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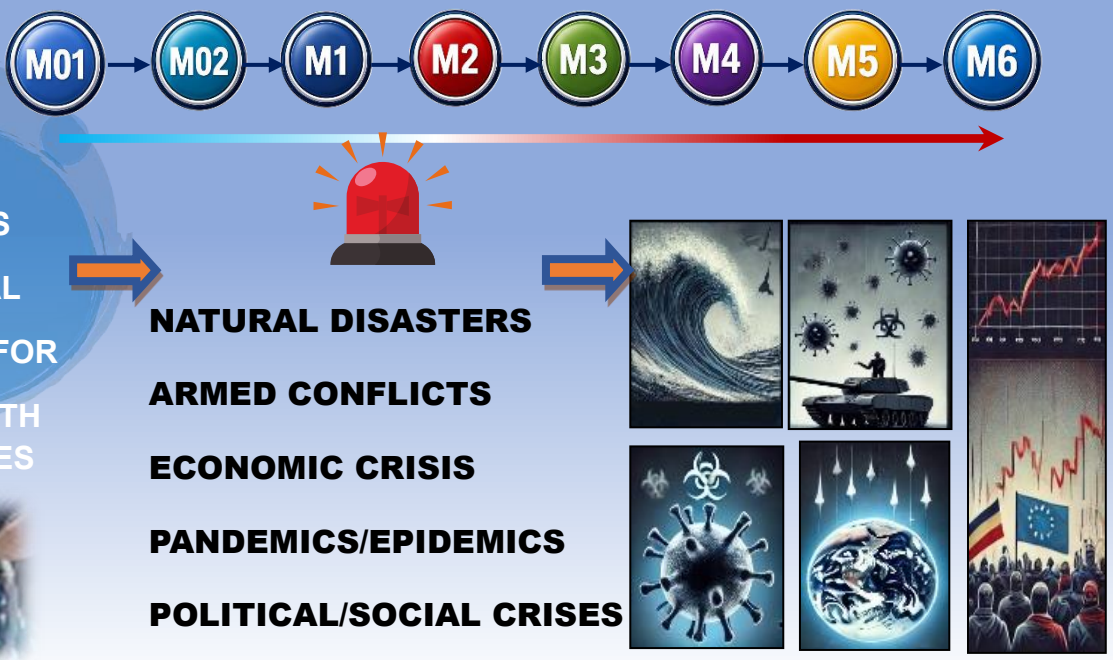

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PROFESSIONALS IN ACTION FOR CRISIS SITUATIONS

GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

HOW DO I DO IT?



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PROFESSIONALS IN ACTION FOR CRISIS SITUATIONS

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

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PROFESSIONALS
IN ACTION FOR CRISIS SITUATIONS
– THE GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS –

THIS GUIDE IS AVAILABLE IN ELECTRONIC FORMAT
ON THE DEDICATED WEBSITE OF THE EUROPEAN UNION

I. INTRODUCTION

This **GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS** complements the **INTEGRATED COURSE FOR EFFECTIVE CRISIS MANAGEMENT** and represents the **operational tool intended for the concrete application of previously acquired knowledge**.

The guide is addressed to the following **target group**: reserve military personnel, volunteer reservists, military staff and teachers/instructors from partner organizations who have responsibilities in crisis management.

If the course explains through practical activities, essential for skills development, the general principles and crisis typologies – **WHAT MUST BE DONE IN A CRITICAL SITUATION,** the guide develops in a structured and applied manner **HOW TO DO IT in crisis situations in order to survive**, offering rapid procedures, developing operational steps, the sequence of actions, minimum safety standards, frequent errors and validated good practices.

The document is designed as a **practical tool for professionals but also usable at organizational or community level.** The **modular structure**, **developed on sheets,** allows quick consultation depending on the type of risk or the nature of the situation encountered.

Each module contains clear, concise, action-oriented sheets, which aim to:
- reduce reaction time;
- increase decision-making capacity under pressure;
- limit human, material and psychological losses;
- strengthen personal and collective resilience.

A crisis, regardless of its nature – natural, military, economic, political or health-related – involves an accumulation of destabilizing factors – uncertainty, information deficit, time pressure and increased risk. In this context, the difference between vulnerability and resilience is determined by **the level of preparedness, the existence of clear procedures and the ability to act coherently.**

The guide is organized by major crisis typologies, **each module detailing operational best practices.**

In the architecture of the *"Guide to Best Practices for Survival in Crisis Situations",* the first two chapters – *"Fundamentals of Survival in Crisis Situations"* and "*Essential Skills for Survival in Crisis Situations"* – build the conceptual foundation necessary for survival in crisis situations. They ensure understanding of general principles, risk typologies, and the development of basic practical skills, indispensable for initial reaction and adaptation under conditions of uncertainty.

On this foundation, **Module 1** marks the transition to the applied approach to different types of crises, starting with those **generated by natural disasters and major accidents**.

The modular logic is coherently continued by the thematic modules dedicated to the main types of crises:

Module 2 – crisis generated by war, Module 3 – economic crisis, Module 4 – political and social crisis, Module 5 – epidemiological crisis, and Module 6 – particularities regarding crisis management for persons with disabilities. This structuring allows a systematic approach adapted to each context, while maintaining the coherence of action principles.

Overall, the organization of the guide – from foundations and general skills, to applied modules structured in sheets – offers an effective balance between training and practical use. This contributes to increased clarity, accessibility, and reaction capacity, reducing the risk of erroneous decisions and facilitating rapid adaptation in various types of crises.

To facilitate action, **information is clearly organized into types of sheets and levels of intervention,** so that professionals can quickly identify both the mode of action and the degree of urgency, the sheets being structured according to their practical role:



– **OPERATIONAL SHEETS** – develop concrete, step-by-step actions, easy to apply in real situations;



– **TECHNICAL SHEETS** – include specific procedures that require precision and are used in high-risk or specialized contexts;



– **MIXED SHEETS** – combine immediate intervention with prevention measures, being useful both before and during the crisis;



– **CONCEPTUAL SHEETS** – are used to a limited extent, providing general explanations and support for understanding the context, without having a direct role in action.

In parallel, each situation is framed within an **intervention level, which INDICATES THE URGENCY OF THE REACTION:**

LEVEL – CRITICAL – **CRITICAL LEVEL** – requires immediate action, under life-threatening conditions, with a reaction time on the order of seconds or minutes;

LEVEL – ESSENTIAL – **ESSENTIAL LEVEL** – covers important safety actions, involving both prevention and control, with a reaction time of minutes or hours;

LEVEL – SUPPORT – **SUPPORT LEVEL** – refers to ongoing situations, aimed at stabilization, optimization, and maintenance, with reactions unfolding over hours or days.

Essentially, the guide's structure is built to provide clarity and efficiency in action during crisis situations:

- **THE TYPE OF SHEET INDICATES THE MODE OF INTERVENTION – HOW YOU ACT;**
- **THE LEVEL INDICATES THE URGENCY OF THE INTERVENTION – HOW QUICKLY YOU ACT.**



In other words, the sheets are structured and arranged THE WAY SURVIVAL IN REAL LIFE WORKS!

To facilitate the rapid and efficient use of the guide in real situations, **visual and decision-making orientation tools** have been introduced, designed to reduce reaction time and simplify access to relevant information. Under conditions of stress or uncertainty, the ability to quickly identify what needs to be done becomes essential, and the guide's structure responds to this need through an intuitive navigation system.

Additionally, the guide uses a set of **standardized visual codes,** intended to highlight the essential elements of each sheet: immediate actions, critical reaction time, validated best practices, frequent errors, or steps to follow. These landmarks contribute to rapid understanding and correct application of information, even under pressure.

Together, these tools transform the guide into an easy-to-use, action-oriented system, where clarity and speed of reaction become key elements for maintaining safety.

CODES USED IN THE GUIDE SHEETS

REMEMBER!		**DON'T FORGET!**	
VALIDATED BEST PRACTICE		**IMMEDIATE ACTION**	
HOW DO I DO IT?		**CRITICAL REACTION TIME**	
FREQUENT ERROR		**QUICK CHECKLIST**	

THE COURSE TELLS US WHAT TO DO IN CRISIS SITUATIONS, AND THE GUIDE DEVELOPS HOW TO DO IT!

Preparing for crisis situations requires immediate and coordinated responses to minimize impact and facilitate recovery and reconstruction.
WE HOPE OUR APPROACH WILL PROVIDE MAJOR SUPPORT!

Project team

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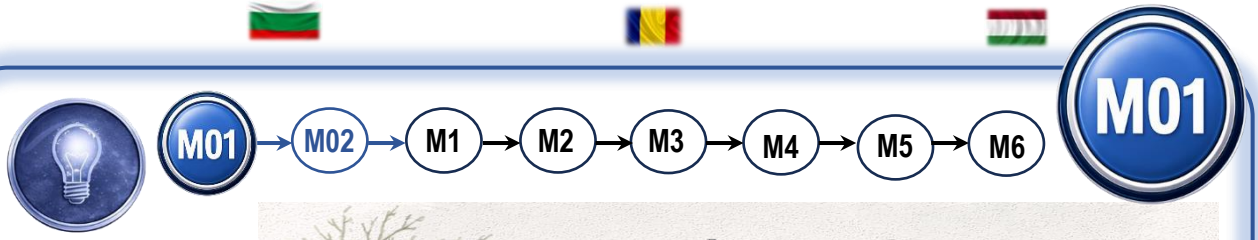

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

FUNDAMENTALS OF SURVIVAL IN CRISIS SITUATIONS

Basic Principles – General Framework Applicable to All Modules



Fundamentals of Survival in Crisis Situations

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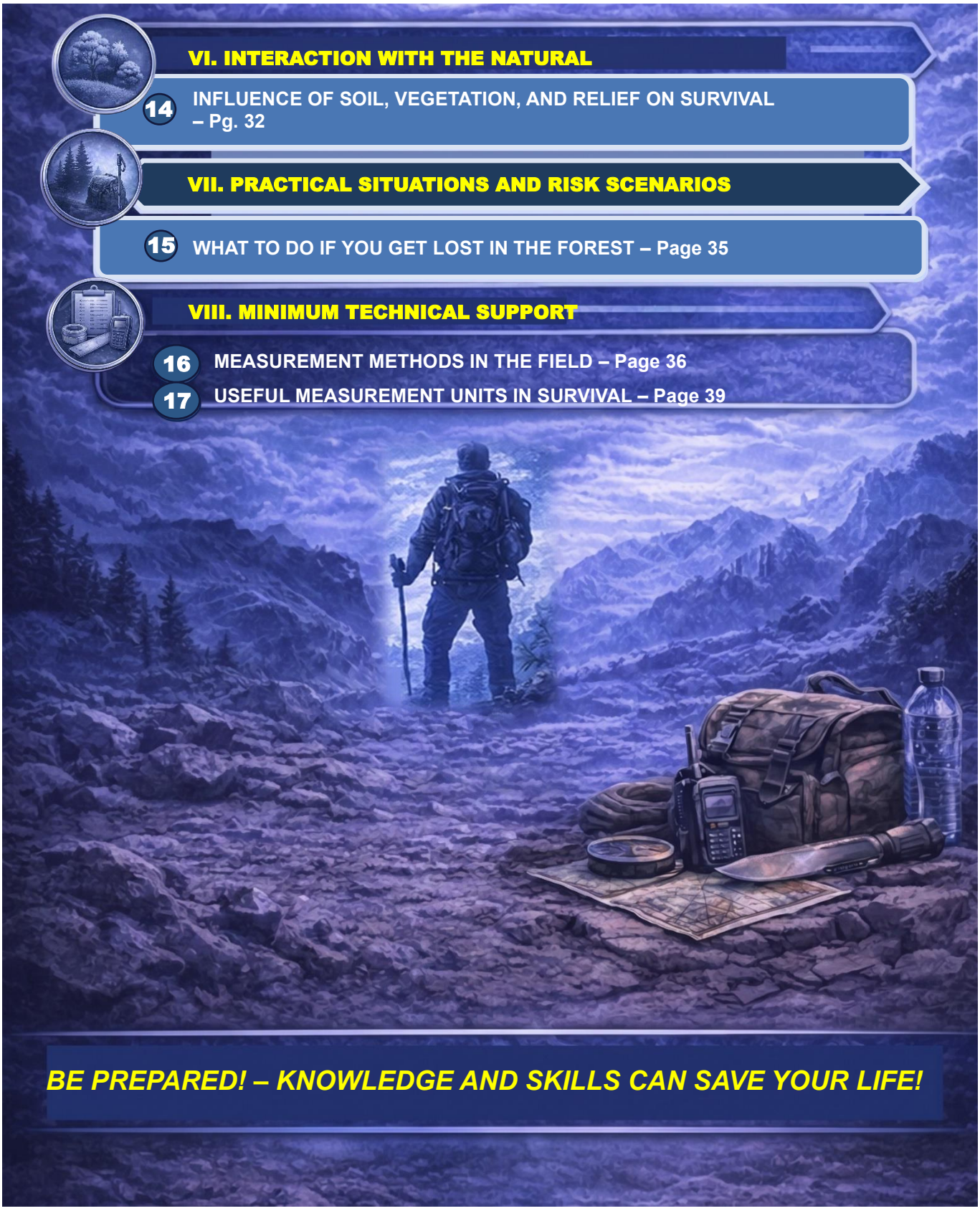
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16 MEASUREMENT METHODS IN THE FIELD – Page 36
17 USEFUL MEASUREMENT UNITS IN SURVIVAL – Page 39
BE PREPARED! – KNOWLEDGE AND SKILLS CAN SAVE YOUR LIFE!

M01 – Sheet 1 – MAIN TYPES OF CRISES AND THEIR CHARACTERISTICS

SHEET – CONCEPTUAL | LEVEL – ESSENTIAL | **APPLIES** in the preparation phase for understanding risks.

A crisis situation is a difficult or dangerous situation involving people or organizations that can have significant negative consequences (armed conflicts and wars, economic crises, pandemics and epidemics, political or social crises, company bankruptcy.

NATURAL DISASTERS



EARTHQUAKES, FLOODS, HURRICANES / TYPHOONS / STORMS, FIRES LANDSLIDES, MAJOR NATURAL EVENTS

CONFLICTS AND WARS



INTERNAL OR EXTERNAL ARMED CONFLICTS

ECONOMIC CRISES



RECESSION OR ECONOMIC DEPRESSIONS GALLOPING INFLATION, HIGH UNEMPLOYMENT DECLINE IN THE STANDARD OF LIVING.

EPIDEMICS AND



SPREAD OF SERIOUS INFECTIOUS DISEASES: AVIAN FLU, AIDS, EBOLA, COVID-19

POLITICAL AND SOCIAL CRISES



POLITICAL INSTABILITY, GOVERNMENT CORRUPTION, SOCIAL UNREST, RIOTS AND PROTESTS

MAJOR EFFECTS

- ✓ *Loss of life and significant material destruction.*
- ✓ *Homeless population.*
- ✓ *Vital resources severely affected – water, food, energy, health, infrastructure.*

THE OCCURRENCE OF A CRISIS SITUATION IS INEVITABLE OVER TIME. BE PREPARED!

M01 – Sheet 2 – THE BASIC ELEMENTS OF SURVIVAL

SHEET – CONCEPTUAL | LEVEL – CRITICAL | **APPLIES** in any crisis situation for prioritization.

5 PILLARS – 5 ESSENTIAL SKILLS



- ✓ AIR
- ✓ WATE
- ✓ FIRE
- ✓ SHELTER
- ✓ FOOD



- ✓ Building shelter.
- ✓ Starting a fire.
- ✓ Procuring food and water.
- ✓ First aid.
- ✓ Signaling.



IF ONE IS MISSING, IT IS HARD TO SURVIVE!

TEN QUALITIES NECESSARY FOR SURVIVAL

Fundamental qualities for anyone who wants to be prepared for survival situations.

TO KNOW	✓ TO KNOW HOW TO SWIM. ✓ TO KNOW AT LEAST ONE CONTACT FIGHTING STYLE. ✓ TO KNOW FIRST AID TECHNIQUES. ✓ TO KNOW HOW TO MAKE A SPEAR, A RUDIMENTARY BOW, A TRAP. ✓ TO KNOW HOW TO QUICKLY BUILD A SHELTER. ✓ TO KNOW HOW TO FILTER WATER.
TO HAVE	✓ TO HAVE A MINIMUM OF TOOLS. ✓ TO HAVE GOOD PHYSICAL CONDITION AND HEALTH.
TO WANT!	✓ TO WANT TO EAT WHAT YOU FIND EDIBLE FOR HUMANS. ✓ NOT TO HESITATE TO TAKE THE LIFE OF AN ANIMAL.

PRACTICAL IMPLICATIONS

PRIORITIZE – AIR → SHELTER → WATER → FIRE → FOOD
SAVE YOUR ENERGY!
ADAPT TO THE ENVIRONMENT!





M01 – Sheet 3 – ENVIRONMENTAL FACTORS AND THEIR IMPACT ON SURVIVAL

SHEET – CONCEPTUAL | LEVEL – CRITICAL | **APPLIES** in the field, for rapid adaptation.

THE ENVIRONMENT DICTATES YOUR DECISIONS!
RAPID ADAPTATION TO THE ENVIRONMENT MEANS SURVIVAL.

WHY IS IT IMPORTANT?

- ✓ It influences safety, movement, and physiological state.
- ✓ It can change suddenly and unpredictably.
- ✓ It dictates priorities – shelter, protection, resources.
- ✓ It can accelerate exhaustion, hypothermia, dehydration, or getting lost.

REMEMBER!

- ✓ The environment is not neutral – it acts constantly.
- ✓ YOU must adapt, not the other way around.
- ✓ Visibility and temperature are CRITICAL FACTORS.
- ✓ Terrain influences any movement.
- ✓ Correct decisions conserve energy and time.

MAIN ENVIRONMENTAL FACTORS

WEATHER

- ✓ Rain / humidity.
- ✓ Wind / gusts.
- ✓ Storms / discharges.
- ✓ Sudden changes.

RISKS

- ✓ Hypothermia.
- ✓ Slips / difficult terrain.
- ✓ Loss of equipment.

TERRAIN

- ✓ Mountains / hills.
- ✓ Forest / rough terrain.
- ✓ Open field / valley.
- ✓ Waters – rivers, lakes.

RISKS

- ✓ Excessive physical effort.
- ✓ Risk of falling.
- ✓ Danger of getting lost.

VISIBILITY

- ✓ Fog / reduced visibility.
- ✓ Night / Darkness.
- ✓ Blizzard / heavy snowfall.
- ✓ Smoke / Dust / Obstacles.

RISKS

- ✓ Rapid disorientation.
- ✓ Collisions / falls.
- ✓ Reduced chances of rescue.

TEMPERATURE

- ✓ Severe cold.
- ✓ Extreme heat.
- ✓ Sudden variations.
- ✓ Prolonged exposure.

RISKS

- ✓ Hypothermia – cold.
- ✓ Dehydration – heat.
- ✓ Heat exhaustion

IMPACT ON SURVIVAL

BODY PROTECTION
– Temperature influences the risk of hypothermia / overheating

MOVEMENT
– Terrain and visibility determine the speed, direction and safety of movement.

ORIENTATION
– Low visibility and unfamiliar terrain represent a high risk of getting lost.

ENERGY
– The hostile environment causes increased energy consumption and accelerated exhaustion

COURSE OF ACTION – TO REMEMBER!

- ✓ Assess the environment before moving.
- ✓ Do not move if visibility is poor.
- ✓ Seek shelter before food.
- ✓ Avoid exposure to wind, rain, cold.
- ✓ Adjust the pace of movement according to the terrain.
- ✓ Constantly monitor weather changes.
- ✓ Before setting out:
  - Study the weather bulletin.
  - Observe the change in wind and atmospheric pressure.
  - Note the state and signs of the weather, how the weather was before and how it changes.

MISTAKES – TO AVOID!

- [X] Ignoring the weather – *"Just a little further."*
- [X] Moving in fog / at night, without landmarks.
- [X] Underestimating the cold and the dampness.
- [X] Overestimating physical endurance.
- [X] Lack of adaptation to the terrain.
- [?] Continuing to move in unfavorable conditions.

WHAT YOU MUST DO!

- ✓ TO QUICKLY ASSESS THE ENVIRONMEN
- ✓ TO IDENTIFY AND KNOW THE MAIN RISK
- ✓ TO DECIDE WHETHER TO STOP OR CONTINUE MOVING.
- ✓ TO ADAPT TO THE CONDITIONS ENCOUNTERED.

SIGNS INDICATING IMPROVING WEATHER



SKY AND LIGHT
- The sky gradually clears.
- Clear, reddish/purple sunset.
- Bright moon in a clear sky.
- Clouds disappearing before sunset.



VISIBILITY
- Cleaner air, increased visibility.
- Fog in the morning on ridges or in the evening

WIND
- Light wind or no wind.
- Smoke rises vertically.

ATMOSPHERIC INDICES
- Halo around the sun or moon.
- Rainbow after rain.



CLOUDS
- Isolated clouds on ridges.
- Gradual reduction of clouds.

CLEAR SKY + LIGHT WIND + GOOD VISIBILITY = FAIR, STABLE WEATHER

SIGNS INDICATING WORSENING WEATHER



SKY AND LIGHT
- The sun rises and sets in fog.
- The sky has a yellow or reddish co at sunset and sunrise.
- Halo around the sun and the moon.
- Stars twinkling strongly



WIND
- Strong wind from the N-W.
- Light wind, scorching sun.
- Valley and mountain breezes cease.



PRESSURE
- Low atmospheric pressure.
- Pressure drops continuously.



CLOUDS
- Vertical clouds form on ridges
- Cirrus clouds on the horizon.



OVERCAST SKY + STRONG WIND + LOW PRESSURE = BAD WEATHER

SKY COLOR AND DEGREE OF ATMOSPHERIC HUMIDITY

GREEN	VERY HUMID AIR
YELLOW	HUMID
PINK	DRY

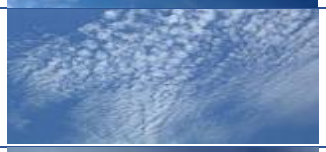
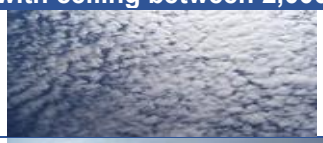
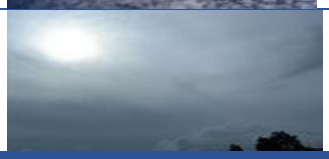
THE ENVIRONMENT IS AN ACTIVE FACTOR THAT CAN HELP OR DESTROY SURVIVAL CHANCES!

YOU CANNOT CONTROL THE ENVIRONMENT! YOU ADAPT TO IT!

CLOUDS – ARE THE MOST RELIABLE SIGNS FOR WEATHER FORECASTING.

The higher the clouds, the fairer the weather will be.

THERE ARE 10 TYPES OF CLOUDS

HIGH ALTITUDE CLOUDS - ceiling above 6,000 m		
Cirrus (Ci) (5-9 km)		High, like wisps of smoke. They are made of ice crystals that give them a white color. They appear in good weather. The name comes from the Latin word "*cirrus*", which means "hair".
Cirrocumulus (Cc) (altitude 5-8 km)		Appearance of small waves made by wind-blown sand. They are a sign of good weather. They usually appear after a storm and disperse, leaving a clear sky.
Cirrostratus (Cs) (5-9 km)		Made of ice crystals. They produce a halo, like a bright ring around the sun or moon. If a sky full of cirrus clouds darkens and the clouds become cirrostratus, it means rain or snow is coming.
MEDIUM ALTITUDE CLOUDS - with ceiling between 2,000 and 6,000 m		
Altocumulus (Ac) (1.5-6 km)		Thicker and larger than cirrocumulus, less white and with shadows on them. They are fair-weather clouds. They appear after a storm.
Altostratus (As) (2.5-6 km)		They form a gray veil over the sun or moon. If rainy weather approaches, the clouds darken and thicken, completely covering the sun or moon until the rain begins.
LOW ALTITUDE CLOUDS		
Stratocumulus (Sc) (below 2.5 km)		They have the appearance of a low, consistent formation that advances and covers the entire sky. Sometimes they have thin areas through which the sun can be seen. They can produce light rain, but usually they disperse in the afternoon and leave a clear sky overnight.
Stratus (St) (below 2.5 km)		They are among the lowest clouds. They form a uniform layer like fog in the air (called "mountain fog"). They are not rain clouds, but can produce a few drops. When thick clouds form overnight and cover the sky in the morning, they usually disperse soon and the day will be fine.
LOW ALTITUDE CLOUDS WITH VERTICAL EXTENT		
Nimbostratus (Ns) (1.5-5 km)		They form low, black layers, indicating the approach of rain or snow (within 4-5 hours).
Cumulus (Cu) (max 2.5 km)		They are white and fluffy. If they are sparse and spaced out, good weather follows. If they are large and have many heads, they can produce showers. If they appear over the sea, in a cloudless sky, they indicate land below them.
Cumulonimbus (Cb) (1.5-10 km)		Low, storm clouds. Black, threatening. They bring hail, strong wind, thunder and lightning. Above them appear false cirrus clouds, and below them appear false nimbostratus clouds.

M01 – Sheet 4 – SURVIVOR MINDSET

SHEET – CONCEPTUAL | LEVEL – CRITICAL | **APPLIES** in stress, panic, extreme

1. CENTRAL IDEA

Survivor mindset is the ability to remain lucid, adaptable, and solution-oriented under conditions of stress, danger, and uncertainty.

✓ IT IS NOT THE ENVIRONMENT THAT DEFEATS YOU FIRST. BUT YOUR REACTION TO IT

2. WHY IS IT IMPORTANT?

In crisis situations:
- **Fear and panic** block thinking.
- **Impulsive decisions** lead to serious errors.
- **Lack of mental control** leads to rapid exhaustion.

A CORRECT MINDSET:
- ✓ Reduces risks.
- ✓ Increases chances of adaptation.
- ✓ Enables effective decision-making.

3. WHAT YOU MUST DO!

Calm NOT speed

Emotion control NOT impulsive reactions

Adaptation NOT rigidity

Simple action NOT complicated plan

Perseverance NOT giving up

SURVIVAL IS FIRST AND FOREMOST A MENTAL PROCESS.

4. PRINCIPLES OF THE SURVIVOR MINDSET

EMOTION CONTROL
- Acknowledge fear, but don't let it control the action.
- Breathe, slow down the pace.

PANIC = LOSS OF CONTROL

SOLUTION ORIENTATION
- Don't focus on the problem.
- Immediately look for what you CAN do.

EVERY SMALL ACTION MATTERS

ADAPTABILITY
- Accept the change in the situation.
- Adjust the plan.

RIGIDITY LEADS TO FAILURE

SIMPLIFIED DECISIONS
- Avoid excessive analysis
- Choose simple and safe solutions.

IN A CRISIS, SIMPLE MEANS EFFICIENT

DETERMINATION / WILLPOWER
- Refuse to give up
- Maintain focus

WILLPOWER SUSTAINS SURVIVAL WHEN RESOURCES

DON'T

- ✓ CALM = CONTROL
- ✓ CONTROL = CORRECT DECISIONS
- ✓ CORRECT DECISIONS = SURVIVAL

COMMON MISTAKES

- X Panic
- X Mental block
- X Impulsive decisions
- X Lack of prioritization
- X Premature giving up

WHAT YOU NEED TO DO

- ✓ To control emotional reactions.
- ✓ To make simple decisions under stress.
- ✓ To stay solution-oriented .
- ✓ To maintain mental clarity.



ESSENTIAL DIFFERENCES

VICTIM MINDSET	Survivor Mentality
You panic and give in to fear.	You accept fear but manage it effectively.
You wait for someone to save you.	You take initiative and look for solutions.
You focus on the problem and on "why is this happening to me?"	You focus on solutions and immediate actions.
You complain about circumstances.	You adapt and find opportunities in difficulties.
You let yourself be dominated by negative emotions (fear, despair).	You stay calm and control your emotions

If you are in a crisis situation, CHANGE YOUR PERSPECTIVE – instead of seeing yourself as a victim, focus on what you can do to survive and overcome the situation.

THE PROBLEM IS NOT THE LACK OF RESOURCES, BUT THE LOSS OF MENTAL CONTROL!

M01 – Sheet 5 – DECISION MAKING UNDER STRESS AND UNCERTAINTY

SHEET – CONCEPTUAL | LEVEL – CRITICAL | **APPLIES** in the first minutes of the crisis.

1. CENTRAL IDEA

Decision making under stress is the ability to quickly and correctly choose an action, under conditions of pressure, risk, and incomplete

In a crisis, you don't have all the data — but you must

2. WHY IS IT IMPORTANT?

IN CRISIS SITUATIONS:
- Time is limited.
- Information is incomplete or confusing.
- Stress affects logical thinking.

WRONG DECISIONS
- Increase risks.
- Consume unnecessary resources.
- Can worsen the situation.

CORRECT DECISIONS
- Stabilize the situation.
- Reduce exposure to danger.
- Increase control.

3. WHAT YOU MUST DO!

✓ **The perfect decision does NOT exist** → choose a good

✓ Fast > perfect
✓ Simple > complex
✓ Safe > risky
✓ Adaptable > rigid.

✓ **A decision made in time is more valuable than a perfect but delayed one.**

4. PRINCIPLES OF DECISION-MAKING

CONTROLLED SPEED
- Do not delay the decision.
- Avoid the *"I DON'T KNOW WHAT TO DO"* deadlock.

LACK OF DECISION = WRONG DECISION

PRIORITIZATION
- What is most important NOW?
- LIFE > SAFETY > RESOURCES

DON'T SOLVE EVERYTHING, SOLVE THE

SIMPLIFICATION
- Reduce the options.
- Choose the simplest and safest option.

COMPLEXITY LEADS TO ERRORS

ADAPTATION PERMANENT
- Reevaluate constantly.
- Change the decision if the situation demands it.

DON'T GET ATTACHED TO THE INITIAL

RISK MANAGEMENT
- Avoid unnecessary risks.
- Choose the option with the least danger.

SURVIVAL = RISK REDUCTION

5. DECISION-MAKING MODEL / SIMPLIFIED



Avoid impulsive reaction | What is happening? | The safest option | Fast, efficient | Available resources | UPDATE THE PLAN

A TIMELY DECISION SAVES – INDECISION WASTES TIME AND INCREASES RISK !

6. PRACTICAL

- ✓ Don't get stuck in deep analysis.
- ✓ Don't look for the perfect solution.
- ✓ Act in small steps.
- ✓ Constantly check the result.
- ✓ Adjust the decision if necessary.

7. EXAMPLE

SITUATION – ACCIDENT. INJURED PERSON

✗ WRONG:

- Panic.
- Indecision.
- Chaotic actions.
- You reassess.



✓ CORRECT:

- You stop.
- You assess quickly.
- You decide – safety + call 112.
- You act.

8. COMMON PRACTICAL



- Mental block.
- Procrastination.
- Impulsive reactions.
- Overestimation of control.
- Ignoring risks

9. WHAT SHOULD YOU

- Make quick decisions under stress.
- Prioritize actions correctly.
- Simplify options.
- Adapt decisions according to the situation.



10. EVALUATION AND IMPROVEMENT OF DECISIONS

- **CONTINUOUS MONITORING AND ACCURATE / PRECISE / CORRECT ASSESSMENT** of the situation and the effects of the decisions made.
- **After the crisis is managed, DISCUSS WITH THE GROUP** to identify what worked well and what can be improved.
- **Using the lessons identified** to improve future crisis response plans and **to turn them into lessons learned.**



IN REAL SITUATIONS, THOSE WHO SURVIVE ARE NOT THOSE WHO KNOW MORE,
CI CEI CARE DECID MAI BINE ȘI MAI QUICK!

ACT FAST, SIMPLIFY OPTIONS, ADAPT DECISIONS.

M01 – Sheet 6 – MANAGING FEAR, PANIC AND MENTAL FATIGUE

SHEET – CONCEPTUAL | LEVEL – CRITICAL | APPLIES in situations of emotional blockage

1. CENTRAL IDEA

Managing fear, panic and mental fatigue is the ability to control your psychological reactions in order to remain functional and effective under intense stress.

WE DO NOT ELIMINATE FEAR — WE CONTROL IT!



2. WHY IT MATTERS

In crisis situations:

- ✓ **Fear triggers instinctive reactions** – fight / flight / freeze.
- ✓ **Panic leads to loss of control.**
- ✓ **Mental fatigue reduces decision-making capacity**

CONSEQUENCES:	MENTAL CONTROL:
Wrong decisions.	Maintains clarity.
Rapid exhaustion.	Enables correct actions.
Giving up or freezing.	Increases endurance

4. MAIN COMPONENTS

FEAR

Fear is normal – a natural reaction to danger.

EFFECTS:

- Increases attention.
- Accelerates reaction.

FEAR IS USEFUL IF CONTROLLED!

PANIC

Uncontrolled reaction.

EFFECTS:

- ✓ Mental chaos.
- ✓ Impulsive decisions.
- ✓ Loss of control.

PANIC IS THE GREATEST PSYCHOLOGICAL DANGER

MENTAL FATIGUE

Arises from:

- Prolonged stress .
- Lack of sleep.
- Continuous effort.



EFFECTS:

- – Confusion.
- – Lack of concentration.
- – Errors.



5. CONTROL MECHANISMS

BREATH CONTROL

- ✓ Inhale slowly.
- ✓ Exhale controlled.

IMMEDIATELY REDUCES PANIC!



STOPPING THE IMPULSIVE

- ✓ Do not act immediately.
- ✓ Create a moment of control for yourself

STOP BEFORE YOU REACT!



FOCUS ON SIMPLE ACTIONS

- ✓ Don't think about solving everything.
- ✓ Focus on the next step.

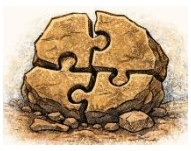
REDUCES MENTAL OVERLOAD



PROBLEM FRAGMENTATION

- ✓ Break the situation into small steps

MAKES THE PROBLEM MANAGEABLE



6. DON'T



– Fear is normal.
– Panic is dangerous.
– Control begins with breathing.



7. COMMON ERRORS



– Impulsive reactions.
– Loss of emotional control.
– Mental exhaustion.
– Lack of breaks.
– Decisions under pressure without control.

9. EMOTIONAL CONTROL, RESILIENCE AND ADAPTABILITY

EMOTIONAL CONTROL



– Try to have controlled breathing.
– Stay focused on action.
– Think rationally.
– Adapt to the situation created, the real

RESILIENCE – the ability to cope with a major shock (physical, emotional, economic, etc.), to adapt to new conditions and return to normality and functional balance.



ESSENTIAL CHARACTERISTICS OF A RESILIENT PERSON

– Has emotional and mental control.
– Has flexibility in thinking and action.
– Has the ability to make quick and effective decisions.
– Possesses autonomy and independence.
– Masters team spirit and collaboration.



ADAPTABILITY – the flexibility to change plans and strategies according to what is happening.

– **ACCEPT REALITY AND MAKE QUICK DECISIONS.**
– **SET YOUR PRIORITIES**
– **MANAGE YOUR STRESS AND EMOTIONS**





III. PLANNING AND CRISIS MANAGEMENT

7. HOW TO STAY CALM AND FOCUSED

- ✓ **TO HAVE CORRECT BREATHING.**
- ✓ **TO BE AWARE OF THE SITUATION.**
- ✓ **SELF-MOTIVATION.**
- ✓ **TO ACCEPT AND ADAPT.**
- ✓ **TO STAY RATIONAL.**
- ✓ **TO COMMUNICATE AND COLLABORATE.**
- ✓ **TO TRAIN AND PREPARE.**





WHO CONTROLS THEIR MIND, CONTROLS THEIR CHANCES OF SURVIVAL

IN REAL SITUATIONS, IT IS NOT THE SITUATION THAT DEFEATS YOU, BUT THE LOSS OF CONTROL OVER YOUR OWN REACTION.



M01 – Sheet 7 – COMMUNICATION IN CRISIS SITUATIONS

SHEET – OPERATIONAL | LEVEL – CRITICAL | APPLIES TO coordinating the family / group



1. REMEMBER

- Communication saves time and reduces chaos
- Wrong information is more dangerous than its absence
- Messages must be simple, clear and short
- Lack of communication leads to separation and wrong decisions
- You must have alternatives, not depend on a single means.

EFFECTIVE COMMUNICATION = COORDINATION + CONTROL



2. BEFORE THE CRISIS

1. ESTABLISHING CONTACTS
- Essential numbers (family, emergency).
- External contact person.

2. COMMUNICATION METHODS – prepare alternatives
- Phone.
- SMS.
- Apps.
- Radio.

3. COMMUNICATION RULES
- Short messages.
- Essential information.
- No ambiguity.

4. SIMPLE CODES – reduce time for communication.
- *"I'm OK"*
- *"I need help"*
- *"Going to the meeting point"*

5. MEETING POINTS
- Where we meet if we cannot communicate.







3. DURING THE CRISIS

1. TRANSMIT CLEAR INFORMATION
- What happened
- Where you are
- What you need

2. KEEP THE MESSAGE SIMPLE
- ✗ Long sentences
- ✓ Short and direct messages

3. AVOID OVERLOADING
- Do not transmit unnecessary information
- Do not create confusion

4. CONFIRM RECEPTION
- Check if the message was understood

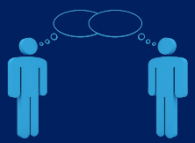
5. USE ALTERNATIVE CHANNELS
- If the phone does not work
  → SMS / radio / meeting point

6. STAY CALM
- Clear tone
- No panic

7. FILTER INFORMATION
- Verify the source

4. COMMON ERRORS

- Long and confusing messages
- Lack of confirmation
- Transmitting false information
- Dependence on a single channel
- Panic transmitted verbally



5. DON'T

- Short message = effective messa
- Clarity > quantity
- Communication keeps the group united

IN REAL SITUATIONS, IT IS NOT THE LACK OF INFORMATION THAT CREATES CHAOS, BUT

M01 – Sheet 8 – THE LEADER'S ROLE IN MANAGING CRISIS SITUATIONS

SHEET – MIXED / C+O

LEVEL – ESSENTIAL

APPLIES when chaos or lack of coordination occurs.

SHEET – CONCEPTUAL

- **WITHOUT A LEADER** → chaos
- **WITH A WEAK LEADER** → organized chaos
- **WITH A GOOD LEADER** → control and efficiency

1. WHAT IS THE LEADER IN A CRISIS?

The person who:
- makes decisions
- coordinates actions
- maintains control
- conveys calm and direction

2. PRINCIPLES OF LEADERSHIP

- simplifies and prioritizes constantly
- maintains the rhythm and protects the group
- avoids chaos

REMEMBER

- The leader is not the strongest, but the clearest
- The leader reduces chaos and creates direction
- People seek guidance in crisis
- An imperfect but quick decision is better than no decision
- Personal example is stronger than an order

A leader is one who knows the way, goes the way, and shows us the way.

3. ESSENTIAL QUALITIES

MENTAL CLARITY
- thinks simply and quickly
- does not get stuck

DECISION
- decides quickly
- takes responsibility

EMOTIONAL CONTROL
- does not spread panic

CLEAR COMMUNICATION
- short message
- no ambiguity

ADAPTABILITY
- changes the plan if needed

RESPONSIBILITY
- ✓ takes responsibility for consequences

THE LEADER IS THE FACTOR OF STABILITY IN AN UNSTABLE ENVIRONMENT

SHEET – OPERATIONAL

DURING CRISIS

TAKE CONTROL
- assume the role
- create direction

DO THE RAPID ASSESSMENT
- what is happening
- what is priority

MAKE THE DECISION
- simple
- applicable

COMMUNICATE
- clear
- short
- firm

COORDINATE
- distribute tasks
- check execution

MAINTAIN CALM
- stable behavior
- controlled tone

ADAPT THE PLAN
- adjust according to the

BEFORE CRISIS

- **DEFINES THE ROLES**
  - ✓ who leads
  - ✓ who executes
  - ✓ who supports
- **PLAN**
  - ✓ the procedures
  - ✓ the
- **TRAINING**
  - ✓ simulations
  - ✓ testing the plan

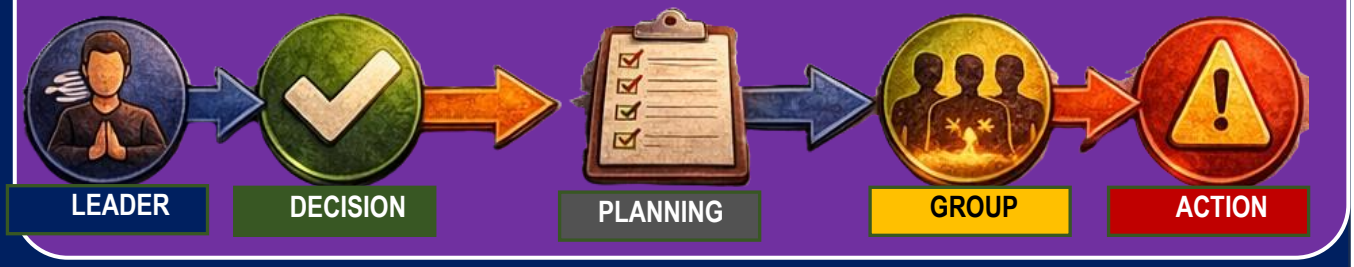




AFTER CRISIS

- **PERFORMS THE**
  - ✓ what worked
  - ✓ what didn't
- **CORRECTION**
  - ✓ improving the plan
- **SUPPORT**
  - ✓ support for the group

GOOD LEADER – EFFICIENT GROUP



- THE MOST IMPORTANT SIX WORDS:
  I agree that I was wrong!
- THE MOST IMPORTANT FIVE WORDS:
  I am proud of you all!
- THE MOST IMPORTANT FOUR WORDS:
  What is your opinion?
- THE MOST IMPORTANT THREE WORDS:
  Please!

- THE MOST IMPORTANT TWO WORDS:
  Thank you!
- THE MOST IMPORTANT WORD:
  We!
- THE LEAST IMPORTANT WORD:
  I!







GROUPS DO NOT FAIL FROM A LACK OF PEOPLE, BUT FROM A LACK OF LEADERSHIP.



M01 – Sheet 9 – POST-CRISIS RECOVERY

SHEET – MIXED / C+O

LEVEL – SUPPORT

APPLIES immediately after the situation is stabilized.

SHEET – CONCEPTUAL

1. WHAT DOES RECOVERY MEAN?

- Critical process of rapid return to normality, impact and damage assessment, resource restoration, analysis and adaptation.

REMEMBER

- Survival does not end once the danger is eliminated
- **Recovery is a process,** not a moment.
- Physical, mental, and logistical recovery are equally important.
- Mistakes made during the crisis must be corrected.
- **Adapting for the future is essential.**

2. COMPONENTS OF RECOVERY

PHYSICAL	LOGISTICAL
✓ Health	✓ Housing
✓ Rest	✓ Resources
✓ Treatment	✓ Infrastructure
PSYCHOLOGICAL	**SOCIAL**
✓ Stress reduction	✓ Family
✓ Return to balance	✓ Support
✓ Trauma management	✓ Community

3. IMPACT AND DAMAGE ASSESSMENT

- Collecting necessary data and information.
- ✓ Categorizing damages.
- ✓ Assessing the impact on family members.

4. PRINCIPLES

- Graduality.
- Prioritization.
- Adaptation.
- Learning from experience.

- RECOVERY IS PART OF SURVIVAL!
- CORRECT RESTORATION PREVENTS FUTURE CRISES!

5. COMMON MISTAKES

- Rushing back to normal.
- Ignoring psychological stress.
- Not analyzing mistakes.
- Lack of reorganization.
- Isolation.
- Underestimating the impact.

SHEET – OPERATIONAL

IMMEDIATELY AFTER THE CRISIS

ENSURING SAFETY
- ✓ Eliminate hazards
- ✓ Check the environment

CHECKING PEOPLE
- ✓ Is everyone safe?
- ✓ Are there any injured?

PROVIDING FIRST AID
- ✓ Treat emergencies
- ✓ Ask for help if needed

STABILIZING THE SITUATION
- ✓ Find shelter
- ✓ Ensure water and minimum resources

IN THE SHORT TERM

DAMAGE ASSESSMENT
- ✓ Housing
- ✓ Equipment
- ✓ Resources

RESOURCE REORGANIZATION
- ✓ What you still have
- ✓ What needs to be replaced

RESTORING COMMUNICATION
- ✓ Contacts
- ✓ Information

REST AND RECOVERY
- ✓ Sleep
- ✓ Stress reduction

MEDIUM TERM

ENVIRONMENTAL RESTORATION
- ✓ Housing
- ✓ Infrastructure

PLAN RECONSTRUCTION
- ✓ What did not work
- ✓ What needs improvement

PSYCHOLOGICAL SUPPORT
- ✓ Discussions
- ✓ Support
- ✓ Avoiding isolation

ADAPTATION
- ✓ Behavioral adjustment
- ✓ Increased preparedness

THOSE WHO DO NOT RECOVER PROPERLY REMAIN VULNERABLE FOR THE NEXT CRISIS.

STEPS FOR POST-CRISIS RECOVERY AND RETURN TO NORMALITY

STEP 1 - UNDERSTANDING EMOTIONS



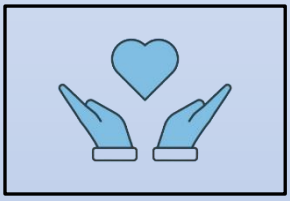
- **MAKE THEM ACKNOWLEDGE THEIR FEELINGS –** talk to the group and explain that **it is normal to feel sadness, fear, confusion, or even anger after a crisis.** Tell them these are **natural reactions to stressful events.**

STEP 2 - GRADUAL RETURN TO DAILY ROUTINE



- **TRAIN THEM TO RESUME USUAL ACTIVITIES –** explain that returning to their daily routine can help them feel a sense of normality and stability. **TELL THEM THAT LIFE WILL GO ON.**

STEP 3 - SELF-CARE



- **ASK THEM TO REST ENOUGH –** maintaining an adequate sleep schedule is essential for recovery.
- **TELL THEM TO EAT HEALTHILY –** a balanced diet helps the body and mind recover faster.
- **ENCOURAGE THEM TO EXERCISE –** physical activity can reduce stress and improve overall mood.

STEP 4 - RELAXATION ACTIVITIES



- **GUIDE THEM TO FIND TIME FOR HOBBIES –** activities they enjoy can provide distraction and relaxation.
- **TEACH THEM TO PRACTICE RELAXATION TECHNIQUES PERIODICALLY –** deep breathing, meditation, or practicing yoga techniques can help reduce stress.

STEP 5 - SOCIAL SUPPORT



- **ASK THEM TO COMMUNICATE AND STAY IN TOUCH WITH FAMILY AND FRIENDS –** family and friends can provide emotional support and companionship in difficult times.
- **RECOMMEND THEY PARTICIPATE IN SOCIAL ACTIVITIES –** participating in interest group activities connects them with a different environment.

STEP 6 - SEEK PROFESSIONAL HELP

- **GUIDE THEM AND FACILITATE PSYCHOLOGICAL COUNSELING –** if the person still feels overwhelmed, a counselor or psychologist is the best solution for managing emotions.

STEP 7 - INVOLVEMENT IN THE



STEP 8 - PLANNING FOR WHAT COMES NEXT



STEP 9 - PERSONAL SAFETY



ASK THEM TO HELP THOSE IN NEED – volunteering and engaging in community activities can help them feel they have a purpose and are making a difference.managing emotions.

TEACH THEM TO SET RELATIVELY SMALL GOALS FOR SHORT AND MEDIUM PERIODS – explain that achieving small goals can help them feel progress and fulfillment..

TEACH THEM TO THINK POSITIVELY, TO FOCUS on the positive aspects and the things they can control

ASK THEM TO STAY INFORMED, TEACH THEM TO STAY CONNECTED – show them the benefits of knowing safety measures, techniques, and procedures, and what to do in the event of a new crisis situation.

POST-CRISIS RECOVERY



CRISIS STABILIZATION RECOVERY ADAPTATION



RECOVERY IS PART OF SURVIVAL!
PROPER RECOVERY PREVENTS FUTURE CRISES!



M01 – Sheet 10 – CALLING 112
- PROFESSIONAL RECOMMENDATIONS -

SHEET – OPERATIONAL | **LEVEL – CRITICAL** | **APPLIES** when there is danger to life or safety.

1. REMEMBER



- ✓ **112 IS FOR REAL EMERGENCIES**
- ✓ The correct call reduces response time.
- ✓ The operator helps you — you must cooperate.
- ✓ DO NOT hang up until you are told to.
- ✓ Clear information = fast response.

You are the first link in the rescue chain!

2. BEFORE CALLING



RAPID ASSESSMENT
- What happened?
- Are there any injured?
- Is there immediate danger?

ENSURING SAFETY
- Do not expose yourself unnecessarily.

3. DURING THE CALL



CALL 112 – without delay.
STAY CALM
- Speak clearly.
- Avoid panic.

TRANSMIT ESSENTIAL INFORMATION – in this order /very important
- **WHERE?**
  - Exact location.
  - Visible landmarks.
- **WHAT HAPPENED?**
  - Type of incident.
- **HOW MANY?**
  - Number of people involved.
- **CONDITION?**
  - Injured / conscious / unconscious.
- **RISKS?**
  - Fire / explosion / danger.



ANSWER QUESTIONS
- Do not interrupt.
- Answer clearly and briefly.

FOLLOW INSTRUCTIONS
- The operator can tell you what to do.
- Apply immediately.

DO NOT HANG UP
- Until told to.

4. AFTER THE CALL



STAY AVAILABLE, for additional calls.
PREPARE ACCESS
- Guide crews
- Clear access

CONTINUE HELP
- If safe.
- As per instructions received.

5. SPECIFIC SITUATIONS

NO SIGNAL – move to a better area, send SMS /if possible.

CHILDREN – teach them to say where they are, what happened.

PANIC – breathe, speak slowly.

6. COMMON ERRORS



COMMON ERRORS
- Delayed call.
- Incomplete information.
- Panic / incoherence.
- Ending the call too early.
- Jokes or false calls.
- Overloading with unnecessary details.



EVENTS FOR WHICH YOU CAN CALL 112

- Unconscious person
- Severe breathing
- Fainting
- Severe bleeding
- Fever
- Poisoning
- Striking or other violence / Conflicts and physical aggression.
- Severe fractures
- Thermal, electrical,
- Cardiovascular arrest
- Metro / railway accidents
- Road accidents with casualties
- Explosions
- Fires
- Severe earthquakes
- Severe dangerous hydrological/meteorolo
- Severe lightning strikes
- Collapse of machinery, constructions
- Animal attacks with casualties
- Animal/insect bites/stings
- Drugs – use/ trafficking



THE DIFFERENCE BETWEEN A CORRECT CALL AND A CHAOTIC ONE CAN MEAN LOST MINUTES, IN OTHER WORDS, AN INCREASED RISK TO LIFE.



M01 – Sheet 11 – RESOURCE MANAGEMENT

SHEET – OPERATIONAL | **LEVEL – CRITICAL**

APPLIES TO isolation or reduced access to supplies, in medium and long-term survival.

1. REMEMBER



- ✓ Resources are limited → they must be controlled
- ✓ RAPID CONSUMPTION = MAJOR RISK
- ✓ Correct prioritization extends survival
- ✓ Organization is more important than quantity

2.TYPES OF RESOURCES

VITAL (MAXIMUM PRIORITY)
- Water
- Air
- Shelter
- Heat

SURVIVAL
- Food
- Energy (fuel)
- Equipment

SUPPORT
- Tools
- Materials
- Information

3. BASIC PRINCIPLES

PRIORITIZATION – the correct order:
AIR → SHELTER → WATER → FIRE → FOOD



CONSERVATION
- use the minimum necessary
- avoid waste

CONTROLLED DISTRIBUTION
- rationing
- portioning

ADAPTATION
- adjust consumption according to the situation

REDUNDANCY
- alternatives for critical resources.







4. BEFORE THE CRISIS

INVENTORY
- What you have
- How much you l
- How long it lasts

STORAGE
- Protection
- Organization
- Quick access

CONSUMPTION PLAN
- Rations
- Priorities

5. DURING THE CRISIS

RAPID ASSESSMENT
- Available resources
- Estimated consumption

RATIONING
- How much you consume daily
- How much you can save

PRIORITIZATION
- Vital resources → first use

CONSUMPTION CONTROL
- Avoid excess
- Monitor constantly

RESOURCE PROTECTION
- Avoid contamination
- Protect from loss

SEARCH FOR ALTERNATIVES
- Additional sources
- Improvisation

6. SITUATIONS SPECIFIC

FAMILY / GROUP
- fair distribution
- prioritize vulnerable

EXTREME CONDITIONS
- increase water consumption
- reduce effort

COLD
- prioritize heat
- conserve energy

HEAT

7. COMMON ERRORS

- X Rapid consumption at the start
- X Lack of rationing
- X Ignoring priorities
- X Unequal distribution
- X Lack of monitoring
- X Panic → excessive consumption

WHY IS IT IMPORTANT TO KNOW HOW TO EFFICIENTLY MANAGE RESOURCES IN CRISIS SITUATIONS?

OPTIMIZING LIMITED RESOURCES



- In crisis situations, resources – time, personnel, equipment – are often limited.
- Efficient management ensures optimal use to maximize the safety, evacuation, and survival of all involved.

MAINTAINING FUNCTIONALITY AND CONTROL



- Proper resource management allows maintaining a certain continuity of activities, even during the crisis.
- Efficient allocation and coordination of resources prevent confusion and chaos, maintaining control over the situation.

