
- A hmun thlenna tur kawng tawi ber leh awlsam ber chungchang hriattirna pe la, chu chuan kangmei ven hna thawktute chu hmun thlenna hmun thlen theihna tur leh an hnathawhna hmuna an hnathawh tur chu tha taka an thawh zawh theih nan a pui ang.
- Emergency response number leh evacuation map zawng zawng floor zawng zawngah leh hmun pawimawh takah tarlan vek tur a ni.
- Nangmah leh i thiante leh i sikul hi him takin vawng reng ang che.



TUILIAN TUI HMAN DAN



Chhanchhuah dan:

Tui tla chhanchhuaktu chuan tuiah lutin athuk lo chinah a awm anga, thing emaw, mau emaw hruì hmangin tui tla mek chu avawn tir anga apawt chhuak ang.

1) Dry Rescue:

a) Reach Method:

Hei hi hmanraw tangkai ber leh him ber ni a ngaih a ni. Chhanchhuaktu chuan tuia pil mek chu a hnaih thei ang berin a kal ang a, tiang emaw, mau emaw hruì emaw hmangin a pawt chhuakin achhanchhuak ang.

b) Throw Method:

Hetiang method-ah hian tuiah, lifebuoy, hruì emaw chutiang chi emaw chu awlsam taka an man theih nan kan vawm anga, vaukamah kan hnuk chhuak dawn a ni.

2) Wet rescue:

Rescue by contact
 Pulling by hand
 Vice grip tow
 Head hold tow.
 Chin hold tow.
 Chhanchhuahna hun chung hian tuiah pil mek thawk theih nan a anghalin kan dah ang

Tuilian hian harsatna nasa tak a thlen a, harsatna khirh tak tak a siam bawk. Tuiliana tangte chu chhanchhuahna turin ei tur leh damdawi lam thilte thawn chhuahna turin lawng a mamawh a. Lawng a awm loh chuan tualchhung thil awmte hmangin a siam theih a ni.

1) Tin pum: He pum hi tin leh bamboo atangin chuan theih turin kan siam anga. Tuilen laia hmun him thlenna atan hman theih a ni.



(2) Cot/bed Raft: He pum hi cot leh tarpaulin atanga siam a ni. Tuilen laia hmun him thlenna atan hman theih a ni^u



3) mau pum: Hei hi Bamboo chu hrui hmanga tawn khawmin kan siam a, tuilen laia chhanchhuahna atan hman theih a ni.



4) Barrel pum: He pum hi barrel pakhat emaw pahnih emaw mau hmanga tawn a, chu chu tuilen laia chhanchhuahna atan hman theih a ni.



5) Balhla/changel pum: He pum hi balhla/changel kung atanga siam a ni a, chu chu tuilen laiin hmun him lam panna atan hman theih a ni.



6) Tube pum: He pum hi tube chu kan pump puar anga, chu chu hmun him thlenga thlen theih a ni.



7) Water Bottle pum: He pum hi tui bottle atanga siam a ni a, tui bottle 10 vel kan tawnin kan siam ang. tuilen laiin mi pakhat chu hmunhimah athlen thei a ni.



adang pawhin jacket aawm loh chuan tui len laiin himna hmun thlen nan kan taksa hma leh hnungah thermocol kan tawng bet ang.

8) TUIA PILMEK TANPUI DAWNA KAN HRIAT RENG TUR:

- ✓ Tuitla pil mek chu hnaih lutuk suh.
- ✓ Tui tla chu tiang, hrui etc. Pe la, pawt chhuak rawh.
- ✓ Tui hleuh ithiam chauhin chhanchhuak turin tuiah lut ang che.
- ✓ Tui tla hmui leh thawkna hnah dal theitu chu tifai rawh.
- ✓ A thawmhnaw huh chu phelh sak rawh.
- ✓ Ataksa vawt chu tuam lum rawh.
- ✓ Damdawin panpuina tur lirthei ruahman rawh.

