

Secure Yourself & Your Home

A PREPARED COMMUNITY



IS A SAFE COMMUNITY.

In Case of Fire Emergency
DIAL 101

FIRE SAFETY

FIRE SPREADS VERY QUICKLY & CAN BE DEADLY

BE PREPARED

- Develop an ESCAPE PLAN for your home & ensure that everyone in your family knows all the escape routes.
- PRACTICE moving through escape routes with closed eyes & keep your escape routes clear.
- Keep storage & working areas free from trash.
 Place oily rags in covered containers.





SIMPLE TIPS TO AVOID FIRE ACCIDENTS

- BE EXTRA CAUTIOUS while working in the KITCHEN.
 Make it a habit to switch off gas supply from the cylinder regulator after use.
- SWITCH OFF electrical appliances and pull out plugs from switch boards, when not in use. Look out for old wiring & broken electrical fittings and report any hazardous condition to your electrician. Use electrical extensions wisely, do not overload them. Use only one plug in a socket.
- Keep clothes, curtains & other combustible substances at least THREE FEET away from room heaters.
- 4. Do not allow children to play with matchboxes and keep inflammables like kerosene, gas cylinders, & electrical appliances like room heaters, electric irons & hair dryers out of reach of children.
- Keep fire extinguishers in working condition at your home/office/school and learn how to use them.

IN CASE YOU CATCH FIRE

- Never stand up. Always CRAWL LOW on ground and keep your face covered.
- 2. Don't run. ROLL OVER ground to put off the fire.







Office of the Divisional Commissioner, Government of NCT of Delhi, 5 Sham Nath Marg, Delhi



EARTHQUA



GENERAL

- Train yourself in basic rescue & first-aid functions.
- Ensure that your home is safe: you can strengthen an existing building by retrofitting it.
- While constructing new buildings, adhere to Building Bye-Laws and insist on earthquake resistant features.
- Identify safe places in and around your house/office. Ask your engineer for safe places inside your building.
- Practice DROP-COVER-HOLD, DROP (bend) under a strong table or an elevated bed, COVER your head with one hand and HOLD furniture



DURING EARTHQUAKE

- DROP, COVER & HOLD Stay away from windows, bookcases, bookshelves, heavy mirrors, hanging plants, fans and other heavy objects. Stay under 'cover' till the shaking stops.
- After tremors subside exit your home or school building and move to open fields.
- Do not push others.

If you are OUTDOORS

 Move to an open area, away from trees, sign boards. building, electric wires and poles.

If you are in a STADIUM, THEATER, or AUDITORIUM

- . Stay inside. Do not rush out towards the exit. Stay in your seat and cover your head with our arms and stay calm till the shaking is over. Then move out in an orderly manner.
- Let younger children, elderly, and disabled people leave first.

DO NOT PANIC.

AFTER THE TREMORS SUBSIDE

- Check for injuries & first treat yourself. Then help others.
- · Remain calm and self assured and help others who are distressed.
- · Check for fire, Call the Fire Service (101) or Police control Room (100).

- Move away from exterior wall immediately and protect your head. If you have a helmet wear it.
- Do not use the lift. Stay away from the windows.

If you are DRIVING

- · Move to side of the road and stop.
- Move away from flyovers, power lines and advertisement boards, jump out of the car and crouch on its side.
- · DO NOT SIT INSIDE THE CAR.





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