MINIMIZING DAMAGE



- Through efficient use of resources, material and emotional damage can be reduced, thus limiting the impact of the crisis.

RAPID RECOVERY



- Efficient management enables a faster recovery after the crisis, restoring normalcy more quickly.





- *Resources run out faster than you think*
- *Discipline makes the difference*
- *If you don't manage resources correctly, even a controllable situation becomes critical.*
- *It's not how much you have that matters, but how you use it*
- *In real situations, resources are lost not from scarcity, but from poor management.*

V. MOVEMENT AND ORIENTATION



M01 – Sheet 12 – GENERAL PRINCIPLES OF MOVEMENT – INDIVIDUAL AND IN GROUP

SHEET – OPERATIONAL

LEVEL – ESSENTIAL

APPLIES during movement in nature or unfamiliar environments, evacuation or movement in difficult conditions.

1. REMEMBER



- ✓ Movement is a controlled risk.
- ✓ Speed in movement reduces safety.
- ✓ Energy is limited → it must be conserved!
- ✓ Orientation is as important as movement!
- ✓ The group is as strong as its weakest member.

You don't have to be first, you have to arrive safely

2. NECESSARY MINIMUM



- ✓ WATER
- ✓ FOOD
- ✓ FLASHLIGHT
- ✓ KNIFE
- ✓ SUITABLE CLOTHING
- ✓ NAVIGATION TOOL

3. GENERAL PRINCIPLES

PLANNING
- Set the route
- Identify landmarks
- Estimate duration

ENERGY CONSERVATION
- Steady pace
- Avoid unnecessary exertion

CONTINUOUS NAVIGATION
- Check direction
- Don't wander aimlessly

ADAPTATION
- Change the route if danger appears

4. INDIVIDUAL MOVEMENT



PACE
- Steady
- No sudden accelerations

ATTENTION
- Observe the terrain
- Avoid obstacles

DECISIONS
- Stop if unsure
- Reassess

CONSERVATION
- Regular breaks
- Hydration

5. GROUP MOVEMENT



ORGANIZATION
- Leader in front
- Sweep (last)

COMMON PACE
- Adapted to the slowest

DISTANCE
- Visibility between members
- Not too spread out

COMMUNICATION
- Simple signals
- Periodic check

RESPONSIBILITY
- No one is left behind



6. SPECIFIC SITUATIONS

BAD WEATHER
- Reduce speed.
- Increases attention.

REDUCED VISIBILITY
- Slow movement.
- Use light.

UNKNOWN TERRAIN
- Constant checking.
- Markings.

7. COMMON ERRORS

- WALKING TOO FAST.
- IGNORING FATIGUE.
- LACK OF PLANNING.
- GROUP DISPERSAL.
- OVERLOADING WITH EQUIPMENT.
- IGNORING DANGERS.

IN PRACTICE, MOVEMENT DOES NOT FAIL FROM LACK OF STRENGTH, BUT FROM LACK OF DISCIPLINE.

8. WALKING – BASIC RULES



- ✓ **The average walking speed is 3 km/h – under normal conditions and without loose snow.**
- ✓ **If you are walking on snow and weather conditions are extreme, you will move at a maximum of 1.5 km/h.**



- ✓ **Step safely, not quickly.**
- ✓ **Avoid unstable terrain. Divide the route into stages.**
- ✓ **Use a walking stick if possible.**
- ✓ **Maintain balance.**
- ✓ **Look ahead, not just down.**

- ✓ **Try to walk with a stride that doesn't cause blisters.**
- ✓ **When climbing, walk in a zigzag.**
- ✓ **Breaks are taken when needed, not at predetermined time intervals.** As a guideline, breaks of 5-10 minutes are recommended every hour or after every 300 m of elevation gain.
- ✓ In fog, walk along the ridge line, especially when climbing. **Fog** deceives your sense of direction and balance**.**
- ✓ **Finish** the daily hiking stage early so you have time to prepare the shelter/camp before dark.
- ✓ **For recovery**, eat as soon as possible after exertion (within one hour).
- ✓ **Traveling on snow** – On packed, old snow, skiing is excellent, but on loose, fresh snow, snowshoes are better. **You can improvise skis from wood** or metal pieces, about 15 cm wide and up to 1 m long. Ski poles can be made from branches.



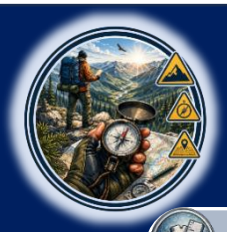
- ✓ **When stepping with the snowshoe, keep it as parallel as possible to the snow surface**. Lift each foot without tilting the sole.

9. RULES FOR GROUP MOVEMENT

- ✓ **Group members** will walk in single file **at a distance of 10-15 m (30 steps) from each other;**
- ✓ **The last person in the column (an instructor) will periodically compare the group's direction of travel** with the compass bearing or visual orientation, to ensure they are moving in the correct direction – especially when visible landmarks are missing;
- ✓ **When you take a break, signal and mark the landmarks.** Do not lose or forget them!
- ✓ **Rest facing the direction of travel.** Draw an arrow on the ground, or make one from arranged stones;
- ✓ **Estimating distances is deceptive.** To be safe, after making your estimate, multiply it by three (that is likely the more accurate value);
- ✓ **Normal walking speed is 3-4 km/h,** under normal conditions;
- ✓ **If you have strayed, gotten lost or separated from the group,** and can no longer hear the others, **DO NOT BE SCARED, DO NOT PANIC:**



- ✓ Stop and sit down;
- ✓ Think and remember what you did, where you walked;
- ✓ Mark the place where you are;
- ✓ Try to find the path, road, line or direction of travel again;
- ✓ If you manage to find the path you came on and walk back, it means you are not truly lost;
- ✓ If you cannot, return to the marker;
- ✓ **If** you cannot and evening falls, do not waste energy searching for the path in the dark;
- ✓ **Light** a fire that also produces smoke (for signaling). Rig up a shelter. Eat, hydrate, rest;
- ✓ **During the day, try to reach a high point (a tree or a hill).** Look for the smoke from the rest of the group's campfire.



M01 – Sheet 13 – NAVIGATION AND ORIENTATION IN THE FIELD

SHEET– TECHNIQUE | LEVEL – CRITICAL | APPLIES in all survival situations

1. REMEMBER

- ✓ Correct orientation prevents getting lost.
- ✓ A map without interpretation is useless.
- ✓ Direction is more important than speed.
- ✓ Losing your bearings is a major risk.

DO NOT MOVE IF YOU DON'T KNOW WHERE YOU'RE

2. BASIC ELEMENTS OF ORIENTATION

REFERENCE POINT
- Visible and stable location
- Easy to recognize

DIRECTION
- Setting a clear heading
- Maintaining direction

DISTANCE
- Rough estimate
- Related to time or steps



3. ORIENTATION METHODS

WITH A COMPASS (ideal)
- establish north
- align direction
- maintain azimuth



BY THE SUN
- rises → east
- sets → west



BY THE STARS
- Polaris → north

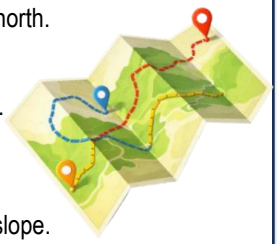
BY NATURE (approximate)
- moss on trees (more often on north)
- snow melting (faster on south)

4. READING THE MAP

WHAT YOU NEED TO UNDERSTAND

MAP ORIENTATION
- Align the map with true north.

MAP SCALE
- Shows the real distance.

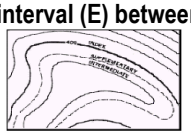


CONTOUR LINES
- Indicate the relief
- Close together = steep slope.
- Far apart = flat terrain.

SYMBOLS
- Water, roads, settlements, vegetation.

✓ **CONTOUR LINE** – an imaginary line of the terrain, along which all points have the same elevation.
- **Regardless of scale, the color for representing contour lines on plans or maps is sepia (reddish-brown);**
- The value of the contour interval depends on the scale of the plan or map and is generally:
  - 5 m for scale 1:25000;
  - 10 m for scale 1:50000;
  - 20 m for scale 1:100000;

✓ **TYPES OF CONTOUR LINES – depending on the contour interval (E) between them.**



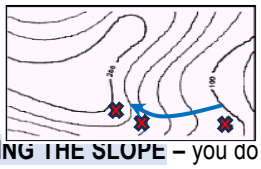
- **Normal –** thin lines, arranged in closed contours; the vertical distance between two normal contour lines equals the contour interval;
- **Principal –** thicker lines; the vertical distance between two principal contour lines equals 5 E;
- **Supplementary –** thin dashed lines; vertical distance equals ½ E. They are drawn only when the density of normal contour lines is insufficient and does not accurately represent the terrain configuration;
- **Auxiliary –** dashed lines, shorter than supplementary ones, with a contour interval of ¼ E.

DETERMINING HEIGHT

- **Note the contour interval value** and the unit of measurement from the map's marginal information;



- Find the numbered contour line closest to the point you want to reach;
- The points are located between the contour lines;
- Estimate its level at half the interval;
- **To determine the level of an unmarked hilltop**, add half the contour interval value to the value of the highest contour line surrounding the hill;
- To **determine the level of the bottom of a depression**, subtract half the contour interval value from the value of the lowest contour line surrounding the depression.



DETERMINING THE SLOPE – you do this by reading the values of the contour lines that frame the desired point.
Determining the distance – you do this by counting the number of contour lines to be crossed, starting from the contour line toward the desired point, taking direction into account, multiplied by the contour interval value;

If the point we want to reach lies on the contour line, then its value is the value of that contour line.



5. POSITIONING ON THE MAP

- Identify visible points from the terrain
- Compare with the map and identify them on the map.
- Determine the approximate location

6. TOPOGRAPHIC PROCEDURES FOR LAND USE

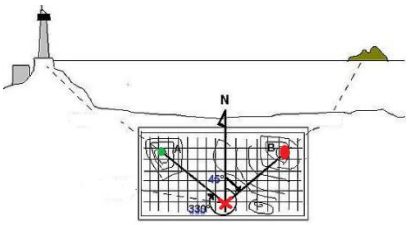
ORIENTATION BY NATURAL FEATURES
- ✓ Rivers, ridges, valleys, roads – follow these landmarks.

NAVIGATION BY LANDMARKS
- ✓ Go from point to identified point.
- ✓ Constantly confirm your position.

MAINTAINING DIRECTION
- ✓ Choose a distant landmark.
- ✓ Move towards it.

AVOIDING DEVIATIONS
- ✓ Periodically check the direction.
- ✓ Correct the route.

TRIANGULATION METHOD (simplified)
- ✓ Choose **two visible landmarks** from the terrain.
- ✓ Measure the direction to each (with a compass).
- ✓ Draw the lines on the map.
- ✗ **The intersection of the lines indicates your**



7. COMMON ERRORS

- ✗ **WALKING WITHOUT A CLEAR DIRECTION**
- ✗ **IGNORING THE MAP**
- ✗ **OVERESTIMATING INSTINCTIVE ORIENTATION**
- ✗ **LACK OF POSITION CHECKING**
- ✗ **GRADUAL DEVIATION WITHOUT CORRECTION**



IN PRACTICE, A SMALL DIRECTION ERROR BECOMES A BIG PROBLEM OVER TIME!

8. CONVENTIONAL SYMBOLS ON THE MAP

ONLY BY KNOWING THE CONVENTIONAL SYMBOLS CAN YOU READ A MAP CORRECTLY!

CONTOUR SYMBOLS

- ✓ Representation of planimetric details – forests, lakes, orchards, vineyards, etc.;
- ✓ **The dimensions of a planimetric detail can be measured on the map;**

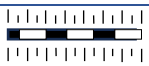
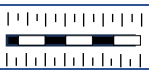
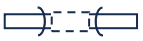
SCALE SYMBOLS

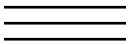
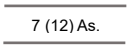
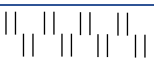
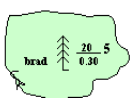
- ✓ Representation of those planimetric details which, due to their small size, cannot be rendered at the map scale;
- ✓ **The actual size of the planimetric details represented by such conventional symbols cannot be determined by measurement;**

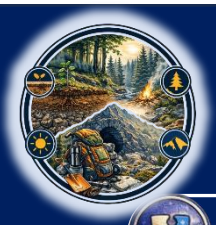
EXPLANATORY SYMBOLS

- ✓ **All other conventional notations** to provide a complete characteristic of the terrain details;
- ✓ **They are always used in combination** with the other conventional symbols from the first two categories.

Conventional symbols have an identical shape for all scales, but different sizes.

	**Geodetic point**
	Benchmarked topographic point
	**Levelling benchmark**
	**Railway on embankment**
	**Railway in cutting**
	**Tunnel 8 m wide and 58 m long**
	**Deciduous forest with an average height of 12 m, an average diameter of 0.25 m, and an average distance between trees of 6 m.**

	**Highway**
	**Asphalt road with a width of 7 m.**
	**Communal road**
	**Electric line on metal pylons**
	**Meadow**
	**Vineyard**
	**Coniferous forest with an average height of 20 m, an average diameter of 0.30 m, and an average distance between trees of 5 m.**



M01 – Sheet 14 – INFLUENCE OF THE ENVIRONMENT ON SURVIVAL

SHEET – MIXED / C+T

LEVEL – ESSENTIAL

APPLIES TO movement in nature, orientation, procuring resources, risk assessment.

1. REMEMBER

- ✓ The environment can be an ally or a dang
- ✓ Reading the environment = strategic advan
- ✓ Relief influences movement and safety
- ✓ Vegetation indicates water, soil, and direction
- ✓ Adapting to the environment increases survival chances

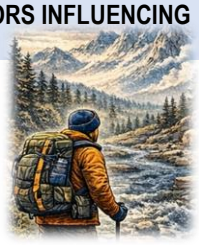
WHOEVER UNDERSTANDS THE ENVIRONMENT,

2. BASIC ELEMENTS OF ORIENTATION

ROLE OF THE ENVIRONMENT – the environment influences:

- ✓ Mobility.
- ✓ Access to resources.
- ✓ Protection / shelter.
- ✓ Visibility.
- ✓ Risks.

MAIN ENVIRONMENTAL FACTORS INFLUENCING SURVIVAL



- **SOIL**
- **VEGETATION**
- **TERRAIN**
- **TREES**

3. INFLUENCE OF SOIL



✓ **Each type of soil influences the survival strategy.**

✓ **SOIL TYPES:**

- ✓ **ROCKY SOIL** – good for finding solid materials, but difficult for water.
- ✓ **CLAY SOIL –** ideal for access to water and construction, but problematic when it rains.
- ✓ **SANDY SOIL –** good for drainage and fire, but difficult for finding water.

SOLUL MLĂȘTINOS – excellent for water resources, but unstable and full of insects.

It is best to find terrain with clay soil or a mix of sandy and clay soil, so that you have both stability and access to water.

4. INFLUENCE OF VEGETATION

WHAT IT TELLS YOU

- **WATER**
  - dense vegetation → possible water source
- **SOIL TYPE**
  - plants indicate fertility or aridity
- **ORIENTATION**
  - different density depending on exposure
- **RISKS**
  1. toxic plants
  2. dense vegetation → difficult movement hidden animals



5. INFLUENCE OF THE TERRAIN



- **VALLEY**
  - Access to water.
  - Shelter.
  - Risk of flooding, cold.
- **RIDGE**
  - Good visibility.
  - Orientation.
  - Risk – exposure, wind.
- **SLOPE**
  - Difficult movement.
  - Risk – Landslide.

6. THE INFLUENCE OF TREES



- ✓ **Deciduous forests** – food and resources
- ✓ **Coniferous forests** – shelter and fire.
- ✓ **Plains** – visibility and medicinal plants.
- ✓ **Marshy areas** – water and plant resources.
- ✓ **Mountain areas** – protection and water.

Better areas – **deciduous forests and plains with trees**.

INFLUENCE OF SOIL ON SURVIVAL

SOIL

STONY SOIL

- ✓ Water hard to find
- ✓ Tiring walking
- ✓ Good spots for shelter

CLAY SOIL

- ✓ Unstable and slippery ground
- ✓ Water often dirty
- ✓ Need containers for water

SOIL

- ✓ **STONY SOIL** – good for materials, but difficult for water.
- ✓ **CLAY SOIL** – ideal for water and construction, but problematic when it rains.
- ✓ **SANDY SOIL** – good for drainage and fire, but difficult for finding water.
- **SWAMPY SOIL** – excellent for water resources, but unstable and full of insects.

SANDY SOIL

- ✓ Water hard to find
- ✓ Exhausting walking
- ✓ Good for shelter and fire

SWAMPY SOIL

- ✓ Relatively plenty of water
- ✓ Difficult walking
- ✓ Dangerous areas, poor shelter

THE INFLUENCE OF HARSH VEGETATION ON SURVIVAL

VEGETATION

DECIDUOUS

- ✓ Varied food, fertile soil, water easy to find.
- ✓ High humidity, difficult movement, reduced winter protection.
- ✓ Birch wood for fire, leaves for insulation.

CONIFEROUS

- ✓ Ideal for shelter, fire and winter protection.
- ✓ Little food, poor soil, danger of falling branches.
- ✓ Resin for fire starting, pine needles for tea.

VEGETATION

PLAIN / STEPPE

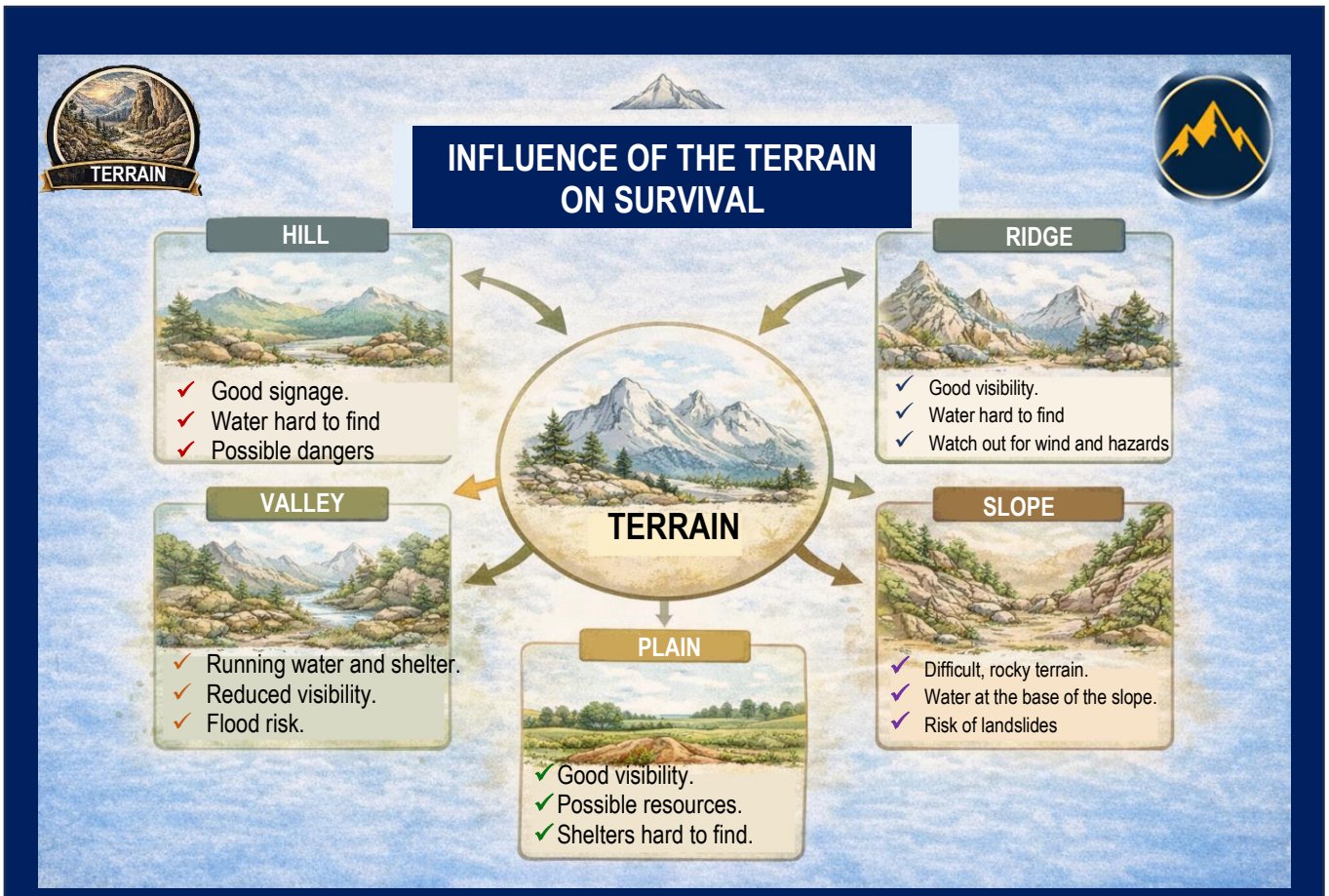
- ✓ Good visibility, food.
- ✓ Lack of water, strong wind, little wood.
- ✓ Use low areas / bushes for shelter.

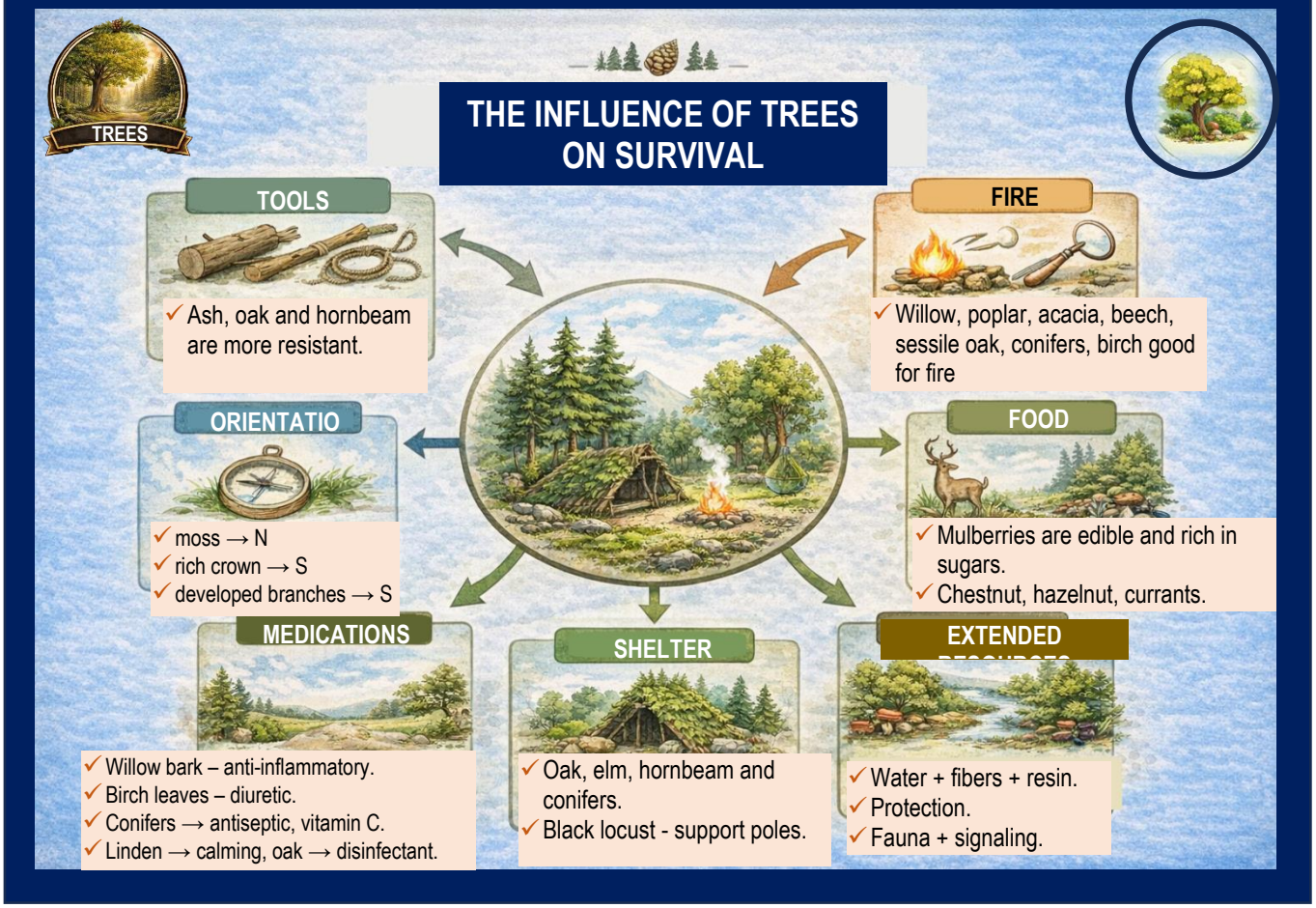
SWAMP

- ✓ Abundant water, useful plants / reeds.
- ✓ Unstable ground, insects, poor wood.
- ✓ Use reeds for insulation, avoid deep areas.

MOUNTAIN AREA

- ✓ Clean water, easy orientation.
- ✓ Cold, wind, little food.


TERRAIN
INFLUENCE OF THE TERRAIN ON SURVIVAL
HILL
✓ Good signage.
✓ Water hard to find
✓ Possible dangers
RIDGE
✓ Good visibility.
✓ Water hard to find
✓ Watch out for wind and hazards
TERRAIN
VALLEY
✓ Running water and shelter.
✓ Reduced visibility.
✓ Flood risk.
SLOPE
✓ Difficult, rocky terrain.
✓ Water at the base of the slope.
✓ Risk of landslides
PLAIN
✓ Good visibility.
✓ Possible resources.
✓ Shelters hard to find.


TREES
THE INFLUENCE OF TREES ON SURVIVAL
TOOLS
✓ Ash, oak and hornbeam are more resistant.
FIRE
✓ Willow, poplar, acacia, beech, sessile oak, conifers, birch good for fire
ORIENTATIO
✓ moss → N
✓ rich crown → S
✓ developed branches → S
FOOD
✓ Mulberries are edible and rich in sugars.
✓ Chestnut, hazelnut, currants.
MEDICATIONS
✓ Willow bark – anti-inflammatory.
✓ Birch leaves – diuretic.
✓ Conifers → antiseptic, vitamin C.
✓ Linden → calming, oak → disinfectant.
SHELTER
✓ Oak, elm, hornbeam and conifers.
✓ Black locust - support poles.
EXTENDED
✓ Water + fibers + resin.
✓ Protection.
✓ Fauna + signaling.



M01 – Sheet 15 – WHAT DO YOU DO IF YOU GET LOST IN THE FOREST

SHEET – OPERATIONAL | **LEVEL – CRITICAL**

APPLIES if you have lost the trail, no longer know the direction, do not recognize the area, reduced visibility / disorientation.

1. REMEMBER

- Panic takes you further from a good solution.
- Chaotic movement worsens the situation.
- Energy and time are limited.
- It is better to stop than to go the wrong way.

THE FIRST CORRECT DECISION IS TO STOP!

2. BASIC / CRITICAL RULES

THE S.T.O.P. METHOD

S – STOP / STOP IMMEDIATELY
- Do not continue.
- Do not go *"at random."*
- Avoid panic.



T – THINK (GÂNDEȘTE)
- Where did you come from?
- When did you lose the trail?

O – OBSERVE
- Landmarks (sun, terrain, sounds).
- Tracks / markings

P – PLAN (PLANIFICĂ)
- Simple and safe decision.

3. WHAT DO YOU DO

- **STAY IN PLACE (IF YOU HAVE NO CLEAR DIRECTION)** – Rescuers find you more easily if you do not move.
- **TRY TO IDENTIFY THE LAST KNOWN POINT**
  - Marking
  - Trail
  - Landmark



- **ASSESS THE SITUATION**
  - Available light
  - Weather
  - Resources
- **IF YOU DECIDE TO MOVE**

ONLY IF YOU HAVE A CLEAR DIRECT



- ✓ Go in one direction.
- ✓ Follow clear landmarks (valley, road, water).
- ✓ Mark the trail (if possible).
- ✓ Avoid frequent changes of direction.

4. WHAT NOT TO DO!



- ✗ **DO NOT** wander at random.
- ✗ **DO NOT** panic.
- ✗ **DO NOT** consume resources quickly.
- ✗ **DO NOT** ignore environmental signs.
- ✗ **DO NOT** travel at night unless necessary.

5. COMMON ERRORS

- Continuous movement without direction
- Frequent route changes
- Rapid energy consumption
- Ignoring signaling
- Lack of prioritization



6. SIGNALING AND RESCUE

SIGNALS
- Shout periodically
- Use a whistle (3 signals = help)

VISUAL
- Fire
- Visible objects
- Contrast with the environment

PHONE
- Call 112 if you have signal
- Send your location



7. SURVIVAL IN PLACE

SHELTER
- Protection from cold / rain.



WATER
- Conserve what you have.
- Look for safe sources.

FIRE
- Warmth.
- Signaling.





M01 – Sheet 16 – MEASUREMENT PROCEDURES IN THE FIELD

SHEET – TECHNICAL | LEVEL – SUPPORT

APPLIES in orientation without precise instruments, distance estimation, planning.

1. REMEMBER

- ✓ Estimation is approximate, not exact.
- ✓ Accuracy increases through repetition and experience.
- ✓ Combining methods yields better results
- ✓ Small errors become large over time.

Better approximately correct than completely wrong



2. MAIN PROCEDURES

A. ESTIMATING DISTANCE BY

METHOD

Determine your stride length. On average:

- 1 NORMAL STEP ≈ **0.75 m** (for a height of 1.70 m)
- 1 LONG STEP ≈ **1 m**
- 1 SHORT STEP ≈ **0.5 m**

– Count steps - **1000 steps ≈ 700–800 m**

USEFUL for short and medium distances

LIMITATIONS

- Terrain affects stride
- Fatigue changes pace

B. ESTIMATING DISTANCE BY TIME

METHOD

- Normal walking ~ 4–5 km/h
- 1 hour ≈ 4 km

USEFUL for constant movement

LIMITATIONS

- Difficult terrain = shorter distance.

C. COMPARISON WITH FAMILIAR

METHOD

– **Compare with:**

- ✓ Person ≈ **1.7 m** Tree ≈ **10–20 m**
- ✓ Football field ≈ **100m** Floor height ≈ **3m**
- ✓ Electricity pole ≈ **8m**

USEFUL for quick visual estimation

D. ESTIMATION BY SEGMENTATION

METHOD

- Divide the distance into smaller parts
- Estimate each segment

USEFUL for long distances

E. ANGLE METHOD

METHOD

- Use an object (finger, stick)
- **1 Finger ≈ 2°** **Closed fist ≈ 10°**
- **Palm width ≈ 15°**
- Estimate proportions

USEFUL for estimating visual distances.

F. ASSESSING SLOPE AND TERRAIN

METHOD

- Observe the slope of the terrain
- Correlate with the effort

USEFUL in route planning

3. COMMON ERRORS

- ✓ overestimating distance
- ✓ ignoring terrain
- ✓ lack of verification
- ✓ using a single method
- ✓ fatigue → wrong estimation

APPROXIMATE DETERMINATION OF DISTANCES DAYTIME / GOOD VISIBILITY

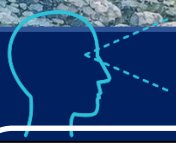
5 km	Isolated Houses
4 km	House Windows
3 km	Chimneys on rooftops
2.5 km	Movements on ridges
2 km	Silhouette of a
1.5 km	Distinct cars
750 m	Movement of legs
600 m	Bust of a person
500 m	Window frames
400 m	People's heads
300 m	Clothing and its color
200 m	Roof tiles
150 m	Coat buttons
70 m	A person's eyes and





APPROXIMATE DETERMINATION OF DISTANCES NIGHTTIME / GOOD VISIBILITY

10,000 m	The headlight beam of a motor vehicle
2,000 m	The light of a lantern
2,000 m	The light from a streetlamp
500 / 700 m	The light from the tail lights of a motor
500 m	Light from a lit matchstick
300 m	
0 m	Light from a cigarette





PERCEPTION OF DISTANCE AND SOUND PROPAGATION



- ✓ Objects appear closer in good visibility conditions.
- ✓ Illuminated objects are more visible, appear closer.
- ✓ Light-colored objects appear closer..
- ✓ The greater the contrast between an object and the background on which it is projected, the smaller the distance to that object appears.
- ✓ Objects appear **closer when observed from a lying position.**
- ✓ Objects **on flat terrain appear closer.**
- ✓ Objects observed **from bottom to top appear closer.**



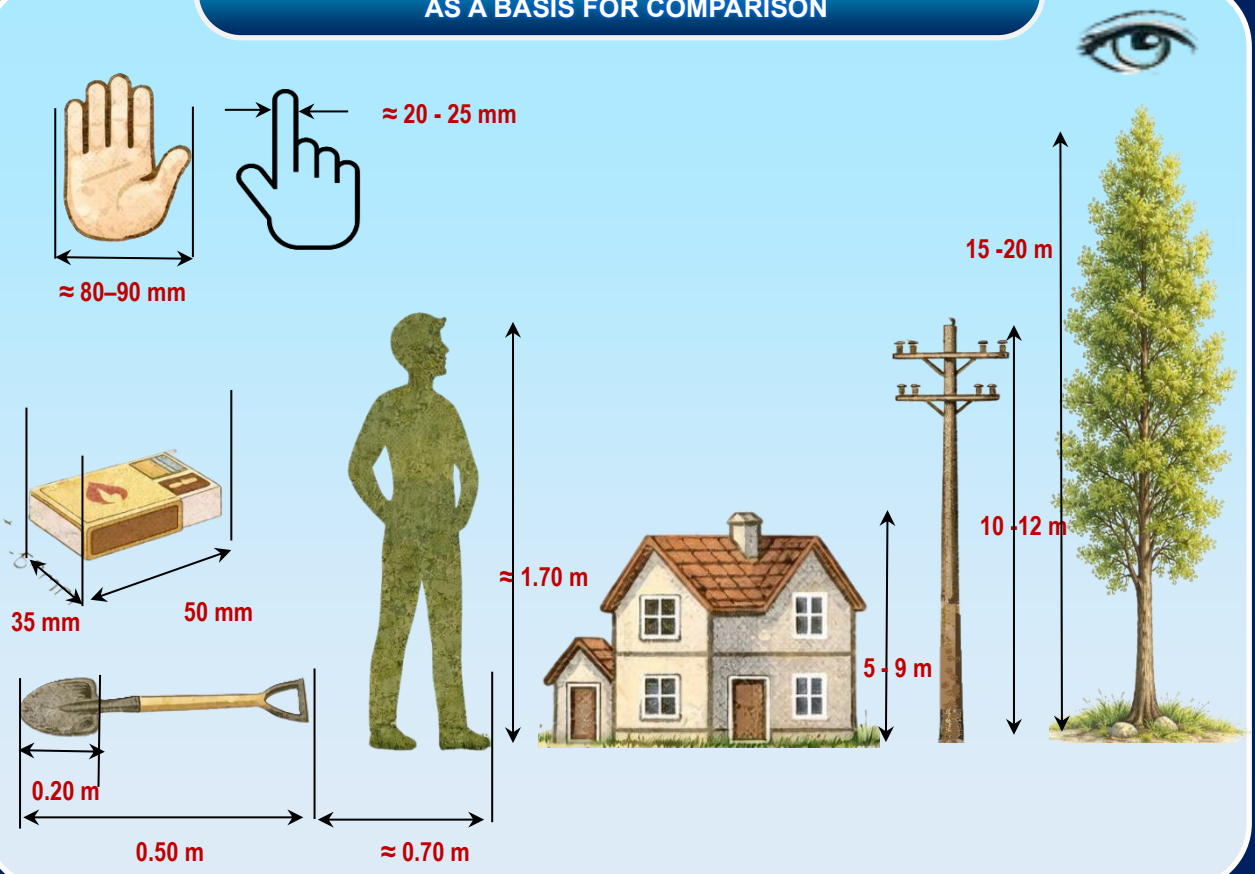
SOUND PROPAGATION

- SOUND PROPAGATION SPEED ≈ 340 m/sec. / ≈ 1 km in 3 seconds,
-
- LIGHT PROPAGATION is 300,000 km/sec.

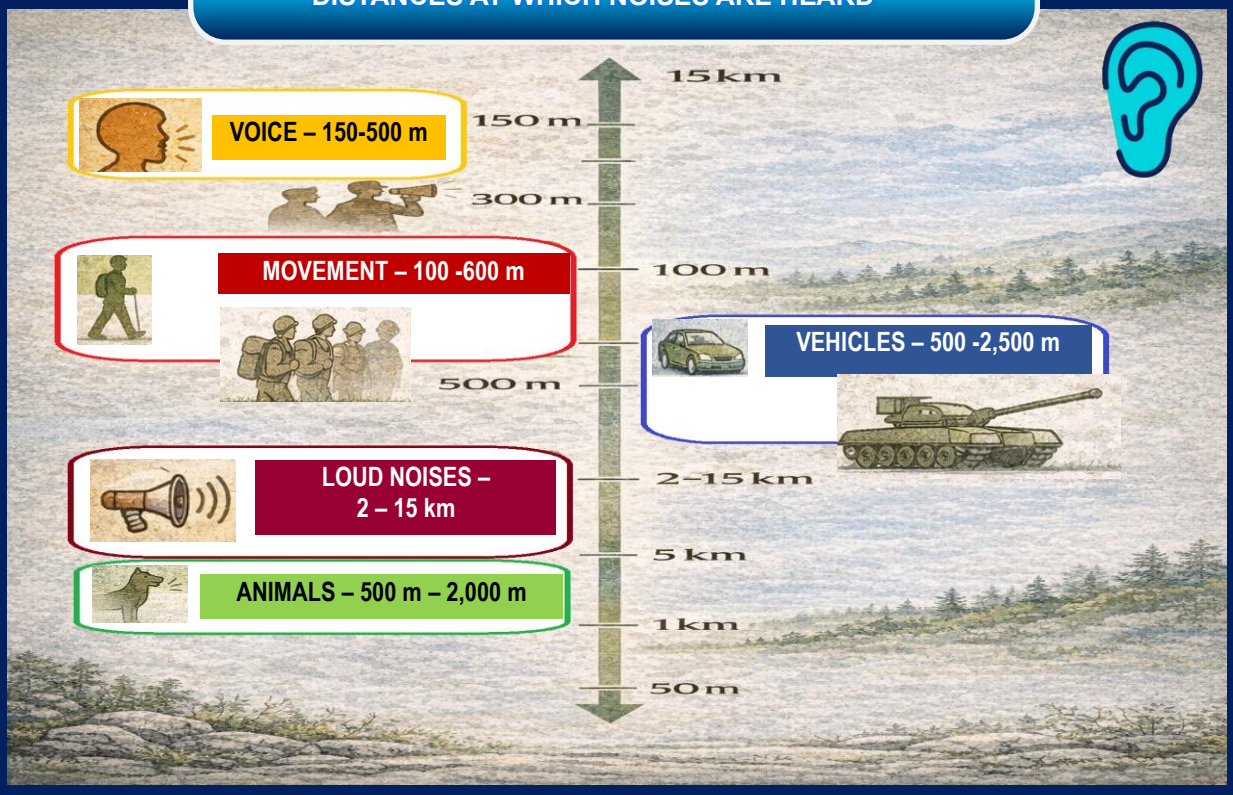




DIMENSIONS OF SOME OBJECTS THAT CAN BE USED AS A BASIS FOR COMPARISON



DISTANCES AT WHICH NOISES ARE HEARD



M01 – Sheet 17 – UNITS OF MEASUREMENT VERY USEFUL IN SURVIVAL

SHEET – TECHNICAL | LEVEL – SUPPORT

APPLIES in terrain navigation, estimating distances and time, quick decisions and resource

ESSENTIAL MEASUREMENT UNITS FOR SURVIVAL

DISTANCE / LENGTHS

01

- 1 step ≈ 0.7–0.8 m
- 100 steps ≈70–80m
- 1000 steps ≈ 700–800 m
- 1 m = 1.3–1.5 steps;
- 1 m = 0.1 dam = 0.01 hm = 0.001 km.

TIME & TRAVEL

02

- 1 hour normal walk ≈ 4–5 km
- 1 hour difficult terrain ≈ 2–3 km
- 10 min walk ≈ 600–800 m

WEIGHT

03

- 1 L water = 1 kg
- Optimal backpack = 10–20% of body weight (e.g., 70 kg → 7–14 kg)
- 1 kg extra = increased energy consumption

VOLUME / WATER

04

- survival minimum - 2 L / day
- moderate activity: 2.5–3 L / day
- intense effort / heat: 3–5 L / day
- 1 kg extra = increased energy consumption

VOLUME / FOOD

05

- functional minimum - ~1500 kcal / day
- activity - 2000–3000 kcal / day
- high effort - 3000+ kcal / day

TEMPERATURE

06

- below 5°C → hypothermia risk
- 0°C + humidity = high risk
- above 30°C → dehydration risk

VISUAL DISTANCE

07

- 100 m → see details (face, objects)
- 500 m → see silhouette
- 1 km → see only general shape

BODY UNITS

08

- 1 palm ≈ 8–10 cm
- 1 step ≈ 0.7–0.8 m
- Average height ≈ 1.7 m

SPEED

09

- normal walk → ~5 km/h
- light jog → ~8–10 km/h

SURFACE

10

- **m² / km²** - square meter / square kilometer
- are (a) = 100 m²
- hectare (ha) = 10,000 m²
- km² = 1,000,000 m²
- 1 ha = 10,000 m²

QUICK CONVERSIONS

- 1 km = 1000 m
- 1 m ≈ 3 steps
- 1 hour walking ≈ 4 km
- 1 liter of water ≈ 1 kg
- arm length ≈ 60–70 cm
- normal walking ≈ 4–5 km
- 1 hour difficult terrain ≈ 2–3 km
- 10 min walking ≈ 600–800 m

IN PRACTICE, THE LACK OF INSTRUMENTS IS NOT THE PROBLEM, BUT THE LACK OF CORRECT ESTIMATION.

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M01 → M02 → M1 → M2 → M3 → M4 → M5 → M6

M02

EFFECTIVE ACTION UNDER LIMITED CONDITIONS

RAPID DECISIONS FOR IMMEDIATE SAFETY

PRACTICAL ADAPTATION WITH AVAILABLE RESOURCES



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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

ESSENTIAL SKILLS FOR SURVIVAL IN CRISIS SITUATIONS

ESSENTIAL REQUIREMENTS FOR SUCCESSFUL SURVIVAL

M02 – ESSENTIAL SKILLS FOR SURVIVAL IN CRISIS SITUATIONS

Review of essential skills to survive



1. HOW TO MAKE THE SHELTER / CAMP — PAGE 42



2. OBTAINING WATER — PAGE 50



3. FIRE IN SURVIVAL — PAGE 54

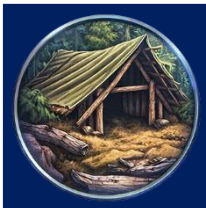


4. ORIENTATION IN THE FIELD AND MOVEMENT — PAGE 62



5. FIRST AID — PAGE 68





M02 – Sheet 1 – IMPROVISED SHELTERS / CAMP

SHEET – OPERATIONAL

LEVEL – CRITICAL

APPLIES – exposure to cold / rain, lack of safe resting place, necessary immediate protection.

REMEMBER



1. THE IMPORTANCE OF SHELTER

- ✓ **Shelter is priority no. 1 in most cases.**
- ✓ **Start setting up camp at least two hours before sunset!**

- ✓ **A well-built shelter can save your life in extreme cold or rain conditions.**
- ✓ **The priority is to be protected from wind and moisture.**
- ✓ **Without adequate shelter, your body can quickly lose heat and the risk of hypothermia increases.**
- ✓ **Even though fire provides warmth, it does not protect you from wind or precipitation.**

2. DETERMINE IF YOU NEED SHELTER, ANSWER THE FOUR QUESTIONS BELOW!

- Do you have time and are you willing to make the effort to build the shelter?
- Will the built shelter adequately protect you from the elements – sun, wind, rain, snow?
- Do you have all the necessary tools to build it? If not, can you make improvised tools?
- Do you have the type and quantity of materials needed to build it?

TO ANSWER THESE QUESTIONS, YOU MUST KNOW/LEARN HOW TO MAKE SEVERAL TYPES OF SHELTERS AND WHAT MATERIALS YOU NEED TO BUILD THEM.

3. TYPES OF SHELTERS

TEMPORARY SHELTERS	**THE BIVOUAC SHELTER**[1] 	- Frequently used in hiking, mountaineering, or expedition activities where short-term camping is necessary.
		ADVANTAGES ▪ Light and compact ▪ Quick to install ▪ Can be set up almost anywhere, regardless of terrain, ▪ Provides a basic level of protection against rain, wind, and cold.
		DISADVANTAGES ▪ Limited space: - temporary rest. ▪ Reduced comfort. ▪ Minimal thermal insulation. ▪ Materials and construction are less durable.
	LEAN-TO SHELTER 	- A simple and traditional type of shelter, frequently used in camping and survival activities
		ADVANTAGES ▪ Quick and easy construction with minimal tools (a knife or a hatchet). ▪ Uses natural materials available in the area, reducing the need to carry extra equipment. ▪ Can be adjusted to suit different environmental conditions and needs.
		DISADVANTAGES ▪ Limited protection against wind, rain, and cold, especially from the open front side. ▪ Reduced comfort. ▪ Requires frequent repairs or rebuilding. ▪ Being open, it may allow insects and small animals to enter the shelter.

[1] The term originates from military language, where bivouac designated a resting place in the open air for troops on the move.

SEMI-PERMANENT SHELTERS

- More stable and durable structures than temporary shelters.
- Designed to provide medium-term protection.
- Can be used for extended camping or in survival situations.

A-FRAME SHELTER



- Has an "A" shape, with two sloping sides meeting at a peak, forming a triangular roof.
- Can be built from wood, branches, leaves, tarps, or other natural and artificial materials.

ADVANTAGES

- The triangular shape provides stability and resistance to wind and snow.
- Allows good air circulation, reducing the risk of condensation.
- Offers decent protection against rain and wind due to the steep roof slope.

DISADVANTAGES:

- It is more complex and requires more time and resources.
- Interior space is limited in the side areas due to the sloping walls.

NATURAL MATERIAL SHELTER



- Built from a frame of branches, covered with leaves, grass, and other available natural materials.

ADVANTAGES:

- Leaves and grass provide good thermal insulation, keeping heat inside.
- Necessary materials are often abundantly available in the surrounding environment.
- It integrates well into the natural landscape, offering a level of camouflage.

DISADVANTAGES:

- It requires more time and effort to collect materials and build a sturdy shelter.
- Natural materials degrade over time, requiring constant maintenance.
- It offers limited interior space and can be quite cramped.

✓ **Semi-permanent shelters** are excellent solutions for medium-term camping and survival situations, offering a balance between stability, protection, and insulation.
✓ **Building them requires more time, effort, and resources** compared to temporary shelters.

NATURAL AND MODIFIED SHELTERS

- Structures that use features of the surrounding environment to provide protection and shelter.

CAVES



- Caves are natural shelters formed by geological processes, such as erosion and rock dissolution.
- They can vary in size from small cavities to large chambers that can accommodate groups of people.
- Caves have a stable microclimate, offering protection against extreme temperature variations and weather.

ADVANTAGES:

- They provide solid protection against wind, rain, snow, and other natural elements.
- Interior temperatures are often constant, being warmer in winter and cooler in summer.
- Being natural structures, they require no construction and are extremely durable.

DISADVANTAGES:

- Not all areas have available caves, and access can be difficult or dangerous.
- They may be inhabited by wild animals, such as bats, bears, etc.
- Caves can be damp and cold, which can create an uncomfortable environment without proper equipment.

COVERED PITS



- Involves digging a pit in the ground and covering it with natural materials, such as branches and leaves.
- The ground provides good thermal insulation, retaining heat inside the pit.
- It integrates well into the surrounding environment, offering a level of camouflage.

ADVANTAGES:

- It offers good protection against wind and weather, and the ground provides thermal insulation.
- The materials needed for construction are often abundantly available in the surrounding environment.
- Building a covered pit is relatively simple and requires minimal tools.

Disadvantages:

- Digging a pit can be labor-intensive and time-consuming.
- The interior space is often limited and can be cramped.
- It can accumulate water in case of rain, requiring drainage measures.

✓ Natural and modified shelters offer viable solutions for protection and shelter ✓ Caves are ideal for solid protection and a stable microclimate, but access and natural inhabitants can be an issue. ✓ Covered pits offer a good balance between protection and thermal insulation, but require labor for construction and may have drainage problems.		
WINTER SHELTERS	When the snow layer is relatively deep, in **snow constructions.**	
	Underground niches	- They are built very quickly, being suitable in case of forced stops. They are constructed in snow layers exceeding 2 m.
	Cave-type shelters	- are easily built, being the simplest and most practical solution. The condition is that the snow layer exceeds 2 m.
	Igloo-type shelters	- a dome-shaped shelter, built from snow blocks, stacked like bricks and plastered with snow.

VALIDATED BEST PRACTICE

1. WHERE DO I BUILD MY SHELTER?

- On a surface that is **as smooth and dry as possible,** allowing for a small terrace at the entrance;
- **Sheltered from drafts,** in places protected from the wind, with **protection against cold and humidity;**
- **Do not place the shelter on peaks or ridges**.
- **Set up the shelter on slopes exposed to solar radiation**, rich in vegetation that maintains a high temperature;
- **Near sources of wood for cooking and heating;**
- **Avoid building the shelter at the base of a slope or near rivers.**

2. ESSENTIAL CRITERIA FOR CHOOSING THE RIGHT LOCATION TO BUILD A SHELTER

✓ Selecting the right location for a shelter involves carefully evaluating multiple criteria to ensure safety, comfort, and protection.
✓ Finding a balance between these criteria will help create an effective and durable shelter that provides adequate refuge.

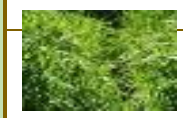
PROTECTION AGAINST NATURAL ELEMENTS	**WIND** 	- Choose a place sheltered from the wind (behind a dense forest). - An area with dense trees or bushes can provide additional protection against the wind.
	RAIN 	- Avoid depressions or low-lying areas where water can accumulate during rain. - Choose a place where water drains easily and does not form puddles.
	SUN 	- A place with partial shade, provided by trees, can help regulate temperature and protect against sunstroke.
SAFETY 	**GROUND STABILITY**	- Choose a location with solid ground, without signs of erosion or landslides. - Ensure the ground is sufficiently flat and free of dangerous unevenness.
	DISTANCE FROM WATER	- Choose a spot at a reasonable distance from a source of drinking water (about 100-200 meters), but not too close to avoid flooding and animals coming to drink. - Make sure the shelter is not in an area that could be flooded in the event of a sudden rise in water level.
	AVOIDING NATURAL HAZARDS	- Make sure there are no rocks that could fall. - Avoid areas with toxic plants or nettles that can cause discomfort.
ACCESSIBILITY AND RESOURCES 	**CONSTRUCTION MATERIALS**	- Choose a spot close to the resources needed for construction, such as wood, leaves, and stones. - Choose a spot where you can easily transport the materials for building the shelter.
	PROXIMITY TO TRAILS	- Choose a spot that is not too far from main trails or other important landmarks.
COMFORT 	**SOIL**	- Choose ground that is soft enough to sleep on comfortably, but not so soft that it becomes muddy in case of rain. - Make sure the spot is free of obstacles that could cause discomfort.
	SPACE	- Choose a spot with enough space for the shelter, the fire area, and storing supplies. - Make sure the spot allows good air circulation to prevent the buildup of smoke and moisture.

ADDITIONAL FACTORS 	**ORIENTATION**	- Position the shelter so that you benefit from morning sunlight for warmth and natural light.
	SECURITY	- Choose a spot that provides good visibility of the surroundings to detect potential dangers. - If necessary, choose a spot that can be easily camouflaged to protect yourself from wild animals or other people.

3. CHOOSING THE MATERIALS NEEDED TO BUILD AN IMPROVISED SHELTER

REQUIRED MATERIALS		
NATURAL ELEMENTS	– Solid branches.	
	– Leaves or dry grass.	
	– Stones, grass, snow.	
ADDITIONAL EQUIPMENT	– Tarp, survival blanket.	
	– Knife, hatchet.	
	– Duct tape.	
	– Twine, paracord.	

Choosing and using natural construction materials for shelters requires knowledge of the properties of each material and the correct way to use them.