9) NUNNA CHHANHIMNA TURA RUAHMANNNA :

Nunna chhanhimna chu tui pilmek chhanchhuahna tur tih dan a ni



TUILIAN LAKA HIMNA TURA RUAHMANNA



Tuilen hnua tih tur:

I in chu tuilianin a nghawng tih hre reng ang che. Tuilian a tlakniam hnua pawh hlauhawm engemaw zat i hriat a ngai a ni. Chuvangin a hnuaia thute hi hre reng ang che

- I tualchhung hruaitute leh i thenawmte hnenah lo kir leh tura i thutlukna chu hrilh la, thutlukna hnuhung ber i siam hmam anmahni nen sawiho rawh u.
- Kawngpui tam tak chu a la dang thei a, hmun tam takah tui atling thei bawk. Chuvangin, information ngaihven la, kawng atlang tha em hriat tum rawh.
- Thuthar thehdarh hmangin thil awmdan thar ber berte hre reng tum la, tuilian lo awm leh thei a awm em hriat tum rawh.
- Tuilian tuarna hmunah vak kual suh. Tuilianin a thup thil hriam tak takte chuan i hliam thei a ni.
- Mut laiin thosilen (mosquito net) hmang thin ang che.
- Lui kamah, leimin tamna hmun, leh himna avanga sawn chhuah tawhna hmun atanga hla takah awm rawh.
- Tuilianin a tihbuai chenna inah naupangte chu puitlingin an endik hma loh chuan luhtir suh.
- Tuilian hlauhawmna a tawp hma chuan administration, khawtlang hruaitute, leh khawtlang mipuite nen inrawnkhawm chhonzawm zel ang che.

Tuilian

Tui lian chu ruahsur nasa lutuk emaw, rei tak ruahsur emaw avanga lui emaw, tuikhuah emaw a tui luang chhuak zung zung thei lova tui tlingin khawmual achim hi a ni

Lui kam leh tuipei kama chengte chu tuilian hlauhawmna a sang zawk a ni.

Tuilian thlen chhan:

- Vurtlang atuiin, ruahsur nasa, leh lui tui chhuahna system mumal lo chuan tuilian a thlen thin.
- India ramah hian ram hectare maktadaui 40 vel chu tuilianin a tuar a ni.
- Tui lian pawh hi dam chhia leh cyclone tleh vang a ni thei bawk.
- Khawpuiah chuan drainage system tha tawk lo chuan tuilian a thlen thin.

I in chhuahsan tura thurawn pek i nih chuan eng nge tih tur:

- I khawtlangin a hmaa action plan an lo siam tawh chu zawm rawh.
- I thil hlu, document, leh bungrua dangte khawn khawm la, hmun him takah dah rawh.
- Furniture te bungrua te chu hmun sangah dah rawh
- Gas, electric, leh tui supply te off rawh.
- Kawngkhar leh tukverh zawng zawng chu khar rawh.
- Electrical hmanrua zawng zawng chu tuilian awm thei level aia sang hmunah dah vek tur a ni.

- Refrigerator leh freezer kha khar la, power supply off vek rawh.
- Kawngkharte chu takla in lock rawh.
- Kawng him atangin hmun sang zawkah kal rawh.
- Emergency bungrua keng rawh.

Emergency-a hman tur:

- Battery hman radio leh torchlight battery
- mombati leh laintin leh nawalh.
- Tui in tur leh ei tur chi hrang hrang.
- Damdawi chi hrang hrang- Khuh, khawsik leh luna
- Pheikhawk leh a theih chuan rubber gloves.
- Document, thil hlu, leh thawmhnaw venhimna tur water proof bag
- Plastic bucket emaw palstic emaw, tui thianghlim a awm loh palh hlauh chuan.
- Telephone number leh emergency contact te address te.