WOOD FOR THE SHELTER	**CHOICE**	- **Choose green wood** (fresh) for flexibility - **Opt for dry wood** for durability and strength. - **Avoid rotten wood** or wood infested with insects. - Choose branches and trunks of **various thicknesses**, depending on the needs of the shelter's structure (thin sticks for the roof and thick trunks for the shelter's frame). - **Use fallen wood on the ground** or broken branches, avoiding cutting down live trees unless absolutely necessary.
	USE 	- **Shelter frame -** Use thick trunks and branches to create the main structure - **Roof and walls -** Thinner, flexible branches can be used to structure the roof and walls. - **Joints and fastening -** Use ropes, lianas, or vines to tie the branches together.
LEAVES AND VEGETATION	**CHOICE** 	- Large, broad leaves, such as fern leaves, are ideal for roofs. - Avoid leaves that degrade quickly. - Tall grass, moss, and other plants can be used for insulation and sealing.
	USE	- **Roof -** Large leaves can be layered to create a waterproof roof. Place the leaves starting from the base of the roof and working upwards, overlapping them to prevent water infiltration. - **Insulation -** Dense vegetation, such as grass and moss, can be used to insulate the shelter's walls and floor, providing thermal protection and comfort. - **Additional protection -** Place a thick layer of leaves and vegetation on the side walls to provide extra protection against wind and rain.
STONES	**CHOICE** 	- Choose flat, stable stones for the foundation and smaller stones for fill and fastening. - Ensure the stones are stable and do not roll easily. - Avoid slippery or moss-covered stones.
	USE	- **Foundation -** Large, flat stones can be used to create a stable foundation for the shelter, raising the structure above the damp ground. - **Fastening and stabilization -** Use smaller stones to stabilize the shelter's structure, placing them at the base of wooden posts to prevent movement. - **Floor -** Flat stones can be used to create a durable, dry floor inside the shelter, reducing contact with the damp ground.

4. USING TARPS AND SHEETS IN SHELTER CONSTRUCTION



- ✓ Integrating tarps, sheets, plastic bags, and clothing into the construction of improvised shelters can offer numerous advantages, such as protection, thermal insulation, and comfort.
- ✓ These materials are versatile and easy to use, making them essential for any survival kit.
- ✓ Effective use of these resources can transform a simple shelter into a safe and comfortable refuge.
- ✓ Tarps and foils are often waterproof, protecting against rain and wind. They are easy to carry and can be folded or rolled to take up minimal space in a backpack.
- ✓ They can be used in various ways, including as a roof, walls, or floor for shelters.

INSTRUCTIONS FOR USE

- ✓ **For the roof –** Use the tarp or foil to cover the shelter structure. Make sure it is well tensioned to prevent water accumulation.
- ✓ **For walls –** You can attach the tarp or foil to the sides of the shelter to protect against wind and driving rain.
- ✓ **For the floor –** Place the tarp or foil on the ground to create a barrier against moisture and dirt.
- ✓ **Water collection -** The foil can be used to collect rainwater,



OTHER AVAILABLE RESOURCES (PLASTIC BAGS, CLOTHING)

PLASTIC BAGS

- ✓ Plastic bags can be cut and used to waterproof various parts of the shelter, such as the roof or walls.
- ✓ They can be filled with leaves, grass, or other natural materials and used as insulation cushions.
- ✓ They can be used to collect rainwater.

CLOTHING

- ✓ Clothing can be used to insulate the shelter. It can be placed on the floor or hung on the walls to retain heat.
- ✓ Clothing can be used to create an extra layer of comfort inside the shelter, providing a soft barrier between you and the hard ground.
- ✓ If necessary, clothing can be used to cover holes or cracks in the shelter structure, preventing wind and rain from entering.

5. RISKS ASSUMED WHEN USING IMPROVISED SHELTERS

– **INSUFFICIENT INSULATION –** exposure to cold or dampness.	✓
– **INSTABILITY –** unstable structures may collapse.	✓
– **TEMPERATURE FLUCTUATIONS –** inadequate ventilation leads to condensation or overheating.	✓
– **ANIMALS –** attracting predators due to odors.	✓



FREQUENT ERRORS

ERROR	WHAT TO AVOID	POSSIBLE CONSEQUENCE
WRONG LOCATION CHOICE	– Building in a valley, dry riverbed, or water accumulation area.	– Rapid flooding, excessive dampness.
IGNORING THE PREVAILING WIND	– Shelter entrance oriented directly into the wind	– Heat loss, instability.
LACK OF DRAINAGE	– No perimeter trench or drainage slope.	– Water accumulation under the structure.
UNSTABLE FOUNDATION	– Direct placement on soft soil / sand without compaction.	– Settling, partial collapse.
INSUFFICIENTLY BRACED STRUCTURE	– No wind bracing / diagonal ties.	– Failure under gusts or load.
UNSUITABLE MATERIALS	– Thin sheets, rotten wood, improvised elements.	– Premature breakage.
SUPERFICIAL FIXING	– Weak anchoring, short stakes.	– Lifting by wind.
INADEQUATE VENTILATION	– Completely sealed shelter without ventilation.	– Condensation, CO_2 accumulation.
INDOOR FIRE SOURCES WITHOUT EXHAUST	– Open fire without chimney or ventilated space.	– Intoxication, fire.
OVERLOADING	– Storing heavy materials on a light structure.	– Deformation / failure.
LACK OF GROUND INSULATION	– Sleeping directly on the ground.	– Accelerated heat loss.
UNSUITABLE DIMENSIONS	– Shelter too large for available resources.	– Unnecessary material consumption.

HOW DO I DO IT?

For building an improvised shelter, follow these tips:



- ✓ Familiarize yourself with different types of improvised shelters, such as lean-to shelters, dugout shelters, huts, snow shelters, etc.
- ✓ Learn to build a solid structure that can support weight and protect you.
- ✓ Choose a construction site that is safe and dry, away from hazards such as rivers or dead trees that could fall.
- ✓ Build the shelter to provide protection against wind, rain, and cold.
- ✓ Use available materials from the area wisely. Use branches, leaves, grass, and bark.
- ✓ Start with a simple shelter and improve it as you gain experience.
- ✓ Before starting construction, plan your shelter. Think about how you want it to look and how you will use the available materials.
- ✓ If possible, work as a team to share ideas and collaborate on building the shelter.
- ✓ Don't be discouraged if your shelter isn't perfect on the first try. Every mistake is an opportunity to learn.
- ✓ Respect nature. Gather the necessary materials for the shelter without damaging the environment. When you're done, leave the area clean and remove debris.
- ✓ Be careful with tools! If you use knives, axes, make sure you know how to use them safely. Wear protective gloves if necessary.



DON'T FORGET!



YOU CAN BUILD SHELTERS IN THE SUMMER

- Under a tree felled by a storm or cut down for later use;
- Sheltered by spruces and firs with thick trunks, you can build a hut from branches and pine needles;
- From a branch bender, making a circular hut;
- From stones, arranging a crevice, cave, pit;
- Below ground level, using a survival blanket, rain poncho, branches, and the soil from the excavation.



SHELTERS IN THE WINTER – when the snow layer is relatively deep, you can take shelter in structures mad the snow:

- **Subterranean niches –** they are made very quickly. They are built in snow layers exceeding 2 m;
- **Cavern-type shelters** – they are easy to make, but a large snow layer is required.
- **Igloo-type shelters**.

HOW DO I MAKE A LEAN-TO SHELTER? – 8 STEPS

	– Choose two sticks about 3-4 cm in diameter and about 2 m long.
	– Clean the sticks of small and dry branches.
	– Lay the plastic sheet down, carefully so it is not punctured, and roll the two sticks at the large ends of the sheet. Make sure you wrap the ends of the sheet around the sticks 2-3 times and tie them with string/tape.
	– Choose two trees where you will make your shelter. The distance between them should be about 2 m.
	– Tie one part of the sheet wrapped around the stick (the upper part of the shelter) to the two trees.
	– Make a few (4-5 pieces) wooden pegs.

	– Anchor the bottom part of the sheet into the ground using the wooden pegs. Drive the pegs, using a stone as an improvised hammer, at a 45^0 angle, in front of the stick around which the sheet is wrapped.
	– Cut and clean 5-6 sticks the length of the sheet and place them over the sheet, following the same angle as the sheet, on the upper and lower crossbars of the shelter.
	IN COLD WEATHER, THE SHELTER MUST BE INSULATED!



HOW DO I MAKE A SEMI-PERMANENT SHELTER FROM NATURAL MATERIALS? – 5 STEPS

STEP 1 - BUILD THE SHELTER FRAME



- Cut some trees a few centimeters longer than your body size (2m).
- Place a bed of leaves, branches on the ground. It is good to raise the shelter frame 30-40 cm off the ground. This will help retain body heat.
- Place the logs crossed, as in the picture next to it.

STEP 2 - BUILD THE BED



- Place 3-4 branches with a diameter of 2-3 cm over the shelter frame, laid lengthwise on the shelter frame beams

STEP 3 - BUILD THE MATTRESS



- You can make it from fresh green pine branches or from the tips of branches.

STEP 4 - BUILD THE SHELTER FRAME



- Cut 10 flexible branches, 3 cm in diameter and 8 m long.
- Fix them as a dome for the shelter roof.

STEP 5 - COVER THE SHELTER





- Place two reflective emergency blankets over the roof dome frame;
- Place plastic sheeting over the reflective blankets;
- Secure the plastic sheeting with improvised clamps;
- Secure the plastic sheeting into the ground to retain heat.

HOW TO BUILD AN "A"-FRAME SHELTER? – 5 STEPS

1. CHOOSE THE RIGHT SPOT - flat and dry ground, sheltered from strong wind.

2. CREATE THE MAIN FRAME



- Choose **two thick, sturdy logs** 2-3 meters long.
- Place them in an **"A"** shape, leaning them against each other at the top.
- Tie them securely with **rope/wire** to form the base of the shelter.

3. ADD THE HORIZONTAL RIDGE POLE FOR THE ROOF



- Fix a **long stick** between the two legs of the "A", at the top, for **stability**. This will support the roof structure.

4. BUILD THE WALLS



- Place several **sticks or boards** along the main frame, slanted, to form a **pitched roof**.
- Use **leaves, grass, straw, or waterproof tarp** to cover the walls and insulate the interior.

5. SECURE THE STRUCTURE AND ENSURE COMFORT

- Check that the structure is **stable** and the roof is well **secured** to withstand rain and wind.
- Add **dry leaves, grass, or branches** inside for **insulation and comfort**. Build a leaf bed,

HOW TO BUILD A SNOW SHELTER NICHE? - 6 STEPS - ***can maintain an interior temperature of 0°C, even if it's -20°C outside!***

This type of shelter can protect you from wind and cold, maintaining a higher interior temperature than outside.

1. CHOOSING THE RIGHT SPOT - a location with **sufficiently deep snow** (at least 50 cm). Avoid areas with **avalanche risk** or heavy branches loaded with snow.

2. BUILD THE SNOW MOUND

- Gather and pile the snow into a **large mound** (approx. 2 m in diameter and 1.5 m high).
- Let the fresh snow **compact** for **30-60 minutes** to harden.

3. DIG THE ENTRANCE AND THE SHELTER SPACE

- Dig **a low entrance**, facing away from the wind.
- Dig out an interior space large enough to lie down or crouch.
- Leave **thick walls (30-50 cm)** for insulation and strength.

4. CREATE THE VENTILATION HOLE

- Make a **small hole (~5 cm)** in the ceiling, using a stick, for **air circulation**.
- Check and clean the hole periodically to prevent freezing.

5. FINISH IT INSIDE AND INSULATE IT

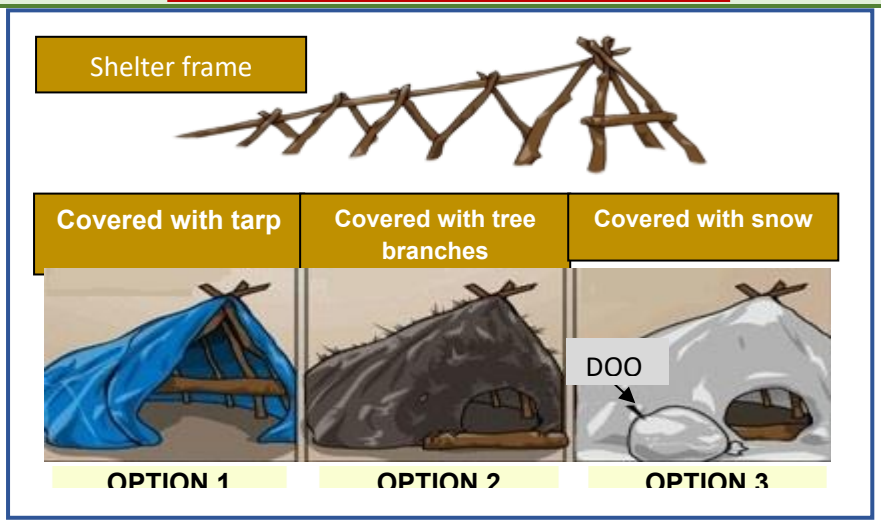
- Raise the **inner floor** with a layer of snow and dry branches to avoid direct contact with the cold ground.
- Smooth the interior to prevent condensation and water dripping.

6. CHECK THE STRUCTURE'S SAFETY

- Test the walls' strength by **gently pressing** – if unstable, add more snow and compact it.
- **Do not use open fire inside! Do not sleep directly on snow!**

HOW TO CUT A TREE WITH A KNIFE?

1		– **Look for a strong stick** – **Take out your survival knife**
2		– **Place the knife blade at a downward angle on the tree trunk (where you want to make the cut) and strike the back of the knife with the stick. The result will be a wedge cut.**
3		– **Place the knife blade at an upward angle and strike the back of it with the stick.**
4		– **If necessary, make a second round of similar wedge cuts around the tree.** – **Push the tree in the opposite direction from where you are.**
5		





M02 – Sheet 2 – PROCURING WATER

SHEET – OPERATIONAL

LEVEL – CRITICAL

APPLIES – lack of a safe water source, physical effort / dehydration, prolonged travel

REMEMBER

- ✓ Water is one of the most urgent needs in a survival situation.
- ✓ It is estimated that the human body cannot survive more than three days without water. However, there are situations, especially in areas/periods of the year with very hot days (heatwaves), when this time is shortened, given that a lot of water is lost from the body through perspiration.
- ✓ Even in cold areas (days with low temperatures), you need at least 2 liters of water per day to maintain the efficiency of your activities.

THE IMPORTANCE OF WATER FOR SURVIVAL

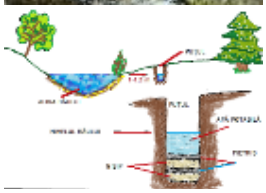
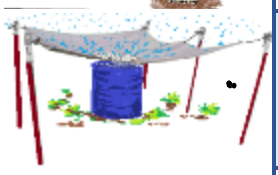
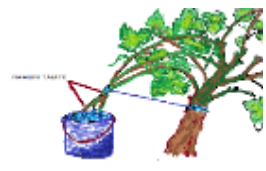
- More than three-quarters of your body is composed of fluids.
- The body loses fluids due to heat, cold, stress, and exertion.
- For the body to function properly, you must replace the fluid that the body loses.
- Water helps you maintain your body temperature at a constant value.
- Water lubricates and cushions the organs.
- Water is necessary to metabolize body fat.
- Water aids in the digestion of the food you eat.
- If you do not drink enough water, the body begins to extract it from other places, including the blood. Thus, the blood thickens and is much harder to pump through the body.
- Without enough water, you become tired and apathetic.

One of your first objectives for survival is obtaining and adequately supplying water.

VALIDATED GOOD PRACTICE

HOW TO FIND OR OBTAIN WATER. NATURAL WATER SOURCES - Where to look for water?

- ✓ Water can be found in various places or collected through different methods.
- ✓ After filtration, it can be consumed boiled and cooled or in its natural state, depending on the source.

	**RUNNING WATERS**: - rivers, streams, springs - **consume it in its natural state**. The best option. Does not allow bacteria to develop.
	**WATER FROM RIVERS and STATIC WATERS**: - lakes, ponds. **Dig a well** on the banks of waters, in floodplains, on low-lying ground, in the middle of riverbeds dried up during the summer (up to 1-1.5 m); **Filter and boil the water before consumption.** There is a risk of bacteria.
	**RAINWATER –** collect it in containers and consume it **boiled and cooled**. It has a high content of harmful chemicals (from acid rain). It is one of the safest ways to hydrate without the risk of bacterial infection.
	**WATER COLLECTED FROM CUTTINGS OF PLANT STEMS WITH ABUNDANT SAP –** grapevine, bamboo, willow, water poplar. **Consumed in its natural state.**



WATER COLLECTED BY CONDENSATION, in plastic bags half-filled with green vegetation or on **the green branches of a tree exposed to the sun.** Water evaporates from the leaves and condenses on the foil.

COLLECTING WATER FROM TRANSPIRING PLANTS – Tie a transparent plastic bag around a branch full of green leaves. The sun will stimulate the plant's transpiration, and water will accumulate in the bag.



MELTING SNOW AND ICE – Do not consume snow/ice directly – it lowers your body temperature, which leads to dehydration (it accelerates metabolism to keep you warm).
Yellow or colored snow - it is contaminated



Dew collected with a clean cloth.
- Tie clothes/rags or tufts of fine grass around your ankles and walk, before sunrise, through tall grass. Wring the absorbed water into a container.

HIDDEN SPRINGS NEAR ROCK FORMATIONS – In rocky terrain, water often collects at the base of formations in cracks or under large rocks.

WATER FROM CAVES AND UNDERGROUND AREAS – In caves, water may drip from walls or the ceiling. Use a container or cloth to collect the drops.

CAUTION! - In urban areas, rainwater may not be safe to drink, as the environment and air are highly polluted.



HOW TO DO IT?

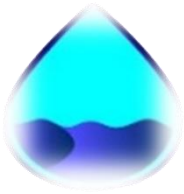
COLLECTION METHODS – HOW TO GATHER WATER?

- **SOLAR DISTILLATION** – dig a pit, use plastic foil, place a container.
- **COLLECTION NETS** – hang a nylon net between trees to collect dew/rain.
- **CONDENSATION HOSE** – wrap a transparent hose around sun-heated stones.
- **GRAVITY FILTRATION** – layers of sand, charcoal, gravel.
- **MELTING SNOW/ICE** – mix snow with other water, even small amounts.



OBTAINING AND FILTERING WATER

TO OBTAIN AND FILTER WATER, FOLLOW THESE TIPS:
- **Avoid drinking unfiltered water**. Water found in nature must always be filtered or purified before consumption to avoid illness.
- **Make sure your hands are clean** before handling water filtration equipment.
- **Learn simple techniques for collecting rainwater** using plastic sheets or other containers.
- Learn to build a water filter using natural materials such as sand, gravel, charcoal, and cloth. Exposing water in a transparent bottle to direct sunlight for several hours can help purify it.
- Familiarize yourself with commercial, portable water filters and how to use them correctly.
- **Boiling is one of the safest methods of water purification.** Boil the water for 5-10 minutes.
- Learn to use water purification tablets and what instructions to follow to ensure the water is safe to drink.
- Try several filtration and purification methods to see which works best in different situations.
- Some filtration and purification methods may require time and patience. Don't get discouraged if they don't work on the first try.
- You need to have / build a container to collect and store water.
- **Learn to conserve water and use it efficiently.**
- Make sure you do not contaminate natural water sources and leave the environment as you found it or even cleaner.
- Learn the importance of maintaining good hydration, especially when active outdoors.



WATER FILTRATION AND PURIFICATION - WATER SAFETY – Make sure the water is drinkable!

THE ESSENTIAL DIFFERENCES BETWEEN FILTRATION AND PURIFICATION – ATTENTION! THEY ARE NOT SYNONYMS.

✓ **WATER FILTRATION –** removing debris and some bacteria, through a type of cloth or mesh / sieve through which the water flows. Filters can remove most bacteria and impurities, but are not completely effective - **they cannot remove viruses present in water.**

✓ **WATER PURIFICATION** – a chemical or ultraviolet/UV process by which bacteria and other harmful agents become inoperative. Purification does not remove contaminants. Dirty water that has been purified is still dirty water and likely needs filtration.

✓ **Sometimes, for your safety, you need to apply both processes.**
✓ **THE FIRST IS WATER FILTRATION FOLLOWED BY WATER PURIFICATION.**



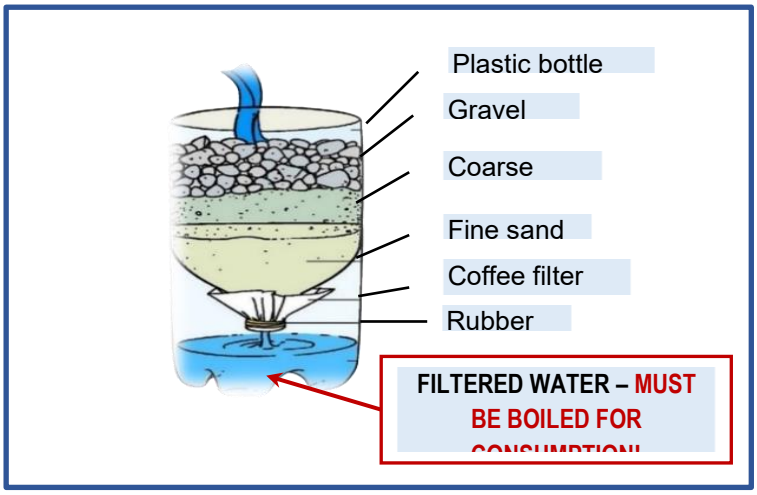
- **BOILING –** eliminates pathogens (5-10 min). (10 minutes is recommended, plus 1 minute for every 300 m altitude above sea level), then let it settle all its suspensions.
- **PURIFICATION TABLETS –** iodine, chlorine, and chlorine dioxide tablets. Pour a little iodine tincture into the container, in a 10% solution (5 drops per liter of water / 10 drops if the water is cloudy). Wait 1.2 hours.
- **PORTABLE FILTERS –** useful in emergency situations.
- **IMPROVISED METHODS –** sand + charcoal + textile. Filter all the water through a folded fabric or handkerchief (retains rock, sand, rust, dust suspensions), or another improvised filter.

WARNING! – clear water visually does not mean it is safe!
In water you can find solid impurities (inorganic, organic), chemicals (heavy metals, halogens), living organisms (bacteria, viruses).
WARNING! Filtration does not disinfect!

A METHOD OF WATER FILTRATION

WARNING! Filtration does not disinfect!

- Cut a plastic bottle.
- Tie a cloth to the mouth of the bottle with a rubber band.
- Insert the top part into the bottle (as shown in the adjacent drawing).
- Put fine sand, coarse sand and gravel,
- Pour the unfiltered water.
- **Boil the water for at least one minute** (10 minutes is recommended, plus 1 minute for every 300 m above sea level), then let it settle all its suspensions.
- Pour into the container a little iodine tincture, 10% solution (5 drops per liter of water/10 drops if the water is cloudy). Wait 1.2 hours.
- The taste of the water can be improved by adding a little salt, or by pouring it from one container to another.



WATER PURIFICATION

BOILING	– One of the most effective methods for killing bacteria, viruses and parasites. – Does not remove chemical impurities or sediments.
DISTILLATION	– Evaporating water and collecting the condensate, separating impurities and microorganisms. – Removes all impurities, including heavy metals and other chemicals. Very pure water. – It is more complex and requires specific equipment. Slow process, produces little water.
IODINE TABLETS	– Widely used for water disinfection, but can leave an unpleasant taste and are not recommended for long-term use or for people with iodine allergies.
CHLORINE TABLETS	– Effective disinfectant, similar to chlorine used in municipal drinking water treatment.
CHLORINE DIOXIDE TABLETS	– Highly effective against a wide spectrum of microorganisms and leaves less taste in water compared to iodine or chlorine.

WATER PURIFICATION METHODS USING FIRE

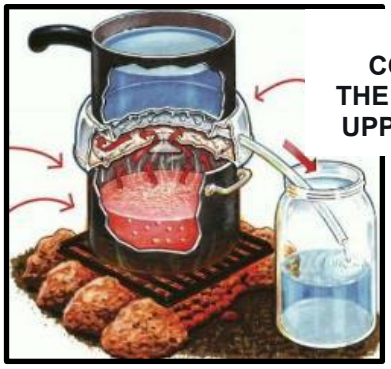


- Consuming unpurified water can lead to serious illness due to pathogenic microorganisms such as bacteria, viruses, and parasites.
- Waterborne diseases / diarrhea, dysentery, and giardia, can be prevented by purifying water.
- Access to safe drinking water is essential for maintaining health and physical strength.

A. BOILING – The simplest and most effective method of purifying water using fire.
HOW TO DO IT? – Collect water from a clean source as soon as possible. – Pour the water into a fire-resistant container (metal, ceramic, etc.). – Place the container directly on the fire or suspend it above the flames. – Bring the water to a boil and let it boil for at least 1-3 minutes (5 minutes at high altitudes).
ADVANTAGES – Kills most bacteria, viruses, and parasites.
DISADVANTAGES – Requires a suitable container and a constant source of fuel.
B. DISTILLATION – Involves evaporating water and collecting the condensate, separating impurities and microorganisms.
HOW TO DO IT? – Fill a large pot with water and place it on the fire to start the boiling process. – Place an inverted lid over the large pot so that steam condenses on its surface. – Place a smaller container under the central point of the inverted lid to collect the distilled water. – You can use a tube to direct the steam into another cold container for condensation.
ADVANTAGES – Removes all impurities, including heavy metals and other chemicals.
DISADVANTAGES – It is more complex and requires specific equipment.

STEAM RISES IMPURITIES REMAIN

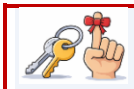
NATURAL WATER BROUGHT TO A BOIL



STEAM CONDENSES ON THE BOTTOM OF THE UPPER VESSEL AND

PURE WATER

C. PASTEURIZATION – Involves heating water to temperatures below boiling point to kill pathogens.
HOW TO DO IT? – Heat water in a container to at least 65°C for 30 minutes. – You can use a thermometer to monitor the temperature or use the solar pasteurization method with a transparent bag exposed to the sun for several hours.
ADVANTAGES – Uses less fuel than full boiling.
DISADVANTAGES – Requires careful temperature monitoring.



DON'T FORGET!



TO FIND A WATER SOURCE USE YOUR SENSES! ✓ **LISTEN!** – Stop and listen carefully, you may hear running water, even from a great distance. ✓ **LOOK** for animal tracks, swarms of insects, birds - they might lead to water. ✓ **Follow valleys, ditches, gullies,** the path to low ground.

AVOID WATER SUBSTITUTES ✓ **ALCOHOL** – Dehydrates and impairs judgment. ✓ **URINE** – Contains body waste. It is 95% water, but the remaining 5% consists of waste and about 2% salt. If you have no other option, drinking urine can keep you alive for another day or two. ✓ **BLOOD** – Can transmit diseases. It also has a high salt content. ✓ **SEAWATER/SEA ICE** – Contains 4% salt. It takes more water to rid the body of waste from seawater than you get from it.



M02 – Sheet 3 – FIRE IN SURVIVAL

SHEET – OPERATIONAL | LEVEL – CRITICAL | APPLIES TO – low temperatures, food/water preparation, signaling/protection

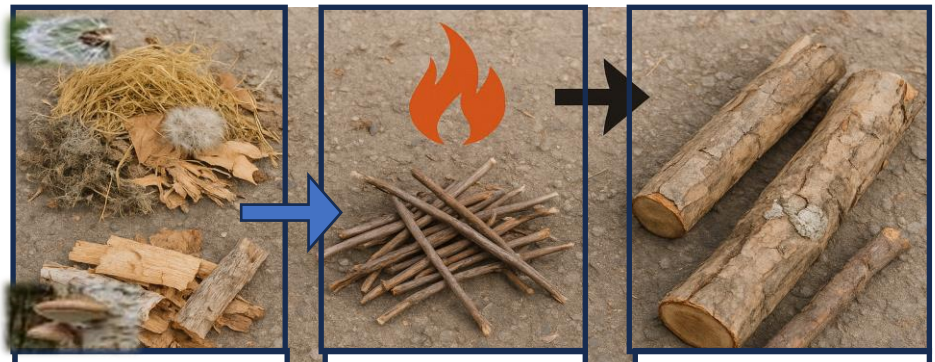
REMEMBER

- ✓ After shelter, to survive in the wild, **fire is a central element and an essential survival resource.**
- ✓ In nature/wilderness, fire can make the difference between life and death.

THE IMPORTANCE OF FIRE FOR SURVIVAL	
	✓ **PROTECTION AGAINST COLD – FIRE FOR WARMTH -** prevents hypothermia, which can be fatal.
	✓ **DRYING CLOTHES -** crucial for maintaining body temperature.
	✓ **FIRE FOR COOKING FOOD –** food safety, preserves food, improves taste texture and aroma, improves digestibility and nutrition, eliminates bacteria and parasites, preventing diseases.
	✓ **FIRE FOR WATER PURIFICATION –** eliminates bacteria, viruses, and parasites.
	✓ **DETERRING PREDATORS –** keeps wild animals at bay. Provides a sense of security during the night.
	✓ **FIRE FOR SIGNALING YOUR PRESENCE –** makes it easier for others to find you.
	✓ **STRESS REDUCTION –** offers a sense of comfort and safety, reducing stress and anxiety.
	✓ **IMPROVING MORALE –** creates a positive atmosphere.
	✓ **FIRE FOR TOOL MAKING –** hardens and shapes tools made of wood or metal.
	✓ **FIRE FOR STERILIZING EQUIPMENT –** sterilizes knives or other equipment, preventing infections.

WHAT MATERIALS DO YOU NEED TO BE ABLE TO MAKE A FIRE?

- *tinder* natural, highly flammable
- *kindling*
- *firewood*.



NATURAL, HIGHLY FLAMMABLE TINDER.

KINDLING – dry thin twigs.

WOOD FOR MAINTAINING THE FIRE AND LONG BURNING.

Natural, highly flammable tinder. Ignites easily even from a spark or small flame.	***NATURAL*** - ***Dry grass*** *– gathered into a nest, completely dry.* - ***Dry leaves*** *– especially small, well-dried leaves.* - ***Dry moss and lichen*** *– found on tree bark or rocks.* - ***Dandelion fluff / fluffy plant seeds*** *– extremely flammable.* - ***Dry cores*** *from fir or pine cones.* - ***Linden*** *(inner bark of linden – 'linden fiber') – can be separated into fine fibers, excellent for tinder.* - ***Outer birch bark*** *– white in color, contains flammable oils and burns even when damp.* - ***Fir or pine resin*** *– extremely flammable; can be collected from tree bark. Used directly or placed on twigs for quick ignition.* - ***Natural charcoal*** *– partially burned wood (from a previous fire) that re-ignites easily.* - ***Amadou, wood dust from beetle galleries, dry sawdust, wood shavings, pieces of bird nests, small bird feathers.***
	IMPROVISED - ***lint, cotton threads, unraveled twine, lint from bandages, cloth, wool threads, pocket lint.***
Kindling – dry thin twigs	- ***Thin dry twigs*** *(thickness of a pencil or less) – ideally from dead standing trees, resinous (pine, spruce).* - ***Dead wood sheltered from moisture*** *(under trees, rocks, fallen bark, dead standing trees).* - ***Fatwood*** *– wood saturated with resin, often found at the base of dry pine trunks or in stumps.*
Wood for maintaining fire and long-lasting burning	- ***Dry hardwood*** *(oak, beech, hornbeam – burns slowly and produces a lot of heat).* - ***Softwood*** *(fir, spruce, pine) – burns quickly and may spark, but is good for starting.* - ***Hollow or bark-covered trunks*** *– can hold dry air and burn well if cut.*
ATTENTION	- ***You must have specific tools in your backpack*** **(**matches, lighters, fire steel, magnifying glass, tea light candle, cotton pads, small pieces of cloth, battery, steel wool, aluminum can/bottle, hard woods for friction, wood rotation/friction device). - ***Wet or green materials burn poorly and produce a lot of smoke.*** - ***Some leaves – poison ivy, laurel – can produce toxic smoke – DO NOT USE THEM!*** - ***Fire must be controlled and maintained safely, especially in forests***

VALIDATED GOOD PRACTICE

TYPES OF FIRE PITS

TEPEE FIRE

– It resembles a tepee, with logs arranged in a conical shape.
– Provides good ventilation and burns efficiently.
– Ideal for cooking and warmth.
– Easy to light and maintain.




FIRE IN A PIT OR TRENCH / PARALLEL

– The fire is made in a small pit. The shape of the pit is an inverted cone.
– Simple trench / cross trench.
– The logs are placed leaning on the edge of the trench, one next to the other.
– Good for heating and food preparation.
– Smaller amount of heat



FIRE BETWEEN STONES

– Provides more heat with little fuel.
– The stones can be used as a support for pots,
– Directs and maintains heat due to the radiation produced by the overheated stones.
– DO NOT place wet or porous stones in or near the fire – they may explode.
– DO NOT use soft stones with internal cavities for building the fire pit – test them first by striking (they sound hollow).



PLATFORM FIRE

– A platform of logs or thick sticks, with tinder and thinner wood on top.
– Provides an elevated base, ideal for wet ground or snowy conditions.
– Ensures a steady and elevated burn off the ground.

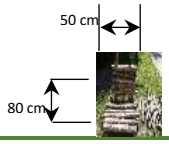



REFLECTOR FIRE



- Built next to a reflector wall made of logs, stones, or aluminum foil.
- Reflects heat and light towards a specific direction, towards the shelter.
- Ideal for heating a shelter.
- Good for cooking.

SLANT-FED FIRE



- Recommended when you don't have much fuel.
- The device can also be used inside the shelter.
- Smaller amount of heat

STAR FIRE



- Low fuel consumption / Sufficient heat.
- Enough space for pots, to grill or bake food
- The next morning, to rekindle the fire - uncover the embers, add a few twigs and blow on them.
- Place 5-7 pieces of dry wood radially with one end towards the center and the other towards the outside.
- In the center of the hearth, make a small depression where you place the tinder and kindling.
- As the ends towards the center burn, push the logs radially on the hearth towards the center of the fire.
- This way the wood burns completely, without needing to chop it beforehand.

BURIED FIRE (Indian fire)



- In some situations, the buried fire can be the best solution you need.
- This type of fire eliminates the possibility of its spread, the flame is not visible, and the smoke cannot be seen from a distance.
- An essential condition is that the fire be placed under the crown of a tree, for rapid smoke dispersal.
- Dig a hole in the ground, 25-30 cm deep and 25-30 cm wide;
- Next to it, at a distance of 25-40 cm, dig another hole, 15-20 cm wide, of the same depth, which corresponds to the first hole at the bottom level, to ensure ventilation;
- Make the fire in the main hole.

TECHNIQUES FOR USING FIRE FOR COOKING

A. STICK ROASTING – a simple technique where food is skewered on sticks and cooked directly over the fire.



HOW TO DO IT?

- Choose green sticks to avoid rapid burning.
- Skewer the meat, fish, or vegetables on the selected sticks.
- Support the sticks over the fire or at the edge of the hearth and rotate them periodically for even cooking.

ADVANTAGES – Easy to do and ideal for smaller pieces of meat or fish.

B. COOKING ON HOT STONES - Stones are heated in the fire.



HOW TO DO IT?

- Choose flat, clean stones.
- Heat the stones in the fire for 30-60 minutes.
- Remove the stones from the fire and place them on the edge of the hearth.
- Place the food directly on the hot stones and cook it until done.

ADVANTAGES – Even heat distribution, ideal for flat foods or fillets.

C. PIT COOKING

HOW TO DO IT?

- Dig a pit large enough for the food you want to cook.
- Heat stones in the fire and place them at the bottom of the pit.
- Wrap the food in leaves or aluminum foil and place it in the pit.
- Cover the food with more hot stones and then cover the pit with soil.
- Let the food cook for several hours.

ADVANTAGES – Traditional method that preserves the moisture and flavor of the food.



D. COOKING ON EMBERS - Cooking food directly on or near hot coals.

HOW TO DO IT?

- Let the fire burn until a consistent layer of hot coals forms.
- Place the food directly on the coals or wrapped in aluminum foil.
- Monitor the food carefully and turn it to prevent burning.

ADVANTAGES – Quick cooking with good temperature control.



E. SMOKING – Preserving and cooking food by exposing it to smoke.

HOW TO DO IT?

- Build a small fire of hardwood that produces a lot of smoke.
- Place the food on a branch or rack and position it above the fire, in an area with dense smoke.
- Let the food smoke for several hours or days, depending on needs.

ADVANTAGES – Long-term preservation of food and adding a special flavor.



SIGNALING TECHNIQUES USING FIRE

✓ Fire is vital for emergency signaling in survival situations.

✓ You can attract the attention of rescuers and increase your chances of being found and rescued quickly.



SIGNAL FIRES IN A TRIANGLE - INTERNATIONAL DISTRESS SIGNAL - three fires in a triangular configuration

HOW TO DO IT?

- Place the fires at an equal distance from each other, forming an equilateral triangle.
- Ensure the fires are lit and maintained constantly.



SMOKE SIGNAL FIRE - Very good for daytime, when smoke is more visible than flames.

HOW TO DO IT?

- Build a large fire and keep it burning steadily.
- Add green and damp materials, such as fresh leaves or grass – white smoke.
- If you need black smoke, use oily materials, such as rubber or plastic.

Attract the attention of rescuers over long distances, especially in open areas.



SIGNAL FIRES ON HIGH GROUND - Lighting fires on high ground, such as hills or mountains, to maximize visibility.

HOW TO DO IT?

- Choose a high and open location to light the fire.
- Build a large fire and add materials that produce a lot of smoke.
- Keep the fire burning for long periods of time.

INTERMITTENT FIRES

- Creating an intermittent signal by covering and uncovering the fire to create a 'pulsing' effect.
- SOS (three short, three long, three short).

HOW TO DO IT?

- Build a large, well-maintained fire.
- Use a blanket, coat, or large piece of cloth to cover and uncover the fire periodically.
- Create a regular rhythm for the light signal.



NIGHT FIRES

- Rely on the light produced by the flames.
- The light of night fires is highly visible and can be seen from great distances, especially in total darkness.

HOW TO DO IT?



- Build large, intense fires using dry materials that burn brightly.
- Keep the fires burning all night and feed them constantly.

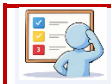
REFLECTIVE FIRES

- Using reflective materials to amplify the fire's light, helping to signal over greater distances.

HOW TO DO IT?

- Place reflective materials, such as aluminum foil, behind the fire to reflect and amplify the light.
- You can build a wall of white stones or other light-colored materials for the same effect.





HOW TO DO IT?

FIRE STARTING METHODS

YOU NEED TO KNOW MORE FIRE STARTING METHODS. Depending on the situation, you can use the effective method.

1. LENS METHOD

- use the magnifying glass from binoculars or another convex lens, glass, or improvised lenses (from glasses) to direct the sun's rays onto a tinder nest until it ignites.





2. WITH ELECTRIC BATTERIES AND STEEL WOOL

- use a battery, attach a wire to each terminal;
- place the battery near the tinder/steel wool;
- touch the ends of the two wires, creating an electric arc to ignite the tinder



3. WITH A MOBILE PHONE BATTERY

Variant 1 / if the battery still has power – create a spark by touching the negative and positive poles of the battery with a knife.

Variant 2 / if the battery has no power left – place the battery on a pile of twigs/straw and quickly pierce it with a bayonet/knife/sharp object. The battery will short-circuit and produce extreme heat, which will help ignite the fire.

WARNING! – Cover your nose and mouth to avoid inhaling toxic substances!

- In survival conditions, you must always decide what is more important – fire or a charged battery.
- Being in the wild without a phone can sometimes be more dangerous than being without fire.



4. BY FRICTION – *THE SAW METHOD*

- Choose a piece of hardwood, 2.5-3 cm thick;
- Cut a piece 25-30 cm long and split it along the grain;
- Make a notch on each edge of the piece of wood so that the notches fit together. Place the tinder in the notches;
- With another piece of wood, saw the notches until the tinder catches fire;
- Fan and blow over the tinder.



5. BY FRICTION – *THE FLINT METHOD*

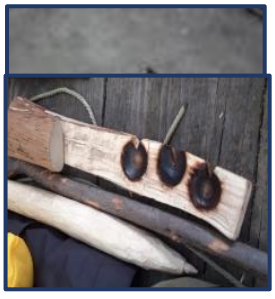
- use flint and a piece of steel;
- hold the flint as close as possible to the tinder and strike it against the blade of a knife or another steel object;
- strike downward to make sure the sparks will reach the tinder;
- fan and blow over the tinder to get a flame.



6. BY FRICTION – *THE BOW AND DRILL*

- from a curved piece of wood, 30-40 cm long, make a bow by tying a cord to both ends. Do not tighten the cord, leave it loose so that it can form a loop in the middle into which you will insert the drill;
- make a drill from a piece of hardwood, with one end pointed and the other rounded;
- carve a flat, rounded piece of wood, like a mushroom cap;
- hollow out a round, conical socket in its center so that the pointed end of the drill fits into it;
- place a flat piece of soft, dry wood (a board) on the ground and secure it with the sole of your boot; make a notch on its edge to hold the drill;
- place the tinder next to the notch;
- spin the drill vigorously with the bow while pressing down on its top with force, so that strong friction results between the dry wood and the drill. This friction will produce the ember needed to start the fire;
- fan and blow over the tinder until it begins to smolder, to ignite the fire.





UNUSUAL METHODS FOR STARTING A FIRE
– **Fire with chocolate and an aluminum can:** Polish the concave bottom of the can with chocolate until it becomes a reflector. Direct the light toward the tinder.
– **Empty can + cardboard rolls:** An improvised burner that works for a long time.
– **Fire with ice:** Shape a piece of clear ice into a lens to focus the sun's rays.
– **Softwood:** Pine or fir wood has naturally flammable resin.



SAFETY COMES FIRST!

- Choose a safe, open location away from dry vegetation, sheltered from the wind, but not under trees (which can catch fire), suitable, away from other flammable objects, and clearly marked.
- Build a stone barrier around the fire.
- Do not leave the fire unattended.
- Completely extinguish the fire before leaving – cover it with sand or water.
- Learn how to properly extinguish a fire.
- Frostbite can occur alongside hypothermia.
- Never rub frostbitten areas – this worsens the injuries!
- In both cases, controlled heat and medical assistance are essential.

LIGHTING A FIRE REQUIRES FOCUS, PATIENCE, AND ATTENTION!

- Lighting a fire may require several attempts.
- Be patient and do not get discouraged.
- Fire can become dangerous if not managed properly.
- Light the fire before darkness falls;
- Do not light a fire if you do not need it;
- Do not waste fuel and matches unnecessarily;
- It is much better to warm yourself with 2-4 small fires, between which you huddle, than with one large fire.

DO NOT LIGHT A FIRE IN THE TENT.

- Gather any kind of dry materials, rotten wood, clothing lint, rope, dry and very shredded tree bark, dry wood dust (produced by beetles), strands of your own hair, or other materials that ignite very easily;
- Use fire kindling to increase the temperature (dry twigs);
- Gather any kind of combustible material: twigs, wood chips, heavy cardboard, to add to the tinder to increase the temperature;
- Gather any kind of materials that burn slowly and maintain the fire steadily: dry wood, fallen branches, the middle part of fallen trees and large branches, dry dung, animal fats, coals, green wood chips, surface oil seepage.
- Dry tinder and keep it in your pocket for another day.
- Branches broken directly from trees: they have less moisture than those on the ground.
- You can use candle wax and makeup remover pads to light wood more easily.

DON'T FORGET!

- ✓ **Hypothermia is a medical emergency** that occurs when the body loses heat faster than it can produce it, usually in cold or wet environments?
- ✓ **Hypothermia occurs when body temperature drops below 35°C** (normal being around 36.5–37.5°C)?
- ✓ **Are there three stages of hypothermia?**

1. MILD HYPOTHERMIA - 35–32°C	– Intense shivering – Cold, pale skin – Increased breathing and heart rate – Mild confusion, difficulty speaking
2. MODERATE HYPOTHERMIA - 32–28°C	– Shivering stops (a bad sign) – Severe confusion, disorientation – Poor coordination, falling, lethargy – Slow pulse and breathing.
3. SEVERE HYPOTHERMIA <28°C	– Unconsciousness – Dilated pupils – Possible cardiac arrest



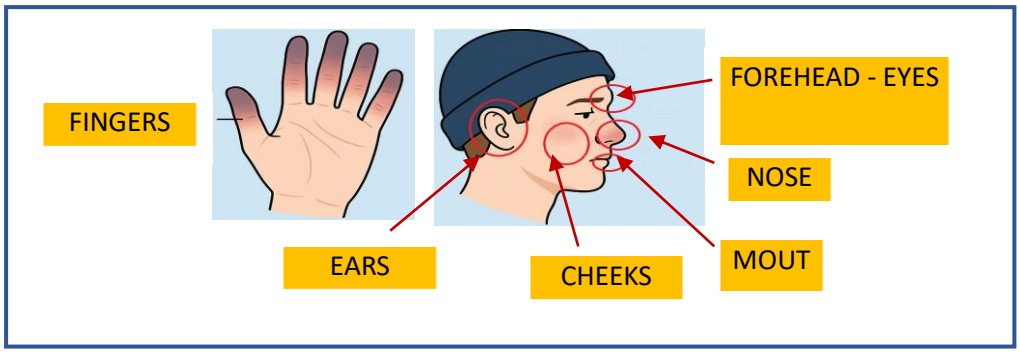
- ✓ **Factors favoring the onset of hypothermia are:**
  - Inappropriate clothing;
  - Severe wetness (rain, snow, perspiration);
  - Strong wind;
  - State of exhaustion, hunger or dehydration;
  - Alcohol consumption (which gives a false sensation of warmth).
- ✓ **What are the basic first aid measures?**
  - Shelter the victim from cold and wind, in a warm and dry shelter;
  - Carefully replace wet clothing with dry ones and gently dry their skin.
  - Use blankets, thermal foil, bottles with warm water (not hot);
  - Administer warm drinks and energy-rich foods (chocolate). but no alcohol;
  - Do not use direct heat (hot bath, heat lamps or fire – may lead to cardiac arrest.
  - Focus on the head, the chest, wrap yourself in blankets, towels or sleeping bags.
  - Avoid rubbing or massaging the limbs or any excessive movement.
  - Monitor your breathing and body temperature.
  - Call emergency immediately if body temperature drops below 35°C.



COMPARATIVE TABLE BETWEEN HYPOTHERMIA AND FROSTBITE – two conditions frequently encountered in cold conditions, but different in mechanism, manifestation and treatment.

	HYPOTHERMIA	FROSTBITE
DEFINITION	– Decrease in body temperature below 35°C	– Freezing of tissues (usually peripheral ones)
MAIN CAUSE	– General exposure to cold, moisture, wind	– Prolonged contact with temperatures below 0°C
AFFECTS	– Entire body	– Areas exposed to cold - fingers, nose, ears, cheeks
INITIAL SYMPTOMS	– Shivering, confusion, slow speech	– Pale, cold, numb or painful skin
SEVERE SYMPTOMS	– Lethargy, unconsciousness, weak pulse	– White/yellowish skin, then bluish or black, blisters
SHIVERING	– Present initially, disappears in severe forms	– Usually absent
PAIN	– It is not the main symptom	– Intense pain may occur in early stages
REVERSIBILITY	– Complete if treated quickly	– Can lead to necrosis, amputation
EMERGENCY TREATMENT	– General warming, thermal protection	– Slow warming of the affected area, without rubbing

AREAS MOST EXPOSED TO FROSTBITE AND THEIR VISUAL SIGNS



COMMON MISTAKES

LOCATION

- Choosing a spot exposed to strong wind.
- Lighting the fire directly on wet, frozen, or marshy ground.
- Building the fire under low branches or dry vegetation.
- Failure to clear the perimeter (leaves, grass, flammable debris).
- Placing it too close to the shelter.
- Ignoring the direction of the smoke relative to the resting area.

MATERIALS

- Using green or wet wood.
- Using pieces that are too thick at the start.
- Lack of fine tinder material.
- Not preparing wood progressively (fine → medium → thick).
- Rapid depletion of fine materials on the first attempt.
- Not protecting collected materials from rain or moisture.

TECHNIQUE

- Arranging the wood chaotically, without a logical structure.
- Overfeeding the fire immediately after lighting.
- Blowing excessively and haphazardly on the embers.
- Moving the fire after it has been stabilized.
- Lack of a plan for gradual feeding of the fire.
- Lighting the fire before having enough reserves prepared.

SAFETY

- Lack of a means of extinguishing at hand (water, sand, soil).
- Leaving the fire unattended.
- Lighting under conditions of high fire risk.
- Failure to respect the distance from flammable materials.
- Not ensuring complete extinguishing before leaving the area.
- Underestimating the risk of poisoning in an enclosed space.



M02 – Sheet 4 – LAND NAVIGATION AND MOBILITY

SHEET – TECHNICAL

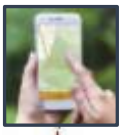
LEVEL – ESSENTIAL

APPLIES when moving into the unknown, losing direction, route planning

WHAT DOES LAND NAVIGATION MEAN? HOW DO YOU DO IT?

- Know where you are, where you find yourself, where you are starting from!
- Know where you want to go and which direction to take!
- Know the cardinal points!
- Identify the surrounding details (planimetry and relief)

THE SIMPLEST WAY IS TO NAVIGATE WITH YOUR MOBILE PHONE AND ITS GPS.





In recent years, numerous mobile phone applications have emerged to help you navigate. They have many advantages, but also disadvantages.

Some are very complicated and difficult to use for an occasional user. Some are free, for others you have to pay. **But most importantly, you need internet access, and in crisis situations, internet services usually do not work.**

There is no perfect application, which is why we recommend you know how to use a map and compass, and if it is night and clear, a star chart.

NAVIGATION WITH MAP AND COMPASS



THE MAP is a graphic representation of the terrain. The map scale is the ratio between the distance on the map and the distance on the ground. On a map at a scale of 1:50,000, 1 cm on the map equals 500 m on the ground. Always, the top of the map is oriented North, the right side East, the left side West, and the bottom South. Keep the map in your pocket or against your chest.



THE COMPASS is used to determine the cardinal points on the ground and to orient the map.
The compass consists of the compass body with its lid and mirror, the mobile magnetic needle, placed in the center of a graduated disc, called the dial, on which the cardinal points are also indicated. The graduations are represented in degrees or mils and correspond to:

- N (north) = 0 (360) degrees or 6000 mils (60-00);
- E (east) = 90 degrees or 1500 mils (15-00);
- S (south) = 180 degrees or 3000 mils (30-00);
- W (west) = 270 degrees or 4500 mils (45-00).

– **the compass needle is attracted only to NORTH.**

– **the magnetic poles do not correspond to the geographic poles.** The magnetic north direction makes a certain angle with the geographic north direction. The difference is called **magnetic declination** *(in a general orientation situation, declination can be neglected, as the angle is too small to cause error).*

RULES FOR USING THE COMPASS



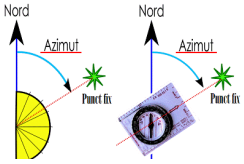
- Lock the magnetic needle during movement to avoid misalignment and wear;
- Expose the phosphorescent parts of the compass to a light source for 10-15 minutes – at night, before use;
- Choose a place to use the compass away from metal objects that could influence the magnetic needle;
- Avoid working with the compass near high-voltage power lines, during storms and rain with electrical discharges;
- Place the compass in a horizontal position (on the ground, on a table, on a stump), release the magnetic needle and check its sensitivity;
- Bring a metal object close to the compass and see if the magnetic needle moves from its initial position towards the metal object; repeat this operation several times;
- SENSITIVITY - observe whether, when the metal object is removed, the magnetic needle quickly returns to its initial position.

HOW DO I FIND THE NORTH DIRECTION AND THE OTHER CARDINAL POINTS?



- ✓ Set the zero (N) to the index, then, holding the compass in your hand at eye level;
- ✓ Rotate it carefully, looking in the mirror and following the oscillations of the magnetic needle, until its arrow (tip) aligns with the index on the compass (N);
- ✓ The tip of the magnetic needle shows magnetic north;
- ✓ Without moving the compass and keeping the arrow at the index at all times, sight through the window (hole) of the lid towards a landmark in the terrain, then close the compass and connect your location with the established landmark by an imaginary line, thus determining the north direction;
- ✓ To find the other cardinal points, facing north, successively turn 90^0 to the right to establish: east (E); south (S) and west (W).

DETERMINING YOUR LOCATION



- Climb to a height (hill, tree, rooftop) from where you can see a large area of terrain;
- Orient the map – place the North of the map towards geographic North, using the compass;
- Choose two visible landmark points from the terrain, as significant as possible: settlements, mountain peaks, lakes, etc. These two landmarks should ideally be located in two directions forming an angle of approximately 90°;
- Identify the two chosen landmarks on the map;
- Sight towards the first landmark in the terrain using the windows in the compass lid, then, without changing the compass's position relative to the landmark, rotate the bezel until the letter 'N' (on the bezel) aligns over the magnetic needle's arrow and press the locking button with your finger;
- Lower the compass, read the graduation on the dial at the index under the mirror and note (memorize) its value – which is actually the azimuth of that direction;
- Connect your location with the landmark determined using the compass by direct sighting, thus establishing the azimuth direction.
- Repeat the activities for the second landmark point;
- At the intersection of the two lines drawn on the map is your location.

WHAT DO YOU DO IF YOU DON'T HAVE A COMPASS?

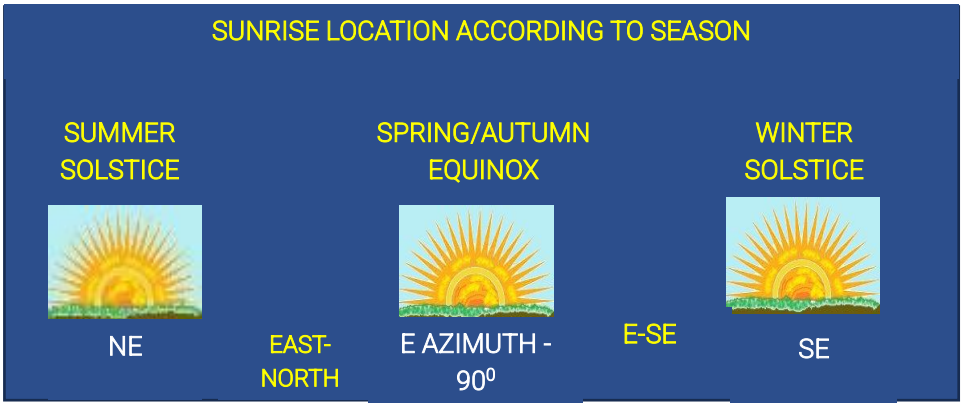
- Without a map and compass, you can orient yourself in the terrain using:
- celestial bodies (sun, moon, stars);
- living things (plants and animals);
- natural signs.