Tuilian Inbuatsaihna:

- Tuilian hlauhawmna hmuna cheng khawtlang leh chhungkaw member-te'n tuilian hlauhawmna an hriat chian theih nan hmalak.
- I awmna hmuna tuilen tawhna te hriat tumla, hmun sang zawkte chu hriat tum rawh.
- Ruahsur nasa emaw, rei tak a sur emaw a nih chuan tualchhung thuneitute leh media-te'n hriattirna an siamte chu uluk takin ngaithla la, zawm rawh.
- Tuilian laka invenna atana hmanraw pawimawh tak takte chu i bulah dah la.

- Tuilian awm thei dinhmunte chu khawtlang mipui dangte nen sawiho rawh.
- Tuilen theihna hmunte hriatchhuah.
- Tuilian a lo thlen palh hlauh chuan insawn dan tur ruahmanna felfai tak neih a pawimawh hle. Chhungkaw member tinte hian insawn chhuah a nih chuan mawhphurhna leh thupek ruat lawk an nei tur a ni.

Tuilen laia tih tur:

- Tuilen laia tuia awm engmah ei loh tur.
- Ei tur bawlhhlawh leh chhe tawh hman suh. natna a thlen thei che a ni.
- Ran thi emaw, sava emaw ei suh; natna avanga thi an ni thei.
- Ruahtui khawkhawm la, chhuangso la in rawh.
- Naupangte chu veng reng rawh; tuilianah inkhelh emaw, tui cheng phal suh.
- Rul leh khawmualkaikuangemaw rannung seh thei chi lakah fimkhar rawh; i bula hmun hnim leh him takah inhumhimna an zawng thei a ni.
- Kea kal i nih chuan tuiah kal ngai suh, hmun sang zawkah inhumhimna zawng rawh.
- Tualchhung information te chu hriat tum la, hriattirna leh thurawn an pek mekte chu zawm rawh.
- I lirthei chu tuilianin a chim chuan kalsan la, hmun sang zawkah inhumhimna zawng rawh.
- Tuilian hlauhawmna a liam hma chuan thuneitute, khawtlang hruaitute, leh khawtlang mipuite nen inrawnkhawm chhonzawm zel ang che



SABERAKHUANG KAIH (Flash Flood)



SABERAKHUANGKAIH hi ruahsur nasat vang te, chhum puakavangte, tuikhuah chhiat vang te lui tui level sang thut vangte a awm a ni.

- Rang taka thlen thin avangin nunna leh bungrua pawn kan chan thei a ni.
- Hmanhmawh angaih avangin rilru fimtak puin thutlukna kan siam vat tur a ni.

INTRODUCTION

- Ruahtui tlak chhunzawm zel emaw ruahsur nasa tak hnua lui tui level sang chak lutuk.
- Leiah tui nasa takin aluang.
- Drain emaw bridge chungah tui a luang .
- Lui kam atlak/achim emaw.

INBIAKPAWHNA LEH INENKAWL

DAN:-

- Tui lian a awm tur ang a a awm chuan administration leh disaster management lam hriattir vat tur.
- Veng leh khawtlang mipui te vaukhan rawh.
- Administration in evacuation order apek te zawm tur a ni.

TUILEN HMA INBUATSAIHNA:-

- Document pawimawh te, pawisa te leh thil pawimawh te chu hmun him leh sang tak ah dah tur a ni.
- Tui in tur, dry food, torchlight, first aid supplies leh thil tul pawimawh chu inpeihsa in dah ang che.
- I chhungte leh fate chu hmun him kalna kawng hrilh ang che.
- Tuiluanna vel fai takin dah ang che.
- Hmun hima kal theihna tura ruahmanna siam.
- Ran leh ranvulhte hmun sang zawka dah tur.

TUI LEN LAIH:-

- Hmun sang zawk leh him zawk ah insawn nghal ang che.
- Tui luang chak tak chu kan tum suh.
- Bridge leh drain leh luikam atanga hla taka awm rawh.
- Electric ban leh hrui tla thei lak atangin hla tak ah awm rawh.
- Tuilen na humah motor khalh loh tur.
- Radio/mobile atangin information hriat tum ang che.

TUILEN HNUAH:-

- Thuneitu ten an puan hma loh chuan chhiat tawh na hmunah kal suh.
- Tui nena inawm ei leh in tur engmah ei loh tur.
- Tui lum emaw tui thianghlim chau in tur.
- Thil bawlhhlawh emaw, silk emaw I pah dawnin glove leh pheikhawk bun ang che.
- Damlo leh hliam tuarte damdawiin lam pan pui vata, chhawmdawl na thawktu te hriat tir.

HRIAT RENG TUR:-

- Ruahsur lai hian fimkhur reng tur a ni a, weather department in hriattirna an chhuah ngaiven ang che.
- Hmun hniam leh lui kamah zan riah loh tur.
- Thuthang thehdarh lengvak zawm lo la, administration instruction te chauh zawm ang che.



GLACIAL LAKE OUTBURST FLOO (GLOF)



Inhmelhriattirna:

Himalaya biala glacier-a lui leh dil awmte chu a châng chuan a puak darh a, tuilian rang tak leh nasa tak a thlen thin. Chu chu glof an ti thin.

Rang taka a thlen thin avangin, in leh lo, nunna leh bungrua chhiatna nasa tak a thlen thin..

Chhinchhiahna tlanglawn:

- Dil leh lui chim asang in.
- Dil bulah lei khi atanga tui chhuak
- Lui luangah lung leh thling vel a lo lenthlak thutin
- A chunglam atanga thawm ri nasa tak (rumbling/roaring) hriatin.

Inbiakpawhna leh Administration tanpuina:

- dil emaw lui tui level-a thil danglam i hmuh chuan administration hnenah hriattir nghal rawh.
- Khawtlang/chhehvel amite hriattir vat rawh.
- Administration/disaster management team-in instruction leh evacuation order a siamte zawm tur a ni.

GLOF hmaa inbuatsaihna:

- Hmun sang zawk him zawk leh chhuahna tur kawngte hriat tum ang che.
- Chhungte nen emergency plan siam la, practice rawh.
- Emergency kit siama (tui, dry food, torch, radio, first aid kit, lehkha pawimawh) nen inpeih reng tur a ni.
- Lui kamah emaw, hmun hniam takah emaw in sak loh tur.
- Khaw/khawtlangah warning system (siren/bell/message) dah tur a ni.

GLOF lai in:

- Hmun sang/him lamah kal vat rawh.
- Lui, luikawr leh lei hnaihah kal suh.
- Thuneitute'n kawng an tarlan hman chauvin insawn chhuak tur a ni.
- Naupang, tar leh ran vulhte chu hmun him lamah hruai rawh.
- Mobile/radio ah official information leh warning te ngaitthla zel ang che.

GLOF hnuah:

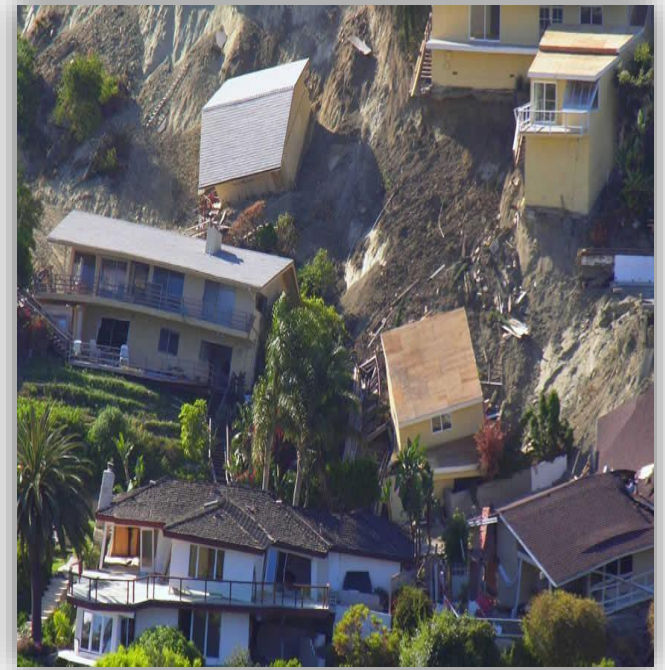
- Administration-in a him tih a puan hunah chauh chhiat tawhna hmunah kir leh rawh.
- Tuilian tui hi a bawlhhlawh pawh a ni thei a, chuangin tui chu chhuan lum emaw, a tihthianghlim emaw hnuah chauh in tur a ni. Chaw leh tui khuh loh chu ei in loh tur.
- Power line a tlak chhiat chuan hla takah awm la, electric department hnenah hriattir rawh.
- Mi tang emaw, hliam tuar emaw chu relief team hnenah hriattir nghal rawh.