ORIENTATION USING THE STARS

THE SUN - rises approximately in the East and sets in the West.

SUN POSITION	MONTHS		
	February, March, April, August, September, October	**May, June, July**	**November, December, January**
In the EAST	At 6 o'clock	At 8 o'clock	Not visible
In the SOUTH	At 12 o'clock	At 12 o'clock	At 12 o'clock
In the WEST	At 18 o'clock	At 18 o'clock	Not visible

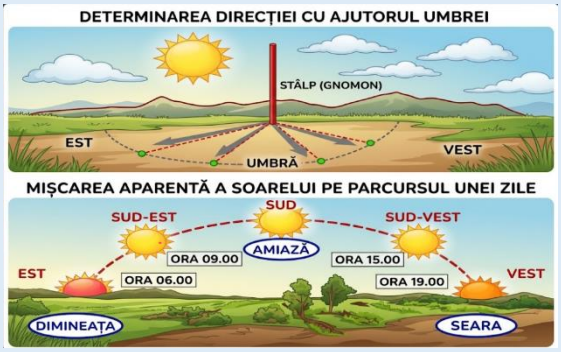
On days of months when the Sun is not observed rising or setting at the times specified in the table, the orientation method can be used approximately.



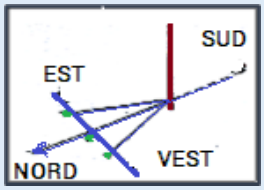
A1. BY THE SUN (KNOWING THE TIME)

- **At 12:20 PM (winter)/ 1:20 PM (summer) the Sun is exactly to the South.** The time varies depending on the longitude of the location. The differences between the west and east of the country are +/- 20 min.
- **The Sun rises** – **SUMMER** from **NE, SPRING** and **AUTUMN** from **E, WINTER** from **SE.**

High mountains can cause a "false sunrise", which can mislead you.



- **The Sun sets** – **SUMMER** in the **NW, AUTUMN** and **SPRING** in the **W, WINTER** in the **SW.**
- **WINTER** – The Sun is located:



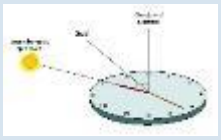
– at 6:20 AM towards E;
– at 9:20 AM towards SE;
– at 3:20 PM towards SW
– at 6:20 PM towards W.

- **SUMMER** *adds one more hour.*
- **THE DIRECTION OF THE SHADOW CAST BY A STICK CHANGES BY 15⁰ EVERY HOUR.**

A2. BY THE SUN (NOT KNOWING THE TIME)

– your shortest shadow of the day points north.
– the direction of the Sun's movement is from E to W.
– stick a straight, vertical stick into the ground; place a stone at the tip of the shadow; after 30 minutes, the shadow will change its position; repeat the operation with another stone. The two stones show you the W-E direction.

A3. BY THE SUN AND WATCH (classic watch with hour hand)

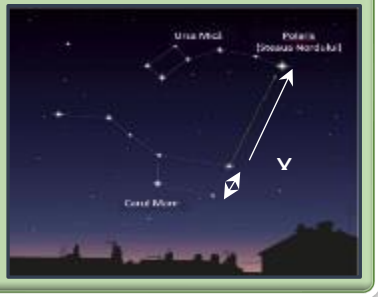


To orient yourself in the field using a watch and the sun, place the watch horizontally (in your palm, on a table, on a stump, etc.) and rotate it until the hour hand points perfectly towards the Sun.

At the angle formed by the hour hand and the imaginary line passing through 12 o'clock on the dial (if it is winter) or 1 o'clock (if it is summer), construct a bisector marked with a straw or a small stick; **the tip of the bisector from the opening of the angle will indicate the south direction,** and the opposite direction, north.

B. BY THE POLAR STAR

– At night, the cardinal points can only be found after establishing the direction towards the **Polar Star, which always indicates the north direction.**
– The Polar Star can be seen from any point in the northern hemisphere.



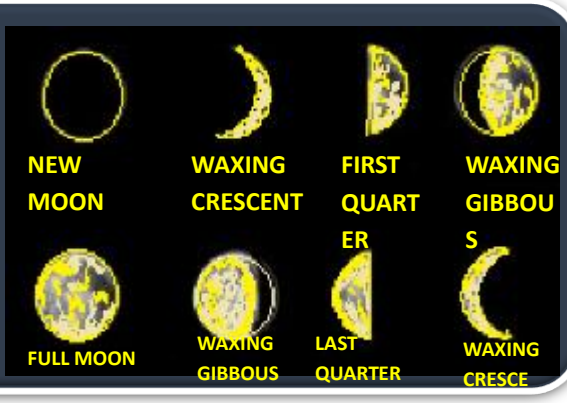
B1. HOW TO FIND THE POLAR STAR?



- **Find the constellation Big Dipper/Ursa Major,** which appears as a group of 7 bright stars, sufficiently visible;
- Extend upward in your imagination a straight line that connects the last two stars on the right (Alfa and Omega) of the Big Dipper and measure along this line, approximately 5 times, the distance between the two stars.
- **The North Star is located at the top of the Little Dipper constellation and is the brightest star in this part of the sky.**

B. WANING GIBBOUS

- The Moon has a movement across the sky similar to that of the Sun, so it moves from E to W.
- Depending on the Moon's Phases (due to different illumination), the cardinal points are:



Phases of the Moon	6:00 PM	12:00 AM	6:00 AM
First Quarter (the right half of the Moon is visible)	SOUTH	WEST	-
Full Moon (the entire disk of the Moon is visible)	EAST	SOUTH	WEST
Last Quarter (the left half of the Moon is visible)	-	EAST	SOUTH

ORIENTATION USING CERTAIN OBJECTS IN THE TERRAIN AND NATURAL PHENOMENA



- On the north-facing side of the trunk, trees have irregular, cracked, moist bark, sometimes covered with moss;
- The annual growth rings, observed on the trunks of cut trees, are farther apart on the South side and closer together on the North side;
- On isolated trees or those at the edge of forests, branches and leaves are denser on the South side;
- All deciduous trees have thicker bark towards the North;
- Large rocks and boulders are covered in moss or lichen on the North side;
- Snow remains for a longer time on the north side of buildings, trees, rocks, and on the slopes of heights, and melts faster on the South side;
- Under rocks, the ground is wetter on the North side and relatively drier towards the South;
- Molehills have their openings oriented towards the North;
- The entrance to anthills is towards the South;
- Resin on conifer trunks is more abundant towards the South;
- Flocks of migratory birds (ducks, geese, swans, storks, etc.) fly North in the spring and South in the autumn.
- The altars of Orthodox churches are always built facing East. (*To avoid confusing the two ends of the church, as the steeple can be misleading, better identify the main entrance. The altar is on the opposite side. Do not confuse the small door providing direct access to the altar with the large, main door!)*
- Crosses on graves are usually placed at the West end of the graves;
- Traditional Romanian houses have their main facade, with the porch, facing South. Often, they have no windows facing North.









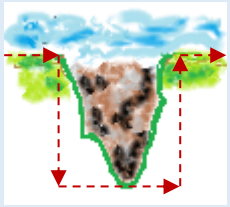


MOVEMENT UNDER SPECIAL CONDITIONS



- When moving during the night, when choosing intermediate landmarks is difficult due to poor visibility, maintain the direction of travel by keeping the compass in front of you at all times, oriented with the needle released;
- You can sometimes choose as intermediate landmarks the silhouettes of planimetric details visible ahead, points shining in the distance, as well as bright stars (keeping in mind that stars move continuously across the sky and that the azimuth must be checked from time to time);
- When moving through a dense forest, thicket, or fog, when landmarks are not visible, maintain the direction of travel only by compass;
- To bypass obstacles, it is necessary to consider as much as possible the obstacles existing on the itinerary (small lakes, swamps, deep ravines) and to choose the direction of the itinerary segments in such a way as to avoid bypassing obstacles while moving;
- When bypassing obstacles, you may stray from the route and lose your bearings;
- In a survival situation, natural obstacles can be encountered along the travel route.

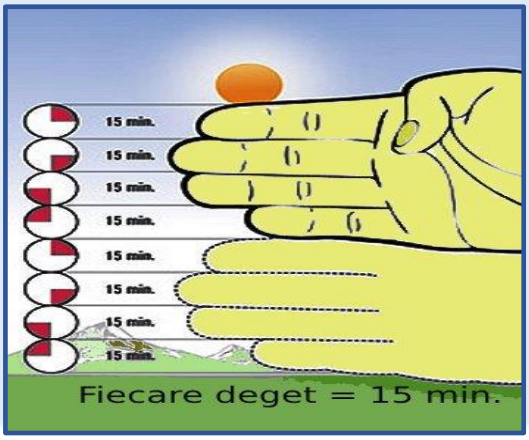
HOW DO YOU BYPASS THE OBSTACLE?



- ✓ If you are forced to make detours and bypasses due to obstacles (dense brush, rocks, swamp), before starting on a detour, carefully and precisely establish the location beyond the obstacle where you will re-enter the pre-set direction of travel after completing the bypass;
- ✓ Mark the traveled path on the map to ensure you do not deviate from the destination by walking in a large circle;
- ✓ Bypass the obstacle by changing direction by 90 degrees;
- ✓ At its lateral edge (left or right), continue moving in the initial direction, using the old azimuth;
- ✓ When you reach the end of the obstacle, change the direction of travel again by 90 degrees, until you reach the point opposite the initial starting point, beyond the obstacle;
- ✓ During movement, constantly measure the distances traveled in double steps;
- ✓ To ensure after bypassing the obstacle that you correctly reach the marked detail (landmark) beyond that obstacle, you need to determine from it the reverse azimuth to the stopping point in front of the obstacle. In this case, you must mark the stopping point with a pre-placed stake (marker). The reverse azimuth must differ from the azimuth of the direction of travel by exactly 180^0 (30-00);
- ✓ Mark the traveled path with stones, branches, debris, etc. Both for your own benefit (if you need to return) and for the benefit of the group.

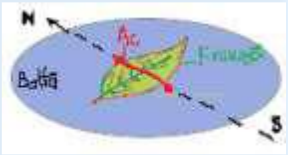
HOW DO YOU FIND OUT HOW MUCH TIME IS LEFT UNTIL NIGHTFALL?

- Extend your arm toward the sun;
- Bend your hand and place your fingers horizontally below the sun;
- Count how many fingers are between the sun and the horizon line;
- Each finger represents 1/4 hour (15 minutes).



HOW CAN YOU MAKE A COMPASS?

If you don't have a compass, the sun is hidden in thick clouds, there is no moss on trees, and you have no other clues and are disoriented, you must identify the North direction!



– You need a needle, a pin, a razor blade, a staple, or another small, light, elongated metal object that can be magnetized;
– Look for a puddle or pour water from the bottle into a small hole or even into your hand. WARNING – the water surface must be still!
– Place a leaf, a piece of paper, a small piece of cork (from a cork stopper) on the water, so that it floats;
– Magnetizează acul – freacă boldul de haine, de păr, de lână sau mătasetimp de 30-60 de secunde într-o singură direcție. Dacă ai un magnet,freacă acul de el.



– Quickly place it on the leaf and gently rotate it;
– Așteaptă până se oprește frunza din rotit;
– When it stops, the pin will align in a north–south direction like a compass.
– To determine north, you can use the sun's position (in the morning east is towards where the sun rises, in the evening west).

WARNING! The leaf, paper, or cork must be very light. They are only needed to keep the pin on the water surface.

M02 – Sheet 5 – FIRST AID

SHEET – TECHNICAL

LEVEL – CRITICAL

🎯 APPLIES when moving into the unknown, losing direction, route planning

GENERAL RULES

1. Look around and see if there is **another danger** for the victim or for yourself;
2. Before taking any first aid measure, determine with certainty the **victim's condition** – through dialogue or careful inspection;
3. **Remove the victim** and move onlookers away from the victim;
4. **Remove the causes** that led to the accident (electric current, fires, smoke, gas, water);
5. **Extricate the victim from special situations** (from under debris, from severely damaged cars, from fire) using gentle, not forced, maneuvers;
6. **Address injuries according to their severity:**
   - **Vital functions (blood circulation and breathing) must be restored first**.
   - You must decide quickly whether the victim is conscious, whether they are breathing, and whether blood circulation is maintained;
   - The next step is **performing resuscitation maneuvers until qualified medical personnel arrive**. THESE EMERGENCY MANEUVERS ARE VITAL!
7. Choose the best way to transport the patient!
   - Seek qualified help as soon as possible!







WHAT IS A MEDICAL EMERGENCY? – a state of severe health deterioration caused by a brutal factor or any condition that threatens a person's life.

RESTORATION OF VITAL FUNCTIONS (breathing / circulation)

Resuscitation is a combination of chest compressions and mouth-to-mouth breathing.

– Kneel beside the victim;
– Place the heel of your right hand in the middle of the victim's chest;
– Place the heel of your left hand on top, with fingers interlocked;
– Make sure your shoulders are directly above the patient's chest;
– From this position, with arms straight, press down perpendicularly 4–5 cm;
– **Standard procedure** – you must perform 30 chest compressions at a rate of approx. 100 compressions per minute (practically, you should perform two compressions per second).





Caution! Do not press on the victim's ribs, the upper abdomen, or the lower part of the sternum.

MOUTH-TO-MOUTH BREATHING





- Tilt the victim's head back and lift the chin;
- Place one hand on the victim's forehead;
- Pinch the nostrils between your thumb and index finger, and with the other hand keep the chin lifted and open the mouth;
- Breathe in normally, lean forward, and cover the victim's mouth completely with yours;
- Breathe evenly into the victim's mouth and check if the chest rises;
- Each breath should last about one second;
- Keep the victim's head tilted back and chin lifted;
- Lift your head and check if the chest falls after you have blown air in;
- For the procedure to be successful, you must deliver at least two mouth-to-mouth breaths.

ARTIFICIAL RESPIRATION



- Check if the victim is conscious; if not, check if they are breathing;
- If breathing, place the victim in the recovery position;
- If not breathing, clear the airway;
- Pull the lower jaw forward and lift the head until the chin is higher than the nose, then pull the tongue outward;
- If the victim still is not breathing, begin artificial respiration:
  - Cover the nostrils;
  - Take a deep breath;
  - Place your mouth over the victim's mouth and blow once every five seconds;
  - Check the victim's pulse (see determining the pulse).

EXTERNAL CARDIAC MASSAGE



- Cardiac arrest is most often accompanied or preceded by respiratory arrest;
- Position yourself to the side (left or right) of the victim's chest;
- Place one palm on the lower third of the sternum, and place the other palm on top of it;
- Apply pressure at this level, using your own body weight as well, so that the victim's sternum is depressed (pushed down) by 2-4 cm;
- Stop after one compression, allowing the sternum and ribs to return to their original position;
- Repeat compressions at a rate of 60-80 per minute;
- Do not exceed this rate, as the heart will not have time to refill with blood;
- Do not apply compressions to the lower part of the sternum, as there is a risk of fracturing it;
- Check the victim's breathing and pulse (at the carotid or femoral artery) after 1-2 minutes of uninterrupted cardiac massage.

If respiratory arrest occurred at the same time as or was preceded by cardiac arrest, take the following measures:



- Perform three insufflations using the mouth-to-mouth resuscitation technique, then apply 12 chest compressions for cardiac massage;
- Repeat these three insufflations and then 12 compressions for 2-3 minutes; after this interval, check for the return of the pulse for 5 seconds.

DETERMINING THE PULSE



- Place 2-3 fingers on the Adam's apple;
- Slide your fingers into the hollow between the Adam's apple and the muscles on the side facing you;
- Keep the head tilted with your other hand and try to locate the pulse at the carotid artery.

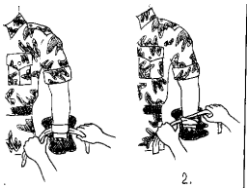
FIRST AID FOR INJURIES

Stopping bleeding:



- Almost any bleeding can be stopped by applying a thin bandage made from the cleanest available fabric;
- Lift the clothing away from the bleeding site and press firmly;
- The victim's position should be such that the wound is above the level of the heart; for head or neck wounds, elevate the head and arms;
- If bleeding continues, press the artery against the bone above the wound.
- **For an arm injury –** press the artery against the bone, midway between the armpit and the elbow.
- **For a leg injury –** press the artery against the bone, at the crease between the torso and the thigh, or directly on the leg itself.

TOURNIQUETS ARE DANGEROUS! USE THEM ONLY AS A LAST RESORT!



– Make a tourniquet using a strip of fabric at least 5 cm wide (do not use rope, nylon, or wire);
– Place the tourniquet on an uninjured part of the limb, just above the wound, so that it does not slip when tightened;
– Wrap the fabric strip twice around the limb and cross the two ends, passing one under the other;

– Take a short, sturdy stick or something similar and place it lengthwise across half of the fabric strip's knot. Now tie the two ends of the fabric over the stick;
– Twist the stick so that it tightens the tourniquet, until the bleeding stops;
– Tie the end of the stick to the limb with a second strip of fabric, so that the tourniquet remains firmly fixed.



IN THE CASE OF PENETRATING CHEST WOUNDS

– If a projectile (shrapnel) has penetrated the chest, a whistling sound may be heard when air is sucked in and then pushed out of the chest cavity;
– Cover the hole with your hand, a plastic bag, a clean piece of fabric, or a bandage;
– Place the victim with the injured side down, in a recovery position, whether conscious or not.





IN THE CASE OF ABDOMINAL WOUNDS

– Cover the wound with a piece of moist, clean dressing/fabric;
– If the intestines or other internal organs are outside the body, lift them gently and place them on top of the abdomen. Do not try to put them back into the abdomen;
– Place the patient in a position as comfortable as possible;
– If the legs are not fractured, bend the knees and place a rolled blanket under the knees, so as to reduce pressure on the abdominal wall;



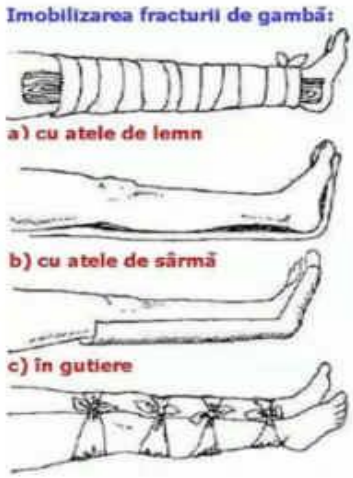
– Do not give the victim anything to drink (even if they say they are very thirsty), eat, or smoke;
– In the absence of specialized treatment, in isolated conditions, wounds can be cared for with some natural remedies, based on medicinal plants:
– **Washings with**: infusion of hazel leaves (25 g/1 l water); decoction of birch leaves (60 g/1 l water); infusion of red rose petals (50 g/1 l water);
– **Local compresses with**: infusion of lavender (1 tablespoon flowers/1 cup water); infusion of chamomile flowers (3 tablespoons/1 cup water); onion or garlic juice (diluted with boiled and cooled water).
– Other **remedies**: the skin around the wound will be washed with water and soap, after which boiled and cooled water will be poured over the wound, to remove foreign bodies.

FIRST AID IN CASE OF FRACTURES

– Identify whether it is a simple (direct) fracture or whether there are also other indirect fractures;
– Provide first aid measures with great care, gently, without sudden movements;

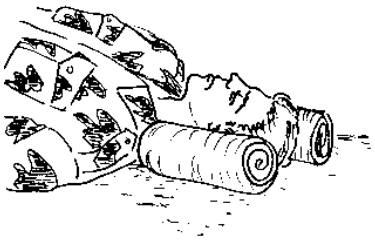
Immobilization of fractures

– You can make improvised splints from boards, branches, the submachine gun, bandage rolls, or other textile materials;
– Place the splints on either side of the fracture;
– Immobilize the fracture by including at least two joints (articulations) between the splints;
– Wrap the splints well in soft textile materials, so as not to injure the skin, not to hinder circulation, and to reduce pain;
– Do not apply the splint where the bone comes into direct contact with the skin;
– Wrap the splints in such a way that they do not cause pain to the victim or impede blood circulation, but at the same time provide good immobilization of the fracture.



IN THE CASE OF FRACTURES OF THE HEAD, neck, or spine, the following rules must be followed:

– Immobilize the victim's head and neck;
– Apply a clean dressing to the wound in the case of an open fracture;
– In the case of a spinal fracture, avoid moving (transporting) the victim until qualified personnel arrive;
– In the case of a fractured lower jaw (mandible), if bone fragments or dislodged teeth have entered the pharynx, remove them with your finger and turn the victim onto their side to prevent blood from flowing into the respiratory tract (pharynx, larynx), which could lead to suffocation of the injured person.



FIRST AID FOR SPRAINS



– A sprain occurs as a result of a sudden and forced movement, causing the ligaments to stretch or even tear, thus producing a local hemorrhage marked by bruising of the skin.
– Keep the affected joint immobile;
– Apply cold water compresses, changing them frequently;
– Apply local poultices for several consecutive days using: mint or cabbage leaves, raw grated potatoes (all cold).

FIRST AID FOR BURNS



– Depending on the depth of the damaged tissues, burns are:
– **First-degree burns,** characterized by pain and redness of the skin;
– **Second-degree burns,** which affect deeper skin layers, causing the appearance, on red, congested skin, of blisters filled with a lemon-juice-like or even reddish fluid. Breaking the blisters can lead to wound infection;
– **Third-degree burns** – deep burns that cause penetration of the layers beneath the skin, fat, muscles, and bones, leading to difficult healing with mutilating scars and loss of parts of the tissues.

MEASURES:



– Remove the victim from the action of the source causing the burn;
– Extinguish the victim's equipment using a blanket or tent sheet;
– Apply only cold, clean water to the burns;
– Let the water sit on the wound for 10 minutes or longer if necessary, until the pain subsides;
– Do not break the burn blisters;
– Never remove clothing stuck to the burn;
– If the blisters are larger than the palm of the hand, send the injured person to the Medical Point;
– Give them plenty of sweetened tea, fruit juice, or water with two teaspoons of salt per liter to drink;
– Never give anything to drink to an unconscious person.

FIRST AID FOR FROSTBITE





– Frostbite occurs gradually and begins with tingling, followed by increasingly sharp pain, then progressive numbness of the affected area, which is initially pale, then increasingly congested (first-degree frostbite);
– The consistency of the tissues changes, they progressively harden, becoming stiff, numb, fragile, brittle (they break easily, like ice), then symptoms of tissue death appear: blisters, lividity, bruising, ulcerations (second- or third-degree frostbite);
– Blood circulation slows down and stops completely in the frostbitten area or areas. After some time, blisters similar to those from burns or even gangrene may appear in these areas.

First aid for frostbite (first-degree)

– Rub the area with alcohol;
– Drink (give to drink) 50-100 g of rum, cognac, or warm tea;
– Warm the frostbitten area by blowing on it with an open mouth;
– Place your hands (if they are affected) in your armpits;
– Press the affected area of the frostbitten person against your own skin;
– Urinate on the frostbitten hands.
– **It is forbidden:** Rubbing the frostbitten area with snow or brutally, suddenly warming the victim.

Second- or third-degree frostbite is treated ONLY at medical facilities.

SURVIVAL ASSISTANCE IN COLD WATER

– If you accidentally end up in cold water, stay calm and move as little as possible until you reach the shore, so as not to lose too much body heat;
– You will not be able to swim more than 1500 m at a water temperature of +10°C;
– Avoid turning onto your back; maintain a horizontal position, because any submersion of the head, inevitable in this situation, will cause you to lose a lot of heat;
– Do not remove excess clothing if it does not hinder your swimming: it protects you against heat loss;
– To slow down heat loss, you must stay in the 'fetal position', thus reducing the total surface area that loses heat; in this position you will survive in water at +10°C for about 4 hours, whereas with your arms spread out you will survive only 2.5 hours.

FIRST AID FOR SUNSTROKE

– Sunstroke occurs after prolonged exposure to the sun. It manifests through headaches, dizziness, blurred vision, facial congestion, and in more severe cases, skin burns, noisy breathing, and even loss of consciousness.



MEASURES:
– Lie down in a shady and as cool as possible place;
– Apply cold compresses to the head, abdomen, and chest;
– Splash your face and head with cold water and fan yourself with a towel;
– Drink cold beverages with a little salt, concentrated coffee or tea;
– Alcoholic beverages are forbidden.



FIGHTING THIRST

– Thirst occurs when water loss in the body reaches 1.2 - 2% of the total amount;

MEASURES:
– **During winter,** consume warm drinks;
– **During summer,** consume cold water, without ice and in small amounts;
– After heavy exertion, consume water at a temperature of $+10^0$ C, but without ice;
– At high temperatures and heavy physical exertion, consume salted water.
– **In exceptional situations**, when you have no water at all:
– Bite the tip of your tongue;
– Massage vigorously, with your fingertip, the middle of the crease formed by the outer side of the elbow when it is bent;
– Chew and swallow a few blackcurrant or black nightshade leaves.

FIRST AID FOR VENOMOUS SNAKE BITES

– **First aid shall be administered right at the scene of the accident!**



– Immediately apply a tight bandage (tourniquet) above the bite site to delay the spread of venom in the body;
– Do not keep the bandage on for more than 1 hour, as there is a risk of gangrene – due to stopping blood circulation;
– Pass the knife blade through a flame (for sterilization) and make an incision right between the two punctures made by the snake's fangs;
– Open the edges of the wound and, by sucking with your mouth, absorb the blood with venom (if you have no wounds or ulcers on your gums or oral mucosa);
– Wash the wound with clean (boiled) water and disinfect with alcohol or soapy water;
– Apply cold compresses over the wound or keep the affected limb in a cold water bath;
– If possible, transport the victim to the nearest medical facility.

FIRST AID FOR POISONOUS MUSHROOM CONSUMPTION

– Mushroom poisoning is sometimes fatal, other times it only causes nervous system disorders or gastrointestinal poisoning.



SYMPTOMS
– In the case of consuming mushrooms with a fatal effect, symptoms appear after 8-12 hours and manifest as stomach pain, chills, vomiting, diarrhea, nervous disorders alternating with periods of calm, cooling of the extremities, weakening of the pulse;
– In the case of consuming non-fatal mushrooms, symptoms appear after 1-3 hours and consist of gastrointestinal disorders, followed by nervous disorders (cheerfulness or rage, hallucinations, profuse sweating, salivation, slowing of the pulse, sometimes temporary amnesia).

MEASURES
– Induce vomiting by inserting a finger into the back of the throat;
– After the first vomit, drink some water and then induce another vomit;
– Transport the victim to the nearest medical facility.

FIRST AID IN CASE OF DROWNING





- Remove the victim from the accident site, first considering personal risks and abilities;
- Clear the airways of foreign materials;
- If the victim has swallowed water, place your hands under the victim's abdomen and lift it;
- If the victim is not breathing spontaneously, they must be laid on a flat surface and artificial respiration started;
- Check the heartbeat at the carotid artery;
- If the victim has no pulse, begin cardio-respiratory resuscitation maneuvers;
- **Continue** the resuscitation maneuvers **until the victim is handed over to medical assistance**.

GENERAL RULES

1. Look around and see if there is **another danger** for the victim or for yourself;
2. Before taking any first aid measure, determine with certainty the **victim's condition** – through dialogue or careful inspection;
3. **Remove the victim** and move onlookers away from the victim;
4. **Remove the causes** that led to the accident (electric current, fires, smoke, gas, water);
5. **Extricate the victim from special situations** (from under debris, from severely damaged cars, from fire) using gentle, not forced, maneuvers;
6. **Address injuries according to their severity:**
   - **Vital functions (blood circulation and breathing) must be the first to be restored**.
   - You must decide quickly whether the victim is conscious, whether they are breathing, and whether blood circulation is maintained;
   - The next step is **performing resuscitation maneuvers until qualified medical personnel arrive**. **THESE EMERGENCY MANEUVERS ARE VITAL!**
7. Choose **the best way to transport** the patient!
8. **Seek qualified help** as soon as possible!

MANAGING SHOCK

SYMPTOMS:

- ✓ Confusion;
- ✓ Sweaty/moist and cold skin;
- ✓ Deep and rapid breathing;
- ✓ Irregular pulse – weak-rapid;

TREATMENT:

- ✓ Keep the room ventilated – open doors, windows;
- ✓ If unconscious, place them on their side in the recovery position and monitor their airway;
- ✓ Try to keep them calm, warm, and comfortable;
- ✓ Raise their legs with a pillow, blanket, or equipment;
- ✓ Call for medical assistance;
- ✓ Do not give them anything to eat or drink!

RESTORING VITAL FUNCTIONS (BREATHING / CIRCULATION)

RESUSCITATION is a combination of chest compressions and mouth-to-mouth breathing.



PERFORMING CHEST COMPRESSIONS

- Kneel beside the victim;
- Place the heel of your right hand in the middle of the victim's chest;
- Place the heel of your left hand on top, with fingers interlocked;
- Make sure your shoulders are directly above the patient's chest;
- From this position, with arms straight, press down perpendicularly 4–5 cm;
- **Standard procedure** – you must perform 30 chest compressions at a rate of approx. 100 compressions per minute (practically, you should perform two compressions per second).



MOUTH-TO-MOUTH BREATHING

- Tilt the victim's head back and lift the chin;
- Place one hand on the victim's forehead;
- Pinch the nostrils between your thumb and index finger, and with the other hand keep the chin lifted and open the mouth;
- Breathe in normally, lean forward, and cover the victim's mouth completely with yours;
- Breathe evenly into the victim's mouth and check if the chest rises;
- Each breath should last about one second;
- Keep the victim's head tilted back and chin lifted;
- Lift your head and check if the chest falls after you have blown air in;
- For the procedure to be successful, you must deliver at least two mouth-to-mouth breaths.



ARTIFICIAL RESPIRATION

- Check if the victim is conscious; if not, check if they are breathing;
- If breathing, place the victim in the recovery position;
- If not breathing, clear the airway;
- Pull the lower jaw forward and lift the head until the chin is higher than the nose, then pull the tongue outward;
- If the victim still is not breathing, begin artificial respiration:
- cover the nostrils;
- take a deep breath;
- place your mouth over the victim's and blow once every five seconds;
- check the victim's pulse (see pulse determination).



TREATMENT OF ABDOMINAL WOUNDS

- ✓ **If organs are outside the body, gently lift them and place them over the abdomen – do not push the organs back into the body!**
- ✓ **Cover exposed organs with a clean wet dressing!**
- ✓ **Make sure you have enough bandages!**
- ✓ **If the legs are not fractured, bend their knees to relieve pressure!**

STOPPING THE BLEEDING:

- Apply direct pressure with your hand (use a dressing, if available);
- Elevate the extremities (arm, leg) if fractures are not suspected;
- Use pressure points to control bleeding;
- **DO NOT remove the old dressing!**
- **Add more dressings over the old ones** (if necessary).

TOURNIQUET

✓ **WARNING:**

- **Never use a tourniquet unless there is a life-threatening danger!**
- **Use the tourniquet only as a last resort** to stop bleeding!
- **Never remove a tourniquet – it must only be removed by medical personnel!**

✓ Place a band/bandage one centimeter wide around the arm or leg to stop severe bleeding – **DO NOT USE WIRE** or **METAL CONDUCTORS!**

✓ Place the band above the bleeding site, 2-4 centimeters above the wound, if possible;

✓ Tighten the band enough to stop the bleeding, but no more than necessary!

✓ Once secured, do not loosen or remove the tourniquet!

✓ Expose the tourniquet area for quick viewing;

✓ Mark the time and the letter "T" on the victim's forehead (with a marker, ink, or even blood).

INJURIES / WOUNDS OF THE BACK, NECK, HEAD

SYMPTOMS

- Loss of pain sensation and/or control, dizziness, unconsciousness, blood flowing from the ear, nose or mouth, headaches, numbness, tingling, inability to support the back or head.

TREATMENT:



- Kneel behind the victim's head;
- If conscious, warn the victim not to move;
- Continuously monitor and check the airway without turning the victim's head;
- Carefully slide both hands under the victim's neck without moving their head;
- Support their neck and immobilize their head.

IF MUST BE MOVED:

- Improvise a stretcher with a hard surface (door, cut lumber);
- Immobilize their head and neck;
- Ensure the victim's limbs are secured against the chest or thigh areas;
- DO NOT bend their spine! DO NOT move/rotate their head and neck!



TREATMENT OF EYE INJURIES

- ✓ DO NOT remove objects that have entered/pierced the eye;
- ✓ Make sure you have a clean dressing;
- ✓ Apply a light bandage to both eyes;
- ✓ DO NOT leave the victim unattended;
- ✓ Send them accompanied to the medical point.

CHEST WOUND

SYMPTOMS

- A noise coming from the chest is heard;
- Frothy red blood from the wound.

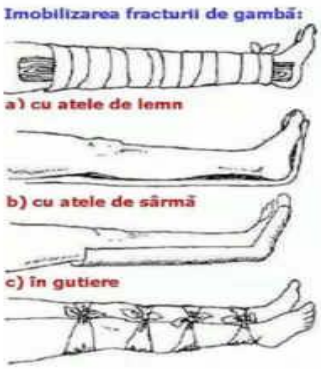
TREATMENT:

- Look for and identify the entry and exit wounds;
- Cover the wounds and try to seal / close the wounds (tin foil, plastic wrap);
- Tape the seal on 3 sides – leave one side open;
- Place the victim in a position that allows easy breathing (preferably on the affected side).

FRACTURE

SYMPTOMS OF FRACTURE:

- Deformity, bruising;
- Tenderness in a
- specific part of the body:
- hand, foot, fingers etc.;
- Swelling of the affected area /
- skin discoloration.



TREATMENT:

- DO NOT straighten the affected
- limb;
- If in doubt, apply
- splints (if possible)
- above and below the
- injury;
- Remove
- clothing from the injured area;
- Remove rings from fingers (if possible);
- Check the pulse in the affected area to determine if blood flow is restricted;
- Seek help from specialized medical personnel.



BLISTERS

- Do not pop them.
- As soon as the skin starts to redden due to chafing, cover it with a plaster.
- Prick the edge with a needle disinfected in a flame, carefully and gently.
- Gently squeeze out the fluid so it comes out through the holes made by the needle.
- Wipe the fluid with a soft, clean, dry cloth, or with cotton wool.
- If the blistered area is also very painful, stop the journey and rest until the situation improves.

HOW DO YOU PREVENT BLISTERS?

- A few days before setting out on a long walk, strengthen the skin and sole by rubbing daily with alcohol.
- During the journey, wash, rinse, and dry your socks every night.
- Mend holes in socks immediately and carefully.
- It would be good to always have spare socks (clean, dry, whole).
- When you can, soak your feet, even your whole feet, in warm, salty water.

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 1 – CRISIS SITUATIONS CAUSED BY NATURAL DISASTERS, CATASTROPHES AND MAJOR ACCIDENTS

IMMEDIATE RISK TO LIFE – IMMEDIATE



M1

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M1 – Sheet 1 – HOW DO YOU SURVIVE AN EARTHQUAKE?

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – During and immediately after the earthquake

REMEMBER

WHAT IS AN EARTHQUAKE AND HOW DO YOU ACT?

WHAT IS AN EARTHQUAKE?	– An earthquake, also known as a seism or earth tremor, is a natural phenomenon resulting from the sudden release of energy in the Earth's crust, creating seismic waves, vibrations of the ground that are transmitted to buildings. – Earthquakes are unpredictable phenomena that occur without warning and typically last from a few seconds to a maximum of 1-2 minutes.
WHAT IS THE CAUSE?	– Earthquakes are caused by the tectonic movements of plates in the Earth's crust. These tectonic plates move constantly and, sometimes, can suddenly slide past each other, releasing accumulated energy.
WHAT ARE THE CHARACTERISTICS OF AN EARTHQUAKE	– **EPICENTER** - the point on the Earth's surface located directly above the point where the rupture begins in the crust (hypocenter).
	– **HYPOCENTER** (or focus) - the point inside the Earth's crust where the rupture initially occurs
	– **SEISMIC WAVES -** the energy released by an earthquake propagates in the form of seismic waves. There are two main types of waves: body waves and surface waves.
	– **EARTHQUAKE MAGNITUDE** - measures the amount of energy released and is determined using logarithmic scales, such as the Richter scale or the moment magnitude scale (Mw).
	– **EARTHQUAKE INTENSITY** - describes the effects and damage produced at the surface and is measured using descriptive scales, such as the *Richter scale* – magnitude / released energy or the *Modified Mercalli scale* – intensity of surface effects.
	– **DURATION AND FREQUENCY -** the duration of an earthquake varies from a few seconds to a few minutes, and the frequency of earthquakes varies depending on the tectonic activity of the region.
WHAT EFFECTS DOES THE EARTHQUAKE HAVE	– Earthquakes can cause significant damage to buildings and infrastructure, trigger landslides, tsunamis (if the epicenter is underwater), and other secondary effects.

WHAT HAPPENS DURING AN EARTHQUAKE?

- We feel the ground moving beneath our feet or the building we are in shaking;
- Objects may tip over or slide, ceiling plaster can detach, and windows may break.

VALIDATED GOOD PRACTICE

WHAT SHOULD WE DO IN CASE OF AN EARTHQUAKE?

1. DROP!	
2. COVER YOUR HEAD AND NECK WITH YOUR HANDS	
3. HOLD ON TO SOMETHING!	
STAY IN THIS POSITION UNTIL THE EARTHQUAKE STOPS!	

HOW TO DO IT? – IMMEDIATE ACTION

1. BEFORE THE EARTHQUAKE – PREPARATION

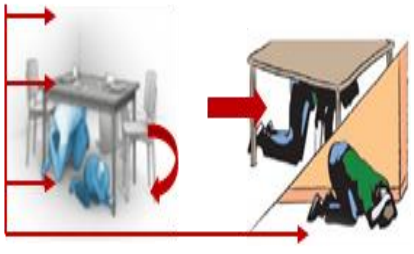
- **Identify safe spots in the house:** under sturdy door frames, near interior load-bearing walls, away from windows and unstable furniture.
- **Secure heavy furniture** (cabinets, bookcases) to the wall.
- **Set up an emergency corner** with: flashlight, radio, first aid kit, water, canned food, whistle.
- **Establish a post-earthquake meeting point** with the family.
- **Participate in evacuation drills** if organized at work/school.

2. DURING THE EARTHQUAKE



IF YOU ARE INSIDE A BUILDING

- **Stay calm!** Do not run, do not scream.
- **Move away from windows and tall, heavy furniture until the earthquake stops.**
- **Quickly take cover under a sturdy piece of furniture** (table, desk) or next to a load-bearing wall (NOT in corners or near windows).
- **Protect your head and neck** with your arms or a soft object.
- **Do not use the elevator**.
- **Do not leave the building during the seismic shaking!** Most casualties occur during panicked exits during the shockwave.



IF YOU ARE IN BED

- **Stay in bed.**
- **Cover yourself with the blanket.**
- **Wait for the earthquake to stop.**



IF YOU ARE IN A CAR

- **Stop the car on the right side of the road**, in a safe place, avoiding trees, bridges, tunnels, overpasses, utility cables.
- **Stay in the car** until the shaking stops.



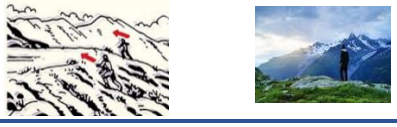
IF YOU ARE IN THE CITY / ON THE STREET

- **Move away from buildings, trees, poles, streetlights, power lines, trees.**
- **I crouch down** in an open space, cover my head with my hands, and wait for the shaking to stop.
- **After the earthquake, I go to a safe place, avoiding bridges, overpasses, and other road structures that may have been damaged by the earthquake.**



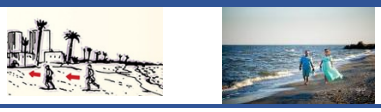
IF YOU ARE IN THE MOUNTAINS

- **Kneel down and cover your head with your hands.**
- **Be aware of the possibility of landslides.**
- **After the earthquake stops, move away from slopes and hills that could shift.**



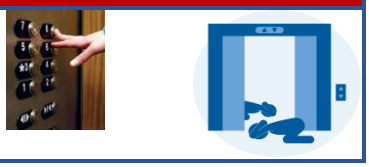
IF YOU ARE AT THE SEA

- **There is a possibility of large waves.**
- **After the earthquake stops, move away from the water as quickly and safely as possible.**



IF YOU ARE IN AN ELEVATOR

- **Kneel down and cover your head with your hands.**
- **When the earthquake stops, try to get out at the nearest floor if you can do so safely.**



3. AFTER THE EARTHQUAKE

1. **DO NOT LEAVE THE SPACE YOU ARE IN IMMEDIATELY**. Do not leave the room until you are told it is safe to do so.
2. **GIVE FIRST AID TO THE INJURED.**
3. **CALM FRIGHTENED CHILDREN.**
4. **EXTINGUISH OR LIMIT ANY FIRES THAT HAVE STARTED.**
5. **CHECK THE CONDITION OF ELECTRICAL, GAS, AND WATER SYSTEMS AND THE CONDITION OF THE BUILDING'S INTERIOR**. Turn off the gas, water, and electricity supply if possible.
6. **DO NOT USE OPEN FLAMES** until it has been verified that there are no gas leaks.
7. **DO NOT USE THE PHONE** except for calls to rescue services, firefighters, etc., so as not to block their traffic.
8. Exit the building only after **CHECKING THAT THE STAIRS ARE INTACT.**DON'T FORGET! After an earthquake, you must **REPORT TO THE ASSEMBLY/EVACUATION POINT** in the schoolyard and check that all children are present;
9. **BE PREPARED AND WARN THE GROUP NOT TO BE SCARED OR PANIC IN THE EVENT OF AFTERSHOCKS** that may occur.
10. When leaving the home, **TAKE YOUR SURVIVAL BACKPACK AND IDENTITY DOCUMENTS WITH YOU**.
11. **WHEN LEAVING THE BUILDING, USE A CHAIR OR ANOTHER PROTECTIVE OBJECT** (bag, backpack, thick books, etc.) to prevent injury from falling plaster, bricks, etc.
12. If evacuation takes place, go in order to the building's assembly/evacuation point.
13. Listen to **A RADIO STATION OR AN OFFICIAL APP FOR INSTRUCTIONS**
14. **DO NOT RETURN TO THE BUILDING** until it is declared safe by the authorities.

COMMON MISTAKES

- **Running down the stairs or outside** during the earthquake.
- **Standing near windows**, display windows, or hanging objects.
- **Using the elevator.**
- **Sheltering under the door frame.**
- **Blocking exits** due to panic / stampede.
- **Not protecting the head and neck.**
- **Lighting a fire** (match, stove) immediately after the earthquake.
- **Quickly returning to the building** without checking structural safety.
- **Ignoring aftershocks.**
- **Spreading unverified information.**



DO NOT FORGET!

- **Accept the fear** – it is normal. What matters is **not letting yourself become paralyzed** by it.
- If you have children with you, **calm yourself down first** – children react to the adult's state.
- After the earthquake, it is normal to experience **sleep disturbances, anxiety, or irritability** – seek specialized help if they persist.



CRITICAL REACTION TIME

TIPS FOR TEACHERS AND INSTRUCTORS IN CASE OF AN EARTHQUAKE?



1. **WRITE DOWN IN A SAFE PLACE THAT THE CHILD KNOWS, THE PHONE NUMBER OF THE PARENTS** or of another close relative. Older children should know it by heart or save it in the phone under favorite numbers;
2. **PRACTICE** THE SAFETY POSITION WITH THE CHILDREN;
3. **EXPLAIN TO THEM THAT THE EARTHQUAKE IS LIKE A BOAT ON WAVES** and it can make strange noises, objects will break, things will fall, etc;
4. **TEACH THE CHILD HOW TO REACT IN CASE OF AN EARTHQUAKE**, because you never know when it might happen and because you cannot be with the child 24 hours a day. **AN EARTHQUAKE CANNOT BE ANTICIPATED**, it can happen at any moment: day, night, on the road, at kindergarten, at school, in the park... It can happen when the little ones are alone in the room or outside, in the yard, playing;
5. **IDENTIFY SAFE PLACES FOR CHILDREN IN ADVANCE**, the directions and evacuation points outside the school, and **check** if the children have remembered these details;
6. **TEACH THEM NOT TO LEAVE THE BUILDING UNTIL THE EARTHQUAKE HAS STOPPED** and to seek help from an adult;
7. **SHOW THEM THE SAFEST PLACES** in the classroom, school, home where they can take shelter.
8. MAKE SURE THAT HEAVY FURNITURE PIECES (shelves, cabinets, desks, bookcases, tall modular furniture, etc) **ARE SAFE AND WELL-ANCHORED TO THE WALL**, to prevent them from tipping over; **Files**, binders, books, full boxes, are not placed at height;
9. **TELL THEM THAT YOU WILL PICK THEM UP FROM SCHOOL**, even if you are late, they will not be left alone;
10. **Tell** the child that by keeping their calm, they can overcome many difficult situations, including an earthquake;
11. **Explain** this to them in a calm tone, without scaring them;
12. **LEARN TO USE FIRE EXTINGUISHERS** to intervene in case of a fire;
13. **FIND OUT WHERE THE NEAREST HEALTHCARE FACILITIES ARE** in your home/school area;
14. **Check** regularly that all children **KNOW WHERE THE SAFE ASSEMBLY/EVACUATION POINT IS** in the school/kindergarten yard/near the home;
15. **CHECK THE EMERGENCY EXITS**, and **CHOOSE THE SHORTEST ROUTE** to them;
16. **Ensure** that **APPLIANCES/CONTAINERS WITH CHEMICAL SUBSTANCES IN LABORATORIES ARE SAFE;**
17. **Check** the location of the gas, water, and electricity switches and their operation.

QUICK CHECKLIST

WHAT TO DO IF AN EARTHQUAKE STARTS

	YES	NO
AM I IN A SAFE PLACE?	☒	☐
CAN I TAKE COVER IMMEDIATELY?	☒	☐
DO I TAKE CARE TO PROTECT MY HEAD?	☒	☐
DO I STAY IN PLACE UNTIL IT ENDS?	☒	☐
DO I AVOID WINDOWS AND HEAVY OBJECTS?	☒	☐

MINIMUM EARTHQUAKE EMERGENCY KIT

✓ **FLASHLIGHT + SPARE BATTERIES**	– Lighting in case of power outage.
✓ **WHISTLE**	– Signaling if I remain trapped.
✓ **FIRST AID KIT**	– First aid.
✓ **DRINKING WATER**	– Minimum 2 liters/person/day.
✓ **NON-PERISHABLE FOOD**	– Canned goods, energy bars.
✓ **DOCUMENTS IN COPY**	– ID card, medical documents.
✓ **PHONE WITH EXTERNAL BATTERY**	– Communication.

M1 – Sheet 2 – SURVIVAL IN CASE OF FIRE

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – When the fire starts

REMEMBER

FIRE IS FAST!
- ✓ **In less than 30 seconds**, a small flame can turn into a major fire.
- ✓ It takes only **a few minutes** for thick black smoke to fill a house or for it to be engulfed in flames.
- ✓ A fire can become life-threatening in just **two minutes**.
- ✓ A home can be engulfed in flames **within five minutes**.

Fire is HOT!
- ✓ **Heat is more dangerous than flames**.
- ✓ Room temperatures in a fire can be **38^{0}C at floor level and can rise to 300^{0}C at eye level.**
- ✓ Inhaling super-heated air leads to **burned lungs and melting clothes on the skin**.

Fire is DARK!
- ✓ Fire **starts** bright, but quickly produces black smoke and complete darkness.

Fire is DEADLY!
- ✓ Smoke and toxic gases kill more people than flames. Fire produces poisonous gases that make you disoriented and drowsy.

Fear of fire is very strong, and if you act on instinct without prior training and instruction, you can make mistakes that could cost you your life.

ESSENTIAL CONDITIONS FOR COMBUSTION	▪ HEATING THE MATERIAL TO ITS IGNITION TEMPERATURE;
	▪ PRESENCE OF AIR (OXYGEN) NECESSARY FOR COMBUSTION.

WHAT SHOULD I KNOW ABOUT A FIRE?
- ✓ **WHERE** (is it burning)**?**
- ✓ **WHAT** (is burning)**?**
- ✓ **HOW** (is it burning, find out what is happening)**?**
- ✓ **HOW BIG** (is it)**?**
- ✓ **WHAT DANGERS ARE THERE?**
- ✓ **WHAT HAS BEEN DONE?**
- ✓ **HAS 112 BEEN CALLED?**



VALIDATED GOOD PRACTICE

WHAT DO YOU DO WHEN YOU NOTICE THE FIRE?



- ✓ **DON'T PANIC!**
- ✓ **ALARM EVERYONE. Shout FIRE! as loud as you can.**
- ✓ If there is a **FIRE ALARM, ACTIVATE IT**!



- ✓ **EVACUATE PEOPLE AND ANIMALS**. Gather them as far from the fire as possible, in a safe place, and call 112.
- ✓ To exit the building, **USE THE PREDESIGNATED "EVACUATION STAIRS", DO NOT USE THE ELEVATOR!**



- ✓ **JUMP OUT THE WINDOW ONLY IF YOU ARE ON THE GROUND FLOOR** and the distance to the ground is small.
- ✓ DO NOT jump or climb down smooth walls from a height greater than the second floor.
- ✓ If the flames force you to go out the window, do not jump. Hang onto the eaves, a cornice, a brick ledge, a downspout, or a balcony.



- ✓ **DO NOT GO UP TO A HIGHER FLOOR.**



- ✓ **CLOSE ALL WINDOWS AND DOORS BETWEEN YOU AND THE FIRE.** Seal the door – stuff a rug or bedding under it.
- ✓ Any draft increases the fire and turns it into a blaze. A closed door delays the spread of flames for at least 20-30 minutes.





- ✓ **DO NOT THROW STONES FROM OUTSIDE** to break the windows of a building, train, or workshop that is on fire.
- ✓ **SIGNAL ON THE WINDOW THAT YOU ARE THERE.**
- ✓ Prevent frightened, panicked people weakened by heat and smoke from jumping out of the window.
- ✓ **IF YOU CAN, TRY TO EXTINGUISH THE FIRE OR CONTAIN IT.**
- ✓ **IF YOU WANT TO CHECK THE SITUATION IN A SUSPICIOUS ROOM**, use the door as a shield and open it only with a few fingers.
  - Be careful when the handle is hot. **DO NOT OPEN THE DOOR WIDE.**
  - **CROUCH WHEN YOU OPEN THE DOOR**, so that any hot gases and flames pass over you.
  - If the fire is large, close the door immediately.

FOR FLAMMABLE MATERIALS – gasoline, gas stove, oil, fats, or ignited liquids,

- ✓ Cover the fire with a lid, a panel, a door, an overturned table, or with a wet cloth, a wool blanket (even dry).
- ✓ DO NOT try to throw or take a pan or skillet with burning fat outside the house.
- ✓ SPRINKLE THE AREAS ADJACENT TO THE FIRE to prevent it from spreading.
- ✓ DO NOT SPRAY WATER ON THE IGNITED ENGINE OF A VEHICLE.

FIRE FROM AN ELECTRICAL APPLIANCE – TV, washing machine, iron – STOPS ON ITS OWN AFTER THE POWER IS INTERRUPTED.

- ✓ If after disconnecting the power the fire continues to burn, spray it with water. Radiators, oil stoves can be cooled with water. Do not direct the water jet towards places where there might be uninsulated electrical wires.
- ✓ Throw the water with a container or any object that can hold and carry water.
- ✓ Close all the doors you pass through when you go to fill the bucket with water.
- ✓ Improvise as close to the fire as possible a flame barrier from mattresses, furniture, carpet, or a wooden panel, thoroughly wet with water.
- ✓ Press your thumb over the mouth of the hose or extinguisher to turn the jet into spray, which you direct in circles over the area around the fire to subdue and contain it. Then, immediately turn the full jet towards the center, onto the hot zones.
- ✓ Smother the fire when it is small with the coat you are wearing, throw it over the fire and press it down with your hands or feet.
- ✓ If you can, wet the cloth – at a faucet, in a basin, or with snow. A wet cloth can smother ignited oil in a pan, can stop a small fire that appears in a forest. You can use sand, soil, or dirt.





HOW TO DO IT? – IMMEDIATE ACTION



HOW CAN I EXTINGUISH A FIRE?



- DON'T PANIC
- ACT QUICKLY. Fire spreads at an increasing speed.
- Be determined and focused in action at the BASE OF THE FLAMES.
- PLACE A WET CLOTH OVER YOUR MOUTH AND NOSE.
- TURN OFF THE ELECTRICITY AND GAS.
- EXTINGUISH THE FIRE STARTING FROM THE BOTTOM UP – plenty of water at the base of the fire.
- GO BENT OVER, ON YOUR KNEES OR CRAWLING near the fire



WATER IS BASIC

- Flood the fire with water (exception – situations where the flames have engulfed oil, fats, or combustible liquids.