Heti hian hre reng ang che:

- Glacier leh dil hmunah te fimkhur zual rawh.
- Hmun hniam leh lui kamah zan riah loh tur.
- Thlamuang takin awm la, thuthang satliah ngaihven lo la, thuneitute thupek chauh zawm rawh.



LANDSLIDE



ENG NGE LANDSLIDE TIHHI

Awih-te a chim chhan ber chu anmahni rit lutuk vang leh lung leh leilung atanga siam awih-te nasa taka inthlak danglam vang te hi leimin (landslide) an ti tlangpui.

LEIMIN CHHIATNA CHHAN:--

- vur atlak tam avangin awih te kha asangin ati awih a, chuvangin achim thin a ni.
- Lirnging leh bom puak hian leimin a thlen thei.
- Ramngaw tihchhiat, lui, leh glacier-in a tihchhiat, leh lungalthei laihchhuahna hian awih a tipung.
- lung tel lova lei hlang zau tak.
- Rel kawng, kawngpui, leh sakna tur tlang sang tak tak laih vangin.

LEIMIN AVANGA NGHAWNG A NEIH DAN:--

- Nunna leh thil neih hloh.
- Infrastructure, kawngpui, tui line, power line, telephone line, ati chhe thin.
- Agriculture leh forest productivity tihhniam. Kawngpui khar a nih avangin thil pawimawh supply a tlahniam a ni.

LEIMIN HMAA HIMNA TUR RUAHMANNNA:--

- Leimin thlen theihna hmun awih te hriatchhuah a, tihziaawmna tur emaw, venhim emaw dan tur ruahmanna siam.
- He hmuna leimin chanchin hi enfiah leh rawh. Vulnerable settlement te ruahman leh tihfel. Ramngaw siam thar leh rawh.
- Tlâng kawngpuih fimkhur reng la, tlang chhip takah chuan khi awmte chu chhinchhiah ang che.
- Tlâng sang tak bulah (a hnuai lamah) tui luankawr ah tlangkar kawr ah in sa suh, Tlâng sang takah embankment siam rawh. Leimin tamna hmuna ramngaw siam turin thing phun rawh.
- Leimin mai thei ang anih chuan retaining wall siam rawh.

LEIMIN LAIA FIMKHUR DAN TUR:

- Hun rei tak ruah asur leh boruak lum hnuah ruah nasa tak asur lain fimkhur rawh
- Thil ri danglam bik I hriat chuan ngaihven rawh; chŭngte chu bawlhhlawh luang chhuak, thing tlu, lung leh lung in khak ri te.
- Tui luang inthlak danglam nghal leh tui luang thianglim lo nu thut ah te fimkhur rawh.
- Kawng sir vela lui luang ah te thil bung, lei/chirh vel alo lenin fimkhur rawh.

LEIMIN HLAUHAWMNA I HRIAT CHUAN ENGTIN NGE I TIH ANG?

- Police control room call emaw 100 dial tur
- Nunna chan theih na atana hlauhawm awm thei te chu i bul hnaia awmte hriattir thin ang che.
- Chhiat tawh leh mai theihna kalna kawngah awmte chu te chhuahsan tir tur a ni.
- Leimin avanga kalna kawng atanga chhuah aharsat chuan I taksa ate thei ang ber position chhuak la, i lu venhim rawh.

LEIMIN HNUA HIMNA TUR RUAHMANNNA:

- Leimin tamna hmunah kal suh.
- Leimin hnuah tuilianin a chimna hmunte chu fimkhur hle ang che.
- Hliam tuar te chu leimin hmun atangin lachhuakla enkawl thin ang che.
- Tanpuina bik mamawh, naupang, tar, leh rualbanlote chu tanpui rawh.
- Tuilian nasa tak leh nakin lawka leimin laka himna turin hmun atangin inthiar fihlim rawh.
-

Heatstroke: Fimkhur dan awlsam tak hmangin Inveng rawh

Heatstroke hi a hlauhawm thei hle. A nghawng tlem theih nan, natna khirh tak laka inven nan leh hah loh nan a hnuai a fimkhurna tura ruahmanna hi tih tur ani.

Invenna:

- Ni êng nasa takah a theih ang ang awm loh tur a ni a, a bik takin peak hour-ah chuan Tui tam tak in fo la, ituihal lo a nih pawhin. Khualzinnaah tui in tur keng reng ang che.
- Ni chhuahna hmuna i chhuah dawnin thawmhnaw rawng hring leh dum lo, tarmitdum bun la, lukhum emaw towel emaw hmangin i lu khuh la, pheikhawk emaw bun ang che.
- Ni satna hmunah hian khaw lum a san laiin thil hahthlak tak tak tih loh tur.
- Pawn lama hnathawh a ngai a nih chuan thawmhnaw huh emaw nihliap emaw hmang ang che.
- Chaw tamlo leh thei tui tamna, dawnfawh, fanghma, leh ser lam te ei thin ang che.
- Sa leh nut ang chi protein tamna ei loh tur a ni a, hei hian metabolic heat a tipung a ni.
- In lama siam in tur, sertui, buttermilk, leh theitui chi te in thin ang che.
- Naupang leh ran vulhte chu lirthei ding chhungah dah ngai suh.
- Rannungte chu daihlimah dah la, tui tam tak pe bawk ang che.
- I in chu vawt takin dah la, curtain, shutter, emaw sunshade emaw hmang rawh. Zannah tukverh hawn la, boruak luh theihna turin.
- Local weather forecast ngaihthla la, boruak lum leh vawt inthlak danglam dan inang lo tak takte chu hre reng ang che.
- Damlohna emaw, nikhawhriatlohna emaw a awm chuan Doctor rawn la/damdawiin lam pan vat tur a ni.



Heatstroke a awm chuan eng nge tih tur:

- Chu mi chu in chhunga hmun vawt/hlim ah dahla, chawi sang la, ake dahsang la, muttir rawh.
- Puan huh hmangin taksa chu hrukfae emaw, vunah tui vawt theh emaw. Chu mi chu ORS/lemon tui/salt-sugar solution emaw juice emaw pe la, moisture pe rawh.
- Chu mi chu a hriatna famkim a neih leh hma loh chuan ei leh in tur engmah pe suh.
- Darkar khat chhunga natna lan a reh loh chuan health center-hnai berah hruai ang che.

• Cold wave (invanna)



- A theih ang angin in lamah awm rawh.
- Khaw lum leh khaw vawt hriat duh chuan tualchhung radio station hrang hrang ngaihthlak thin ang che.
- I taksa lumna tur balanced diet ei la, dehydration awm loh nan non-alcoholic beverages in thin ang che.
- Thawmhnaw lum rit pakhat chauh ha lovin, thawmhnaw rit leh lum layer engemaw zat ha la. Pawn lam thawmhnaw chu tide tak thli leh water proof ani tur a ni.



- Dry takin awm rawh. Taksa lumna hloh loh nan thawmhnaw huh thlak fo thin ang che.
- Kerosene, heater emaw, coal oven emaw i hman hunah boruak luh dan tur dik tak vawng reng la, chu chuan meikhu rimchhia i hip loh nan.
- Heating a awm loh chuan vantlang hmunah kal la, chutah chuan administration-in heater a pe ang.



- I lu khuh la, taksa lumna tam zawk hi i lu chunglam atanga chhuak a nih avangin, i hmui chu khuh la, i lung ven nan.