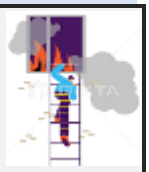


WHAT TO DO IF YOUR CLOTHES CATCH FIRE?



- ✓Do not panic.
- ✓Put out the fire with water or a fire extinguisher (protect your face).
- ✓Smother the flames by covering with a (wet) blanket.
- ✓If not extinguished, drop to the ground and roll as much as possible.
- ✓Try to wrap yourself by rolling into a rug, blanket, or coat, WITH YOUR HEAD OUT.
- ✓If you stay standing, you become a torch. The flames will surround your head and face, and you will inhale smoke.
- ✓Do not remove clothing stuck to burns.
- ✓In case of scalding, change wet clothing immediately.
- ✓The burned person will be treated immediately for shock and taken to the hospital.

HOW DO I MOVE THROUGH SMOKE?



- ✓ Thick smoke is a deadly hazard. It may contain poisonous gases.
- ✓ Hold a wet cloth over your nose and mouth. It will trap soot particles and prevent coughing.
  CAUTION! – THE WET CLOTH DOES NOT TRAP TOXIC GASES.
- ✓ In the dark, walk along the edges of the room or stairs. Feel the walls / handrail.
- ✓ Get down on the floor and move by crawling or on all fours toward the exit. Down low, at 20-30 cm from the floor, the smoke is thinner and the air cleaner.
- ✓ If you try to rescue someone from a burning building, find a partner to enter the fire with. You may have to go through flames.
- ✓ Wet your clothes to prevent them from catching fire.
- ✓ Be careful not to get trapped in the fire yourself.





DON'T FORGET!

- **FOAM EXTINGUISHERS ARE NOT USED FOR FIRES IN ELECTRICAL INSTALLATIONS!**
- **DRY POWDER EXTINGUISHERS ARE GOOD FOR ANY TYPE OF FIRE.**
- **YOU MUST MASTER THE BASIC METHODS OF FIRE EXTINGUISHING.**
  - No single method applies to large fires.
  - Methods are combined depending on the type of fire, terrain, and resources.
  - No method guarantees complete extinguishment on its own
  - Personal safety has absolute priority
  - If the fire gets out of control → retreat immediately

FLAME BEATING METHOD – MECHANICAL EXTINGUISHING

PURPOSE – interrupting oxygen and cooling the flame.

- ✓ It is applied to low vegetation fires, small fire spots.
- ✓ Use green branches, brooms, flat shovels
- ✓ Striking is done **from the outside toward the inside.** Flatten the flame, stamp it with your feet.
- ✓ Short, controlled movements – not a wide 'sweeping' motion.
- ✓ **Ineffective against tall flames or strong wind.**

FIRE CONTAINMENT – ISOLATION / LIMITATION

PURPOSE – stopping the spread of the fire.

- ✓ Creating a space / strip free of combustible material.
- ✓ Removing vegetation, leaves, dry debris.
- ✓ The width of the strip increases with the intensity of the fire.
- ✓ Mineral soil, sand, compacted earth is used.
- ✓ **Requires time and coordination.**
- ✓ Gather the burning carpet and pile it in the middle of the room, if the floor is tile or marble. This way the fire cannot spread.
- ✓ Move furniture and textiles as far away from the flames as possible.

COVERING METHOD – SMOTHERING

Goal: oxygen elimination.

- ✓ Covering the flames with earth, sand, fire-resistant blankets.
- ✓ Suitable for small, concentrated fires.
- ✓ Apply quickly, completely, without repeatedly lifting the cover.
- ✓ **Risk of re-ignition if the material remains hot.**

COOLING METHOD – TEMPERATURE REDUCTION

Goal: lowering below the combustion temperature

- ✓ Applying water, snow, non-flammable liquids.
- ✓ Spray jet, not solid stream (avoid spreading).
- ✓ Start from the edges towards the center.
- ✓ **Caution with electrical sources or flammable liquids.**

COMBUSTIBLE REMOVAL METHOD – SOURCE ELIMINATION

Goal: "infemetarea" focului

- ✓ Separating the burning material from the rest of the area.
- ✓ Moving combustible objects from the vicinity.
- ✓ Cutting vegetation in the fire's path.
- ✓ **Only done if personal safety is ensured.**

BACKFIRE METHOD – CONTROLLED FIRE

- ✓ Igniting a controlled fire in front of the wildfire.
- ✓ Consumes the fuel in the path of the main fire.
- ✓ Only applied by trained personnel.
- ✓ Requires stable wind and constant control.
- ✓ **Extremely dangerous if applied incorrectly.**

DECISIONAL CHECKLIST – *INTERVENE OR RETREAT*

1

RAPID ASSESSMENT	YES	NO
THE FIRE IS **SMALL AND LOCALIZED.**	☒	☐
FLAMES ARE **UNDER 1 M IN HEIGHT.**	☒	☐
THE WIND IS **WEAK OR NON-EXISTENT.**	☒	☐
I HAVE **GOOD VISIBILITY** (REDUCED SMOKE).	☒	☐
I HAVE A **SAFE RETREAT PATH**.	☒	☐
I AM **MINIMALLY EQUIPPED** (GLOVES / THICK CLOTHING).	☒	☐

→ **DO NOT INTERVENE IF A NO IS**

→ **INTERVENE**

2

TYPE OF FIRE	YES	NO
THE FIRE IS **SMALL AND LOCALIZED.**	☒	☐
SOLID MATERIAL (WOOD, TEXTILES).	☒	☐
ISOLATED FIRE SOURCE (A SINGLE SOURCE).	☒	☐

3

IF IT IS	
EXTENDED FIRE	☒
HIGH FLAMES	☒
DENSE, TOXIC SMOKE	☒

→ **DO NOT INTERVENE IMMEDIATE**

RESOURCES AVAILABLE	YES	NO
WATER	☒	☐
SAND	☐	☒
SOIL	☐	☒
SHOVEL	☒	☐
GREEN BRANCHES	☒	☐
ASSISTANCE – minimum 1 person	☒	☐

→ **NO RESOURCES, DO NOT INTERVENE**

4

SUITABLE METHOD	
FLAME BEATING → low vegetation	☒
COVERING → small fire source	☒
COOLING → solid materials	☒
CONTAINMENT → preventing spread	☒

DO NOT COMBINE EXTINGUISHING METHODS WITHOUT

5

MONITORING AFTER EXTINGUISHMENT	
CHECK THE FIREBOX EDGES	☒
LOOK FOR HIDDEN EMBERS	☒
COOL THE AREA COMPLETELY	☒
MONITOR FOR AT LEAST 15–30 MIN	☒



COMMON MISTAKES WHEN EXTINGUISHING A FIRE

COMMON MISTAKE	WHY IT IS DANGEROUS	WHAT IS DONE CORRECTLY
INTERVENTION WITHOUT ASSESSMENT	– Can lead to injury.	– Quick assessment before anything.
UNDERESTIMATING THE FIRE	– The fire gets out of control.	– Intervene only on small fires.
APPROACHING FROM THE WIND DIRECTION	– Flames and smoke come toward you.	– Approach from the side or against the wind.
USING WATER ON AN ELECTRICAL FIRE	– Risk of electrocution.	– Turn off the power / avoid it.
THROWING WATER IN A STRONG JET	– Scatters the embers.	– Spray / from the edges.
EXTINGUISHING THE FIRE ONLY IN THE CENTER	– The edges remain active.	– From the edges toward the center.
LIFTING BURNING MATERIALS	– Spreads the fire.	– Cover / isolate.
LACK OF AN ESCAPE ROUTE	– Getting trapped in the fire.	– Make sure you have an exit before intervening.
INCOMPLETE EXTINGUISHING	– Later re-ignition.	– Complete cooling + monitoring.
LEAVING IMMEDIATELY AFTER EXTINGUISHING	– The fire returns.	– Monitor for 15–30 min.

M1 – Sheet 3 – SURVIVAL IN CASE OF VEGETATION FIRE

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES –** When a fire starts outdoors / many, rural areas.

TO REMEMBER

- ✓ Vegetation fires spread quickly, especially when the wind blows.
- ✓ The first sign that a vegetation fire is approaching is the smell of smoke.
- ✓ Smoke is often more dangerous than the flames.
- ✓ Then, you hear the noise made by the fire before you see the flames.
- ✓ You will see unusual behavior in animals and birds.
- ✓ The wind direction determines the fire's evolution.
- ✓ If pushed by a favorable wind, the fire can advance faster than a person can run.
- ✓ Civil intervention is only possible for small fires.
- ✓ Timely withdrawal is a correct decision, not a failure.

VALIDATED GOOD PRACTICE

- ✓ Rapid assessment of the fire size and wind.
- ✓ Approaching the fire from the side or against the wind.
- ✓ The best method to extinguish a vegetation fire is to use a *"fire beater"* – shaped like a broom or shovel with a handle and a tongue made of rubber strips or branches. With it, you can beat, smother, and flatten a small fire or a fire starting.
- ✓ Extinguishing the fire from the edges toward the center.
- ✓ Creating a safety strip without fuel.
- ✓ Monitoring the area after extinguishing (min. 15–30 min).
- ✓ Notifying the authorities even if the fire seems out.

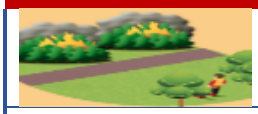


FREQUENT ERRORS

- ✓ Underestimating the speed of spread.
- ✓ Direct intervention in tall flames.
- ✓ Approaching from the wind direction.
- ✓ Lack of an escape route.
- ✓ Using water in a strong jet.
- ✓ Leaving immediately after extinguishing.
- ✓ Ignoring hidden embers.

HOW TO DO IT?

ASSESS → DECIDE → ACT → MONITOR

HOW TO SURVIVE A FOREST FIRE	
	**1. MOVE AWAY FROM THE FIRE,** but do NOT immediately run in panic, unless the flames are very close. **FIGHT THE FIRE, BUT ALWAYS WITH THE WIND AT YOUR BACK.**
	**2. GO DOWNHILL,** if possible, and stay low. Fire moves faster uphill due to updrafts, and smoke rises.
	**3. CHECK THE WIND DIRECTION!** – The wind direction is shown by the smoke. – **If it blows toward the fire, run in the direction the wind is coming from.**
	– **If it blows from behind the fire toward you, run perpendicular to the wind.**
	**4.** If you can neither move away nor go around the flame, **TAKE SHELTER OR HEAD TOWARD AN AREA THAT BREAKS THE FIRE** – a larger clearing, a deep ravine, a river or a gully.
	**5.** If possible, **RUN TOWARD AN AREA THAT HAS ALREADY BURNED**. It is unlikely to start a new fire.
	**6. AVOID CANYONS AND VERY NARROW VALLEYS**. They can channel deadly heat. **KEEP YOUR CLOTHES DRY.** In extreme heat, wet clothes will scald you.
	**7. PUT YOUR SHIRT/SWEATER OVER YOUR MOUTH AND NOSE** to avoid inhaling large particles.
	**8. DO NOT TAKE OFF YOUR CLOTHES** they will protect your body and reduce the force of heat radiation. Cup your palms in front of your mouth and nose. **BREATHE THROUGH YOUR FINGERS.**

CROSSING THE FLAMES

- ✓ In a clearing you can run through the flames and take refuge on already burned ground.
- ✓ Choose the crossing point.
- ✓ Wet a cloth and place it over your nose and mouth.
- ✓ Cover as much exposed skin (including your head) as possible with a coat.
- ✓ If your clothes catch fire, do not run, as the airflow will intensify the flames.



IMMEDIATE ACTION



- ✓ Move away from the path of the fire.
- ✓ Go perpendicular to the direction of fire spread.
- ✓ Cover your mouth and nose with fabric.
- ✓ Notify emergency services.
- ✓ Warn people in the area.



CRITICAL REACTION TIME

- ✓ The first 1–5 minutes are decisive.
- ✓ After 5–10 minutes, the fire may become uncontrollable.
- ✓ Delaying the decision = major risk.



DO NOT FORGET!

- ✓ Your life has absolute priority.
- ✓ Fire cannot be negotiated, but it can be avoided if it gets out of control.
- ✓ Dense smoke = immediate danger.
- ✓ Early retreat saves lives.

M1 – Sheet 4 – SURVIVAL IN CASE OF FLOOD

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – During the flood, rising water / evacuation.

TO REMEMBER

- ✓ **FLOODING** can be caused by the overflow of a river or lake due to heavy rain, by the sea overflowing due to an underwater earthquake or storm, or by the breaching of dams or dikes.
- ✓ **A flash flood** is a **sudden flood** that occurs within hours of heavy, local rainfall. It usually happens in low-lying areas where the soil cannot absorb all the water.
- ✓ They can also occur due to **disasters** or **accidents at hydrotechnical dams** – in these situations, authorities trigger the natural disaster alarm (siren signal) + warning through special population alerting apps on mobile phones.
- ✓ **Moving water is extremely dangerous**, even at low levels. The current of moving water hides obstacles and holes.
- ✓ Do not set up camp near a river or on low ground, but on a hill spur. If the water rises, move higher.
- ✓ Do not seal your house or basement. For the building's structural integrity, it is better to let water in (the pressure difference between outside and inside can collapse it).
- ✓ Electricity and water are a lethal combination
- ✓ The most important reason people die in floods is that they underestimate the danger.
- ✓ **Evacuate the flood-prone area as quickly as possible –** it is the safest decision**.**

VALIDATED GOOD PRACTICE - HOW TO DO IT?

ANTICIPATE → EVACUATE → PROTECT → WAIT!

- ✓ Monitor water levels and official warnings.
- ✓ Preventive evacuation to high ground.
- ✓ Disconnect the electricity (if safe to do so).
- ✓ Protect essential documents and belongings.
- ✓ Use improvised flotation devices.
- ✓ Follow the instructions of the authorities.

IMPORTANT ACTIONS

- ✓ Move to upper floors or high ground.
- ✓ Avoid basements.
- ✓ Walk slowly, using support, if movement is unavoidable.
- ✓ Mark your location if you remain isolated.

1. BEFORE THE FLOOD

1. Prepare and **make an emergency plan**, stock up on food, warm clothes, and drinking water in tightly sealed containers.
2. **Prepare an emergency backpack.** Make sure you have a flashlight, a whistle, a mirror, colored rags for signaling, a small gas canister for cooking, candles, and matches.
3. **Learn more about local flood risk.** Contact the municipality to find out more about the city's risk plans.
4. **Monitor local warnings**
5. Follow **alert messages** issued by authorities, the emergency warning system, and hydrological and meteorological warnings.
6. Visit **official pages** for information.

7. **Flood-proof your home.**
8. **Protect your home.**
9. **Clean gutters, ditches, and drainage channels** to allow rainwater to drain.
10. Make sure the drainage channels in your home are also unclogged and not covered by furniture.
11. Direct **rainwater runoff away from your household.**
12. Do not throw household waste and plant debris into riverbeds.
13. Protect your belongings in water-resistant containers. Store them above the water level.
14. **Protect the ground floor and basement of the house** to prevent water from entering.
15. Install flood mitigation devices such as submersible water pumps, backwater valves, and backup generators. Ensure they work and test them regularly.
16. **Build barriers** (with sandbags) to stop water from entering the house in case of flooding
17. **Participate in simulation exercises** organized by professional emergency services and local authorities
18. When leaving your home, take only valuables and essential items.
19. Remember to shut off the gas, electricity, and water supply to the house.



2. DURING THE FLOOD

IF YOU ARE CAUGHT IN A BUILDING



1. **Stay there, in the building. You are safer.**
2. **Turn off the gas and electricity**. Unplug electrical appliances.
3. **Do not touch electrical equipment** if you are wet or standing in water.
4. If you have time, **secure your home**. Move valuables upstairs. Protect windows and close doors. Build barriers (with sandbags) to stop water from entering the house. Shut off all utilities if it is safe to do so.
   - Lock the doors of the house and protect windows to prevent them from being broken by strong winds, water currents, or objects carried by water currents.
5. **If the water level continues to rise, go to the upper floor or to the attic, on the roof.**
6. **If you are forced to take refuge on the roof**, set up a shelter there. If the roof is sloped, tie yourself to a chimney or other solid support.
7. **If the water level continues to rise, prepare a raft.** If you don't have ropes, tear up the sheets.
8. **Leave the house only if absolutely necessary**. If you are not forced to leave, stay in the house or on it until the water recedes, withdraws, or help arrives.
9. **Follow the recommendations issued by the authorities** on TV, radio, specialized applications. Follow the safety and evacuation recommendations.
10. **Be prepared for evacuation. Evacuate with your emergency backpack.**
11. **Evacuate animals and valuables** to safe places.

IF YOU ARE OUTDOORS



Climb to higher ground, to an elevation, on a ridge, do not stay at the bottom of the valley or on the riverbank.

- Torrents of water (flash floods), mixed with mud and all kinds of debris, can catch you anywhere, unexpectedly.

If the water rises around you, try to climb a tree or onto the top of a rock or another elevated landform.

- Floodwaters may contain downed trees and debris that can hit you if you are in the water.

Caution, seemingly shallow water can knock you down or sweep away your vehicle. **Just 15 cm of fast-moving water can overturn you.**

IF YOU ARE ON THE SEASHORE



1. **Leave the threatened area immediately**.
   - Usually, the flood is caused by a combination of huge waves, amplified by strong wind.
   - An underwater earthquake can produce a series of huge waves that move at very high speeds, travel very long distances, and cause damage on the affected shores.
2. **If you feel ground vibrations, move away from the coast and seek higher ground**. **There is no defense against a moving wall of water.**
3. **Do not return to the dangerous location on the shore after the first wave passes**. The second or third wave might catch you by surprise

IF YOU ARE IN A VEHICLE



4. **Do not attempt to cross flowing water or a lake** unless you are sure that the **maximum water depth will not exceed half the wheels, at a height of approximately 30-50 cm. Over 50 cm of water can sweep vehicles away.**
5. **Turn** back if you see the road is flooded.
6. Water can hide an area where the road has been washed out, leaving a hole where the car could fall.
7. **If the car has stopped, climb onto it. Unfasten your seatbelt, open the window (break it if necessary) and exit through the window to climb onto the car. Once on top of the vehicle, call 112.**
8. **If the water continues to rise, the car you are on will be swept away. In these situations, it is better to swim and get out of the turbulent waters.**
9. **Try to protect your head and upper body**.
10. **Turn your feet downstream** and keep them raised to avoid staying underwater.
11. **Use your feet to block debris** and objects in the water.
12. **When you see areas of calm water, swim towards it.**

4. WHAT TO DO AFTER THE FLOOD

1. **Do not leave**, do not wander until you are sure the danger has passed.
2. **Avoid areas where water still remains.** It may be contaminated or electrically charged.
3. When the water recedes, it leaves behind destruction, debris, carcasses. Diseases or epidemics may occur. **Do not eat the remains (burn all carcasses), boil and disinfect the water** before using it.
4. For drinking, **use** rainwater or boil water from other sources.
5. Some **plant products may be good to eat, as well as birds.**
6. **Follow official news channels.** Follow the instructions of the authorities. Stay away from affected areas.
7. **Avoid fallen power lines, poles, and wires.** They can electrocute you.
8. Check with the authorities if it is **safe** to re-enter your home. Be careful when re-entering, structures may be fragile and could collapse.
9. **Be careful with bridges and roads** in areas where waters have receded. Their strength may be affected and they could give way under the weight of vehicles!
10. **Help vulnerable people** who need special assistance, such as children, the elderly, and people with disabilities.
11. If you need **temporary housing**, food, and medicine, contact the local **authorities**.
12. **DO NOT try to reconnect utilities yourself.** Contact local authorities to ensure if and when they can be safely used again.
13. **Do not touch electrical equipment if it is wet or if you are standing in water** - you can be electrocuted. Wear protective equipment, for example, gloves, rubber boots, and masks.
14. **Dry your house and everything in it** within 24-48 hours, clean the mold and make sure you have no moisture problems.
15. **Check and discard food** that has gotten wet or warm.
16. **Clean and disinfect all objects that have been in contact with water.** There is a risk of serious illness due to lack of hygiene and damaged sewage systems.



IMMEDIATE ACTION – CRITICAL REACTION TIME

- ✓ **Evacuate without delay – The first minutes** after the warning are decisive. Delaying evacuation exponentially increases the risk
- ✓ **After the rapid rise of the water level, options are drastically reduced**
- ✓ **Turn off the power** if it is safe.
- ✓ Take the **emergency kit**.
- ✓ **Call emergency services** if you are in danger.
- ✓ **Avoid any unnecessary contact with water.**

FREQUENT ERRORS

- ✓ **Crossing flowing water on foot or by vehicle.**
- ✓ **Underestimating the depth and speed of the water.**
- ✓ **Touching cables** or wet electrical equipment.
- ✓ **Returning to flooded areas** too early.
- ✓ **Consuming contaminated water.**
- ✓ Ignoring the risk of **landslide.**

DO NOT FORGET!

- ✓ 30 cm of water can destabilize an adult
- ✓ 60 cm of water can sweep away a car
- ✓ Water can be biologically and chemically contaminated
- ✓ After the water recedes, risks persist

QUICK CHECKLIST

	YES	NO
I HAVE IDENTIFIED AN EVACUATION ROUTE	☒	☐
I AM ON HIGH GROUND	☒	☐
THE ELECTRICITY IS TURNED OFF (IF SAFE)	☒	☐
I AVOID FLOWING WATER	☒	☐
I HAVE THE EMERGENCY KIT	☒	☐

PRIORITIZE EVACUATION

HOW TO CROSS RIVERS – FLOODED AREAS

- There are several **techniques and methods for crossing a river**, and the choice of method depends on
  - **the water depth,**
  - **the river width,**
  - **the water current speed,**
  - **the available resources and**
  - **the level of individual skills.**

USING A BRIDGE OR A FOOTBRIDGE		– If available, this is the simplest and safest method.
CANOE, INFLATABLE BOAT USING PADDLES OR ARM POWER		– Method used for small and shallower rivers, where the water is relatively calm
CROSSING CABLE		– If there is an overhead cable installed across the river. – If not, you can make one to safely cross the entire group.

SWIMMING		– Option for narrow and shallower rivers. – Be mindful of the water current speed and the group's abilities.
USING PONTOONS OR MOTORBOATS		– For larger and deeper rivers.
BUILDING A TEMPORARY BRIDGE		– You can build a temporary bridge using materials available in the area (logs, timber, and other materials).
CROSSING IN BALANCE		– For small rivers with gravel/sand.

HOW DO I CROSS THE RIVER BY SWIMMING?

BEFORE ENTERING THE WATER



- Make sure you and your team can swim, have the **necessary skills to cross the river** and good endurance in water.
- Carefully assess the river and its conditions. Determine the **water current speed and depth**. Analyze possible **underwater obstacles**.
- **Choose the crossing point**. Look for a place where the water is as shallow and as calm as possible. Avoid areas with underwater obstacles or whirlpools.
- Make sure you are equipped with a **life jacket or flotation device**, which can help you stay on the water surface if you get tired or lose your balance.
- **Monitor the weather** before and during the river crossing.

DURING THE RIVER CROSSING

- **Swim diagonally** to the current direction, from an upstream point to a downstream one. It helps reduce the current's effect and save energy.
- Try to move through the water **swimming sideways**, to compensate for the current's effect.
- Keep your **body as horizontal** as possible and use your arms and legs for steering.
- Use the **flotation materials** you brought with you.
- **Stay calm and control your emotions** during the crossing. Panic can lead to loss of control and worsen the situation.
- **Do not push yourself beyond what you feel comfortable with**. If you feel exhausted or worried, stop and take a break to regain energy and mental clarity.
- **In** case of **an extremely strong current or other dangerous conditions, look for another crossing point or wait until conditions become safer.**

HOW TO BUILD A RAFT FROM LOGS

CHOOSE THE RIGHT MATERIALS		✓ Look for 6-8 logs (3 m/ length and at least 20 cm/ diameter. ✓ Look for 4 thinner logs (3 m/ length and at least 10 cm/ diameter). ✓ Logs must be sturdy and provide buoyancy – hardwood, such as oak or cedar, are ideal. You can also use other types of wood if available in the area.
PLAN THE SHAPE AND SIZE OF THE RAFT		✓ The dimensions and configuration of the raft depend on its intended use and the amount of materials available. ✓ Decide how to arrange the logs to ensure stability and buoyancy.
CLEAN AND PREPARE THE LOGS		✓ Cut the logs to the desired lengths. ✓ Remove the bark and other impurities from the wood surface. Ensure the logs are smooth and free of any objects that could injure you.
ASSEMBLING THE LOGS		✓ Arrange the logs in the appropriate configuration to form the raft base. ✓ You can use cables, rope, or vine cord, or other fastening materials to create a solid structure.
ADD FASTENING AND PROTECTION ELEMENTS		✓ Add elements to reinforce and protect the raft, such as crossbeams or protective netting. ✓ Ensure all added elements are properly secured and contribute to the raft's stability and safety.
TESTING THE RAFT		✓ Test it in a controlled environment to ensure it is stable and can support the intended weight.

WHAT DO I DO IF, UNFORTUNATELY, I FALL INTO THE RIVER / INTO THE WATER?

YOU MUST act quickly and take measures to increase your chances of survival.

	✓ Stay calm – it is essential to remain as calm as possible. ✓ Panic can affect your thinking and ability to make good decisions.
	✓ If there are other people nearby, shout for help to attract their attention. ✓ Make sure to breathe in a controlled manner to maintain your calm.
	✓ Try to keep your head above water and breathe as well as possible. ✓ If possible, try to move towards the shore or a floating object.
	✓ If you are able, turn onto your back and lie face up so you can float. This will allow you to breathe more easily and maintain your balance.
	✓ If you cannot fight the current, try to maintain your direction, going with it until you find an opportunity to get out of the water. ✓ If the current is strong and moving you quickly, use your feet to protect your head and body from rocks or other underwater obstacles.

- ✓ Try to swim towards the shore or safer places. If you cannot swim directly to shore, **try to swim diagonally** or use other swimming techniques that can help you make progress.
- ✓ When you get close to the shore or a floating object, prepare to get out of the water. Make sure you have support to get onto the shore or the floating object and use it to pull yourself out of the water.
- ✓ If you have suffered any injury or inhaled water, after getting out of the water, seek medical help.

HOW TO SURVIVE A FALL INTO WATER FROM A GREAT HEIGHT?



1. **Take a deep breath at the moment of the fall.**
2. **Position your body to hit the water with your feet together.**
3. **Wrap your arms over your head and tuck your nose into your arm/elbow.**
4. **Tense your muscles and strengthen your leg muscles.**
5. **Close your eyes and mouth tightly.**
6. **Swim as soon as you hit the water.**



WHAT ARE THE WATER SURVIVAL TECHNIQUES

FLOATING POSITION	– Learn a floating position. Lie on your back, keeping your head back and chest up. Use your arms and legs to maintain balance and move around.
BREATH CONTROL	– Breathe in a controlled manner and do not panic while in the water. Try to breathe regularly and deeply to maintain your calm.
HEAT CONSERVATION	– In cold water, conserving body heat is essential for survival. If possible, try to keep your limbs close to your body to reduce heat loss.
ORIENTATION	– If you are drifting, try to maintain your orientation and stay focused. Try to identify a reference point or orient yourself by the sun, moon, or other clues.
USING FLOTATION DEVICES	– If you have a flotation device at hand (life jacket, log), use it to increase your buoyancy and safety.
ENERGY CONSERVATION	– Try to conserve as much energy as possible and avoid exhausting yourself trying to stay on the water's surface. Use economical movements and try to remain calm. Do not thrash about!
COMMUNICATION AND SIGNALING	– If there are other people nearby, shout for help and use your hands to make yourself seen.
PLANNING AND PREPARATION	– Before going into an aquatic environment, make sure you are prepared, master water survival techniques, and have the appropriate equipment. This can make the difference between life and death in an emergency situation.

WHAT DO I DO IF THE BOAT CAPSIZED?

1. STAY CALM	– **Try to remain calm and not panic. Panic can affect your thinking and ability to make good decisions.**	
2. GET OUT FROM UNDER THE BOAT AS QUICKLY AS POSSIBLE	– Try to lift your body from under the boat or swim sideways to get out.	
3. GET OUT OF THE WATER	– If you are still in the water, try to reach the surface – and keep your head above it to breathe. If you are wearing a life jacket, it will help you stay afloat.	
4. LOOK FOR THE SAFETY EQUIPMENT	– Try to find the safety equipment, such as a life jacket or floats.	
5. HELP OTHER COLLEAGUES	– If you are not alone in the boat, try to help your colleagues also get out of the water.	
6. HOLD ON TO THE BOAT (IF AVAILABLE)	– If the boat has not capsized completely and is still accessible, try to hold on to it or to other floating objects (logs, other equipment from the boat) to increase your buoyancy and stability. – Make sure you hold on to the part that is not underwater.	
7. DISCARD HEAVY EQUIPMENT	– Try to get rid of heavy clothes or equipment that are pulling you down.	
8. SWIM TOWARDS THE SHORE	– Try to swim towards the shore or the nearest safe place. – Try to go with the current or use other swimming techniques to conserve energy.	
9. CALL FOR HELP	– Try to attract the attention of those around you or shout for help. Use your hands to make yourself seen and attract attention.	

HOW TO RECOGNIZE A PERSON HAVING TROUBLE IN THE WATER

✓ HEAD IS LOW IN THE WATER, MOUTH AT WATER LEVEL, GLASSY AND EMPTY EYES.	
✓ HEAD TILTED BACK WITH MOUTH OPEN, EYES CLOSED.	
✓ HAIR OVER THE FOREHEAD OR OVER THE EYES.	
✓ NOT USING THEIR LEGS.	
✓ GASPING / HYPERVENTILATING.	

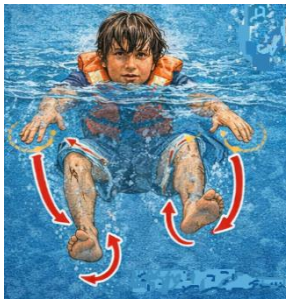
HOW TO TREAD WATER EFFICIENTLY?



1. Position your body vertically in the water.
2. Tilt your head back slightly.



3. Raise your legs as if sitting on a chair.
4. Move your hands in small circles, keeping your palms facing down.



5. Raise and lower your legs as if climbing stairs.

Synchronize your hand circles with your leg kicks until the water is consistently at your chin level.

HOW TO SURVIVE FALLING THROUGH ICE?

- ✓ Surviving a fall through ice can be an extremely dangerous situation and requires the right approach to increase your chances of survival.
- ✓ It is important to be prepared for such situations and to know the safety procedures in case of falling through ice before going into areas with thin or unstable ice.

	ACTIONS
1. Stay calm.	✓At the moment of falling through ice, it is essential to try to **stay calm.** Panic can worsen the situation and waste your energy unnecessarily. ✓**RESIST the shock-induced impulse** and hyperventilation. ✓The shock will subside in 1-3 minutes and you have 15-45 minutes to get out before losing consciousness.
2. Try to stay at the surface.	✓**Try to swim towards the ice surface** and keep your head above water. You can use your hands to pull yourself onto the ice or to support yourself on its edge. ✓**Look for a hole in the ice -** If you fell through a hole in the ice, try to orient yourself towards that hole, as it is where you entered and the ice is most likely thinner there.
3. Find a point of support.	✓If you cannot get out through the hole you fell through, try to find another point of support on the ice. ✓You can try to pull yourself onto the ice using your hands or support your body on the ice to distribute your weight and avoid breaking it.
	
4. Do not try to pull yourself straight up.	✓Get out of the water so that you reach the ice horizontally, kicking your legs and using your elbows for traction. Put as much of your body on the ice as possible. ✓If you cannot get out, **do not thrash excessively** to avoid exhaustion and much faster oxygen consumption.
	
5. Place your arms on the ice.	✓ They may freeze, preventing you from slipping back into the water when you lose consciousness and giving rescuers more time to reach you). ✓Place your chin on the ice. It may freeze and save you.
6. Shout for help.	✓While trying to stay at the surface or find a safe spot on the ice, shout for help to attract the attention of those around you. ✓The more visible and audible you are, the greater the chance of being rescued quickly.
7. Get out of the water as quickly as possible.	✓Once you have found a point of support or a hole in the ice, try to get out of the water as quickly as possible. ✓The ice may break further, or you may lose your strength if you stay in the cold water too long.
8. If you managed to get out, lie flat on the ice and roll.	✓This helps prevent further cracks in the ice. Immediately find a warm, dry shelter.
9. Seek immediate medical help.	✓Once you have managed to get out of the water, seek immediate medical help to treat hypothermia or other injuries you may have suffered from exposure to cold water.
 **IF a colleague falls, call 112 and extend a rope or a branch to them.**	

M1 – Sheet 5 – SURVIVAL IN THE SITUATION OF AN AVALANCHE

SHEET – TECHNICAL | LEVEL – CRITICAL | APPLIES – In mountainous areas during movement

TO REMEMBER



- **AVALANCHE** – *a large amount of snow moving at very high speed down the mountain, usually on slopes of 30^0 to 45^0.*
  - **Avalanches cannot be predicted.**
  - Most victims die from suffocation, not trauma.
  - The first 15 minutes are decisive for survival.
  - Avalanche snow becomes compact, almost like concrete.
  - Chaotic movement increases oxygen consumption.
  - Colleague intervention is critical – external teams often arrive too late.

CAN BE TRIGGERED BY PEOPLE, NEW SNOW, WIND	MOVEMENT SPEED 60-80 m/h	FAVORABLE TRIGGER PERIOD December-March

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. WHAT TO DO BEFORE MOVING

- I check **the weather forecast and avalanche risk**.
- **I wear standard equipment**, necessary for survival in an avalanche:
  - Avalanche victim detector – DVA. I test the functioning of the DVA devices in the group.
  - Probe.
  - Shovel.
  - Backpack with airbag.
- **I inform** someone about the chosen route.
- **I plan safe routes for** movement**.**
- **I move one at a time on** suspect slopes.
- I maintain a **safe distance** between group members of 10–30 m.
- **Avoid slopes of 30–45°,** where the avalanche risk is highest.

2. WHAT DO I DO WHEN THE AVALANCHE STARTS?

- **If the avalanche starts right under your feet**, try to run uphill or sideways to get off the fractured snow slab.
- **Shout 'AVALANCHE!'** to warn the group.
- **Release the poles and backpack** (if it does not have an airbag).
- Activate the airbag (if available).
- **If you are on skis or a snowboard,** first head downhill to gather speed, then turn sideways and off the slab.
- **Try to move sideways, heading toward either edge. Do not try to escape by going downhill in the direction of the avalanche.**
- **Try to grab onto something –** If possible, try to grab onto a tree, rock, or any other solid object that could help you stay on the surface.
- **Swim vigorously** to stay on the surface.
- Protect the airways with your arms. Before stopping, create a small space in front of your face.

3. WHAT DO I DO IF THE AVALANCHE BURIED ME

- **If the avalanche buries me** and I am still alive, I consider myself lucky and know I have little time for action.
- **Place your arm over your face and create an air pocket and stay calm.**
- **Do not struggle needlessly, conserve oxygen.**
- **If I have a free arm, try to push it upward** before the snow solidifies.

4. WHAT DO I DO AFTER THE AVALANCHE – IF I AM A WITNESS

- **Quickly take stock**. Who is safe, who is missing?
- **Call 112 and ask for help**. **Call Salvamont at** _____. Provide information about the event.
- **Mark the last point where you saw the victim.**
- **Choose a leader** to organize and conduct the search operation. **Start the search.**
- **Immediately switch the transceiver to 'search' mode.**
- **Locate – probe – dig quickly. Priority – freeing the airways.**
- **Use the shovel from the emergency kit** to bring victims to the surface. **Death by asphyxiation can occur within 15–20 minutes.**



FREQUENT ERRORS

- Ignoring signs of instability and cracks in the snow.
- Multiple people crossing a slope simultaneously.
- Lack of search equipment.
- Attempting to 'run downhill' in the direction of the avalanche.
- Entering a route without an alternative plan.



DO NOT FORGET!

- **The critical window is 15 minutes.**
- **After 30–35 minutes, chances drop dramatically.**
- Hypothermia can prolong survival only in very rare cases.
- Rescuer safety is a priority.



IMMEDIATE ACTION

- ☒ Warn the group
- ☒ Deploy airbag
- ☒ Swim to the surface
- ☒ Protect the airway
- ☒ Create an air pocket





CRITICAL REACTION TIME

- ✓ 0–15 min. → HIGH CHANCE OF SURVIVAL
- ✓ 15–35 min. → SEVERE RISK OF ASPHYXIATION
- ✓ 35 min. → SURVIVAL RARE WITHOUT AIR POCKET



QUICK CHECKLIST, BEFORE DEPARTURE

	YES	NO
I HAVE CHECKED THE WEATHER FORECAST AND AVALANCHE RISK	☒	☐
AVALANCHE TRANSCEIVER FUNCTIONAL / GROUP TEST	☒	☐
I HAVE PROBE + SHOVEL	☒	☐
I HAVE A ROUTE PLAN	☒	☐
I MAINTAIN A SAFETY DISTANCE BETWEEN GROUP MEMBERS	☒	☐
I HAVE A RETREAT ALTERNATIVE	☒	☐

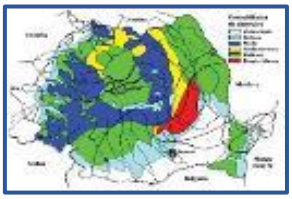
M1 – Sheet 6 – SURVIVAL IN A LANDSLIDE SITUATION

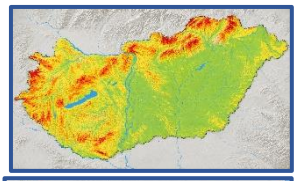
SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – In unstable areas / af rain

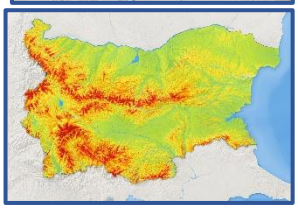
TO REMEMBER

- Landslides frequently occur on steep slopes, deforested areas, or unstable terrain.
- Warning signs can appear hours or even days in advance.
- Ground movement can be slow or extremely rapid.
- Although not all landslides strike suddenly, all can cause major losses – life, home, land.
- **CAN BE TRIGGERED BY heavy rain, earthquakes, snowmelt or human activities – uncontrolled deforestation and infrastructure development.**
- Understanding warning signs and knowing the landslide history of the area where you live are essential for survival.
- The main hazards are burial, trauma, blocking of evacuation routes.

VALIDATED GOOD PRACTICE – HOW TO DO IT?







– Monitor cracks in the ground, in walls, in foundations.
– Avoid building/moving into areas with a history of landslides.
– Ensure efficient drainage of water around the home.
– Keep clear evacuation routes.
– Prepare an emergency kit and a family plan.

● IDENTIFYING SAFE ZONES

– Areas where no ground movement has occurred in the past.
– Relatively flat areas, away from slopes.
– Areas at the top or along ridges.

● IDENTIFYING HIGH-RISK ZONES

– Areas affected by landslides in the past.
– Areas with steep slopes and drainage channels.
– Areas with watercourses and banks or coastal cliffs.

1. RECOGNIZE THE SIGNS THAT CAN HELP YOU ANTICIPATE A LANDSLIDE.	 	**WARNING SIGNS INSIDE THE HOUSE** – Sudden sticking or creaking of doors or windows; – Appearance of cracks in the foundation, wall, or tile; – Detachment of exterior stairs from the building. **WARNING SIGNS OUTSIDE** – Ground movements. – Unusual noises – cracking of trees or boulders colliding. – Leaning or displacement of fences, poles, or trees; – Appearance of cracks on roads or streets. – Appearance of water gushing in new places.
2. PREPARE AN EVACUATION PLAN AND PRACTICE IT TWICE A YEAR.		– Find out where the **meeting point with rescuers and the nearest shelter** are; – **Practice with family and neighbors** – everyone should know what to do.
3. EVACUATE PEOPLE IMMEDIATELY IF YOU		– **Do not wait for an official evacuation order** or for others to start evacuating. It might be too late! – Prepare an **evacuation and emergency kit** in advance.

SUSPECT A LANDSLIDE.		– If evacuation is not possible, curl into a ball, protecting your head – **DROP, COVER, AND HOLD ON TO SOMETHING FIXED.** – **Wait for rescue teams** outside the affected area.

1. WHAT TO DO BEFORE A POSSIBLE LANDSLIDE – PREVENTION

- Identify **if the home is in a risk zone**.
- Permanently check **for warning signs** – inside and outside the house.
- Check the household **drainage system** and gutters.
- **Reinforce slopes** – where possible.
- Establish a **family meeting point**, outside the potentially affected area.
- Prepare an **evacuation and emergency kit**.

2. WHAT TO DO DURING A LANDSLIDE

- **Evacuate the area immediately.**
- **I move sideways** relative to the direction of the landslide / earthflow – NOT downhill.
- **I look for a stable area of ground** – higher, solid ground.
- **I warn my neighbors**.
- **I avoid affected bridges and roads**.

IF I AM CAUGHT OUTSIDE

- **I run perpendicular to the direction of the landslide.**
- **I protect my head.**
- **I avoid low-lying areas – valley, riverbed.**

IF I AM IN A BUILDING

- **I leave the building immediately, if it is safe.**
- **If evacuation is not possible:**
  - **I take shelter in an upper area, opposite the slope.**
  - **I protect my head.**
  - **I avoid windows.**



2. WHAT TO DO AFTER A LANDSLIDE

- I follow **official news channels and follow the authorities' instructions.**
- **I stay away from affected areas.**
- I check if there are **injured or trapped people**.
- **I guide the rescuers**.
- **I help vulnerable people** who may need special assistance – children, the elderly, people with disabilities.
- **If I need temporary housing, food and medicine, I contact local social services.**
- I report to the authorities if there are **other hazards**.
- I consult a geotechnical expert to assess and mitigate landslide risks.

FREQUENT ERRORS

- **Ignoring early signs – doors that no longer close, tilted fences).**
- **Stopping to film/photograph the phenomenon.**
- **Returning to retrieve personal belongings.**
- **Evacuating in the direction of the slope.**
- **Approaching the edge of the ground rupture.**



DO NOT FORGET!

- **Landslides can continue in successive waves.**
- **Sudden silence after loud noises may precede a major movement.**
- **Water-saturated soil is extremely unstable.**
- **After the event, there is a risk of secondary collapses.**



IMMEDIATE ACTION

- ☒ Evacuate without delay.
- ☒ Move sideways.
- ☒ Warn other people.
- ☒ Avoid low-lying areas.
- ☒ Call 112 if there are casualties.



CRITICAL REACTION TIME

- ✓ Seconds – minutes in rapid landslides.
- ✓ The evacuation window is short if noises or visible movements occur.
- ✓ After torrential rains → increased risk in the following 24–72 h.



QUICK CHECKLIST

	YES	NO
OBSERVE NEW CRACKS IN THE SOIL/WALLS?	☒	☐
ARE TREES/POLES LEANING?	☒	☐
IS WATER ACCUMULATING UNUSUALLY?	☒	☐
ARE THERE CRACKING SOUNDS?	☒	☐
DO I HAVE AN EVACUATION PLAN?	☒	☐
DO I HAVE AN EVACUATION KIT READY?	☒	☐

M1 – Sheet 7 – SURVIVAL IN THE EVENT OF POWER OUTAGE / DARKNESS (BLACKOUT)

SHEET – OPERATIONAL | LEVEL – ESSENTIAL | **APPLIES** – In the absence of electrical power.

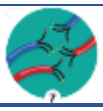
TO REMEMBER

- Darkness causes **disorientation, panic, and risk of accidents**.
- **The first minutes are critical for maintaining calm and assessing the situation**.
- Most accidents occur from **hasty movements in the dark**.
- Light sources must be **conserved and used strategically**.
- In unfamiliar spaces, **tactile orientation is safer than rapid movement**.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Keep **at least two light sources** (flashlight + headlamp / flashlight + phone).
- Use **flashlights with diffused light**, not strong direct light.
- Move **slowly, with one hand in front** to detect obstacles.
- Establish **a fixed reference point** – wall, furniture, corridor.
- Ensure you have **an emergency kit accessible in the dark** at home.
- Use **backup lights with batteries or dynamo**.

1. WHAT TO DO BEFORE THE POWER OUTAGE OCCURS

– **ENSURE YOU ALWAYS HAVE AN EMERGENCY SUPPLY RESERVE**	
– **PREPARE AN EMERGENCY LIGHTING KIT** – Flashlight. – Spare batteries. – Headlamp. – Portable LED lights.	
– **ESTABLISH A FIXED STORAGE PLACE FOR FLASHLIGHTS in the house and** teach family members **where the light sources are located**.	
– **USE APPROVED, UNDAMAGED ELECTRICAL APPLIANCES.**	
– **PERIODICALLY CHECK THE CONDITION OF THE ELECTRICAL INSTALLATION.**	
– **USE APPROPRIATE PROTECTION ON ELECTRICAL CIRCUITS.**	
– **DO NOT OVERLOAD OUTLETS.**	
– **DO NOT USE EXTENSION CORDS NEAR HEAT SOURCES.**	
– **PERIODICALLY CHECK ALL POWER CABLES.**	

2. WHAT TO DO DURING A POWER OUTAGE

– Stop and **assess the situation before moving**.	
– Use **a flashlight with dim light for orientation**. – Move **slowly, with your hand on the wall or furniture**. – Avoid stairs or dangerous areas without lighting. – Gather family members **in a safe and familiar space**.	
– Check the electrical panel and fuses. If a fuse is tripped, turn it back on and check if there is power.	
– Check if the situation is only in your household or also with other neighbors.	
– If it is only at your place, call the electric company and report the incident.	
– Use battery-powered flashlights/lanterns and not candles. Lighting candles around the house is a fire hazard.	
– Keep refrigerator and freezer doors closed as much as possible**. In the refrigerator, food is safe for 4 hours during a power outage.** – **In the freezer, food keeps well for 24-48 hours,** depending on how full it is. The fuller it is, the better.	
– **Turn off or unplug anything that was on during the interruption**. Keep one light on (or a radio plugged in) so you know when power is back. When electricity returns, it may surge at first, causing damage to appliances and electronics.	
– If it is a widespread power outage, avoid car trips. If traffic lights are not working, traffic will be congested and dangerous.	
– Check with local authorities about water quality. Water filtration and sewage services may be down when the power is out.	
– Be prepared according to the season. In summer to keep the house cool, in winter to retain heat in the house.	

HOW TO ACT IN THE DARK – 10 TIPS YOU NEED TO KEEP IN MIND!







1. Don't lose your composure. Do whatever it takes to stay lucid.
2. Go to a safe place.
3. If you are safe, stay put. If not, feel your way to the nearest place where you will be safe.
4. Check if you can find a light source.
5. Memorize your surroundings. Listen. Smell.
6. If you must go through fire or water, do not move unless forced by circumstances.
7. If there is no chance of help arriving, try to find a good method to signal the need for help.
8. Think of the best escape route - through the emergency exit, a window, a crack in the wall or rock.
9. If you are in a group, do not scatter. Always keep a distance that allows you to touch your neighbor.
10. **FOR ORIENTATION IN DARKNESS, USE ALL YOUR SENSES (SIGHT, TOUCH, MEMORY, HEARING, SMELL)!**

IF I AM CAUGHT BY DARKNESS IN A ROOM



– Do not rush from one place to another.
– Feel the walls until you find a door or a window. Move methodically. Mark important points or places with markers – the luminous dial of a watch.
– Search the room if you suspect someone is trapped or has fainted in an unfamiliar room.
– Start with a complete circuit along the walls, starting from the door, feeling especially on or under beds, tables, cabinets, where people could have taken shelter, hidden, or become trapped.
– Then walk diagonally from the door to the center of the room to check if anyone is there.
– WARNING, in a building engulfed in flames, the center of the floor is the weakest area and may collapse.

IF I AM CAUGHT BY DARKNESS ON WATER



- If it is pitch black and you are not forced to disembark from a raft or boat onto an unknown shore, do not do it. Wait for morning, for light to appear.
- On the open sea, land can be reflected on clouds. If black/gray shadows appear, they may mean that below the clouds there is either water or land. Whiteness may mean that below there is ice or snow.
- Listen, if bird cries are heard from a certain direction, it could be that the shore and their nests are there.
- Listen for any distant noises produced by waves hitting rocks, reefs, or the beach.

IF I AM CAUGHT BY DARKNESS ON A MOUNTAIN



- If you do not know the terrain or if the area is dangerous, wait and do not move until morning. Take shelter. Do not try to descend along a river at night.
- Do not analyze the state of the ground by shadows. Do not descend rock faces. You cannot be sure of their true height.

IF I AM CAUGHT BY DARKNESS ON SNOW



- At night, an overcast sky produces a contrast-free image of the snow-covered terrain.
- The relief can no longer be discerned. Do not move. You can very easily fall into a precipice, or end up on a cornice that collapses with you.
- You have no landmarks, there is no horizon, depth, or dimensions.
- Wait calmly until the surroundings regain their shapes and structures are visible, normal.

IF I AM OVERCOME BY DARKNESS IN THE FOREST



- At night, any forest seems huge.
- The foliage of the tree crowns accentuates the darkness.
- The movements of the trees are accompanied by their sounds – creaks, groans.
- Animal noises are amplified.
- If you can, light a fire.
- Building a protective barrier around the camp can help with the feeling of safety.

3. WHAT I DO AFTER A POWER OUTAGE

- Check for **any damage or hazards**.
- **Replace used batteries**.
- **Reorganize the emergency kit**.
- Analyze **what worked and what needs improvement**.

HOW DO I MAKE A WICK FROM PAPER?

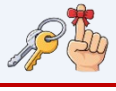


- A wick is made by twisting a strip of paper 2-3 fingers wide.
- Rub the corner of a paper strip back and forth with your thumb and index finger, moistened. It will start to roll diagonally, forming a thin, very tight roll. Light it with a match / lighter.



FREQUENT ERRORS

- Panic and rapid movements in the dark.
- Immediate use of all light sources.
- Lighting candles near flammable materials.
- Moving through unknown spaces without lighting.
- Rapidly draining the phone battery.
- Leaving children or vulnerable people unsupervised.



DO NOT FORGET!





- Eyes need **10–20 minutes to adapt to the dark**.
- The phone should be **saved for critical situations**.
- Candles can cause **fires in emergency situations**.
- Darkness can create **visual illusions and disorientation**.
- **The psychological effect of noise is stronger than that of darkness**.
- If the darkness lasts longer, **fight the fear** – talk to yourself, out loud, shout, listen to the radio.
- **TO ORIENT YOURSELF IN THE DARK, USE ALL YOUR SENSES**
  - Sight (when possible); Touch; Memory; Hearing; Smell.
- If there is thick smoke, your sight is useless; instead, **touch becomes a priority**.

- When you cannot see, explore the terrain by throwing sticks, stones, or coins ahead, listen to and interpret the sounds produced by their fall or impact.
- **USE THE MEMORY CAPACITY OF THE EYES**
  - Turn on the light (match or flashlight);
  - Look around and memorize;
  - Turn off the light and advance, take a few steps based on memory.
  - Repeat the procedure and practice.





IMMEDIATE ACTION

- **Stop and calm down.**
- Identify the nearest light source.
- Check for immediate hazards – fire, stairs, objects.
- Gather people nearby into a safe space.
- Conserve battery power.



CRITICAL REACTION TIME

- **First 1–3 minutes** – preventing panic and accidents.
- **First 10 minutes** – organizing lighting and orientation.
- **First 30 minutes** – establishing the action plan and space safety.



QUICK CHECKLIST

	YES	NO
DO I HAVE A WORKING FLASHLIGHT?	☒	☐
DO I HAVE SPARE BATTERIES?	☒	☐
DO I HAVE A PHONE WITH A CHARGED BATTERY?	☒	☐
ARE MY FAMILY MEMBERS SAFE?	☒	☐
DO I HAVE A SAFE SPACE ESTABLISHED?	☒	☐
HAVE I IDENTIFIED EXISTING OBSTACLES?	☒	☐

M1 – Sheet 8 – SURVIVAL IN CASE OF ACCIDENTS IN THE AQUATIC, MARITIME ENVIRONMENT

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – In case of naval accidents, risk of drowning.

TO REMEMBER

- Most maritime accidents become critical due to **HYPOTHERMIA, DROWNING OR PANIC**.
- **THE FIRST MINUTES AFTER FALLING INTO WATER ARE DECISIVE** for survival.
- **WATER TEMPERATURE RAPIDLY DECREASES** THE ABILITY TO MOVE AND COORDINATE.
- **LIFE JACKETS significantly increase survival chances.**
- Energy must be conserved – **UNNECESSARY MOVEMENTS ACCELERATE HYPOTHERMIA AND EXHAUSTION**.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Wear a **LIFE JACKET** in small boats or rough seas.
- Inform yourself about **WEATHER AND SEA CONDITIONS** before departure.
- Identify **SAFETY EQUIPMENT –** lifebuoy, raft, lifeboat.
- Know the **LOCATION OF THE RADIO OR EMERGENCY CALL MEANS**.
- **DO NOT NAVIGATE ALONE** over long distances without a **COMMUNICATED ROUTE PLAN**.

1. WHAT TO DO BEFORE (PREVENTION)

- Check the vessel's **SAFETY EQUIPMENT**.
- **ENSURE THE FOLLOWING ARE AVAILABLE:**
  - **sufficient life jackets.**
  - **signaling devices.**
  - **first aid kit.**
- Learn the **ABANDON SHIP PROCEDURE**.
- **KEEP YOUR PHONE OR RADIO IN A WATERPROOF CASE**.
- Wear **CLOTHING APPROPRIATE FOR THE WATER TEMPERATURE**.