- A theih ang angin in lamah awm rawh.
- Khaw lum leh khaw vawt hriat duh chuan tualchhung radio station hrang hrang ngaihthlak thin ang che.
- I taksa lumna tur balanced diet ei la, dehydration awm loh nan non-alcoholic beverages in thin ang che.
- Thawmhnaw rit layer khat chauh ha lovin, thawmhnaw rit leh lum layer engemaw zat ha la. Pawn lam thawmhnaw chu nghet taka hrual tur leh tui tlak lohna tur a ni.
- Dry takin awm rawh. Taksa lumna hloh loh nan thawmhnaw hnim thlak fo thin ang che.



RUL CHUK

ATLANGPUIIN RUL HMING KAN HRIAT HIAN HLAUHNA A AWM THIN. MAHSE, HMANLAI ATANG TAWHIN RUL NEN KAN LO KHAWSA HO TAWH THIN TIH PAWH ADIKA. CHUTA TANG CHUAN RUL RINNA BAKAH NGAIHDAN DIKLO A AWMA. MAHSE RUL HI MIHRNG HMELMA NILOVIN MIHRING TE THIAN A NI. RUL HI THIL SIAM PAKHAT DAWIH TAK A NI A,MAHNI INVENNA DINHMUNA A AWM CHAUHIN MIHRING ACHUK THIN. RUL HI NIPUI LEH FUR RUAHTUI TLAK LAIIN AN CHE CHHUAK NASA THIN. KHAWPUI LAM AIIN THINGTLANG LAMAH RUL CHUK HI ATHLENG TAM ZAWK A NI.

ATLANGPUIIN RUL CHI HNIH A AWM A.

- COBRA GROUP – ATUR IN NERVOUS SYSTEM ANGHAWNG A NI
- VIPER GROUP – A TUR HIAN THISEN LAM ANGHAWNG A NI.

2) RUL TUR NEI TE (VENOMOUS SNAKE):-

- RATTLE SNAKE
- CORAL SNAKE
- COBRA
- COTTONMOUTH
- TREE VIPER
- RUSSELL VIPER

RUL TUR NEI ALANCHHUAH DAN (SYMPTOMS)

ASEH ATANGA HUN ENGE MAW CHEN AH ACHUKNA HMUAM HMA CHU AVUNGA, ACHANG CHUAN A DURH ANG PAWN ALO AWM THIN.

- MUTHILH LEH LUAK ACHHUAK THIN.
- ATAM ZAWK CHU A CHUKNA AHA PAHNIH PATHUM TE A AWM THIN.
- A CHUKNA HMUAMHMA TANGIN HNANG ENG A CHHUAK THIN.
- DAMLO CHU REI TAK AMIT AMENG THEI LOVIN AHMUI PAWH ACHIP RENG THIN.
- A CHUK HNU AH ENGE MAW CHEN A THU THEI LO.
- ZAWI ZAWIIN THAWK HARSATNA A AWM
- OXYGEN TLAKCHHAM AVANGIN THAWK LAM AH HARSATNA A AWMA, AHMUI APAWL A, THAWK LAM HARSATNA AVANGIN AN THIH PHAH THIN A NI.

RUL CHUK HNU A TIH TUR LEH TIH LOH TUR:-

- TIH TUR:-
 - RUL IN ACHUK A CHU ACHUK LEH LOHNA TURIN HMUN HIMAH DAH TUR A NI
 - ATHEIH CHUAN RULCHI HRANG HRANG CHUNGCHANG INFORMATION LAK KHAWM TUR A NI.
 - THLAMUAN CHAR CHAR TUR A NI.
 - ATHAWMHNAW, PHEIKHAWK, ZUNGBUN,SANA TE PHELH SAK TUR A NI.
 - ACHUK NA LAI CHU TUI LEH SABAWN IN FAI TAKIN SIL FAI TUR A NI.
 - ACHUKNA LAI CHU SANG TAKIN DAH TUR A NI.
 - RUL CHUK CHU ATAKSA VEL CHETSAWN TIR LOH TUR.
 - IN CHI LAM ENGMAL PE SUH.