2. WHAT TO DO DURING THE ACCIDENT

- Stay **Calm and Control Your Breathing.**
- **IF YOU ARE IN THE WATER**:
  - adopt the **floating** position.
- IF A RAFT OR DEBRIS IS AVAILABLE:
  - hold **onto them for buoyancy**.
- **Stay close to others** - in a group, to conserve heat.
- Signal rescuers with **shouts, movements, or visible objects**.

3. WHAT TO DO AFTER THE ACCIDENT

- If you reach the deck or shore – **REMOVE WET CLOTHING**.
- WARM THE BODY **GRADUALLY**.
- Check for **INJURIES, HYPOTHERMIA, OR WATER INHALATION**.
- PROVIDE AID to injured persons if safe.
- Notify the **MARITIME RESCUE SERVICES** immediately.



FREQUENT ERRORS

- **PANICKING AND RAPID ENERGY DEPLETION**.
- **ERRATIC SWIMMING** with no clear direction.
- Attempting to swim **LONG DISTANCES IN COLD WATER**.
- **SEPARATING FROM THE GROUP** or from flotation devices.
- **REMOVING** THE **LIFE JACKET** too soon.



DO NOT FORGET!

- **FLOAT BEFORE YOU SWIM.**
- **ENERGY MUST BE CONSERVED**.
- **A GROUP SURVIVES MORE EASILY** than isolated individuals.
- **HYPOTHERMIA** is often **more dangerous than the distance to shore**.
- **VISUAL SIGNALING** increases chances of rescue.



IMMEDIATE ACTION

- Put on or fasten the **LIFE JACKET**.
- **MOVE AWAY FROM THE WRECKAGE** or hazardous objects.
- Look for **FLOTATION DEVICES**.
- Gather people nearby into a **COMPACT GROUP**.
- **SIGNAL** your position to rescuers.



CRITICAL REACTION TIME

- **The first 30 seconds – BREATH CONTROL, AVOIDING PANIC.**
- **The first 1–3 minutes – FINDING A FLOTATION DEVICE**, organizing the group.
- **The first 10 minutes – CONSERVING ENERGY**, establishing the **SURVIVAL STRATEGY.**
- **The first 30–60 minutes – PREVENTING HYPOTHERMIA, SIGNALING** for rescue.



QUICK CHECKLIST

	YES	NO
DO YOU HAVE A LIFE JACKET OR FLOTATION DEVICE?	☒	☐
ARE YOU IN A STABLE FLOATING POSITION?	☒	☐
HAVE YOU ASSESSED THE ENVIRONMENT (CURRENTS, WRECKAGE, NAVAL TRAFFIC)?	☒	☐
HAVE YOU STAYED CLOSE TO OTHER PEOPLE?	☒	☐
HAVE YOU SIGNALED YOUR POSITION?	☒	☐
HAVE YOU CONSERVED ENERGY?	☒	☐

M1 – Sheet 9 – MOUNTAIN SURVIVAL – USING MOUNTAIN EVACUATION TECHNIQUES AND CLIMBING

SHEET – OPERATIONAL | LEVEL – CRITICAL | APPLIES – In mountain travel.

TO REMEMBER

- In the mountain environment, **rapid and controlled evacuation** can make the difference between rescue and worsening the situation.
- **Climbing techniques** allow safe movement on steep or dangerous terrain.
- **Technical mistakes can lead to serious falls or team blockage.**
- **Personal and team safety** is the absolute priority.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Use appropriate mountain equipment** – helmet, harness, rope, carabiners.
- Check the **condition of ropes and anchors** before use.
- **Check knots, carabiners, and rappel devices** before use.
- **Maintain constant communication** with the team.
- Apply techniques only if they are **properly learned and practiced**.
- Use solid anchors – stable rock, pitons, mechanical anchors.
- Maintain at least two safety points whenever possible.

1. WHAT TO DO BEFOREHAND (PREVENTION)

- **Learn and practice** techniques in a controlled environment before real use.
- **Plan the route, identify risk areas and retreat zones** – walls, ridges, steep terrain.
- **Inform yourself** about weather conditions and trail status.
  - ✓ **Train** in basic mountaineering techniques – **RAPPEL, BELAYING, SELF-BELAY.**
- **Check the equipment** before departure.
- **Check the length and condition of the climbing ropes**.
- **Identify natural anchor points** on the route.

2. EVACUATION TECHNIQUES USED

- **CONTROLLED RAPPEL** – descending safely on rope.
- **BELAYING ON ROPE** – protection while moving on exposed terrain.
- **TRAVERSING ON ROPE** – lateral movement on walls or ridges.
- **SELF-BELAY** – individual protection by clipping into anchors.
- **CLIMBING –** moving safely on rock or steep terrain.
- **CONTROLLED MOVEMENT ON SLOPES COVERED WITH UNSTABLE ROCKS / SCREE**
- **MOVEMENT ON A NARROW RIDGE**
- **CONTROLLED DESCENT ON STEEP SLOPE WITHOUT ROPE**

2A – CONTROLLED RAPPEL – SAFE DESCENT ON ROPE	**ESSENTIAL STEPS** **1. SYSTEM PREPARATION** – Check the **main anchor** (rock, tree, piton, sling, chain). – Set up the **rappel device** (figure eight, ATC, descender). – Insert the rope through the device according to the system. – Attach the device to the **harness with a locking carabiner**. – Check the rope length and **knots at the ends**. **2. BODY POSITIONING** – **Body leaning back**. – Feet spread approximately **shoulder-width apart**. – Feet push against the wall at **approx. 90° to the body**. – Torso slightly leaning back.



3. **CONTROLLED DESCENT**
   - Dominant hand controls the **brake rope (below the device)**.
   - The other hand stabilizes the rope above the device.
   - Descend **step by step**, pushing off the wall.
   - Maintain **constant tension on the brake rope**.

4. **AT THE END**
   - Reach the ground or platform.
   - Release the tension.
   - Disconnect the device.

2B. BELAYING ON ROPE – PROTECTION WHILE MOVING ON EXPOSED TERRAIN



ESSENTIAL STEPS

1. **PREPARATION**

Two people on a rocky slope – one climbs, the other manages the rope for protection.

- Tie the rope in a **FIGURE-EIGHT KNOT IN THE HARNESS**.
- The teammate or leader manages the belay system.
- Attach the **belay device** to the carabiner.

2. **INSTALLING PROTECTIONS**
   - The leader places **intermediate protection points**:
     - nuts
     - friends
     - pitons
     - slings on natural anchors.

3. **MOVEMENT**
   - The rope should be **slightly taut**, but not rigid.
   - Maintain **3 points of contact** on the rock.
   - Avoid large rope loops.

4. **IN CASE OF A FALL**
   - The belay device **locks the rope**.
   - Energy is absorbed by the system.

2C. TRAVERSING ON ROPE – LATERAL MOVEMENT ON WALLS OR RIDGES WITH THE ROPE TAUT TOWARDS THE ANCHOR POINTS.



ESSENTIAL STEPS

1. **SYSTEM INSTALLATION**
   - Set up a **fixed rope** between two solid anchors.
   - Check the stability of both anchors.

2. **CONNECTION**
   - Attach the harness to the rope with:
     - Carabiner.
     - Lanyard.
     - Prusik or ascender device.

3. **LATERAL MOVEMENT**
   - Move **step by step sideways**.
   - Keep your body **close to the wall** or ridge.
   - Move the carabiner or prusik **as you advance**.

4. **STABILITY**
   - Keep your **center of gravity low**.
   - Avoid sudden movements.

2D. SELF-BELAY – INDIVIDUAL PROTECTION AT ANCHORS

ESSENTIAL STEPS

1. **CONNECTING TO THE ANCHOR**
   - Use a **lanyard or self-belay loop**.
   - Attach the carabiner to the **anchor point**.
   - Check the carabiner's locking mechanism.

2. **STABILIZING YOUR POSITION**
   - Adjust the lanyard length.
   - Stand **with your weight supported by the anchor**, not your body.

3. **MOVING BETWEEN ANCHORS**
   - Connect the **first lanyard to the new point**.
   - Only then **disconnect the old lanyard**.



4. **VERIFICATION**
   - Ensure that:
     - the anchor is solid.
     - the carabiner is locked.
     - the rope is not twisted.

2E. CLIMBING TECHNIQUE – SAFE MOVEMENT ON ROCK OR STEEP TERRAIN



PURPOSE – Controlled ascent on rocky or steep terrain for:
- overcoming an obstacle
- exiting a hazardous area
- access to a safe point or observation point.

ESSENTIAL STEPS

1. **ROUTE ASSESSMENT**
   - Analyze the stability of the rock or surface.
   - Identify hand and foot holds.
   - Check for rockfall risk.
   - Choose the shortest and safest route.
2. **CORRECT BODY POSITION**
   - Keep the center of gravity close to the wall.
   - Legs should support most of the weight.
   - Arms remain slightly bent, not fully extended.
   - Eyes directed towards the next hold.
3. **CORRECT USE OF FEET**
   - Place the entire sole on the hold.
   - Lift the body by pushing with your legs, not pulling with your arms.
   - Move your feet one at a time, in a controlled manner.
   - Avoid sudden movements.
4. **USING YOUR HANDS**
   - Use your hands more for balance.
   - Grip holds with flexed and firm fingers.
   - Test each hold before putting weight on it.
   - Do not rely on unstable rocks.

MOVEMENT TECHNIQUE
- **Climbing is done with the legs.** Most of the climbing effort should be taken by the legs.
- **Climb rhythmically, relaxed, without jumping,** with breathing as easy and steady as possible;
- **Knees and elbows are not used as support points;** Use **support points "holds",** which are for hands and feet.
- At any moment of climbing, **there must be at least three limbs in contact with the slope,** on fixed and secure support points, while the 4th limb (hand or foot) digs, strikes, searches for another support point higher up. Climbing is done by alternately moving one hand - one foot;
- **Maintain 3 support points** at all times.
- **Move only one limb at a time**.
- Movements must be slow and controlled.
- Plan your next steps before moving.

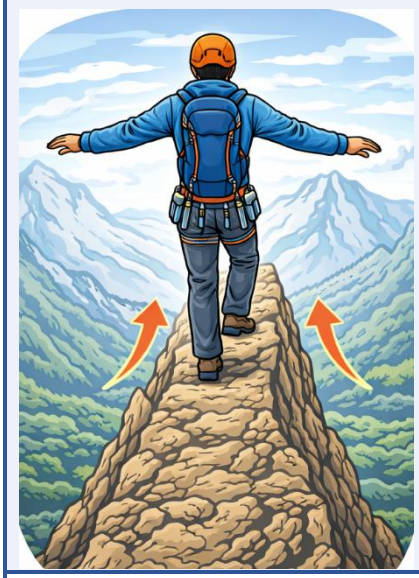
STABILIZING YOUR POSITION
- Stop periodically to recover energy.
- Look for small ledges or support to relax your arms.
- Breathe regularly and maintain a steady rhythm.

USING THE EQUIPMENT
- Use a safety rope if the terrain is very exposed.
- Place intermediate anchors if possible.
- Use gloves or sticky footwear.

ESSENTIAL PRINCIPLES
- Legs push, arms balance, hands search for holds.
- Slow and controlled movements.
- 3 permanent support points.

	– Check each hold before loading it. **COMMON MISTAKES** – Pulling the body up only with the arms. – Fast and uncontrolled movements. – Choosing a route that is too steep. – Ignoring unstable rocks. – Fatigue accumulated without a break. **RISK INDICATORS** – Stop climbing if any of the following occur: – friable or unstable rock. – lack of secure holds. – severe fatigue. – unfavorable weather conditions.
CONTROLLED MOVEMENT ON SLOPES COVERED WITH UNSTABLE ROCKS / SCREE 	**PURPOSE –** Crossing or descending a slope covered with **small, unstable rocks**, without losing balance or triggering rock slides. **ESSENTIAL STEPS** 1. **TERRAIN ASSESSMENT** – Observe **the size and stability of the stones**. – Identify areas where the stones are **more compact**. – Avoid slopes with **large unstable boulders**. 2. **BODY POSITION** – Keep **your torso slightly tilted forward**. – Keep **your knees slightly bent** to absorb movements. – Arms slightly apart for balance. 3. **STEP TECHNIQUE** – Take **short, controlled steps**. – Place the sole **flat on the stones**, not on the edge. – Test stability before putting weight on it. 4. **SLIP CONTROL** – If the stones start to slide: – slow down the movement. – redistribute weight onto both feet. – Do not try to run on scree. 5. **MOVING IN A GROUP** – Keep **distance between people**. – Avoid sending stones towards teammates below. **ESSENTIAL PRINCIPLES** – Short steps and control. – Constant balance. – Low center of gravity. – Avoiding triggering rock slides. **COMMON MISTAKES** – Large and hasty steps. – Stepping on unstable boulders. – Moving too close to other team members.
	GOAL – Maintaining balance and safety on **exposed ridges**, where there is a risk of falling on both sides. **ESSENTIAL STEPS** 1. **RIDGE ASSESSMENT** – Analyze **the width and stability of the terrain**. – Identify handholds. – Observe weather conditions (strong wind). 2. **BODY POSITION** – Keep **your center of gravity low**. – Stand **slightly leaning towards the inside of the ridge**. – Arms apart for balance. 3. **MOVEMENT TECHNIQUE** – Walk **step by step**, very controlled. – Place your foot completely on the surface. – Use your hands for stability if necessary. 4. **UNDER RISK CONDITIONS** – If the wind is strong: – lower your center of gravity – use a semi-squat position.

MOVEMENT ON A NARROW RIDGE

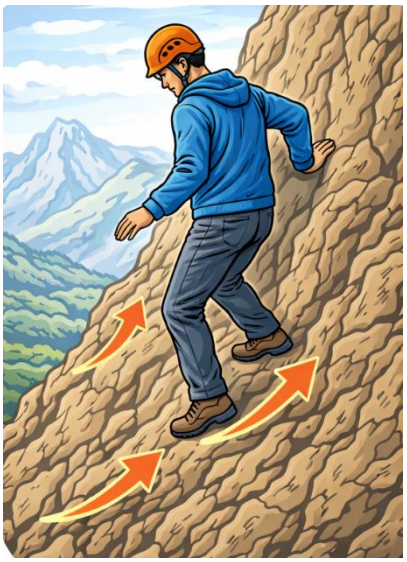


5. **ADDITIONAL SAFETY**
   - On very exposed terrain, use a **safety rope**.

ESSENTIAL PRINCIPLES
- Constant balance.
- Small, calculated steps.
- Avoiding sudden movements.

COMMON MISTAKES
- Looking only downward.
- Hasty steps.
- Ignoring wind or unstable terrain.

CONTROLLED DESCENT ON STEEP SLOPE WITHOUT ROPE



PURPOSE – Controlled descent on **steep or rocky slopes**, reducing the risk of slipping.

ESSENTIAL STEPS

1. **CHOOSING THE ROUTE**
   - Look for areas with **footholds and handholds**.
   - Avoid smooth surfaces.
2. **BODY POSITION**
   - Descend **facing the slope** if the terrain is very steep.
   - Keep **your center of gravity close to the rock**.
3. **STEP TECHNIQUE**
   - Descend **one foot at a time**.
   - Test each support point before putting your body weight on it.
4. **USING YOUR HANDS**
   - Use your hands for **support and balance**.
   - Grip stable holds or rock edges.
5. **STABILIZATION**
   - Maintain **3 points of support** at all times.
   - Take breaks if fatigue sets in.

ESSENTIAL PRINCIPLES
- Slow and controlled descent.
- Secure support points.
- Constant concentration.

COMMON MISTAKES
- Descending facing outward on very steep terrain.
- Large and uncontrolled steps.
- Ignoring fatigue.

ESSENTIAL RULES FOR ALL TECHNIQUES
- Check the **attachment system twice**.
- Use **certified equipment**.
- Do not rely on **a single anchor point**.
- Maintain **communication with the team**.
- Test the system before full loading.

3. WHAT TO DO IN AN EMERGENCY

- **Stop moving and assess** the immediate risk.
- Identify a **stable area** for anchoring.
- Set up the **rappel or belay system**.
- **Evacuate people** in a controlled order.

4. WHAT TO DO IF THERE IS AN ACCIDENT

- **IMMEDIATELY SECURE THE AREA** to prevent falls.
- **STABILIZE THE INJURED PERSON**.
- **AVOID SUDDEN MOVEMENTS** of the victim.
- Call the **MOUNTAIN RESCUE** services – 112.
- **MOVE THE TEAM TO A SAFE AREA**.
- Monitor the **CONDITION OF THE INJURED PERSON**.
- **NOTE THE POSITION AND CONDITIONS** for the rescue teams.



FREQUENT ERRORS

- Using equipment **without checking**.
- Anchoring in **unstable points.**
- **Descending without belay.**
- **Panic and haste during evacuation.**



DO NOT FORGET!

- In mountain terrain, a calm decision saves lives.
- Proper equipment and good technique drastically reduce the risk of accidents.



IMMEDIATE ACTION

- **STOP AND ASSESS THE SITUATION.**
- **IDENTIFY ANCHOR POINTS.**
- **SET UP THE BELAY OR RAPPEL SYSTEM.**
- **EVACUATE CONTROLLED** people from the area.
- **CALL 112** if the situation exceeds the team's capacity.



CRITICAL REACTION TIME

- **First 30 seconds –** TERRAIN ASSESSMENT.
- **First 2–3 minutes –** ESTABLISHING ANCHORS.
- **First 5–10 minutes –** ORGANIZING THE EVACUATION.



QUICK CHECKLIST

	YES	NO
HAVE YOU ASSESSED THE TERRAIN?	☒	☐
HAVE YOU CHECKED THE EQUIPMENT?	☒	☐
HAVE YOU CORRECTLY INSTALLED THE ANCHORING SYSTEM?	☒	☐
HAVE YOU SECURED THE TEAM?	☒	☐
HAVE YOU CONTACTED RESCUE IF NECESSARY?	☒	☐

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M2



IMMEDIATE



RAPID DECISIONS



SURVIVAL IN EXTREME CONDITIONS



PREPARATION – PROTECTION/EVACUATION – SURVIVAL

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GUIDE FOR EFFICIENT ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 2 – SURVIVAL IN CRISIS SITUATIONS GENERATED BY MILITARY CONFLICTS AND WAR SITUATIONS

IMMEDIATE RISK TO LIFE – IMMEDIATE DANGER

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PREPARATI



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SHELTER



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REACTION CORRECT



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MOVEMENT



5. RETURNING TO NORMAL LIFE

M 2.19 – Returning safely to normal activities. – Pg. 181



NORMALCY



M2 – Sheet 1 – SURVIVAL IN CASE OF ATTACK / ARMED CONFLICT –

How to react in the first minutes of an armed attack

SHEET – MIXED / C+O

LEVEL – CRITICAL

APPLIES – In a general context, at the onset of the armed crisis.

TO REMEMBER

- **An armed conflict can arise suddenly or gradually**, through the escalation of political and/or military tensions.
- **Effects may include**:
  - armed attacks, direct or collateral - bombings, airstrikes, artillery and mortar fire, armed drones, street fighting.
  - destruction of infrastructure.
  - disruption of public services **and lack of essential resources** – food, water, medicine.
  - taking refuge in shelters or other regions.
  - mass disinformation and social panic.
  - violence against civilians – executions, sexual violence, abductions.
  - **dangers** caused by **anti-personnel mines and unexploded ordnance** – explosion on pressure or detonation, fragmentation, blast and burns.
- **In an armed conflict, every second counts**. Prior preparation, calm, and cooperation with others can save lives.
- **The absolute priority is survival**, not protecting material goods.
- **Reducing exposure to risk** – visibility, noise, unnecessary movement – increases the chances of survival.
- **Verified information is essential** – rumors and panic lead to wrong decisions.
- **Adequate sheltering and controlled mobility** are two main protection strategies.
- **Planning before the crisis** makes the difference between an effective response and dangerous improvisation.
- In armed conflict situations, **the first hours and the first days are the most chaotic and dangerous**.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. HOW DO I PREPARE IN ADVANCE – THE PRE-CONFLICT STAGE

Preventive measures

- **I ESTABLISH A FAMILY EVACUATION PLAN –** where we go, **meeting point, contact persons,** which main and alternative routes I take, with whom we can take shelter.
- **IDENTIFY THE NEAREST PUBLIC SHELTERS** and **SAFE PLACES TO TAKE COVER –** basements, solid structures, windowless rooms
- **PREPARE AN EMERGENCY KIT FOR AT LEAST 72 HOURS**, ready to grab in seconds.
- **I KNOW THE EMERGENCY EXITS from home, work, and places I frequent.**
- **STORE WATER, FOOD, MEDICINE, AND ESSENTIAL DOCUMENTS**.
- **I REMEMBER AND CONTACT OFFICIAL SOURCES FOR INFORMATION –** Ministry of Defense, DSU, IGSU.
- **I PARTICIPATE IN CIVIL PROTECTION EXERCISES FOR PREPAREDNESS**, if available.

2. WHAT TO DO DURING AN ATTACK / ARMED CONFLICT

IF I AM AT HOME:

- **I immediately take shelter in a safe space** – basement, windowless bathroom, interior hallway.
- **I reduce visible signals – turn off lights, draw curtains, avoid unnecessary noise and movement.**
- **I avoid approaching windows, exterior doors, and open spaces.**
- **I do not expose myself unnecessarily to observe what is happening.**
- **I shut off gas and electricity** if there are leaks or risk of explosion.
- **I do not go outside** unless absolutely necessary.
- **IF I NEED TO MOVE:**
  - I move quickly and discreetly.
  - I avoid main roads.
  - I use cover from buildings or terrain.
- **I keep communication devices charged.**
- **I listen to instructions from authorities** via radio, mobile apps, or official SMS.

IF I AM OUTSIDE – in the open:

- **I seek the nearest public shelter or solid building.**
- I immediately seek solid cover – buildings, thick walls, ditches.
- **I avoid major roads and strategic infrastructure – bridges, train stations, airports.**
- **I do not film or share information about military movements.**
- **If I hear sirens or gunfire, I lie flat on the ground, cover my head, and protect myself with my backpack or bag.**

IF I AM IN A BUILDING:

- **I go to lower floors or the basement.**

IF I AM IN A CAR:

- **I leave the area as quickly as possible**, if it is safe.

3. WHAT TO DO DURING AN ATTACK / ARMED CONFLICT

- **I do not immediately go into open spaces – I check if the area is safe.**
- **I follow instructions from authorities.**
- **I check on family members and provide first aid if necessary.**
- **I avoid areas:**
  - with military equipment.
  - with unexploded ordnance.
  - with destroyed infrastructure.

4. WHAT TO DO IF I NEED TO EVACUATE

- **I follow the route established in the evacuation plan.**
- **I only take the essentials** – no bulky luggage.
- **I close the house, I shut off the gas/water/electricity** if possible.
- **I leave a clear note with my destination** in case others arrive later.
- **I don't use the car on blocked roads** – I adapt to conditions as I go.
- **I keep my documents handy.**

5. HOW I MANAGE MY EMOTIONAL STATE

- **I ACKNOWLEDGE FEAR, BUT I DON'T LET IT TAKE CONTROL.**
- **I MAINTAIN A MINIMAL ROUTINE**, even in a shelter or refuge.
- **I SEEK PSYCHOLOGICAL SUPPORT** or empathetic conversations – I avoid emotional isolation.
- **I SUPPORT THE CHILDREN** with clear explanations they can understand – "We are here to be safe".
- **I LIMIT EXPOSURE TO SHOCKING NEWS.**



FREQUENT ERRORS

- **Running into the streets** during an attack – it's dangerous and chaotic.
- **Traveling on congested main routes.**
- **Going out into the street to observe the conflict.**
- **Delaying the decision to take shelter or evacuate.**
- **Posting on social media** the location of troops, shelters, or refugees.
- **Spreading alarmist** or unconfirmed messages.
- **Leaving the child, parents, or pets** without any plan.
- **Overloading luggage in case of evacuation.**
- **Ignoring official information.**
- **Rapid consumption of available resources.**



IMMEDIATE ACTION

- **Quickly identify the risk level.**
- **Enter a safe shelter.**
- **Contact family members if possible.**
- **Listen to official information.**
- **Prepare the emergency kit for travel.**

	RECOMMENDED ACTION
I HAVE NO INTERNET ACCESS	– I listen to authorities' advice on the radio
I HAVE WEAK SIGNAL / BLACKOUT	– I send a short SMS - "I'M OK. I'M HERE."
I WITNESS INCIDENTS	– I don't post publicly! I inform the authorities
I HEAR RUMORS	– I check on official websites or TVR/MApN

Drinking water	– Minimum 2 liters / person.
Non-perishable food	– Energy bars, canned goods.
Flashlight + batteries	– Lighting in darkness.
Basic first aid kit	– Including personal medication.
Original documents + copies	– ID card, passport, health card.
Phone + power bank	– Communication.
Change of clothes + underwear	– Season-appropriate.
Masks, gloves, wet wipes	– Hygiene protection.
Battery-powered radio	– Access to official information.
Whistle, pocket knife, matches	– Survival.
Cash	– Without relying on POS or ATMs.



CRITICAL REACTION TIME

- **0–5 minutes – IMMEDIATE SHELTER.**
- **5–30 minutes – SITUATION ASSESSMENT AND COMMUNICATION.**
- **30–120 minutes – DECISION TO STAY IN SHELTER OR EVACUATE.**
- **First 24–72 hours – RESOURCE MANAGEMENT and adaptation to the evolving situation.**



DO NOT FORGET!

- ✓ **Your life is more important than any material possession.**
- ✓ **Low visibility means lower risk.**
- ✓ **Planning before a crisis saves lives.**
- ✓ **Calm and disciplined decision-making reduce risks.**



QUICK CHECKLIST - WHAT TO DO IF AN ARMED CONFLICT BREAKS OUT

	YES	NO
HAVE I IDENTIFIED AND DO I KNOW WHERE THE NEAREST SHELTER IS?	☒	☐
DO I HAVE A FUNCTIONAL MEANS OF COMMUNICATION?	☒	☐
IS MY EMERGENCY BAG READY?	☒	☐
DO I HAVE AN EVACUATION PLAN WITH MY FAMILY?	☒	☐
DO I HAVE A MINIMUM STOCK OF FOOD/WATER/MEDICATION?	☒	☐
AM I FOLLOWING ONLY OFFICIAL SOURCES?	☒	☐
CAN I BRIEFLY COMMUNICATE WITH SOMEONE I TRUST?	☒	☐
AVOID EXPOSED AREAS AND UNNECESSARY MOVEMENT	☒	☐

M2 – Sheet 2 – RAPID ASSESSMENT – SHELTERING OR EVACUATION –

SHEET – OPERATIONAL

LEVEL –

APPLIES – In the situation of an immediate decision in danger.

TO REMEMBER

– **The decision made in the first minutes** can determine the level of risk you are exposed to.
– A quick and correct assessment of the situation allows you to choose the safest option – **immediate sheltering or evacuation of the area.**
– **Not all situations require evacuation**. In many cases, sheltering in a safe place is the most effective method of protection.

PRINCIPLES

– **DO NOT MAKE DECISIONS BASED ON PANIC OR RUMORS**.
– **QUICKLY ANALYZE THE SURROUNDING ENVIRONMENT AND THE TYPE OF DANGER**.
– **THE ABSOLUTE PRIORITY IS THE PROTECTION OF LIFE.**
– If movement involves exposure to fire or explosions, **SHELTERING IS SAFER.**
– If the area becomes a direct target of attacks or there is a major risk of escalation, **EVACUATION MAY BECOME NECESSARY.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE ONSET OF A CRISIS SITUATION

To be able to make a quick correct decision, **IT IS IMPORTANT TO PREPARE IN ADVANCE.**

1. IDENTIFY SHELTER LOCATIONS NEARBY

– solid basements.
– civil protection shelters.
– interior rooms without windows.
– structures made of concrete or thick masonry.



2. KNOW THE EVACUATION ROUTES

– establish at least two alternative movement routes.
– avoid main roads that may become congested.
– identify safe areas outside the risk zone.



3. FOLLOW OFFICIAL INFORMATION

– authorities.
– civil protection.
– official communication channels.

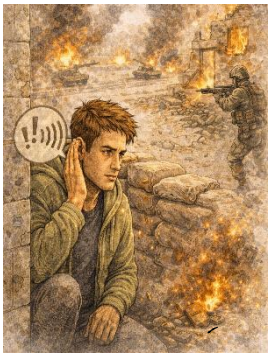


4. ESTABLISH A PLAN WITH THE FAMILY

– meeting point.
– means of communication.
– procedure if networks are not working.

2. AT THE MOMENT OF INCIDENT TRIGGERING

When **explosions, gunfire or other conflict signals occur**, **the assessment must be made quickly, within minutes.**



ANALYZE THE TYPE OF DANGER

1. OBSERVE AND LISTEN CAREFULLY:

- repeated explosions.
- gunfire.
- bombardments or artillery.
- military presence in the area.
- fires or destruction.

These clues help you understand whether the area is directly affected or only near the conflict.

2. ASSESS THE DISTANCE FROM THE DANGER



Ask yourself quickly:

- are the explosions very close?
- are the surrounding buildings affected?
- is there gunfire nearby?

If the danger is immediate, TAKING SHELTER IS ALMOST ALWAYS THE FIRST OPTION.

3. ANALYZE THE POSSIBILITY OF MOVING



EVACUATION IS AN OPTION ONLY IF:

- there is a safe route.
- moving does not involve crossing exposed areas.
- there is no gunfire or explosions nearby.
- traffic is not blocked.

If moving involves direct exposure to risk, STAYING IN SHELTER IS SAFER.

4. ASSESS THE LEVEL OF PROTECTION OF THE BUILDING YOU ARE IN



Ask yourself:

- is there a basement?
- are there rooms without windows?
- is the building structure solid?

If there is adequate shelter, it can provide sufficient protection until the situation becomes clear.

5. ANALYZE THE RISK OF ESCALATION



SITUATIONS IN WHICH EVACUATION MAY BECOME NECESSARY:

- the area becomes a direct target of attacks.
- there are major fires.
- the infrastructure is destroyed.
- the authorities order evacuation.

3. AFTER MAKING THE DECISION

IF YOU DECIDED TO TAKE SHELTER	IF YOU DECIDED TO EVACUATE
– enter a protected space. – stay away from windows. – prepare the emergency kit. – follow official information.	– leave immediately. – take only essential items. – use safe routes. – avoid crowded areas.

FREQUENT ERRORS

- **Hesitating too long** between sheltering and leaving.
- Evacuating without knowing **safe routes**.
- Moving into **exposed areas**.
- **Going out into the street** to see what is happening.
- **Ignoring official information.**
- **Overloading luggage** in case of evacuation.



IMMEDIATE ACTION

- **Stop and assess** the situation quickly.
- **Identify the type of hazard**.
- Check if there is a **safe shelter nearby**.
- Analyze if there is a **safe evacuation route**.
- **Choose the safest option** – sheltering or evacuation.
- **Act immediately, without delay.**



CRITICAL REACTION TIME

- **0–5 minutes –** RAPID ASSESSMENT of the situation and HAZARD IDENTIFICATION.
- **5–15 minutes –** MAKING THE DECISION - sheltering or evacuation.
- **15–60 minutes –** ADAPTING to the evolving situation and MONITORING official information.



DO NOT FORGET!

- ✓ In the first moments of a conflict, **the speed of the decision is essential.**
- ✓ A simple rule can save lives:
  - If moving is more dangerous than staying in shelter, **take shelter.**
  - If the area becomes a direct target of attacks, **evacuate as quickly as possible.**



QUICK CHECKLIST

	YES	NO
I HAVE IDENTIFIED THE TYPE OF HAZARD	☒	☐
I ASSESSED THE DISTANCE FROM THE AFFECTED AREA	☒	☐
I CHECKED IF THERE IS SAFE SHELTER	☒	☐
I CHECKED IF THERE IS A SAFE EVACUATION ROUTE	☒	☐
I CHOSE THE SAFEST OPTION	☒	☐
I ACTED QUICKLY	☒	☐



M2 – Sheet 3 – ORGANIZING THE EMERGENCY KIT EMERGENCY

SHEET – MIXED / C+O

LEVEL – ESSENTIAL

APPLIES – Before and at the onset of conflict.

TO REMEMBER

– In situations of armed conflict or major crises, **the time available for preparation can be very limited.**
– **Quickly organizing an emergency kit** allows you to have essential survival resources on hand in case of sheltering or evacuation.
– A well-organized emergency kit should contain only the essential items, which are easy to carry and immediately usable.

Important principles:

- Prioritize vital items (water, medicine, communication);
- Avoid overloading the bag;
- Choose compact and multi-functional items;
- Organize the kit so you can quickly find each item.
- In crisis situations, mobility and quick access to resources can make the difference.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE ONSET OF A CRISIS SITUATION

1. CHOOSE A SUITABLE BAG

- a sturdy backpack.
- a bag that is easy to carry.
- a compact piece of luggage.

RECOMMENDED FEATURES:

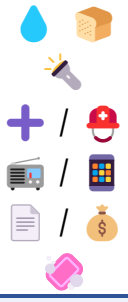
- medium size.
- multiple compartments.
- quick access to the contents.
- water resistance.

2. ESTABLISH THE LIST OF ESSENTIAL ITEMS

The kit must contain **resources for at least 24–72 hours.**

Main categories:

- **Water and food.**
- **Lighting equipment.**
- **First aid kit.**
- **Communication tools.**
- **Documents and money.**
- **Hygiene items.**





3. STORE ITEMS IN AN ACCESSIBLE LOCATION

The kit must:

- Be easy to find.
- Be close to the home exit.
- Be known to all family members.

1. AT THE TIME OF THE EMERGENCY SITUATION

If you don't have a kit ready, you must quickly select the essential items.

1. START WITH VITAL ITEMS

- **Absolute priority** - water, personal medications, first aid kit.

2. ADD COMMUNICATION AND INFORMATION TOOLS

- **Mobile phone.**
- **External battery. Portable radio (if available).**
- **Chargers.**

3. INCLUDE BASIC SURVIVAL RESOURCES

- **Non-perishable food.**
- **Flashlight.**
- **Batteries.**
- **Pocket knife or multi-tool.**
- **Matches or lighter.**

4. PREPARE AND ADD IMPORTANT DOCUMENTS – copies or originals

- **Identification document**
- **Medical documents**
- **Important family documents**

It is recommended to place them in an envelope or waterproof pouch.

5. ADD MONEY AND ESSENTIAL PERSONAL ITEMS – in crisis situations, electronic payments may become unavailable.

- **Cash.**
- **Phone.**
- **Keys.**
- **A list of important contacts.**

6. Limit the kit's weight

The weight must allow for quick transport and movement over longer distances.

- **Remove non-essential items**
- **Prefer small packages**
- **Organize objects compactly**

2. AFTER ORGANIZING THE KIT

AFTER PREPARING THE KIT	IF THE SITUATION STABILIZES,
– **Check that you have all the essential items.** – **Ensure quick access to important items.** – **Prepare the kit for immediate movement.**	– **Check the contents of the kit.** – **Replace consumed or expired items.** – **Reorganize resources.**



FREQUENT ERRORS

- Preparing a bag that is too heavy.
- Including unnecessary items.
- Forgetting personal medications.
- Lack of drinking water.
- Lack of lighting means.
- Wasting time with excessive organizing.



IMMEDIATE ACTION

- Take a sturdy backpack or bag.
- Put water and essential medications.
- Add a flashlight and communication means.
- Include non-perishable food.
- Put important documents and money.
- Check the weight and get ready to move.



CRITICAL REACTION TIME

0–2 minutes – CHOOSING THE BAG AND PREPARING THE LUGGAGE.
2–5 minutes – SELECTING VITAL RESOURCES.
5–10 minutes – COMPLETING THE KIT AND CHECKING THE CONTENTS.



DO NOT FORGET!

– **AN EFFECTIVE EMERGENCY KIT MUST BE:**
- Compact.
- Easy to carry.
- Logically organized.
- Ready for immediate use.

Simple rule – take only the things that can save your life or ensure your survival in the first days.



QUICK CHECKLIST

	YES	NO
DRINKING WATER	☒	☐
NON-PERISHABLE FOOD	☒	☐
PERSONAL MEDICATIONS	☒	☐
FIRST AID KIT	☒	☐
FLASHLIGHT AND BATTERIES	☒	☐
PHONE AND EXTERNAL BATTERY	☒	☐
IMPORTANT DOCUMENTS	☒	☐
CASH	☒	☐
ESSENTIAL PERSONAL ITEMS	☒	☐



M2 – Sheet 4 – ORGANIZING A SAFE SHELTER

SHEET – OPERATIONAL | LEVEL – CRITICAL | APPLIES TO – In the sheltering situation.

TO REMEMBER

- **Quick preparation of a shelter** can significantly increase the family's chances of survival.
- A well-chosen and organized shelter can significantly reduce the risk of injury or death.
- During armed conflicts, **rapid and correct sheltering is one of the most effective protection measures against:**
  - Fragments from explosions.
  - Shockwave.
  - Partial building collapse.
  - Gunfire or bombardments.



IMPORTANT PRINCIPLES:

- Distance from windows reduces the risk of injury.
- Interior walls provide additional protection.
- Lower levels of the building are safer.
- Basements are usually the most protected spaces.

SOLID SHELTER – DISTANCE FROM WINDOWS – PROTECTION AGAINST FRAGMENTS

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE ONSET OF A CRISIS SITUATION

- **Advance preparation allows for the quick organization of a safe shelter.**

IDENTIFY THE SAFEST PLACE IN THE HOME

RECOMMENDED SPACES	AVOID
– Interior rooms without windows. – Spaces between structural walls. – Spaces near exterior walls. – Basements. – Central hallways.	– Rooms with large windows. – Balconies.

ANALYZE THE BUILDING STRUCTURE

A SAFER SHELTER IS PROVIDED BY	AVOID SPACES WITH
– Concrete or solid masonry buildings. – Thick interior walls. – Areas under beams or solid structures.	– fragile walls. – large windows. – unstable furniture.

PREPARE ESSENTIAL RESOURCES FOR THE SHELTER

- Drinking water.
- Flashlight, First aid kit.
- Phone and/or radio.
- Blankets, Emergency kit.



ENSURE RAPID ACCESS TO THE SHELTER

- **All family members must know:**
  - Where the shelter is located.
  - How to get there quickly.
  - What to do at the moment of an attack.

2. AT THE MOMENT THE DANGER IS TRIGGERED

- **When explosions occur** or other conflict signals appear, **shelter preparation must be done quickly and in an organized manner.**

MOVE THE FAMILY TO THE SAFEST AREA

- **All family members must move immediately to the shelter.**
- **Important rules:**
  - Rapid movement.
  - Avoiding windows.
  - Keeping the group together.



2. CREATE A PROTECTION BARRIER

- If possible**, you can increase protection by:**
  - Moving solid furniture near exterior walls.
  - Using mattresses or thick blankets.
  - Placing objects that can absorb fragments.
- These elements can reduce the impact of projected debris.

3. REMOVE DANGEROUS OBJECTS

- **Inside the shelter:**
  - Remove fragile objects.
  - Secure unstable furniture.
  - Clear space for movement.

4. PREPARE THE SPACE FOR SITTING

- **The shelter must allow the family to:**
  - Sit or lie down.
  - Protect themselves from fragments.
  - Have access to essential resources.
- **It is recommended that people stay:**
  - Seated or lying down.
  - Away from exterior walls.
  - With their head protected.

5. PREPARE THE SHELTER FOR AN EXTENDED STAY

- If the situation requires it, the family may remain in the shelter for a longer time.
  - It is useful to have – water, food, flashlight, means of communication.

CHOOSING A SHELTER IN THE HOME

- In the absence of a specialized shelter, **the safest option is an interior area of the home.**

RECOMMENDED CHARACTERISTICS	SUITABLE SPACES	AVOID
– Located as low as possible in the building. – Away from windows. – Protected by solid walls. – Without heavy objects that could fall.	– The basement of the home. – The cellar. – An interior room without windows. – Hallways or spaces between load-bearing walls.	– Rooms with large windows. – Balconies. – Attics. – Spaces near exterior walls.

PROTECTION IN A BASEMENT

- **Basements are often the safest spaces in the home**, as they provide natural protection against shock waves, fragments and projected debris, explosions, broken windows. **Not all basements are safe**.
- **An effective basement shelter must provide:**
  - Structural protection and breathable air.
  - Access to water and essential resources.
  - The possibility of rapid evacuation if the situation changes.
- **To increase safety:**
  - Stay away from basement windows.
  - Position yourself near interior walls.
  - Avoid areas with unstable pipes or installations.
  - Do not block the evacuation exit.
- **If there are multiple people –** organize the space so that everyone is protected by solid walls.



SHELTER ORGANIZATION

- **The shelter must be prepared for a stay of at least 24–72 hours.**
- **It is recommended to have:**
  - Drinking water.
  - Non-perishable food.
  - Flashlight and batteries.
  - Portable radio.
  - First aid kit.
  - Blankets or sleeping bags.
  - Phone and portable charger.
- **Also:**
  - Keep the space ventilated if possible.
  - Maintain order and easy access to items.
  - Avoid overcrowding the space.



PROTECTION AGAINST FRAGMENTS

- **Most** injuries during bombings are caused **by metal fragments or construction debris.**
- **Fragments can come from:**
  - exploding ammunition.
  - pieces of metal or concrete.
  - broken windows.
  - objects inside buildings.
- **For additional protection** improvised materials can be used.
  - Sandbags or earth bags.
  - Heavy furniture.
  - Thick mattresses or blankets.
  - Boxes of books or dense objects.
- **These can be placed**:
  - Between people and exterior walls.
  - In front of windows.
  - As a barrier between the shelter area and the outside.



PROTECTIVE POSITION

- During explosions or bombings:
  - Stay as low as possible.
  - Protect your head and neck with your arms.
  - Face your body toward the interior of the shelter.
  - Avoid approaching doors or windows.



4. AFTER THE SITUATION STABILIZES

- Check the condition of all family members
- Provide first aid if necessary
- Check if the home has sustained damage
- Avoid going outside immediately without assessing the risk.
- **If the situation worsens, evacuation of the area may become necessary.**

FREQUENT ERRORS

- Taking shelter near windows.
- Staying on the balcony or in the yard.
- Moving between rooms during the attack.
- Overcrowding the shelter space.
- Lack of essential resources and minimum supplies.
- Using unstable or damaged spaces.
- Completely blocking evacuation routes.
- Keeping heavy objects above the shelter area.
- Lack of ventilation and lighting fires in unventilated spaces.
- Lack of lighting.
- Rapid consumption of resources.



IMMEDIATE ACTION

If an attack or explosions occur nearby:

- Immediately enter an interior area or basement
- Move the family to the safest room.
- Stay away from windows and exterior walls.
- Use solid objects / furniture for additional protection.
- Protect yourselves with furniture or solid objects.
- Protect your head and neck.
- Sit down or lie on the floor.
- Prepare the emergency kit and communication means.
- Follow official information.
- Stay in the shelter until the danger subsides.



CRITICAL REACTION TIME

0–10 seconds – IDENTIFYING THE SHELTER / SAFE, PROTECTED AREA.
10 sec–2 minutes – MOVING THE FAMILY TOWARD THE SHELTER AREA.
2–5 minutes – ORGANIZING THE SPACE AND PROTECTION AGAINST FRAGMENTS.
5–15 minutes – ORGANIZING PROTECTION, ASSESSING SAFETY, PREPARING RESOURCES, AND STABILIZING THE SITUATION.



DO NOT FORGET!

- Most casualties occur due to **fragments and incorrect positioning inside buildings.**
- **A safe shelter improvised** must provide:
  - Structural protection.
  - Distance from the exterior – exterior walls and windows.
  - Protection against fragments.
  - Sufficient space for the family.
- **Simple rule –** the farther you are from the building's exterior, the more protected you are.



QUICK CHECKLIST

	YES	NO
HAVE I IDENTIFIED THE SHELTER LOCATION?	☒	☐
IS THE FAMILY IN THE SAFE SPACE?	☒	☐
IS THE SPACE AWAY FROM WINDOWS?	☒	☐
DO I HAVE ADDITIONAL PROTECTION AGAINST FRAGMENTS?	☒	☐
ARE THERE SUPPLIES FOR A MINIMUM OF 24–72 HOURS	☒	☐
IS THE EMERGENCY KIT ACCESSIBLE?	☒	☐
DO WE HAVE MEANS OF COMMUNICATION?	☒	☐
IS THERE AN ACCESSIBLE EVACUATION ROUTE?	☒	☐



M2 – Sheet 5 – ORGANIZING LIFE IN THE SHELTER FOR 24–72 HOURS

SHEET – MIXED / C+O

LEVEL – ESSENTIAL

APPLIES – During shelter isolation.

TO REMEMBER

- In situations of armed conflict or repeated attacks, the civilian population **may have to remain in shelter for several hours or even days.**
- Properly organizing life in the shelter becomes essential for safety, health, and maintaining calm.
- In the first 24–72 hours, the following must be managed correctly:
  - Available space.
  - Water and food resources.
  - Ventilation and hygiene.
  - Communication and information.
  - The psychological state of the sheltered persons.
- **A well-organized and prepared shelter before a crisis situation reduces risks and helps people better withstand stress and uncertainty.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE USING THE SHELTER

1. ORGANIZE THE SPACE IN THE SHELTER

The space must be divided into **FUNCTIONAL ZONES**:

- Rest area.
- Resource area (water and food).
- Area for equipment.
- Area for waste.

This organization **helps maintain order and safety.**



2. PREPARE ESSENTIAL RESOURCES

For **24–72 hours** it is recommended to have:

- Drinking water.
- Non-perishable food.
- Flashlight and batteries.
- First aid kit.
- Blankets or warm clothes.
- Communication tools.

Resources must be stored in an accessible and protected place.

3. ENSURE VENTILATION

A shelter must have **minimum ventilation** to prevent the buildup of stale air.

Check:

- Vents / Possibility of natural ventilation / Periodic access to fresh air.

4. PREPARE LIGHTING

In many situations, **electrical power may be interrupted**.

It is important to have:

- Flashlight.
- Spare batteries.
- Alternative light sources.

2. IN THE FIRST HOURS IN THE SHELTER

1. CHECK THE CONDITION OF ALL PEOPLE

It is important to:

- Check if anyone is injured.
- Provide first aid if necessary.
- Identify vulnerable people.

Children and elderly people must be supervised at all times.

2. ESTABLISH SIMPLE OPERATING RULES

To avoid chaos, it is useful to have **clear rules**:

- Rational use of resources.
- Maintaining order.
- Respecting others' space.
- Keeping quiet.

These rules help reduce stress and conflicts.

3. ORGANIZE ACCESS TO RESOURCES

Water and food must be consumed in a controlled manner.

Recommendations:

- Small, regular portions.
- Avoiding excessive consumption.
- Keeping reserves for unforeseen situations.



4. MAINTAIN COMMUNICATION

It is important to follow **official information**.

If possible:

- Use radio or telephone.
- Periodically check the situation outside.
- Conserve device battery.

5. MAINTAIN CALM AND COOPERATION

In enclosed spaces, **stress can increase rapidly**.

It is useful to:

- Speak calmly.
- Encourage cooperation.
- Maintain a supportive atmosphere.

For children, it is important to have **simple activities that reduce anxiety**.

3. IF THE STAY IN THE SHELTER IS PROLONGED

If the situation continues for a longer time, **it is important to manage life in the shelter properly.**

1. MANAGE RESOURCES

For 24–72 hours, the following must be **monitored**:

- Water. - Food.
- Batteries. - Fuel for lighting.

Consumption must be planned for the estimated duration of sheltering.

2. MAINTAIN HYGIENE

Hygiene is important for preventing disease.

Recommendations:

- Collecting **waste in a separate place and u**sing **wipes or hygiene materials**.
- **Periodic airing** if possible.



3. ORGANIZE REST

Lack of rest can affect reaction capacity.

It is useful to:

- **Establish rest periods.**
- **Use blankets or mattresses.**
- **Maintain a minimum level of comfort**.

4. MONITOR EMOTIONAL STATE

Fear and uncertainty can affect people. **To reduce stress:**

- Maintain communication.
- Encourage mutual support.

Avoid spreading rumors.

4. AFTER THE DANGER HAS CEASED

Before leaving the shelter, cautiously and in an organized manner:

- verify official information
- observe the external environment carefully
- check the condition of the building.



FREQUENT ERRORS

– While staying in a shelter, certain mistakes can create additional problems.
– The most common are:

- RAPID CONSUMPTION OF RESOURCES.
- LACK OF SPACE ORGANIZATION.
- BLOCKING ACCESS ROUTES.
- LACK OF VENTILATION.
- OCCURRENCE OF CONFLICTS BETWEEN PEOPLE.
- SPREADING RUMORS OR FALSE INFORMATION.



IMMEDIATE ACTION

If you need to STAY IN THE SHELTER FOR SEVERAL HOURS:

- Organize the space into functional zones.
- Establish simple rules for resource consumption.
- Ensure ventilation and lighting, and maintain communication with the outside.



CRITICAL REACTION TIME

0–10 minutes – ORGANIZING THE SPACE AND CHECKING ON PEOPLE.
10–30 minutes – ESTABLISHING RULES AND ORGANIZING RESOURCES.
30–60 minutes – STABILIZING THE SITUATION AND MONITORING INFORMATION.



DO NOT FORGET!

– A safe shelter **means not only physical protection, but also organization and discipline**.
– **The essential principles** are:

- ORDER.
- COOPERATION.
- RATIONAL MANAGEMENT OF RESOURCES.

– **Maintaining calm** and a simple operational structure helps people better withstand crisis situations.



QUICK CHECKLIST

	YES	NO
IS THE SHELTER ORGANIZED INTO ZONES?	☒	☐
DO WE HAVE WATER AND FOOD AVAILABLE?	☒	☐
IS THERE LIGHTING AND VENTILATION?	☒	☐
ARE RESOURCES MANAGED RATIONALLY?	☒	☐
IS THERE A MEANS OF COMMUNICATION?	☒	☒
IS THE FAMILY OR GROUP COOPERATING?	☒	☐



M2 – Sheet 6 – REACTION TO GUNFIRE

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – During an attack, upon hearing gunfire.

TO REMEMBER

- Gunfire represents **one of the most dangerous risks for civilians** during armed conflicts or violent incidents.
- **Bullets can travel long distances and ricochet** off hard surfaces, causing serious injuries even far from the initial incident area.
- In such situations, **a quick and correct reaction is essential** to reduce risk.
- **The basic principles** are:
  - Reduce exposure immediately.
  - Seek solid protection.
  - Avoid moving into open areas.
  - Stay calm and react quickly.
- It is important to remember that **not every object offers real protection against bullets.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE ONSET OF A CRISIS SITUATION

- Even though gunfire often occurs suddenly, **certain preparations can increase the chances of survival.**

1. LEARN TO RECOGNIZE THE SOUND OF GUNFIRE

- **Gunfire can be mistaken for:**
  - Firecrackers.
  - Small explosions.
  - Industrial noises.
- **The sound of gunfire is usually:**
  - Short and loud.
  - Repetitive.
  - Sometimes followed by an echo.
- **Quick recognition of this sound can trigger the correct reaction.**



2. OBSERVE YOUR SURROUNDINGS

- **In urban areas, it is useful to identify:**
  - Solid buildings.
  - Building entrances.
  - Obstacles that can provide protection.
- **These elements can become quick shelter points.**

3. AVOID HIGH-RISK AREAS

- **During conflicts, gunfire frequently occurs near:**
  - Strategic points.
  - Military zones.
  - Administrative buildings.
  - Major intersections.
- **Avoiding these areas reduces exposure.**

2. WHEN YOU HEAR GUNFIRE

- **The first seconds are essential.**

1. STOP AND ASSESS THE DIRECTION

- **When you hear gunfire:**
  - Stop immediately;
  - Try to identify the approximate direction of the sound;
  - Avoid instinctively moving toward the fire.
- **Impulsive reactions can increase risk.**

2. SEEK SOLID PROTECTION

- **Effective protection must be dense and stable.**
- **Real protection:**
  - Concrete walls.
  - Thick walls.
  - Concrete blocks.
  - Basements.
  - Structural elements of buildings.
- **Objects that provide only visual cover (but not real protection):**
  - Thin fences.
  - Wooden doors.
  - Light furniture.
  - Windows.



3. KEEP YOUR PROFILE AS LOW AS POSSIBLE

- **If there is no immediate protection:**
  - Lie down on the ground.
  - Protect your head.
  - Stay as close to the ground as possible.
- **This position reduces exposure.**



4. AVOID OPEN AREAS

- **The most dangerous areas are:**
  - Squares.
  - Parking lots.
  - Wide boulevards.
  - Spaces without obstacles.
- **These spaces offer few protection options.**

5. MOVE ONLY IF NECESSARY

- **If you need to move to a shelter:**
  - Move quickly between points of protection.
  - Use buildings or obstacles as cover.
  - Avoid running in a straight line over long distances.

Movement should only be made to a safer location.

4. IF YOU ARE IN A BUILDING

- **If gunfire occurs near the building you are in:**
  - Move away from windows.
  - Stay in an interior room.
  - Close doors if possible.
  - Sit down or lie down.
- **Windows can become dangerous due to fragments.**

5. IF YOU ARE IN A VEHICLE

- **Vehicles offer limited protection.**
- **If you hear gunfire:**
  - Stop the vehicle if safe.
  - Get out on the side opposite the direction of fire.
  - Seek solid protection.
- **Thin bodywork does not stop bullets.**



6. AFTER THE FIRING STOPS

- **After the gunfire stops:**
  - Stay in shelter for a short period.
  - Check for injuries.
  - Provide first aid if necessary.
  - Avoid approaching the incident area.
- **The situation may remain unstable.**



FREQUENT ERRORS

- **Some instinctive reactions can increase risk.**
- **The most common mistakes are:**
  - Panicking and running in open spaces.
  - Approaching to see what is happening.
  - Standing near windows.
  - Filming the incident.
  - Moving without seeking protection.
- **Curiosity in such situations can be extremely dangerous.**



IMMEDIATE ACTION

If you hear gunfire:

- Stop and identify the approximate direction.
- Immediately seek solid protection.
- Get as low as possible.
- Avoid open areas.
- Stay in shelter until the situation stabilizes.



CRITICAL REACTION TIME

- **0–5 seconds –** RECOGNITION OF GUNFIRE.
- **5–15 seconds –** IDENTIFYING THE PROTECTION.
- **15–60 seconds –** MOVING TO A SAFE SHELTER.



DO NOT FORGET!

- In situations with gunfire, the three most important actions are:
- TAKE COVER – PROTECT YOURSELF – STAY SAFE
- Reducing exposure is the most effective method of protection.



QUICK CHECKLIST

	YES	NO
HAVE I IDENTIFIED THE LOCATIONS WHERE FIRE IS COMING FROM?	☒	☐
AM I PROTECTED BY A SOLID OBSTACLE?	☒	☐
AM I AWAY FROM WINDOWS?	☒	☐
AM I AVOIDING OPEN AREAS?	☒	☐
AM I STAYING IN SHELTER UNTIL THE SITUATION STABILIZES?	☒	☐



M2 – Sheet 7 – REACTION TO ARMED ATTACKS – MISSILES, ARTILLERY AND AVIATION –

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – During armed attack, shelling.

TO REMEMBER

- Attacks with missiles, artillery or aviation are among the most dangerous types of attacks for the civilian population, as they can cause destruction over wide areas and can occur without sufficient warning.
- **The main risks** are:
  - **Metal fragments** projected at high speed.
  - **The shockwave** of explosions.
  - **Building collapse**.
  - **Fires and destruction of infrastructure.**
  - **Multiple explosions** or **successive attacks.**
- **Most injuries are caused by projected fragments and debris, not by direct impact.**
- **The essential protection principles** are:
  - **Rapid sheltering** in a solid space.
  - **Staying away from windows and exterior walls.**
  - **Protecting the head and body.**
  - **Avoiding open spaces.**
- **Reducing exposure to the outside significantly increases the chances of survival.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE ONSET OF ATTACKS

- **Advance preparation is essential for reducing risks.**

1. IDENTIFY NEARBY SHELTERS

- **The safest places are:**
  - Civil protection shelters.
  - Basements of solid buildings.
  - Underground parking lots.
  - Interior rooms without windows.
- **It is important to know where you can take shelter within a few tens of seconds.**



2. PREPARE A FAMILY PLAN

- **All family members must know:**
  - Where to take shelter in case of an attack.
  - How to communicate with each other and what to do if separated.
- **A simple plan reduces chaotic reactions.**



3. PREPARE THE EMERGENCY KIT

- **The kit must contain:**
  - Drinking water.
  - Non-perishable food.
  - Flashlight.
  - Batteries.
  - Radio or charged phone.
  - First aid kit.
  - Important documents.
- **The kit must be ready for quick transport to the shelter.**



4. IDENTIFY DANGEROUS AREAS IN THE HOME

- **During air or artillery attacks, the following are dangerous:**
  - Rooms with large windows.
  - Balconies.
  - Spaces near exterior walls.
- **Interior areas offer better protection.**

2. AT THE MOMENT THE ATTACK IS LAUNCHED

– **The first seconds are decisive.**

1. TAKE SHELTER IMMEDIATELY

– **If you hear:**
  – Explosions.
  – Rocket noise.
  – Aircraft or artillery noise.
– **GO IMMEDIATELY TO THE SHELTER.**
– **The priority is entering a solid, protected space.**



2. GO DOWN TO THE BASEMENT OR LOWER LEVEL

– **Basements offer better protection against:**
  – Shrapnel.
  – Shockwave.
  – Partial collapses.
– **If there is no basement, use an interior room without windows.**

3. STAY AWAY FROM WINDOWS

– **Windows can become extremely dangerous due to:**
  – Broken glass.
  – Projected fragments.
– **Maintain as much distance as possible from windows.**

4. PROTECT YOUR BODY

– **During explosions:**
  – Sit or lie down
  – Protect your head and neck with your arms
  – Position your body as close to the floor as possible.
– **This position reduces exposure.**

5. AVOID MOVING OUTSIDE

– **During attacks:**
  – Do not go outside.
  – Do not move between buildings.
  – Do not try to run long distances.
– **The outside is the area with the highest risk of injury.**

IF YOU ARE OUTSIDE

– **If the attack starts while you are on the street:**
  – Immediately enter a solid building.
  – Avoid open spaces.
  – Look for a basement or a protected area.
– **If there are no buildings nearby:**
  – Lie down on the ground.
  – Protect your head.
  – Stay as low as possible until the explosions stop.



IF THE ATTACK CONTINUES

– **Rocket or artillery attacks may have multiple successive waves.**
– **In this situation:**
  – Stay in shelter.
  – Avoid unnecessary movement.
  – Conserve resources.
  – Follow official information.
– **Premature exit can be dangerous.**

3. AFTER THE ATTACK STOPS

– **After the explosions stop:**
  – Stay in shelter for a few minutes.
  – Check the condition of family members.
  – Provide first aid if necessary.
  – Check for any damage to the building.
– **Exit must be done cautiously.**



FREQUENT ERRORS

– **Some behaviors increase risk during attacks.**
– **The most common are:**
  – Looking out the window during explosions.
  – Going out on the balcony or into the street.
  – Moving through the city during attacks.
  – Ignoring warnings or alarms.
– **Curiosity and impulsive reactions can lead to unnecessary exposure.**



IMMEDIATE ACTION

If an attack begins:
  – Immediately enter a shelter or basement.
  – Move away from windows.
  – Sit down or lie down.
  – Protect your head and neck.
  – Stay in the shelter until the situation becomes safe.



CRITICAL REACTION TIME

0–10 seconds – IDENTIFYING THE DANGER.
10–30 seconds – MOVING TOWARDS SHELTER.
30–60 seconds – POSITIONING IN SAFETY.



DO NOT FORGET!

– During **missile, artillery, or aviation attacks**, rapid sheltering is the most effective protective measure.
– The **simple** rule is:

GET TO SHELTER – STAY DOWN – PROTECT YOUR HEAD

– **Reducing** exposure to fragments and explosions increases the chances of survival.



QUICK CHECKLIST

	YES	NO
WE ARE IN A SHELTER OR SAFE INDOOR SPACE	☒	☐
WE ARE AWAY FROM WINDOWS	☒	☐
WE HAVE PROTECTION AGAINST FRAGMENTS	☒	☐
ALL FAMILY MEMBERS ARE SAFE	☒	☐
WE AVOID MOVING OUTSIDE	☒	☐



M2 – Sheet 8 – PROTECTION DURING EXPLOSIONS AND BOMBARDMENTS

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – During explosions following bombings.

TO REMEMBER

– Bombings are one of the most dangerous situations for the civilian population during armed conflicts. Explosions caused by bombs, artillery, grenades, or improvised devices can produce **extremely dangerous effects.**
– Explosions can produce:
  – **Shockwave.**
  – **Fragments and debris projected** at high speed**.**
  – **Broken windows.**
  – **Partial collapse of buildings.**
  – **Fires.**
– Most injuries from explosions are caused by fragments and debris projected at high speed, not by the explosion itself.
– **The first seconds after an explosion are critical**. A quick and correct reaction can significantly reduce the risk of injury.
– **Reducing exposure** to the outside is the most important protective measure.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE A BOMBARDMENT

– **Even** if explosions are unpredictable, certain measures can reduce risks.

1. IDENTIFY SAFE PLACES NEARBY

– In **urban** environments, spaces that offer better protection are:
  – **Basements** of solid buildings.
  – **Interior rooms** without windows.
  – **Spaces between** structural walls.
  – **Underground parking lots.**
  – **Civil protection shelters.**
– **These places can reduce the impact of fragments and the shockwave.**
– **It is important to know where you can take shelter within seconds.**

2. PREPARE A RESPONSE PLAN

– **All family members must know:**
  – **Where to take shelter.**
  – **How to communicate with each other.**
  – **What to do if they are separated.**
– **A simple plan reduces reaction time.**

3. PREPARE THE EMERGENCY KIT

– The kit must be easy to carry to the shelter.

4. IDENTIFY DANGEROUS AREAS IN THE HOME

– During bombardments **the following are dangerous**:
  – **Rooms with large windows.**
  – **Balconies.**
  – **Spaces exposed to the outside.**
– Sheltering must be done **in protected indoor areas.**

5. AVOID HIGH-RISK AREAS

– During conflicts, explosions frequently occur near:
  – **Critical infrastructure.**
  – **Administrative buildings.**
  – **Strategic points.**
  – **Major intersections.**
– **Avoiding these areas** reduces the likelihood of exposure.

6. LEARN TO REACT QUICKLY

– In the event of an explosion, **instinctive reactions can be wrong**.

- **It is important to know that:**
  - **Approaching windows is dangerous.**
  - **Open spaces offer little protection.**
  - **Solid objects can reduce the impact of fragments.**

2. AT THE MOMENT THE EXPLOSION OCCURS

- **Reaction in the first seconds is essential.**



1. DROP TO THE GROUND IMMEDIATELY

- **If you are near an explosion:**
  - Bend down or lie down on the ground immediately.
  - Protect your head and neck with your arms.
  - Keep your face facing the ground.
  - Position your body as close to the floor as possible.
- **This position reduces exposure to fragments**.

2. MOVE AWAY FROM WINDOWS

- **Windows are extremely dangerous during explosions.**
- **It is important** to:
  - Move away from windows quickly.
  - Avoid exterior doors.
  - Look for an interior room.
  - Broken windows can produce numerous sharp fragments.

3. SEEK SOLID PROTECTION

- Effective **protection** must be **dense and stable**.
- **Examples** of **protection**:
  - Interior concrete walls.
  - Thick walls.
  - Solid furniture.
  - Basements.
  - These can reduce the impact of fragments and the shockwave.

4. STAY DOWN FOR A FEW SECONDS

- **After an explosion, the following may occur:**
  - Other explosions.
  - Falling debris.
  - Partial collapses.
  - **Stay down** for a few moments until the situation becomes clearer.

5. PROTECT YOUR BREATHING



- **After an explosion, the following may occur**:
  - Dust.
  - Smoke.
  - Hazardous particles.
  - **If possible:**
  - **Cover your nose and mouth** with a piece of material.
  - Avoid inhaling dust.

6. AVOID MOVING OUTSIDE

- **Going outside during bombings is extremely dangerous.**
- **Risks include:**
  - Shrapnel.
  - Secondary explosions.
  - Building collapses.
- **Stay in shelter** until the situation stabilizes.

IF YOU ARE OUTSIDE

- **If the bombing starts while you are on the street:**
  - Immediately enter a solid building.
  - Avoid open spaces.
  - Take shelter in a basement or a protected area.
- **If there are no buildings nearby:**
  - Lie on the ground / Protect your head / Stay as low as possible.

IF THE BOMBING CONTINUES

- **In case of repeated attacks:**
  - Stay in shelter.
  - Avoid unnecessary movement.
  - Conserve resources.
  - Follow official information.
- **The situation may last longer than initially estimated.**



3. AFTER THE BOMBING STOPS

- **After the explosions stop:**
  - Stay in shelter for a few minutes.
  - Check the condition of family members.
  - Provide first aid if necessary.
  - Check if the home has been damaged.
- **Exit must be done cautiously.**
- **After the initial impact has passed, it is important to quickly assess the situation.**

1. CHECK IF YOU ARE INJURED

- **Adrenaline can sometimes hide injuries.**
  - **Check for –** bleeding, open wounds, pain, or dizziness.
- **If necessary, apply first aid measures.**

2. CHECK THE CONDITION OF PEOPLE AROUND YOU

- **If there are injured people:**
  - **Offer help** if it is safe.
  - **Stop the bleeding**.
  - **Move people** only if there is immediate danger.

3. AVOID THE EXPLOSION ZONE

- **After an explosion, there may be additional risks:**
  - **Unexploded devices.**
  - **Fires.**
  - **Unstable buildings.**
- **The area must be left cautiously.**



4. SEEK A SAFE PLACE

- **If you are outdoors:**
  - **Move to a shelter.**
- **If you are in a building:**
  - **Go to the basement** or an interior room.

5. FOLLOW OFFICIAL INFORMATION

- **After a major incident, it is important to:**
  - Follow announcements from authorities.
  - Avoid spreading rumors.
  - Follow safety instructions.

FREQUENT ERRORS

Certain reactions can increase the risk of injury.

- **Going outside and approaching the explosion site** out of curiosity.
- **Filming or photographing** the incident.
- **Looking out the window** during the bombardment
- **Moving through areas with debris or damaged buildings**.
- **Ignoring the risk of secondary explosions.**
- **Lack of a clearly established shelter**.

IMMEDIATE ACTION

If an explosion occurs nearby:

- Immediately drop to the ground or lie flat.
- Go immediately to a shelter or basement.
- Protect your head and neck.
- Move away from windows.
- Seek solid protection.
- Stay down for a few seconds to avoid fragments.
- Stay in shelter until the danger passes.



CRITICAL REACTION TIME

0–3 seconds – REACTION TO THE EXPLOSION.
3–15 seconds – TAKING COVER AND PROTECTING THE BODY.
15–60 seconds – ASSESSING THE SITUATION AND MOVING TO A SAFE LOCATION



DO NOT FORGET!

- ✓ **An explosion may be followed by further explosions or collapses.**
- ✓ **Basic principle**:

TAKE COVER – STAY LOW – PROTECT YOURSELF –
MOVE AWAY FROM THE DANGER ZONE

- ✓ **Reducing exposure** is essential for survival.



QUICK CHECKLIST

	YES	NO
HAVE I MOVED AWAY FROM WINDOWS?	☒	☐
AM I PROTECTED AGAINST FRAGMENTS BY A SOLID OBSTACLE?	☒	☐
HAVE I PROTECTED MY HEAD AND NECK?	☒	☐
HAVE I CHECKED FOR INJURIES?	☒	☐
ARE ALL FAMILY MEMBERS SAFE?	☒	☐
AM I AVOIDING THE EXPLOSION ZONE?	☒	☐
AM I FOLLOWING OFFICIAL INFORMATION?	☒	☐



M2 – Sheet 9 – PROTECTION AGAINST DRONE APPEARANCE

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – In areas monitored by drones.

TO REMEMBER



- In modern conflicts, **drones are frequently used** for:
  - Surveillance and reconnaissance.
  - Target identification.
  - Attacks with munitions or explosives.
  - Directing artillery or other strikes.
- **Drones can be:**
  - Small and hard to spot.
  - Silent or with low noise.
  - Present at low or high altitude.
- For the civilian population, **the main risk is exposure in open spaces or those visible from the air.**
- **The basic principles for protection** are:
  - Avoiding exposure outdoors.
  - Reducing visibility from the air.
  - Taking shelter in solid spaces.
  - Avoiding large gatherings of people.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE DRONES APPEAR

1. RECOGNIZE THE PRESENCE OF A DRONE



- **Drones can be identified by:**
  - Specific rotor noise.
  - Slow movement or hovering in the sky.
  - Light or reflection in the air.
- **Some drones can be difficult to see, but can be heard before they are seen.**

2. AVOID EXPOSURE IN OPEN SPACES

- **Drones can easily observe:**
  - Open streets.
  - Parking lots.
  - Large yards.
  - Fields or uncovered spaces.
- **Limiting the time spent in these areas** reduces exposure.



3. IDENTIFY SHELTER SPACES

- In the event of drones appearing, **useful shelters** are:
  - Solid buildings.
  - Basements.
  - Covered spaces.
- **Taking shelter reduces the risk** of observation or exposure.

4. AVOID CONCENTRATING PEOPLE IN THE SAME PLACE

- **Large groups of people can easily become visible from the air.**
- It is **recommended** to:
  - Avoid large gatherings of people.
  - Disperse groups of people.

2. WHEN YOU SEE OR HEAR A DRONE

1. REDUCE EXPOSURE IMMEDIATELY

– **If you see a drone:**
  – Enter a building or a covered space.
  – Avoid staying in open areas.
  – Seek shelter as quickly as possible.
– **Visibility from the air increases the risk.**

2. AVOID UNNECESSARY MOVEMENTS

– **Rapid movement or agitation can attract attention.**
– It is **recommended** to:
  – Move calmly towards shelter.
  – Avoid running in open areas.

3. TAKE SHELTER IN A SOLID BUILDING

– **If possible:**
  – Enter a building.
  – Move to interior rooms.
  – Avoid windows.
– Solid buildings offer better protection.

4. AVOID USING LIGHTS OR VISIBLE SIGNALS

– **At night, bright lights can attract attention.**
– It is **recommended** to:
  – Reduce outdoor lighting.
  – Avoid using bright lights outdoors.

5. DO NOT TRY TO FOLLOW OR PHOTOGRAPH THE DRONE

  – Approaching or directly observing the drone can increase the risk.
  – Personal protection is the priority, not observation.

IF THE DRONE REMAINS IN THE AREA

– **If the drone continues to fly over the area:**
  – Stay in shelter.
  – Avoid unnecessary movement.
  – Limit exposure to windows.
– **The situation may last for a longer time.**

IF AN EXPLOSION OCCURS

– **Some drones may carry explosives**.
– **If an explosion occurs:**
  – Lie down on the ground.
  – Protect your head and neck.
  – Move away from windows.
  – Seek solid protection.
– **The procedure is similar to the reaction to explosions or bombings.**



3. AFTER THE DRONE LEAVES

  – Wait a few minutes before going out.
  – Check the condition of people around you.
  – Avoid areas where debris or dangerous objects may be present.

FREQUENT ERRORS

  – Observing the drone out of curiosity.
  – Filming or photographing the drone.
  – Standing in open areas to watch the drone.
  – Forming large groups of people.



IMMEDIATE ACTION

If you see or hear a drone:

- **ENTER A BUILDING OR A COVERED SPACE.**
- **MOVE AWAY FROM WINDOWS.**
- **AVOID OPEN SPACES.**
- **REDUCE UNNECESSARY MOVEMENT.**
- **STAY IN SHELTER UNTIL THE DRONE LEAVES THE AREA.**



CRITICAL REACTION TIME

0–10 seconds – IDENTIFYING THE DRONE.
10–30 seconds – MOVING TOWARDS SHELTER.
30–60 seconds – POSITIONING IN A PROTECTED SPACE.



DO NOT FORGET!

- ✓ Drones can be used for observation or attack.
- ✓ The essential principle is:
  REDUCE EXPOSURE – TAKE SHELTER – AVOID OPEN AREAS
- ✓ Reducing visibility from the air is an important protective measure.



QUICK CHECKLIST

	YES	NO
I AM NOT IN AN OPEN SPACE	☒	☐
I AM IN A BUILDING OR COVERED SPACE	☒	☐
I AM AWAY FROM WINDOWS	☒	☐
I AVOID UNNECESSARY MOVEMENT	☒	☐
I STAY IN SHELTER UNTIL THE DRONE LEAVES	☒	☐

M2 – Sheet 10 – THE IMPORTANCE OF RADIO COMMUNICATIONS AND COORDINATION IN CRISIS SITUATIONS. USE OF RADIO STATIONS AND MORSE CODE ELEMENTS

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES TO** – Lack of communication in conflict.

TO REMEMBER

- In any crisis situation, timely transmitted information can save lives.
- The radio station remains one of the most reliable means of communication, and knowledge of alternative methods, such as Morse code, can make the difference between the success and failure of a rescue operation.
- During the earthquake in Turkey (2023), amateur radio operators helped transmit information when part of the communication networks were affected.

IMMEDIATE ACTION

REQUIRED MATERIALS

- Portable PMR/VHF/UHF radio stations (4–6 units).
- PMR (Personal Mobile Radio) = simple stations, accessible to everyone.
- VHF (Very High Frequency) = ideal for long-distance communications in open terrain and mountainous areas.
- UHF (Ultra High Frequency) = ideal for forests, buildings and areas with many obstacles.
- Spare batteries / accumulators.
- Simple maps of the area.
- NATO phonetic alphabet sheets.
- Morse code worksheets.
- Whistle, flashlight.
- Stopwatch.
- Notepads and pens.

PURPOSE OF THE EXERCISE

- Developing the ability to use radio communications as the primary means of coordinating and transmitting information in crisis situations.
- Understanding the role of Morse code as an alternative communication method when other systems are not available.

OBJECTIVES

- By the end of the activity, participants will be able to:
- Explain the role of radio communications in emergency situations.
- Identify the main components of a portable radio station.
- Correctly make a radio call.
- Use elementary radio communication procedures.
- Use the NATO phonetic alphabet for transmitting information.
- Recognize and transmit simple messages in Morse code.
- Carry out a practical communications exercise in a crisis scenario.

During the exercise, participants must:

- Connect the radio station.
- Make a correct call.
- Transmit coordinates.
- Use the NATO alphabet.
- Decipher a Morse message.
- Transmit SOS.
- Coordinate a team.

At the end:

- 6 points = Radio Operator.
- 4–5 points = Operator in training.
- <4 points = Requires additional training.

SCENARIO

Following a strong storm, the electricity supply and mobile phone networks are unavailable. An intervention team must locate and evacuate a lost person. The only available means of communication are portable radio stations. As a backup measure, teams must be able to transmit simple signals using Morse code via flashlight or whistle.

ACTIVITY DEVELOPMENT

STAGE 1 – INTRODUCTION AND THEORETICAL PRESENTATION

The following are presented:

THE IMPORTANCE OF COMMUNICATIONS IN CRISIS SITUATIONS

- Team coordination;
- Rapid transmission of information;
- Requesting assistance;
- Reporting the situation;
- Preventing confusion and accidents.

TYPES OF SYSTEMS AND FREQUENCY BANDS USED FOR RADIO COMMUNICATIONS.

PMR – *Personal Mobile Radio* – a radio communication system intended for use without an individual license, very widespread in recreational, sports, and local coordination activities.

- Frequency: 446 MHz (UHF band)
- Low power (0.5 W for PMR446)
- Range:
- 1–3 km in urban environments
- 3–8 km in open terrain
- up to 10 km under ideal conditions
- Does not require a transmission license in most European states.

Usage:

- Hiking;
- Mountain activities;
- Event organization;
- Survival exercises;
- Communications between search and rescue teams over short distances.

VHF – *Very High Frequency* – very high frequencies (30 MHz – 300 MHz).

- Good propagation in open terrain;
- Very good performance over water and in rural areas;
- Greater sensitivity to obstacles and terrain.

Advantages:

- Large coverage in open field;
- Stable communications over long distances;
- Low power consumption.

Users:

- Mountain rescue;
- Emergency services;
- Amateur radio operators;
- Aviation;
- Maritime communications.

***UHF – Ultra High Frequency* – ultra-high frequencies (300 MHz – 3 GHz)**

- Penetrates better through vegetation, buildings, and urban areas;
- Less influenced by nearby obstacles;
- Slightly shorter range than VHF in open terrain.

Advantages:

- Works well in forests;
- Works well in settlements;
- Clearer communications in crowded environments.

Users:

- Intervention teams;
- Security and protection;
- Outdoor activities;
- Civil protection.

<table>
<tr><td></td><td>PRACTICAL EXAMPLE
Teams on ridges and in open areas will generally have better communications on VHF.
Teams operating in forests, narrow valleys, or near buildings will benefit from better performance on UHF.
For introductory exercises and basic training, PMR446 radios can be used, as they do not require a license and are easy to operate.</td></tr>
<tr><td>STAGE 2 – FAMILIARIZATION WITH THE RADIO STATION</td><td>PARTICIPANTS IDENTIFY
Antenna;
PTT button (Push To Talk);
Channel selector;
Volume control;
Battery indicator.
RADIO CALL DEMONSTRATION
Who I am addressing
Who I am
The message
Reception
EXAMPLE:
"Base, this is Team Alpha. Victim located. Request support. Reception."
ESSENTIAL RULES
Press PTT.
Wait one second.
Speak clearly.
Release PTT.
Wait for the response.</td></tr>
<tr><td>STAGE 3 – NATO PHONETIC ALPHABET</td><td>The international standard used in military, aeronautical, maritime, emergency, and radio communications for the clear transmission of letters and avoiding confusion.
Participants learn the correct transmission of letters.
EXERCISE – Transmitting by radio:
One's own name;
A team number;
Location coordinates.
<table>
<tr><th>LETTER</th><th>NATO CODE</th><th>APPROXIMATE PRONUNCIATION</th></tr>
<tr><td>A</td><td>Alfa</td><td>AL-FA</td></tr>
<tr><td>B</td><td>Bravo</td><td>BRA-VO</td></tr>
<tr><td>C</td><td>Charlie</td><td>CHAR-LI</td></tr>
<tr><td>D</td><td>Delta</td><td>DEL-TA</td></tr>
<tr><td>E</td><td>Echo</td><td>E-CO</td></tr>
<tr><td>F</td><td>Foxtrot</td><td>FOX-TROT</td></tr>
<tr><td>G</td><td>Golf</td><td>GOLF</td></tr>
<tr><td>H</td><td>Hotel</td><td>HO-TEL</td></tr>
<tr><td>I</td><td>India</td><td>IN-DIA</td></tr>
<tr><td>J</td><td>Juliett</td><td>JULI-ET</td></tr>
<tr><td>K</td><td>Kilo</td><td>KI-LO</td></tr>
<tr><td>L</td><td>Lima</td><td>LI-MA</td></tr>
<tr><td>M</td><td>Mike</td><td>MAIK</td></tr>
<tr><td>N</td><td>November</td><td>NO-VEM-BER</td></tr>
<tr><td>O</td><td>Oscar</td><td>OS-CAR</td></tr>
<tr><td>P</td><td>Papa</td><td>PA-PA</td></tr>
<tr><td>Q</td><td>Quebec</td><td>KE-BEC</td></tr>
<tr><td>R</td><td>Romeo</td><td>RO-MEO</td></tr>
<tr><td>S</td><td>Sierra</td><td>SI-ER-RA</td></tr>
<tr><td>T</td><td>Tango</td><td>TAN-GO</td></tr>
<tr><td>U</td><td>Uniform</td><td>IU-NI-FORM</td></tr>
<tr><td>V</td><td>Victor</td><td>VIC-TOR</td></tr>
<tr><td>W</td><td>Whiskey</td><td>UIS-CHI</td></tr>
<tr><td>X</td><td>X-ray</td><td>EKS-REI</td></tr>
<tr><td>Y</td><td>Yankee</td><td>IAN-CHI</td></tr>
<tr><td>Z</td><td>Zulu</td><td>ZU-LU</td></tr>
</table></td></tr>
</table>

FIGURES IN RADIO COMMUNICATIONS

DIGIT	NATO PRONUNCIATION
0	Zero
1	Wun
2	Too
3	Tree
4	Fower
5	Fife
6	Six
7	Seven
8	Ait
9	Niner

PRACTICAL EXAMPLE – transmitting the name

1. The name RADU

R – Romeo
A – Alfa
D – Delta
U – Uniform
Transmitted as – *"Romeo Alfa Delta Uniform"*

2. AORR

A – Alfa
O – Oscar
R – Romeo
R – Romeo
Transmitted as – *"Alfa Oscar Romeo Romeo"*

3. SOS

S – Sierra
O – Oscar
S – Sierra
Transmitted as – *"Sierra Oscar Sierra"*

COMMON RADIO EXPRESSIONS

RECEPTION	Waiting for reply
RECEIVED	Message received
CONFIRM	Understood
NEGATIVE	No
AFFIRMATIVE	Yes
REPEAT	Repeat the message
OVER	I end the transmission
URGENCY	Priority message

EXAMPLE OF A RADIO CALL

- *"Base, this is Team Alpha. Reception."*
- *"Team Alpha, this is Base. I receive you. Reception."*
- *"We have located the missing person at point Romeo-Tango 21. We request medical support. Reception."*
- *"Message received and confirmed. Team Bravo is moving to the location. Over."*

STAGE 4 – INTRODUCTION TO MORSE CODE

EXPLANATIONS

- DOT = short signal
- DASH = long signal

EXAMPLES:

A = . -
B = - . . .
C = - . - .
D = - . .
E = .
S = . . .
O = - - -
SOS = . . . – – – . . .

PRACTICAL DEMONSTRATION

- The instructor transmits SOS:
- with the flashlight;
- with the whistle;
- by tapping on the table.

	Participants identify the message. **MORSE CODE** **NUMBERS IN MORSE** **COMMON PUNCTUATION MARKS** **THE INTERNATIONAL DISTRESS SIGNAL** S O S – the most well-known distress signal and can be transmitted by: • radio; • flashlight; • whistle; • signal mirror; • striking a metal object. • • • – – – • • • **TIMING RULE** For correct transmission: • Dot (•) = 1 time unit • Dash (–) = 3 time units • Pause between elements of the same letter = 1 unit • Pause between letters = 3 units • Pause between words = 7 units
STAGE 5 – PRACTICAL RADIO EXERCISE	**PARTICIPANTS ARE DIVIDED INTO:** • Command base; • Team 1; • Team 2. **MISSION – Team 1 discovers a "casualty" and must transmit:** • Position; • Victim's condition; • Required support.

LETTER	MORSE CODE	LETTER	MORSE CODE
A	• –	N	– •
B	– • • •	O	– – –
C	– • – •	P	• – – •
D	– • •	Q	– – • –
E	•	R	• – •
F	• • – •	S	• • •
G	– – •	T	–
H	• • • •	U	• • –
I	• •	V	• • • –
J	• – – –	W	• – –
K	– • –	X	– • • –
L	• – • •	Y	– • – –
M	– –	Z	– – • •

DIGIT	MORSE CODE
0	– – – – –
1	• – – – –
2	• • – – –
3	• • • – –
4	• • • • –
5	• • • • •
6	– • • • •
7	– – • • •
8	– – – • •
9	– – – – •

MARK	MORSE CODE
. (period)	• – • – • –
, (comma)	– – • • – –
?	• • – – • •
/	– • • – •
-	– • • • • –
( )	– • – – • –
@	• – – • – •

	MESSAGE MODEL • *"Base, this is Team 1.* • *We have located a person.* • *The victim is conscious.* • *We request a medical kit and transport.* • *Over."* **BASE TASK** • Acknowledge receipt; • Relay the information to Team 2; • Coordinate the intervention.
STAGE 6 – EMERGENCY MORSE EXERCISE	**SCENARIO – Team 2's radio station has malfunctioned. Participants must transmit: SOS and OK via – Flashlight; Whistle; Sound signals.** **CHECKED:** • Correctness of the code; • Transmission speed; • Interpretation of the message.
CONCLUSIONS / LESSONS LEARNED	• What difficulties did participants encounter? • What information should be transmitted as a priority in an emergency? • What happens when modern communications fail? • In what situations can Morse code still be useful today?

QUICK CHECKLIST

1	**MAKE A CALL WITH THE RADIO STATION**	☑
2	**TRANSMIT THE VICTIM'S COORDINATES**	☑
3	**USE THE NATO ALPHABET**	☑
4	**DECODE A MORSE MESSAGE**	☑
5	**TRANSMIT S.O.S.**	☑
6	**COORDINATE THE INTERVENTION**	☑



M2 – Sheet 11– PROTECTION IN CASE OF USE OF NUCLEAR WEAPONS –

SHEET – TECHNICAL | LEVEL – CRITICAL | **APPLIES TO** – In the use of nuclear weapons, upon direct exposure.

TO REMEMBER



- **The use of a nuclear weapon produces extremely severe effects**:
  - Very strong light emission.
  - Shockwave.
  - Intense thermal radiation.
  - Ionizing radiation.
  - Radioactive dust.
- **For the civilian population, survival largely depends on**:
  - Rapid sheltering
  - Distance from the explosion site
  - Protection against radioactive contamination
- Most people located away from the explosion zone can survive if they quickly take shelter in a solid building or basement.
- **The first 24–48 hours after the explosion are the most dangerous** due to radiation from radioactive **dust**.

The self-protection time in the event of a nuclear explosion is a maximum of 2 seconds.

- ✓ **For every 400 mm dug in depth, nuclear radiation is reduced by a radioactive protection factor of 2;**
- ✓ **During daytime, sunglasses do not provide eye protection;**
- ✓ **Daytime vision returns after approximately 2 minutes;**
- ✓ **Nighttime vision returns after approximately 10 minutes;**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE A NUCLEAR INCIDENT

- **Prior** preparation can significantly reduce risks.

1. IDENTIFY SUITABLE SHELTERS

- **The best protection locations** are:
  - Civil protection shelters.
  - Basements of solid buildings.
  - Interior spaces without windows.
- **Dense materials** (concrete, earth, brick) offer better protection against radiation.

2. PREPARE AN EMERGENCY KIT

- **The kit should include:**
  - Drinking water.
  - Non-perishable food.
  - Flashlight and batteries.
  - Battery-powered radio.
  - First aid kit.
  - Mask or materials for respiratory protection.
  - Change of clothes.
- **This kit should be available for at least 72 hours.**

3. KNOW THE WARNING SIGNALS

- **Authorities** may transmit warnings via:
  - Alarm systems.
  - Radio.
  - Television.
  - Alert messages on the phone.
- **It is important to react quickly** to these warnings.

2. AT THE MOMENT OF THE EXPLOSION

- **The first seconds are decisive** for protection.

1. PROTECT YOURSELF FROM THE INITIAL FLASH



- **The nuclear explosion** produces a light emission – an extremely powerful bright flash.
- If you notice an intense light:
  - Turn your back immediately.
  - Protect your eyes.
  - Cover your head and body.
- **This reduces the risk of burns and vision damage.**

2. TAKE SHELTER IMMEDIATELY

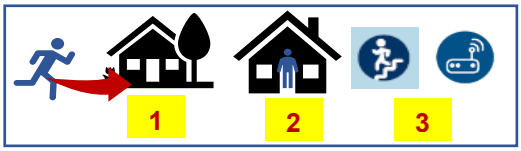
- **The flash is followed by the shockwave.**
- **You must**:
  - Quickly enter a solid building.
  - Go down to a basement if possible.
  - Stay away from windows.
- **The more solid and deeper the shelter, the greater the protection.**

3. STAY LOW OR LIE DOWN



- **To reduce exposure:**
  - Lie down or crouch.
  - Protect your head and neck.
  - Avoid objects that may collapse.

IF YOU ARE IN OPEN TERRAIN



- **IF THE EXPLOSION CATCHES YOU IN THE OPEN:**
  - **Enter a building immediately**. **Rapid shelter** reduces radiation exposure
  - **Avoid traveling** long distances.
  - **Look for a basement or an interior room**.
- **IF YOU HAVE NO SHELTER NEARBY**– **Avoid looking at the flash of light** and **keep your mouth open** during the explosion!
  - **Lie face down on the ground** with your feet toward the explosion, protect your face with your hands!
  - **Use the terrain** – small bumps, folds in the ground, or mounds and protect as much of your body surface as possible!
  - **Stay in this position** until you hear the sound of the explosion,

IF YOU ARE MOVING ON A ROAD



- **Lie down in the ditch or next to a milestone,** orienting your body so that it can be protected against light emission;
- **On a street with a curb or near a railway embankment**, **use the side opposite the explosion**, so that the curb (embankment) protects your entire body;
- **If there is a tree trunk nearby,** a thick tree or a large rock, lie down with your head near its base, so that your body is within the cone of shadow that will appear during the light emission.

WHILE TRAVELING BY CAR

- **Stop the vehicle**.
- **Pull the emergency brake, close your eyes, protect your face with your hands and lean below the windshield.**

3. AFTER THE EXPLOSION

- After the shockwave, there is a risk of radioactive contamination. **This information is essential for subsequent decisions!**

1. STAY IN SHELTER



- Do not go outside immediately.
- Radioactive fallout may reach the area within the first few hours.
- It is recommended to stay in shelter for at least 24 hours or until further official information.

2. REMOVE CONTAMINATION FROM CLOTHING

- **If you were outside:**
  - Remove contaminated clothing.
  - Store them in a bag or in an isolated space.
  - Wash your skin with water and soap if possible.
- This **significantly reduces contamination**.

3. CLEAN YOUR ENTIRE BODY

- **It is recommended to:**
  - **Take a shower** if water is available.
  - **Wash your hair and skin thoroughly.**
  - **Avoid using conditioners or cosmetic products** that can retain particles.

4. AVOID CONSUMING CONTAMINATED FOOD OR WATER

- **Use only:**
  - Sealed water.
  - Packaged food.
- **Avoid consuming products exposed outdoors.**

5. FOLLOW OFFICIAL INFORMATION

- **The authorities will provide information about:**
  - Affected areas.
  - Evacuations.
  - Radiation levels.



FREQUENT ERRORS

- **LOOKING DIRECTLY AT THE SITE OF THE NUCLEAR EXPLOSION.**
- **GOING OUTSIDE IMMEDIATELY AFTER THE EXPLOSION.**
- **TAKING SHELTER NEAR WINDOWS.**
- **CONSUMING POSSIBLY CONTAMINATED FOOD OR WATER.**

These behaviors can lead to unnecessary radiation exposure.



IMMEDIATE ACTION

- **PROTECT YOUR EYES AND BODY FROM THE LIGHT EMISSION.**
- **ENTER A SOLID BUILDING IMMEDIATELY.**
- **GO DOWN TO A BASEMENT OR AN INTERIOR ROOM.**
- **REMOVE CONTAMINATED CLOTHING IF YOU WERE OUTSIDE.**
- **STAY IN SHELTER UNTIL FURTHER OFFICIAL INFORMATION.**



CRITICAL REACTION TIME

0–10 seconds – PROTECTION FROM THE LIGHT EMISSION / FLASH OF THE NUCLEAR EXPLOSION.
10–60 seconds **–** RAPID SHELTERING.
1–10 minutes – PROTECTION AGAINST THE SHOCK WAVE.
first 24–48 hours – REDUCING RADIATION EXPOSURE.



DO NOT FORGET!

- ✓ In the event of a nuclear incident, rapid sheltering in a solid building or basement is **the most effective protective measure.**
- ✓ Essential principles -

  TAKE SHELTER – STAY INSIDE – REDUCE RADIATION EXPOSURE
- ✓ In the first seconds, if you are unsheltered, you will be subjected to the combined effects of the explosion, resulting in:
  - **Temporary eye conditions or permanent blindness;**
  - **Burns** – from **thermal radiation comprising light emission, fireball, and heat radiation + fires**;
  - **Wounds and trauma** – from the **explosion** and the **shock wave**;
  - **Radiation sickness** – as a result of **radiation emission and radioactive contamination;**
  - **Trauma**, caused by collapsing buildings, ballistic debris;
  - **Widespread communication and/or electrical problems – from the electromagnetic pulse – the electromagnetic phenomenon.**
- ✓ **The first 24–48 hours are critical.**



QUICK CHECKLIST

	YES	NO
I AM IN A SHELTER OR BASEMENT.	☒	☐
I AM AWAY FROM WINDOWS.	☒	☐
I HAVE REDUCED OUTDOOR EXPOSURE.	☒	☐
I HAVE REMOVED CONTAMINATED CLOTHING IF APPLICABLE.	☒	☐
I FOLLOW OFFICIAL INFORMATION	☒	☐



M2 – Sheet 12 – PROTECTION AGAINST CYBER ATTACKS

SHEET – MIXED / C+O | LEVEL – ESSENTIAL | APPLIES. In the event of digital disruptions

TO REMEMBER

- In modern conflicts, **cyber attacks are frequently used** to disrupt infrastructure, the banking system, public systems, communications, and access to information.
- These **attacks can affect:**
  - Mobile phone networks.
  - The internet and online platforms.
  - Banking systems.
  - Public services.
  - Energy and transport systems.
- For the civilian population, **the main risks** are:
  - Disinformation and information manipulation.
  - Blocking of digital services.
  - Fraud or data theft.
  - Communication disruption.
- **The most common forms** are – phishing, malware, ransomware, and data theft.
  - In such situations, it is important **to have alternative means of information and communication and to protect personal data.**
- **A quick reaction can limit damage and prevent the spread of the attack**.
- **Protecting information is the responsibility of every user**.



VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE A CYBER ATTACK – PREVENTION

- **Do not open suspicious links or attachments** from unknown emails.
- **Verify the authenticity of messages** that request **personal data or passwords**.
- **Make backup copies of important data**.
- **Avoid connecting to unsecured public Wi-Fi networks**.



1. PROTECT YOUR DEVICES

- **It is recommended to:**
  - **Regularly update operating systems** and **software applications.**
  - Use strong passwords.
  - Use **two-factor authentication** for important accounts.
  - **Limit the personal information** you share online.
  - You are using a **secure internet connection.**
  - You install **antivirus, antimalware, and firewalls** to block threats.
  - Do not share PIN codes or passwords.
- **Be careful of emails and social media users** requesting private information
- **Use devices responsibly**
- **In case of network instability:**
  - Limit unnecessary internet usage.
  - Save device battery.
  - Maintain access for important situations.
- **These measures reduce the risk of unauthorized access.**



2. PROTECT YOUR IMPORTANT DATA

- **Important data must be kept safe.**
- **It is useful to:**
  - Make backup copies.
  - Keep offline copies of important documents.
  - Protect personal information.
  - Essential **documents** may include:

- Identity documents.
- Medical documents.
- Contact information.
- Do not **transmit online:**
- Bank details.
- Passwords.
- Sensitive information.
- **Cyber fraud can increase during crisis situations.**

3. IDENTIFY RELIABLE SOURCES OF INFORMATION



- **In crisis situations, false information often circulates.**
- **It is important to follow:**
- Official communications – radio, television, official online channels.
- Safe and credible media channels.
- Information verified from multiple sources.
- Avoiding the distribution of unconfirmed messages.

4. PREPARE COMMUNICATION ALTERNATIVES



- **If the internet or mobile networks are affected, it is useful to have:**
- Important phone numbers written down on paper.
- Battery-powered radio.
- Meeting points established with family.
- **These alternatives can maintain communication in difficult situations.**

2. DURING A CYBER ATTACK

- If you notice something, **change your account passwords.**
- **Run a security scan** to eliminate potential viruses.
- If you find a problem, **disconnect the device from the Internet and perform a full system reset.**
- **Cyber attacks can be observed through:**
  - Disruptions of online services.
  - Blocking of certain platforms.
  - Appearance of suspicious messages.
  - Conflicting information online.



COMMON TYPES OF ATTACKS

- **Phishing** – attempting to obtain passwords or data through fake messages.
- **Malware** – malicious programs that infect devices.
- **Ransomware** – blocking data and demanding a ransom.
- **Digital identity theft** – illegal use of personal data.

3. IF DIGITAL SERVICES ARE NOT WORKING

- **In case of internet or network outages:**
  - Use alternative means of information.
  - Stay calm.
  - Use available offline resources.
- **Often, services are restored after a period of time.**

4. AFTER A CYBER ATTACK AND SYSTEM RESTORATION

IF DATA HAS BEEN COMPROMISED

- Inform **the bank or institutions involved** if financial data is affected.
- **Change account passwords immediately**.
- Enable **account security monitoring**.
- Report the incident to the relevant authorities.

– **After digital services resume functioning:**

- Change passwords for important accounts.
- Check for suspicious activity.
- Update device systems.
- **These measures reduce subsequent risks.**



FREQUENT ERRORS

- Using the same password for multiple accounts.
- Opening attachments from unknown sources.
- Ignoring security updates.
- Using public networks without protection.

– **During cyber attacks, some behaviors can amplify problems.**

- Sharing unconfirmed information.
- Accessing suspicious links.
- Transmitting personal data online.
- Impulsive reactions to alarmist messages.

– **These behaviors can facilitate manipulation or fraud.**



IMMEDIATE ACTION

- DISCONNECT THE DEVICE FROM THE INTERNET.
- RUN AN ANTIVIRUS SCAN.
- CHANGE THE PASSWORDS OF AFFECTED ACCOUNTS.
- INFORM THE RELEVANT INSTITUTIONS.
- MONITOR ACCOUNT ACTIVITY.
- LIMIT UNNECESSARY INTERNET USE.
- USE ALTERNATIVE MEANS OF INFORMATION IF NECESSARY.



CRITICAL REACTION TIME

0–10 minutes – IDENTIFYING THE PROBLEM, DISCONNECTING THE DEVICE.
10–30 minutes – VERIFYING INFORMATION, CHECKING THE SYSTEM AND RUNNING AN ANTIVIRUS SCAN.
30–60 minutes – ADAPTING COMMUNICATION AND PROTECTING DATA – CHANGING PASSWORDS AND NOTIFYING INSTITUTIONS.



DO NOT FORGET!

- ✓ Most cyberattacks exploit **user mistakes**, not just technical vulnerabilities.
- ✓ A quick reaction can **significantly reduce losses**.
- ✓ In crisis situations, **the digital space can become a tool for disinformation and manipulation.**
- ✓ Essential principles:

  VERIFY INFORMATION – PROTECT DATA – USE OFFICIAL SOURCES
- ✓ Maintaining a cautious attitude reduces risks.



QUICK CHECKLIST

HAVE YOU DISCONNECTED THE DEVICE FROM THE INTERNET?	YES	NO
HAVE YOU SCANNED THE SYSTEM WITH ANTIVIRUS?	☒	☐
HAVE YOU CHANGED THE PASSWORDS?	☒	☐
HAVE YOU CHECKED YOUR ONLINE ACCOUNTS?	☒	☐
HAVE YOU REPORTED THE INCIDENT IF NECESSARY?	☒	☐



M2 – Sheet 13 – PROTECTION AGAINST ACTIONS RELATED TO HYBRID WARFARE

SHEET – MIXED / C+O | LEVEL – SUPPORT | **APPLIES** – In a complex / prolonged context

TO REMEMBER

- **Hybrid warfare** is the combined use of military and non-military methods to influence, destabilize or weaken a state without necessarily triggering an open military conflict.
- **During armed conflicts, information becomes a strategic resource.** In addition to military confrontations, an information war also takes place, in which false or manipulative information is deliberately spread.
- **Specific actions of hybrid warfare may include:**
  - Disinformation and manipulation campaigns.
  - Cyber attacks on infrastructure.
  - Economic or energy sabotage.
  - Provocations and actions of social destabilization.
  - Use of unidentified groups or actors.
  - Psychological pressure on the population.
- **These actions can create:**
  - Confusion.
  - Panic.
  - Distrust in institutions.
  - Social tensions.
- For the civilian population, **protection consists of maintaining calm, verifying information, and avoiding impulsive reactions.**



VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE THE OCCURRENCE OF HYBRID-TYPE ACTIONS

– **Proper preparation and information are essential.**

1. GET INFORMED FROM CREDIBLE SOURCES

– **It is recommended to follow:**
  - Official institutions.
  - Public authorities.
  - Credible media channels.
– **These sources provide verified information and reduce the risk of manipulation.**

2. DEVELOP CRITICAL THINKING

– **In the context of hybrid warfare, much information can be presented in a manipulative way.**
– **It is important to:**
  - Analyze the information received.
  - Verify the sources.
  - Avoid reactions based solely on emotion.

3. PROTECT PERSONAL DATA AND DEVICES

– **Cyber attacks are frequently used in hybrid warfare.**
– **It is recommended to:**
  - Use strong passwords.
  - Enable two-step authentication.
  - Update devices regularly.

4. MAINTAIN CONNECTION WITH FAMILY AND COMMUNITY

– **In destabilization situations, community support is important.**
– **It is useful to:**
  - Establish meeting points with family.
  - Maintain alternative communication channels.
  - Collaborate with neighbors or the local community.

2. WHEN HYBRID-TYPE ACTIONS EMERGE

– **Destabilizing actions can take various forms.**

1. STAY CALM

– **Destabilization campaigns often aim to provoke panic.**
– **It is important to:**
  – Avoid impulsive reactions.
  – Analyze the information received.
  – Verify the situation from credible sources.

2. VERIFY INFORMATION BEFORE SHARING IT

– **Disinformation spreads quickly through:**
  – Social networks.
  – Messaging applications.
  – Unofficial websites.
– **Sharing unconfirmed information can amplify confusion.**



3. AVOID ENGAGING IN PROVOCATIONS

– **Some hybrid actions may include:**
  – Public provocations.
  – Manipulation of crowds.
  – Incitement to social conflicts.
– **It is recommended to avoid participating in such situations.**

4. PROTECT PERSONAL INFRASTRUCTURE

– **In the context of cyber or economic attacks:**
  – Conserve resources.
  – Keep basic reserves.
  – Protect important documents.
– **These measures can reduce the impact of temporary disruptions.**

5. FOLLOW OFFICIAL COMMUNICATIONS

– **Authorities may provide information about:**
  – The security situation.
  – Possible restrictions.
  – Protection measures for the population.
– **This information is essential for guiding appropriate behavior.**

IF SERVICE DISRUPTIONS OCCUR

– **In the event of disruptions to** internet, energy, transport, public services, **it is important to:**
  – Stay calm.
  – Use available resources responsibly.
  – Follow the authorities' recommendations.
– **Often these disruptions are temporary.**

3. AFTER THE SITUATION STABILIZES

– **After the situation becomes clear:**
  – Rely on confirmed information
  – Avoid rumors or speculation
  – Support the local community.
– **Community solidarity can help overcome such situations.**

FREQUENT ERRORS

  – Rapid distribution of unconfirmed information.
  – Impulsive reactions to alarmist messages.
  – Participation in social challenges or conflicts.
  – Ignoring official communications.
– **These behaviors can amplify the effects of destabilization actions.**



IMMEDIATE ACTION

– **If you notice signs of destabilization actions:**
  – Verify information from credible sources.
  – Do not share unconfirmed information.
  – Avoid involvement in challenges or conflicts.
  – Protect your personal data and resources.
  – Follow official communications.



CRITICAL REACTION TIME

0–10 minutes – INFORMATION ASSESSMENT.
10–30 minutes – SOURCE VERIFICATION
30–60 minutes – ADOPTING CAUTIOUS BEHAVIOR



DO NOT FORGET!

✓ **The main goal of hybrid warfare actions is to create confusion and mistrust.**
✓ **The essential principles** are:
VERIFY INFORMATION – STAY CALM – AVOID PROVOCATIONS
✓ Responsible behavior reduces the impact of these actions.



QUICK CHECKLIST

	YES	NO
DO I VERIFY INFORMATION FROM CREDIBLE SOURCES?		
DO I NOT SHARE UNCONFIRMED INFORMATION?	☒	☐
DO I AVOID PROVOCATIONS AND CONFLICTS?	☒	☒
DO I PROTECT MY DATA AND DEVICES?	☒	☐
DO I FOLLOW OFFICIAL COMMUNICATIONS?	☒	☐



M2 – Sheet 14 – PROTECTION UNDER TERRORIST ATTACK CONDITIONS

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – In the event of a direct terrorist attack.

TO REMEMBER

- **Terrorist attacks are violent actions aimed at causing a large number of casualties and creating a strong psychological impact on the population.**
- **These attacks can occur in:**
  - Crowded public spaces.
  - Means of transport.
  - Public institutions.
  - Commercial areas.
  - Public events.
- **Possible methods used**:
  - Explosions.
  - Armed attacks.
  - Vehicles used to strike crowds.
  - Improvised explosive devices.
- **Survival depends mainly on:**
  - Rapid reaction.
  - Moving away from the attack area.
  - Finding a safe shelter.
- **Essential principle** – ***MOVE AWAY FROM DANGER – TAKE SHELTER – FOLLOW AUTHORITIES' INSTRUCTIONS***



VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE AN ATTACK OCCURS

- **In public spaces, it is useful to adopt an attitude of vigilance.**

1. BE AWARE OF YOUR SURROUNDINGS

- **Observe:**
  - Emergency exits.
  - Evacuation routes.
  - Crowded areas.
  - Any suspicious objects.
- **Environmental awareness can facilitate a rapid reaction.**

2. AVOID EXTREMELY CROWDED AREAS

- **In certain situations, attacks target places with large crowds of people.**
- **Reducing exposure in such areas can lower risks.**

3. QUICKLY IDENTIFY EVACUATION ROUTES

- **In public spaces, it is recommended to know:**
  - Where the exits are.
  - What the evacuation routes are.
  - Where the more protected areas are.

2. WHEN AN ATTACK OCCURS

- **The first seconds are decisive for safety.**

1. MOVE AWAY FROM THE ATTACK ZONE IMMEDIATELY

- **If you notice:**
  - Explosions.
  - Gunfire.
  - General panic.
  - Move quickly in the opposite direction of the danger.
- **Avoid approaching the incident area.**

2. SEEK A SAFE SHELTER

- **Shelters may include:**
  - Solid buildings.
  - Interior spaces without windows.
  - Secure rooms.
- **Taking shelter reduces exposure to the attack.**

3. AVOID CROWDS

- **During panic:**
  - Crowds can become dangerous.
  - Blockages or falls may occur.
- **It is recommended to:**
  - Stay calm.
  - Move in a controlled manner.