A TLANGPUIIN RUL HIAN MIHRING TE TAN HARSATNA ASIAM HRAN LO. LO NEITU TE TAN CHUAN TANGKAI TAK A NI, ACHHAN CHU THLAI TI CHHE THEI RANNUNG HRANG HRANGTE SAZU TE AN EI THIN A NI.

1. RUL TUR NEILO TE:-

- ANACONDA



- BOA



- GARTER SNAKE



RUL CHUK CHUAN ENGTIA HMALAK TUR NGE :-

- RULIN A CHUK A CHU HUAISENNA ANEIH THEIH NAN THLAMUAN LA, RUL CHUK VANGIN MI AN THI NGAILO TIH HRILH LA, ENGMAH THLENG LO ANG MAIIN BORUAK SIAM RAWH.
- A CHUKNA CHU ENFIAH NGHAL LA, KE A ACHUK ANIH CHUAN KHUP CHUNGAH RUBBER BAND EMAW HRUI NEM TAK EMAW TAWN KHALH TUR A NI; KUT AH CHUK ANIH CHUAN KIU CHUNGAH TAWN KHALH TUR A NI. HRUI CHU AHNUAI AH PENSIL AWLSAM TAKA AHER THEIH NAN TAWN TUR A NI. MINUTE 15-20 HNUAH THISEN A KAL THEIH NAN KAN TAWN KHALH (TOURNIQUET) CHU MINUTE KHAT EMAW MINUTE HNIH EMAW THLAH TUR A NI.
- RUL CHU CHU CIGARETTE, TUI, ZU, THINGPUI ETC. TIH VEL ENGMAH PEK LOH TUR. ACHUKNA CHU TUI LEH SAHBAWN IN FAI TAKA SIL TUR. TUILUM IN DEH/ZUT LOH TUR A NI.
- ALUAK ACHHUAK ANIH CHUAN LUAKIN A HRAWK AHNAWH LOH NAN ZANGTHALIN MUTTIRA ALU ASIR ZAWNGIN DAH TUR A NI.
- RUL CHUK CHU A RANG THEI ANG BER A DAMDAWIIN PANPUI A, ANTI-VENOM INJECTION LAK TUR A NI.

RULIN CHUK TUR LAKA INVENNA:-

- KAN IN LEH AVEL KAN VAWNG FAI TUR A NI.
- RUL CHUK THEIH NA TUR HMUN THIM AH I KUT DAH SUH.
- LEI AH MUT LOH TUR A NI, I MU ANIH PAWHIN THOSILEN XAR TUR A NI.

TIH LOH TUR TE:-

- RAL HLAU LO LA, TUARTU PAWH HLAUH LO TUR.
- A KÂR HMUNAH CHHIATNA SIAM (CUT/INCISION) TIH LO TUR.
- VENOM CHU SUAHAH TUM (SUCK OUT) LO TUR.
- A KÂR CHUNGA TOURNIQUET (TIGHT TAKA HRAT) SIAM LO TUR.
- ICE, CHEMICAL, EMAW HERBAL REMEDY ENGMAH A KÂR HMUNAH HMANG LO TUR.
- TUARTU CHU ALCOHOL EMAW, THIL HMUIH THLAK (INTOXICATING SUBSTANCES) PE LO TUR.
- RUL CHU MAN EMAW, THAT TUM LO TUR (HEI HIAN KÂR LEH A LO AWM THEI).
- HOSPITAL KALNA CHU THLEN TLAI LO TUR.
- TUARTU CHU KAL HLAUH EMAW, THAWK HLEIH THEIHNA (EXERTION) PE LO TUR.
- SYMPTOM (NATNA LANGTE) NGAIH THAH LO TUR.

TUARTU CHU DAMDAWI IN (HOSPITAL) HNIAH BERAH RANG TAKA HRUAI TUR A NI, DAMDAWI DIK TAK HMUH THEIH NAN.