4. IF YOU CANNOT EVACUATE THE AREA

- **If evacuation is not possible:**
  - Hide in a safe space.
  - Block access if necessary.
  - Avoid making noise or drawing attention.

5. CONTACT EMERGENCY SERVICES IF POSSIBLE

- **If the situation allows:**
  - Notify the authorities.
  - Provide clear information about the incident location.
- **Do not return to the dangerous area.**

IF YOU ARE IN A BUILDING DURING THE ATTACK

- **In this case:**
  - Lock the doors if possible
  - Turn off the lights.
  - Move away from windows.
  - Stay in a protected place.
- **Exit only when it is safe.**

3. AFTER THE ATTACK STOPS

- **After the situation stabilizes:**
  - Stay calm.
  - Follow the instructions of the authorities.
  - Avoid returning to the affected area.
- **If there are injured people, provide first aid if it is safe.**



FREQUENT ERRORS

- Approaching the attack site out of curiosity.
- Filming or photographing the incident.
- Returning to the affected area.
- Ignoring the instructions of the authorities.
- **These behaviors can endanger personal safety.**



IMMEDIATE ACTION

- LEAVE THE ATTACK AREA QUICKLY.
- SEEK SAFE SHELTER.
- AVOID CROWDS AND PANIC.
- HIDE IF EVACUATION IS NOT POSSIBLE.
- FOLLOW THE INSTRUCTIONS OF THE AUTHORITIES.



CRITICAL REACTION TIME

0–10 seconds – IDENTIFYING THE DANGER.
10–30 seconds – LEAVING THE ATTACK AREA.
30–60 seconds – TAKING SHELTER IN A SAFE PLACE.



DO NOT FORGET!

- ✓ During a terrorist attack, **a quick and calm reaction can save lives.**
- ✓ **The essential principle** - ***LEAVE – TAKE SHELTER – FOLLOW THE INSTRUCTIONS OF THE AUTHORITIES.***
- ✓ **Avoiding exposure** is the most important protective measure.



QUICK CHECKLIST

	YES	NO
I LEFT THE ATTACK AREA	☒	☐
I AM IN A SAFE PLACE OR SHELTER	☒	☐
I AVOID CROWDS	☒	☐
I DO NOT RETURN TO THE DANGEROUS AREA	☒	☐
I FOLLOW THE INSTRUCTIONS OF THE AUTHORITIES	☒	☐



M2 – Sheet 15 – BEHAVIOR IN A HOSTAGE SITUATION

SHEET – TECHNICAL | LEVEL – CRITICAL | APPLIES – In a captivity situation

TO REMEMBER

- **Hostage-taking is an extremely dangerous situation in which the aggressors aim to**:
  - Obtain political, material, or control benefits.
  - Intimidate other people.
  - Manipulate the authorities.
- **Survival depends on calm and adapted behavior, following instructions, and maintaining emotional control.**
- **Essential principle** – ***CALM – LISTENING – COOPERATION WITHOUT UNNECESSARY RISK***

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE BEING TAKEN HOSTAGE

- **Mental and behavioral preparation** can increase the chances of survival.

1. STAY CALM AND FOCUSED
- Controlled breathing.
- Observing the environment and the aggressors.
- Analyzing the situation without panic.

2. FOLLOW THE AGGRESSORS' INSTRUCTIONS
- Do not resist physically.
- Follow simple and clear commands.
- Avoid sudden or provocative gestures.

3. ADOPT A NEUTRAL BEHAVIOR
- No hostile gestures.
- Avoid aggressive eye contact.
- Do not discuss topics that could provoke conflict.



2. DURING CAPTIVITY

- **Active behavior influences personal safety.**

1. STAY CALM AND DISCREET
- Do not try to provoke or manipulate the aggressors.
- Listen to and respect the imposed rules.
- Avoid unnecessary discussions or conflicts.

2. OBSERVE THE ENVIRONMENT
- Pay attention to where you are being held.
- Note details about the aggressors, exits, and resources.
- Use this information only to stay safe.

3. MAINTAIN EMOTIONAL CONTROL
- Avoid panic, anger, or uncontrolled gestures.
- Use relaxation techniques – slow breathing, mental focus.
- Establishing minimal routines can help maintain calm.

4. COOPERATE WITHOUT UNNECESSARY EXPOSURE
- Follow instructions regarding movement, food, and communication.
- Do not try to escape captivity without a safe opportunity.
- Listen to any instruction that may reduce the risk of aggression.

5. COMMUNICATION WITH OTHER HOSTAGES
- Maintain neutral and cooperative relationships.
- Avoid conflicts and tensions.

Mutual support can help morale and group stability.

3. AFTER RELEASE

- Seek immediate **medical support,** if necessary.
- **Report the details of captivity** to the authorities.
- **Avoid contact with the media** until the authorities assess the information.
- **Process the experience with psychological help.**



FREQUENT ERRORS

- Uncontrolled physical or verbal resistance.
- Provoking aggressors through comments or gestures.
- Disclosing sensitive information to other hostages.
- Loss of emotional control.



IMMEDIATE ACTION

- STAY CALM AND BREATHE NORMALLY.
- FOLLOW THE AGGRESSORS' INSTRUCTIONS WITHOUT RESISTING.
- ASSESS THE ENVIRONMENT WITHOUT DRAWING ATTENTION.
- MAINTAIN EMOTIONAL CONTROL.
- OBSERVE DETAILS THAT MAY BE USEFUL TO AUTHORITIES AFTER RELEASE.



CRITICAL REACTION TIME

0–10 seconds – MAINTAINING INITIAL CALM.
10–60 seconds – ADOPTING NEUTRAL AND COOPERATIVE BEHAVIOR.
First hours – OBSERVING THE ENVIRONMENT AND MAINTAINING EMOTIONAL CONTROL.



DO NOT FORGET!

✓ Survival depends on calm, cooperation, and careful observation of the environment.
CALM – LISTENING – COOPERATION – OBSERVATION



QUICK CHECKLIST

	YES	NO
DO I STAY CALM?	☒	☐
DO I FOLLOW THE AGGRESSORS' INSTRUCTIONS?	☒	☐
DO I AVOID PROVOCATIVE GESTURES?	☒	☐
DO I OBSERVE THE ENVIRONMENT WITHOUT DRAWING ATTENTION?	☒	☐
DO I COOPERATE WITH OTHER HOSTAGES/	☒	☐
DO I MENTALLY NOTE DETAILS USEFUL TO AUTHORITIES?	☒	☐



M2 – Sheet 16 – SAFE MOVEMENT IN A CONFLICT-AFFECTED CITY

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – While traveling / moving in urban areas.

TO REMEMBER

- **In cities affected by armed conflicts, movement can be extremely dangerous due to:**
  - Explosions and armed attacks
  - Fragments from bombardments
  - Improvised vehicles and urban blockages
  - Areas with gunfire, rockets or drones
  - Presence of military troops and checkpoints
- **The essential principle for survival**

– PLAN – AVOID DANGEROUS AREAS – MOVE QUICKLY AND DISCREETLY!

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE MOVING

Preparation in advance reduces risks:



1. PLAN THE ROUTE

- Use updated maps.
- Avoid areas with active conflicts or bombardments.
- Identify alternatives and shelter points along the route.

2. PREPARE THE EMERGENCY KIT

- Water and non-perishable food.
- Flashlight and batteries.
- Phone and portable charger.
- First aid kit.
- Mask or scarf for respiratory protection.
- Sturdy clothing and footwear.

3. INFORM SOMEONE ABOUT THE MOVEMENT

- Family or colleagues should know your route.
- Establish contact points for safety checks.
- Maintaining communication increases the chances of rapid intervention in case of an incident.

2. DURING MOVEMENT

1. AVOID OPEN AND CROWDED AREAS

- Markets, large intersections, wide boulevards are more exposed.
- Try to move on side streets or routes sheltered by buildings.



2. QUICK AND DISCREET MOVEMENT

- Avoid unnecessary stops.
- Move close to walls or solid obstacles.
- Keep a low profile, without gestures that draw attention.

3. OBSERVE YOUR SURROUNDINGS

- Identify possible dangers: broken windows, abandoned vehicles, suspicious persons.
- Mentally note emergency shelter points.
- Be ready to change your route if risks appear.



4. AVOID CONFRONTATIONS AND CONFLICTS

- Do not get involved in altercations.
- Do not comment on or photograph sensitive areas.
- Stay calm and discreet.

5. ADAPT YOUR SPEED AND POSITION

- In case of attacks or explosions, lie down or take cover immediately.
- Protect your head and body using solid objects.

HOW TO CHOOSE SAFE ROUTES FOR MOVEMENT



- Avoid areas with military activity, checkpoints, strategic infrastructure.
- Choose routes through secondary streets, residential areas, known paths.
- Check official and local information in real time (radio, authorities).
- Identify alternative routes (at least 2–3 options).
- Avoid bridges, major intersections, train stations, industrial areas, damaged or burned buildings.
- Prefer routes with shelters available along the way and with possibilities for quick retreat.
- Plan movement during periods of relative calm (pauses between attacks).

HOW TO CROSS AREAS EXPOSED TO ARMED CONFLICTS



- Move quickly, decisively, and without stopping.
- Maintain a low profile – stay bent over / as low as possible and avoid sudden or visible movements.
- Use natural or artificial cover – walls, cars, buildings, ditches.
- DO NOT move during active fire or bombardments and in areas without cover
- Observe in advance the direction of fire and possible sources of danger.
- Move individually or in small groups, with distance between people (avoid a compact group).
- Prepare in advance the exit point from the route and the shelter location immediately after moving.

HOW TO MOVE SAFELY AT NIGHT

- Avoid moving unless absolutely necessary.
- Do not use visible light sources (open flashlight, bright screen).
- Use reduced, directed, covered light.
- Move slowly, controlled, with frequent stops to listen.
- Maintain orientation – fixed landmarks (buildings, roads, fences).
- Avoid unknown areas with obstacles that are hard to see (debris, cables, craters).
- Be alert to noises (vehicles, drones, footsteps) and suspicious movements.
- Keep your phone on silent and communicate discreetly.
- Identify shelter points along the route in advance.

3. AFTER YOU REACH A SAFE PLACE

- Make sure **your family or contacts know** you arrived safely.
- **Quickly assess if you have sustained injuries** or need medical help.
- **Stay in shelter** until you receive official information about the area's safety.



FREQUENT ERRORS

- **Stopping in open spaces or crowded areas.**
- **Ignoring obvious dangers** – explosives, fire, suspicious vehicles.
- **Using unknown routes** without shelter points.
- **Excessive exposure** through photography or filming.



IMMEDIATE ACTION

- PLAN THE ROUTE AND SHELTER POINTS.
- AVOID OPEN AND CROWDED AREAS.
- MOVE QUICKLY AND DISCREETLY.
- OBSERVE THE ENVIRONMENT AND ADAPT THE ROUTE TO DANGERS.
- INFORM CONTACTS ABOUT THE PROGRESS OF THE MOVEMENT.



CRITICAL REACTION TIME

0–5 seconds – IDENTIFYING THE IMMEDIATE DANGER.
5–30 seconds – ASSESSING THE ROUTE AND FINDING ADEQUATE SHELTER.
30–60 seconds – ADAPTING THE ROUTE AND MOVING QUICKLY.
first hours – MAINTAINING SAFETY AND AVOIDING EXPOSURE.



DO NOT FORGET!

✓ Low profile, quick movement, and choosing safe routes significantly increase survival chances.
PLAN – AVOID – MOVE – PROTECT YOURSELF



QUICK CHECKLIST

	YES	NO
IS THE MOVEMENT ROUTE PLANNED AND DO I HAVE ALTERNATIVES IDENTIFIED?	☒	☐
DO I HAVE AN EMERGENCY KIT READY?	☒	☐
HAVE I INFORMED CONTACTS ABOUT THE MOVEMENT?	☒	☐
DO I AVOID OPEN AND CROWDED AREAS?	☒	☐
DO I OBSERVE THE SURROUNDINGS AND SHELTER POINTS?	☒	☐
DO I STAY CALM AND DISCREET?	☒	☐



M2 – Sheet 17 – Identifying unexploded ordnance (UXO)

SHEET – TECHNICAL | LEVEL – CRITICAL | **APPLIES TO** – Areas where there have been explosions, bombings, attacks.

TO REMEMBER

- **Unexploded ordnance (UXO – *Unexploded Ordnance*) may include:**
  - Aerial bombs.
  - Artillery projectiles.
  - Grenades.
  - Landmines.
  - Rockets or improvised explosive devices.
- **Major risks:**
  - Explosion upon contact or handling.
  - Contamination with toxic substances.
  - Serious injuries or fatalities.
- **Essential principle – *3R / RECOGNITION – RESTRICTION – REPORTING***



VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE ENTERING A POTENTIALLY DANGEROUS AREA

1. INFORM YOURSELF ABOUT RISK ZONES
- Areas with recent conflicts or bombings.
- Perimeters with unexploded ordnance signage.
- Abandoned areas or deserted fields.

2. PREPARE MENTALLY FOR CAREFUL OBSERVATION
- Observe any suspicious object.
- Avoid sudden noises or movements around unknown objects.

3. THE EMERGENCY KIT MUST INCLUDE
- First aid kit.
- Emergency phone.
- Flashlight and batteries.
- Updated map of the area.

2. WHILE IN THE AREA

1. IDENTIFICATION OF UNEXPLODED ORDNANCE
- **Signs that an object may be UXO:**
- Round or cylindrical metal shapes.
- Explosives with conical, cylindrical ends or aerial bombs.
- Partially buried objects or in the ground.
- Cables, fuses or protruding parts.



2. DO NOT TOUCH UNDER ANY CIRCUMSTANCES
- DO NOT attempt to move the object.
- DO NOT attempt to open it.
- Do not hit or shake the object.

3. CORDON OFF THE AREA
- Remove people from the vicinity.
- Place visible markers if possible (cross, improvised marker).
- Maintain a safe distance of at least 50–100 meters, depending on size.

4. NOTIFY THE AUTHORITIES
- Contact emergency services or the bomb disposal team (firefighters, police, military).
- Provide the exact location, description of the object, and approximate dimensions.

5. MONITOR THE AREA UNTIL SPECIALIZED TEAMS ARRIVE

- Keep people away.
- Only authorized personnel (EOD, medical, firefighters) are allowed access.
- Do not attempt to improvise neutralization measures.
- Avoid returning to the area until specialists declare it safe.

3. FINDING AN UNEXPLODED DEVICE / UXO

WHAT NOT TO DO:



- ✓ Do not touch the device;
- ✓ Do not attempt to extinguish any fire caused by the device;
- ✓ Do not approach it too closely;
- ✓ Do not use the portable station at a distance of less than 8 m;
- ✓ Do not use the vehicle-mounted station at a distance of less than 25 m.

WHAT TO DO:



- ✓ Approach/retreat from the UXO from the upwind or crosswind direction;
- ✓ Identify it by CLASS, SHAPE, AND SIZE;
- ✓ Identify the CHARACTERISTICS, COLORS, AND MARKINGS/distinctive signs;
- ✓ Mark the device location and risk zone, including access routes, with a distinctive sign.

4. AFTER THE SPECIALISTS' INTERVENTION

- Follow the authorities' instructions.
- Only resume movement after confirmation that the area is safe.
- Learn from warning signs to prevent future incidents.



FREQUENT ERRORS

- Touching or moving the munition.
- Attempting to open or disarm the object.
- Ignoring visual danger signals.
- Children or unauthorized persons approaching the UXO area.



IMMEDIATE ACTION

- **Stop immediately** if you notice suspicious objects.
- **Do not touch or move the object.**
- **Mark off the area** and keep people at a distance.
- **Call the competent authorities** and provide accurate details.
- **Wait for the intervention** of specialized teams without returning to the area.



CRITICAL REACTION TIME

0–10 seconds – IMMEDIATE STOP AND OBJECT ASSESSMENT.
10–60 seconds – AREA DELIMITATION AND EVACUATION OF PEOPLE.
the first minutes – CONTACTING THE AUTHORITIES AND WAITING FOR THE INTERVENTION.



DO NOT FORGET!

- ✓ **Any suspicious object** in conflict-affected areas **must be considered unexploded ordnance until official confirmation.**
- ✓ **DO NOT approach!** Most UXO have a minimum lethal zone of 100 m and a much larger danger zone!
- ✓ **Radio reporting is done from a safe distance of 10 m for the portable station and**
- ✓ **25 m for the vehicle radio station** (to avoid the possibility of detonation).

DO NOT TOUCH – MARK – KEEP YOUR DISTANCE



QUICK CHECKLIST - FINDING UNEXPLODED ORDNANCE / UXO

	YES	NO
DO I OBSERVE A SUSPICIOUS OBJECT?	☒	☐
DO I NOT TOUCH OR MOVE THE OBJECT?	☒	☐
DO I CORDON OFF THE AREA?	☒	☐
DO I KEEP PEOPLE AT A DISTANCE?	☒	☐
DO I CONTACT THE COMPETENT AUTHORITIES?	☒	☒
I WAIT FOR THE SPECIALISTS' INTERVENTION	☒	☐

TYPES OF UNEXPLODED ORDNANCE / UXO

CLASS A - Large Bombs





CLASS B – Rockets
Length 6'-20' (2-6m)





CLASS C – Projectiles





CLASS D – Landmines







Class E – Bombs used in cluster bombs
– *Bomblets* –



















Class F – Rocket-propelled grenades









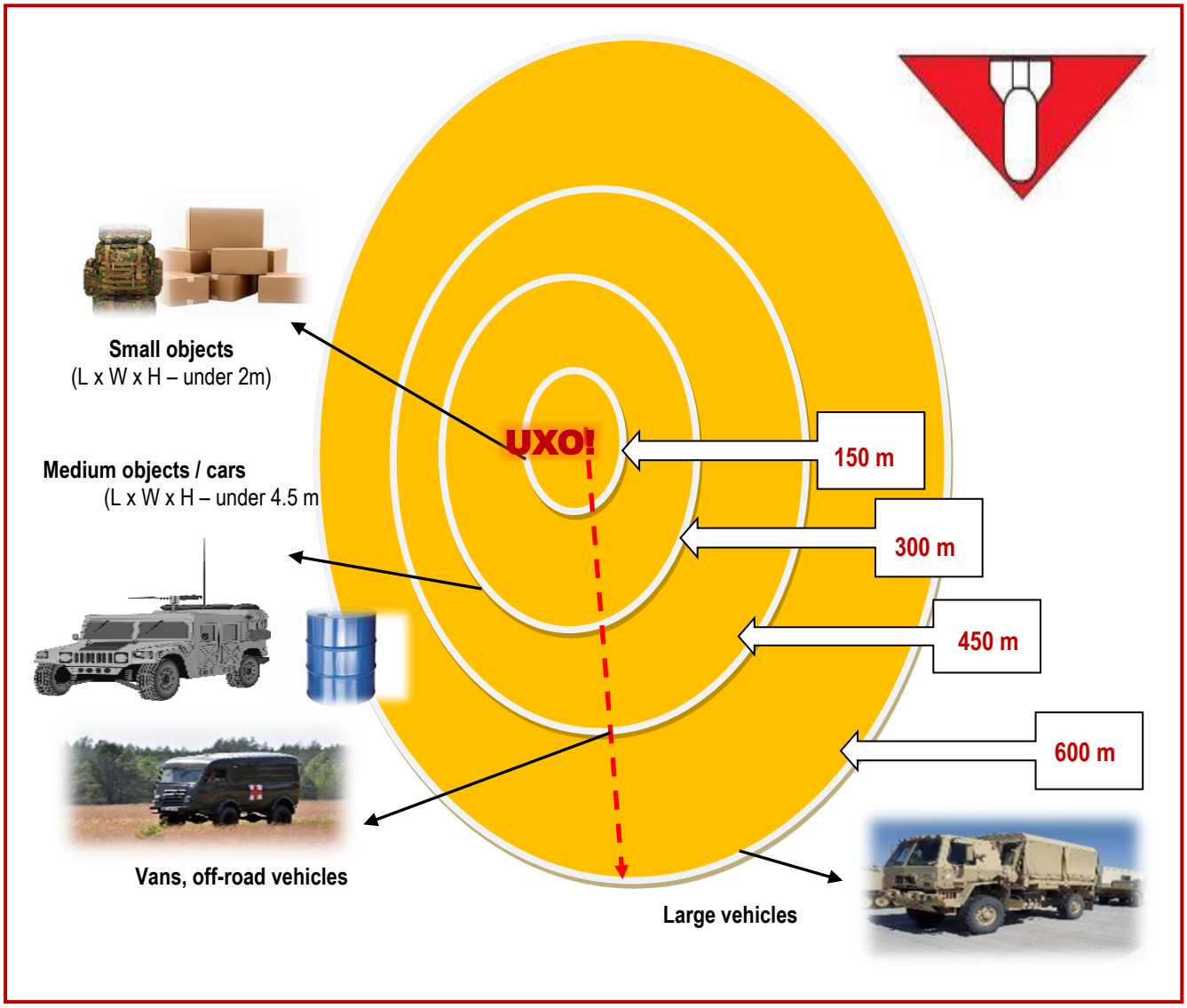








INITIAL EVACUATION DISTANCES WHEN FINDING UXO





M2 – Sheet 18 – HOW DO I CHECK IF THE AREA IS SAFE

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – After attack / before movement.

TO REMEMBER

- **Rapid assessment of an area's safety can prevent accidents, injuries, or exposure to hazards.**
- **Risks may include:**
  - Recent gunfire or explosions.
  - Unexploded ordnance (UXO).
  - Fragments and fallen objects.
  - Presence of troops, vehicles, or aggressors.
  - Fires or building collapse.
- **Essential principle – *OBSERVE – ASSESS – DO NOT EXPOSE YOURSELF***

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE ENTERING THE AREA

1. OBSERVE FROM A SAFE POINT
- Look carefully at the area of interest from a distance.
- Identify signs of danger – smoke, noises, suspicious movements.
- Note possible escape routes and shelters.

2. CHECK ENVIRONMENTAL CONDITIONS
- Condition of buildings – broken windows, damaged walls.
- Presence of suspicious objects on the road or sidewalks.
- Obstacles or blocked roads.

3. USE VISUAL AND AUDITORY MEANS
- Binoculars or a phone with zoom can help observe objects from a distance.
- Listen for unusual noises – explosion, gunfire, vehicles.
- Identify warning signs or official markings.



2. WHILE IN THE AREA

1. CAUTIOUS AND SLOW MOVEMENT
- Avoid rapid or noisy movement.
- Try to use natural or artificial obstacles for protection.
- Keep a safe distance from suspicious objects.

2. EVALUATE SIGNS OF DANGER
- Abandoned objects, bags, boxes.
- Fragments or debris from an explosion.
- Areas with smoke, fire, or dangerous liquids.
- Suspicious movements of people or vehicles.

3. TEST THE AREA VISUALLY
- If you must cross a street or open space, look carefully first.
- Do not approach suspicious objects.
- Use objects to create temporary barriers if necessary.



4. MAINTAIN CONTACT WITH OTHERS
- If you are with family or a group, communicate observations and decisions.
- Avoid separation in dangerous areas.

3. AFTER EVALUATION

- Enter the area only if signs indicate safety.
- In case of doubt, seek an alternative route or shelter.
- Continue to observe the environment even after entering the area.



FREQUENT ERRORS

- I enter the area directly without visual or auditory evaluation.
- I ignore signs of unexploded ordnance or fragments.
- Stopping in open areas without a point of protection.
- Lack of communication with group members or family.



IMMEDIATE ACTION

- Observe from a safe point.
- Identify danger signs and evacuation routes.
- Visually and audibly check the environment.
- Communicate observations with other group members.
- Enter only if the area seems safe and continue monitoring.



CRITICAL REACTION TIME

0–10 seconds – STOP AND INITIAL DISTANCE ASSESSMENT.
10–30 seconds – OBSERVING DETAILS AND IDENTIFYING EVACUATION ROUTES.
30–60 seconds – DECISION ON ENTERING OR AVOIDING THE AREA.
first minutes – CONTINUOUS ENVIRONMENTAL MONITORING.



DO NOT FORGET!

✓ Safety depends on careful observation and avoiding unnecessary exposure.
OBSERVE – ASSESS – MOVE CAUTIOUSLY



QUICK CHECKLIST

	YES	NO
HAVE I OBSERVED THE AREA FROM A DISTANCE?	☒	☐
HAVE I IDENTIFIED DANGER SIGNS?	☒	☐
HAVE I LOCATED EVACUATION ROUTES AND SHELTERS?	☒	☐
AM I MOVING SLOWLY AND CAUTIOUSLY?	☒	☐
AM I COMMUNICATING WITH OTHER GROUP MEMBERS?	☒	☐
IS THE AREA SAFE BEFORE ENTERING?	☒	☐



M2 – Sheet 19 – SAFELY RETURNING TO NORMAL ACTIVITIES

SHEET – MIXED / C+O | LEVEL – SUPPORT | **APPLIES** after the situation stabilizes.

TO REMEMBER

- **After a conflict or crisis situation:**
  - Areas may remain unstable or hazardous – unexploded ordnance, damaged infrastructure, sporadic violence.
  - Returning to normal activities requires planning, caution, and attention to personal safety.
- **Essential principle** – ***GRADUAL PROGRESS – SAFETY – CAUTION.***

VALIDATED GOOD PRACTICE – HOW TO DO IT?

1. BEFORE RETURNING

1. INFORM YOURSELF ABOUT AREA SAFETY
- Consult local authorities and official information channels.
- Check if infrastructure – streets, utilities, transport – is functional.
- Identify any remaining hazards.

2. PLAN YOUR RETURN
- Choose safe routes and avoid high-risk areas.
- Set times and order of activities to reduce exposure.
- Prepare a minimal emergency kit for potential incidents.

3. LEARN AND REMEMBER WARNING SIGNALS
- Be alert to visual or audible signs of danger.
- Observe signs of unexploded ordnance or unstable infrastructure.
- Respect official signage and safety markings.



2. DURING THE RETURN

1. RESUME ACTIVITIES GRADUALLY
- Avoid physical overexertion or exposure in crowded areas.
- Prioritize essential activities – food, water, hygiene, health.
- Be prepared to retreat if dangerous situations arise.

2. MAINTAIN VIGILANCE
- Even after an apparently normal return, monitor your surroundings.
- Observe signs of instability or danger.
- Respect safe routes and known shelters.



3. COMMUNICATE AND COOPERATE
- Stay in touch with family and neighbors.
- Share information about safe or dangerous areas.
- Community cooperation enhances collective safety.

4. ADAPT YOUR BEHAVIOR
- Avoid dangerous or unverified areas.
- Do not expose yourself unnecessarily in open or crowded spaces.
- Follow authorities' recommendations for reconstruction and safety.

3. AFTER RETURNING TO NORMAL

- Maintain a safe and predictable routine.
- Continuously assess the environment for unforeseen risks.
- Support the community in post-conflict recovery.



FREQUENT ERRORS

- **Rapid and unplanned return to affected areas.**
- **Ignoring signs of danger or unexploded ordnance.**
- **Lack of communication** with family members or the community.
- **Overexposure** in crowded or unstable spaces.



IMMEDIATE ACTION

- Inform yourself about **area safety before traveling**.
- **Plan the route** and essential activities.
- **Maintain vigilance** and adapt your behavior.
- **Communicate constantly** with family and community.
- **Avoid high-risk areas** and follow authorities' recommendations.



CRITICAL REACTION TIME

0–10 minutes – ASSESSING THE SAFETY OF THE AREA AND THE ROUTE.
10–30 minutes – CAREFUL MOVEMENT TOWARDS ESSENTIAL ACTIVITIES.
30–60 minutes – MONITORING THE ENVIRONMENT AND ADAPTING BEHAVIOR.
the first days – ESTABLISHING A SAFE ROUTINE AND AVOIDING UNNECESSARY EXPOSURE.



DO NOT FORGET!

✓ Returning to normal must be gradual, cautious, and informed.

GRADUAL PROGRESS – SAFETY – CAUTION



QUICK CHECKLIST

	YES	NO
IS THE AREA VERIFIED AS SAFE?	☒	☐
ARE THE ROUTE AND ACTIVITIES PLANNED?	☒	☐
IS THE MINIMUM EMERGENCY KIT PREPARED?	☒	☐
DO I MAINTAIN VIGILANCE AND COMMUNICATE WITH OTHERS?	☒	☐
DO I AVOID AREAS WITH UNFORESEEN RISK?	☒	☐
DO I FOLLOW THE AUTHORITIES' RECOMMENDATIONS?	☒	☐

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M01 → M02 → M1 → M2 → M3 → M4 → M5 → M6

M3

IMMEDIATE

STABILIZATION

ADAPTATION

VALUATION

RECONSTRUCTIO



ANALYSIS – DECISIONS – ACTION – RESULTS

MODULE 3 ECONOMIC

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THE GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 3 – SURVIVING ECONOMIC CRISIS SITUATIONS

SYSTEMIC AND SOCIAL IMPACT – PREVENTION and PREPAREDNESS

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M3 – CRITICAL FACTORS OF THE ECONOMIC CRISIS WITH DIRECT IMPACT ON THE PERSONAL BUDGET

The personal economic crisis occurs when:

- **Expenses increase – energy, food, inflation.**
- **Income decreases or becomes unstable.**
- **Access to resources becomes more difficult.**



ENERGY CRISIS

- Rapid increase in costs (electricity, gas, fuel).
- High price volatility
- Chain effect: all goods become more expensive.
- Direct pressure on the monthly budget.
- Risk of reduced consumption forced.

DIRECT IMPACT

- Increase in fixed expenses.
- Decrease in available money.



FOOD CRISIS

- Rising prices of basic goods.
- Possible decrease in availability of some products.
- Higher costs for the same level of consumption.
- High dependence on the market.

DIRECT IMPACT

- Increased daily expenses.
- Need for stockpiling.
- Constant pressure on the budget.

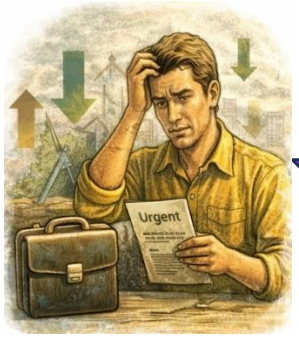


INFLATION

- Decrease in the value of money.
- Widespread price increases.
- Erosion of savings.

DIRECT IMPACT

- Loss of purchasing power.
- Unbalanced budget.
- Need for continuous adjustment.



INCOME INSTABILITY

- Job loss / income reduction.
- Unpredictable income.
- Increased financial risk.

DIRECT IMPACT

- Decreased liquidity
- Difficulties in covering expenses
- Need to diversify income

M3 – Sheet 1 – SURVIVAL IN ENERGY CRISIS SITUATIONS

Consumption, costs, autonomy and adaptation.

SHEET – MIXED / C+O | LEVEL – ESSENTIAL | **APPLIES** – In the event of cost increases / energy shortage.

TO REMEMBER

- **Energy crises generate:**
  - Rapid price increases.
  - High price volatility – unstable tariffs.
  - Risk of consumption limits.
- **Energy becomes a critical cost in the household budget.**
- **Energy indirectly influences all other costs – food, transport, services.**
- **High dependence on energy is a major vulnerability.**
- In a crisis, **the goal is not maximum comfort, but consumption sustainability**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Constant monitoring of actual consumption** – electricity + gas.
- **Reducing non-essential consumption** without affecting household functionality.
- **Optimizing energy use**.
- **Diversifying energy supply solutions** – where possible.
- **Rapid behavioral adaptation**.

1. WHAT I DO BEFORE – *PREVENTION*

- **I know the average monthly consumption:**
  - For electricity.
  - For gas / heating.
  - For fuel.
- **I identify the main consumers:**
  - Heating.
  - Large appliances.
- **I create a financial buffer for utilities.**
- **I optimize energy use:**
  - Basic home insulation.
  - Eliminating obvious losses.
- **I choose contracts with advantageous tariffs** – where possible.
- **I reduce non-essential consumption**

WHAT I DO IN THE SHORT TERM

- Streamlining – home insulation, avoiding large consumers.
- Changing consumption habits.

WHAT I DO IN THE MEDIUM TERM

- Small investments in efficiency.
- Diversifying sources, if possible.

2. WHAT I DO DURING THE CRISIS – *ACTIVE CONTROL*

- **Reduce non-essential consumption immediately:**
  - Excessive lighting
  - Appliances on standby
  - Unnecessary usage
- **Adjust behavior:**
  - Moderate heating
  - Efficient use of appliances
- **Prioritize consumption:**
  - Essential – heat, minimal light, cooking.
  - Important.
  - Non-essential.
- **Monitor weekly consumption.**
- **Postpone large consumption, if possible.**
- **Optimize usage intervals.**

3. WHAT I DO AFTER – *ADAPTATION AND STREAMLINING*

- **Maintain efficient habits**
- **Small investments with big impact:**
  - efficient light bulbs
  - more economical appliances
- **Reduce dependence on costly solutions**
- **Create a long-term sustainable consumption system**

4. OTHER SPECIFIC SITUATIONS

- **SUDDEN INCREASE IN BILLS**
  - Immediate budget recalculation
  - Urgent consumption reduction
- **POWER OUTAGES**
  - Minimal preparation – flashlights, batteries, alternatives.
  - Continuity plan
- **WINTER / COLD SEASON**
  - Prioritize heating
  - Reduce other consumption
- **REDUCED INCOME**
  - Drastic adjustment of consumption
  - Strict prioritization
- **FUEL COSTS**
  - Transport optimization
  - Reducing unnecessary trips



FREQUENT ERRORS

- **Ignoring actual consumption.**
- **Delaying consumption adjustment** – „we'll see next month".
- **Comfort before sustainability.**
- **Maintaining consumption habits** from normal periods.
- **Passive consumption** – standby, waste.
- **Impulsive investments** without analysis.
- **Underestimating the cumulative impact of costs.**



DO NOT FORGET!

- Expensive energy affects the entire budget.
- Small daily savings become significant at the end of the month.
- Controlling consumption means controlling costs.
- Quick adaptation makes the difference.
- Don't react late — costs increase progressively.



IMMEDIATE ACTION

- **Check the latest electricity and gas bills and determine actual consumption.**
- **Identify the top 3 consumers in the household.**
- **Immediately reduce non-essential consumption.**
- **Adjust the temperature and usage of high-consumption equipment.**
- **Establish simple consumption rules.**



CRITICAL REACTION TIME

- **3–5 days** from the cost increase.
- **IMMEDIATELY** after the first signal – high bill / price increase announcement.
- Delay leads to an accumulation of costs that are hard to recover.



QUICK CHECKLIST

	YES	NO
DO I **KNOW** THE ACTUAL ENERGY CONSUMPTION?	☒	☐
HAVE I IDENTIFIED THE MAIN CONSUMERS?	☒	☐
HAVE I REDUCED NON-ESSENTIAL CONSUMPTION?	☒	☐
HAVE I ADJUSTED THE BUDGET?	☒	☐
HAVE I ESTABLISHED CLEAR RULES FOR USING ENERGY-CONSUMING EQUIPMENT?	☒	☐
DO I HAVE MINIMUM BACKUP SOLUTIONS?	☒	☐
DO I AVOID WASTE (STANDBY, EXCESS)?	☒	☐
DO I HAVE A PLAN TO REDUCE DEPENDENCE ON THE ENERGY SYSTEM?	☒	☐
DO I MONITOR CONSUMPTION PERIODICALLY?	☒	☐
DO I ADAPT TO PRICE EVOLUTION?	☒	☐
DO I MAINTAIN CONSUMPTION DISCIPLINE?	☒	☐

M3 – Sheet 2 – SURVIVAL IN SITUATIONS OF FOOD CRISIS

Autonomy, food security and controlled consumption

SHEET – MIXED / C+O | LEVEL – ESSENTIAL | **APPLIES** – In the situation of price increases and food shortages.

TO REMEMBER

- **Food is the critical daily resource**
- **Food crisis means:**
  - Accelerated price increases.
  - Reduced availability of certain products.
  - Large variations in quality and access.
- **Total dependence on the market is a major vulnerability.**
- **Lack of planning leads to:**
  - Waste.
  - High costs.
  - Shortages at critical moments.
- **The objective is minimum autonomy + efficient consumption.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Creating a **minimum food stock** for 2–4 weeks.
- **Planning consumption** according to real/family needs.
- **Stock rotation** – constant consumption, not passive accumulation.
- **Prioritizing staple foods**.
- **Reducing waste** to a minimum.

1. WHAT I DO BEFORE – *PREVENTION*

- **Identify essential products**:
  - Staple foods – rice, flour, cornmeal, canned goods, oil.
  - Products with a long shelf life.
- Know the **real consumption** of the household.
- Create a **permanent minimum stock.**
- **Avoid dependence on daily shopping.**
- **Diversify sources** of supply – stores, markets, alternatives.

2. WHAT I DO DURING THE CRISIS – *ACTIVE CONTROL*

- **Evaluate existing stocks.**
- **Prioritize consumption:**
  - Perishables – consume first.
  - Non-perishables – set aside as reserve.
- **Adjust quantities:**
  - More efficient consumption.
  - Reduce excessive portions.
- **Plan meals** – avoid costly improvisation.
- **Buy strategically**:
  - Only essential products.
  - Based on price and availability.
- **Identify more affordable alternatives.**

3. WHAT I DO AFTER – optimization and stabilization

- **Rebalance stocks**.
- **Maintain a constant minimum level of reserves**.
- Improve **meal planning**.
- **Reduce dependence** on expensive / unstable products.

4. OTHER SPECIFIC SITUATIONS

- **RAPID PRICE INCREASE**
  - Anticipated, controlled purchasing.
  - Immediate consumption adjustment.
- **SHORTAGE OF CERTAIN PRODUCTS**
  - Adaptation to alternatives.
  - Dietary flexibility.
- **REDUCED INCOME**
  - Simplify diet.
  - Eliminate non-essential products.
- **FAMILIES WITH CHILDREN**
  - Nutritional prioritization.
  - Strict planning.
- **PROLONGED CRISIS**
  - Careful rotation.
  - Discipline in consumption.



FREQUENT ERRORS

- **Excessive shopping and heightened panic.**
- **Lack of planning.**
- **Food waste.**
- **Impulsive purchases, using unnecessary promotions.**
- **Lack of product diversification.**
- **Ignoring actual consumption.**



DO NOT FORGET!

- **Food must be managed**, not just bought.
- **Efficient stock is more important than large stock.**
- **Every waste means lost money.**
- **Planning reduces stress and costs.**
- **Adaptation is essential in a crisis**.



IMMEDIATE ACTION

- **Check all existing stocks.**
- **Create a list of essential products.**
- **Eliminate waste, consume what you already have.**
- **Plan meals for 3–7 days.**
- **Establish simple consumption rules.**

CRITICAL REACTION TIME

- **3–5 days** from the onset of price increases / shortages.
- **IMMEDIATELY** after the first signs of instability.
- Delay leads to higher costs and shortages.

QUICK CHECKLIST

	YES	NO
DO I HAVE A MINIMUM FOOD STOCK FOR 2–4 WEEKS ?	☒	☐
DO I KNOW THE ACTUAL CONSUMPTION ?	☒	☐
DO I MAKE IMPULSE PURCHASES ?	☒	☐
DO I PLAN MEALS ?	☒	☐
DO I REDUCE WASTE ?	☒	☐
DO I PRIORITIZE ESSENTIAL PRODUCTS ?	☒	☐
DO I HAVE ALTERNATIVES FOR MISSING PRODUCTS ?	☒	☐
DO I ADJUST CONSUMPTION TO THE CURRENT SITUATION ?	☒	☐
DO I CONSTANTLY MONITOR STOCKS ?	☒	☐
DO I MAINTAIN FOOD DISCIPLINE ?	☒	☐

M3 – Sheet 3 – RAPID ASSESSMENT OF THE PERSONAL FINANCIAL SITUATION

Quickly understand where you stand financially and what risks you have!

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – In the situation of an immediate decision in danger.

TO REMEMBER

- **A financial crisis affects economic stability at the individual, national, or global level.**
- **The purpose of this sheet is to find out how long you can last and where you are vulnerable.**
- **It can be caused by:**
  - High inflation.
  - Collapse of financial markets.
  - Mass unemployment.
  - Rising prices of essential resources.
  - Banking or supply chain collapse.
- **Common consequences:**
  - Loss of job or income.
  - Decrease in purchasing power.
  - Difficulty paying debts / installments.
  - Limited access to basic services and products.
  - Social and psychological unrest.
- **YOU CANNOT REACT AND MAKE CORRECT DECISIONS WITHOUT A REAL FINANCIAL PICTURE.**
  - In a crisis, the speed of clarifying the situation and your positioning in the context of the crisis are critical.
  - The first reaction must be analysis, not impulsive action.
  - Available liquidity is more important than theoretical assets.
- **WHAT I DO NOT DO IN A FINANCIAL CRISIS**
  - **DO NOT panic and take out quick loans** with high interest rates.
  - **DO NOT sell everything immediately** – some assets lose value in a crisis.
  - **DO NOT "live on the card"** (credit card).
  - **DO NOT obsessively follow stock markets**, prices, or "miracle advice".
- **DO NOT lose confidence** in my ability to adapt!

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Complete inventory – income, expenses, debts, liquidity.
- Calculate the number of months of survival.
- Assess the financial situation very quickly.
- Use the pessimistic scenario – *worst-case*.
- Include ALL OBLIGATIONS, including the "forgotten" ones.
- Clearly separate secure income from uncertain income and essential expenses from non-essential ones.

1. WHAT I DO BEFORE THE CRISIS OCCURS – *PERSONAL ECONOMIC PREVENTION*

- Keep a minimal monthly record – income / expenses.
- Create an emergency fund – ideally 3–6 months of essential expenses set aside in a separate, quickly accessible account.
- Know my debt structure.
- Avoid overestimating future income.
- Relieve debt pressure early – pay in advance or renegotiate loan terms.
- Diversify my income – look for alternative sources of income.
- I educate myself financially, learning about budgets, interest rates, inflation, safe investments.
- I avoid large, unsustainable purchases during periods of economic instability.

2. WHAT TO DO DURING A CRISIS – *RAPID ASSESSMENT*

- I write down on paper or in a file, without optimistic estimates:
  - All current income (secure and insecure).
  - All expenses (without filtering).
  - All debts (with maturities and interest rates).
  - All liquid savings.
- Eliminate optimism → calculate realistically or conservatively
- **Determine:**
  - **HOW MANY MONTHS CAN YOU OPERATE WITHOUT INCOME.**
  - **WHAT EXPENSES CAN BE ELIMINATED IMMEDIATELY**.
- **I review the personal / family budget.**
  - I classify my expenses as:
    – ESENȚIALE – food, rent, utilities, medication.
    – UTILE, DAR NEGOCIABILE – subscriptions, transportation, education.
    – NEESENȚIALE - entertainment, outings, pleasure purchases.
  - I temporarily cut expenses from the last two categories.
  - **I apply the 50/30/20 rule adapted to the specific conditions of the situation:**
    - **50% NEEDS,**
    - **30% DEBTS,**
    - **20% SAVINGS (or reserves).**

WHAT TO DO IN SPECIFIC SITUATIONS

– **LOSS OF JOB AND MAIN INCOME**	– **I immediately recalculate the budget (max. 24h).** – **I identify possible financial aid** (state, NGOs, relatives, church). – **I temporarily sell unused goods** – furniture, electronics, clothes etc. – **I professionally redirect myself –** looking for free retraining courses, online or remote jobs. – **I negotiate deferrals on loans / rent** or their rescheduling. – I contact a **free financial advisor** available at banks or NGOs.
– **INCOME REDUCTION**	– **I proportionally adjust expenses.** – **I recalculate the budget** based on the minimum secure income, not on estimates. – I immediately eliminate non-essential expenses and renegotiate fixed costs (rent, utilities, services). – I activate at least **one additional source of income** (even temporary). – **I prioritize payments – housing, utilities, food** → then other debts. – **I create a 30–60 day survival plan –** conservative scenario – *planning based on the minimum secure income and essential expenses, assuming the situation does not improve in the short term.*
– **RISING INFLATION**	– I anticipate and buy **essential non-perishable products** in advance. – **I adjust the budget** monthly with the new actual costs (not the old ones). – **Reduce consumption** of substitutable or more efficient products. – Avoid tying up money in **products or services with volatile prices.** – **I periodically monitor prices** and switch suppliers if necessary.
– **VARIABLE INCOME (Freelance)**	– Calculate **the average income over the last 3–6 months and use the minimum average** – Create a **financial buffer** for periods without projects (minimum 2–3 months) – **Diversify the client portfolio** – I must not depend on just 1–2 sources. – **Structure income** – clearly separate personal expenses from professional ones. – Plan monthly based on a **conservative scenario**, not an optimistic one.
– **FAMILY SITUATIONS – children, dependents**	– **Create a larger financial buffer –** unforeseen costs are more frequent. – **Prioritize essential expenses** for safety and health. – **Plan consumption over a longer term** – food, education, health. – **Reduce personal expenses** before those of dependents. – **Involve the family in adapting consumption** – clear rules, no panic.

3. WHAT I DO AFTER THE CRISIS PASSES – *MONITORING AND ADJUSTMENT*

- **Update the financial situation weekly.**
- **Adjust the budget** according to developments.
- **Constantly recalculate the number of months/days of survival.**
- **Align decisions with current reality – NOT WITH HOPE.**



FREQUENT ERRORS

- Decisions based on **emotions, panic, or denial/procrastination**.
- **Underestimating actual expenses**.
- Overestimating future income.
- **Postponing financial evaluation –** *"Now is not the time."*
- **Ignoring small debts,** which accumulate over time.
- **Lack of a complete picture** of the financial situation – exists at the idea level, only "in the head."



DO NOT FORGET!

- **Available cash** is greater than any theoretical asset; it means time and options..
- **Financial reality does not change if you ignore it.**
- In an economic crisis, **clarity is a competitive advantage.**
- **Good decisions come from analyzing numbers,** not from impressions.
- The first mistake in a crisis is the lack of a **correct assessment**.



IMMEDIATE ACTION

- NOTE CURRENT INCOME, TOTAL EXPENSES, DEBTS, AND SAVINGS.
- CALCULATE HOW MANY MONTHS YOU CAN SURVIVE WITHOUT INCOME.
- IDENTIFY 3 MAJOR RISKS AND 3 URGENT ACTIONS.



CRITICAL REACTION TIME

- **First 24** hours after the crisis emerges.
- **IDEAL** – within the first **2–6 hours**.
- Delay increases the risk of making wrong decisions.



QUICK CHECKLIST

	YES	NO
DO I KNOW MY CURRENT INCOME – THE SECURE AND THE LESS SECURE ONES?	☒	☐
DO I KNOW WHAT MY TOTAL EXPENSES ARE?	☒	☐
HAVE I IDENTIFIED ESSENTIAL EXPENSES?	☒	☐
HAVE I ELIMINATED OPTIMISTIC ESTIMATES?	☒	☐
HAVE I CENTRALIZED AND DO I HAVE A COMPLETE PICTURE OF DEBTS AND DUE DATES?	☒	☐
HAVE I CALCULATED AVAILABLE SAVINGS?	☒	☐
DO I KNOW HOW MANY MONTHS I CAN SURVIVE FINANCIALLY WITHOUT INCOME?	☐	☐
HAVE I IDENTIFIED THE MAIN RISKS?	☒	☐
HAVE I ESTABLISHED THE FIRST CONCRETE ACTIONS?	☒	☐
DO I HAVE A CLEAR, COMPLETE AND REALISTIC PICTURE OF MY PERSONAL FINANCIAL SITUATION?	☒	☐

M3 – Sheet 4 – ESSENTIAL STOCKS, MINIMUM AUTONOMY AND RATIONAL CONSUMPTION

Plan intelligently for 2-4 weeks of autonomy

SHEET – OPERATIONAL | LEVEL – ESSENTIAL | **APPLIES TO** – Short term (2–4 weeks.)

TO REMEMBER

- **A basic stock in an economic crisis** is a minimum of non-perishable and essential products that ensure your livelihood for 2–4 weeks and reduce your dependence on the market in case:
  - You have no liquid cash.
  - Supply shortages occur.
  - Prices rise sharply.
- **Example of a basic stock:**
  - Rice, pasta, dried beans, canned goods (fish, vegetables, pâté).
  - Flour, sugar, salt, oil.
  - Soap, detergents, toothpaste.
  - Toilet paper, sanitary pads.
  - Common medications + vitamins.
- **Properly managed stocks reduce dependence on the market.**
- **The goal** is not excessive accumulation, but ensuring continuity.
- **Rational consumption** = **protection of budget and resources.**
- **Lack of planning** leads either to waste or to critical shortages.
- **The balance between availability and consumption** is essential.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- I create a **minimum stock for 2–4 weeks.**
- **I plan consumption** based on actual needs.
- **I rotate stock** constantly – I use what I have and continuously replace what I consume.
- **I prioritize essential products**, not comfort items.
- **I avoid impulsive purchases.**

HOW I MANAGE MY RESOURCES (FOOD, ENERGY, TIME)

FOOD	- I shop according to the weekly meal plan. I cook at home.
ENERGY / UTILITIES	- I turn off appliances when not in use, reducing consumption.
TRANSPORT	- I use public transport, walk, or ride a bike.
CLOTHING	- I reuse, repair, and swap clothes with friends.
_ENTERTAINMENT	- I run, read, host game nights at home – free of charge.

1. WHAT I DO BEFORE THE CRISIS – *PREVENTION*

- I create a **list of essential products**:
  - basic food items.
  - Hygiene products.
  - Common medications.
- I know the household's **average consumption** very well.
- I avoid **dependence on daily shopping**.
- I maintain a **constant minimum stock** of essential products.

2. WHAT I DO DURING THE CRISIS - *ACTIVE MANAGEMENT*

- I assess **existing stocks**.
- **I prioritize consumption**:
  - **Perishable products → consumed first.**
  - **Products with a long shelf life → kept as reserve**
- **I purchase strategically**:
  - I spend only on what is strictly necessary.

- Based on availability and price.
- I set **clear consumption rules** in the household.
- I avoid waste and overconsumption.

3. WHAT I DO AFTER THE CRISIS EFFECTS DISAPPEAR – *OPTIMIZATION*

- Rebalance stocks
- Maintain a minimum safety level
- Improve consumption planning
- Avoid returning to risky habits (waste, impulsiveness)

4. WHAT I DO IN OTHER SPECIFIC SITUATIONS

- **PRICE INCREASES.**	- I buy essential products in advance and store them.
- **REDUCED MARKET AVAILABILITY.**	- I adapt to existing alternatives.
- **REDUCED INCOME.**	- I strictly optimize consumption.
- **LARGE FAMILIES.**	- I make a detailed consumption plan and set rules for increased discipline.
- **PROLONGED CRISIS.**	- Product rotation and diversification



FREQUENT ERRORS

- Excessive shopping and exaggerated panic.
- Purchases without a well-established plan – leads to later waste.
- Ignoring product expiration/warranty dates.
- Lack of clear inventory records.
- Impulsive or uncontrolled consumption.
- Lack of prioritization of essential products.



DO NOT FORGET!

- **Autonomy reduces pressure.**
- **More does not always mean better — WHAT MATTERS IS EFFICIENCY!**
- **Stocks are for safety, not for comfort.**
- **Planning reduces costs and stress.**
- **Controlled consumption extends resources.**
- **Every waste means lost money.**
- **BALANCE, NOT EXCESS!**



IMMEDIATE ACTION

- CHECK ALL EXISTING STOCKS.
- CREATE A LIST OF ESSENTIAL PRODUCTS.
- ELIMINATE WASTE – USE WHAT YOU ALREADY HAVE.
- PLAN THE NEXT PURCHASES.
- SET CONSUMPTION RULES IN THE HOUSEHOLD.

CRITICAL REACTION TIME

- **3–5 days** from the onset of the crisis.
- **IDEAL –** immediately after budget stabilization.
- Delay can lead to shortages or higher costs.

QUICK CHECKLIST

	YES	NO
HAVE I ASSESSED THE EXISTING STOCKS?	☒	☐
HAVE WE ESTABLISHED A LIST OF ESSENTIAL PRODUCTS?	☒	☐
DO WE HAVE A MINIMUM STOCK FOR 2–4 WEEKS?	☒	☐
DO I MAKE IMPULSE PURCHASES?	☒	☐
IS THE ESTABLISHED CONSUMPTION RATIONAL AND WITHOUT WASTE?	☒	☐
DO I CHECK THE EXPIRY DATES / PRODUCT WARRANTY?	☒	☐
DO I PLAN PURCHASES?	☒	☐
DO I PRIORITIZE THE CONSUMPTION OF ESSENTIAL PRODUCTS?	☒	☐
DO I ADJUST CONSUMPTION TO THE REAL SITUATION?	☒	☐
DO I MAINTAIN THE BALANCE BETWEEN STOCK AND CONSUMPTION?	☒	☐

M3 – Sheet 5 – BEHAVIORAL AND PSYCHOLOGICAL ADAPTATION

How do I stay psychologically balanced in a crisis situation?

SHEET – MIXED / C+O | LEVEL – SUPPORT | **APPLIES** – Throughout the crisis

TO REMEMBER

- In a crisis, **emotional decisions are the biggest risk.**
- **The crisis is also a mental one.**
- **Fear, panic, and denial lead to wrong decisions**.
- **Clarity and discipline** are competitive advantages.
- **Controlled behavior** leads to resource protection.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Adopt a rational behavior, based on data, not emotions.**
- I establish a **clear daily routine**.
- **I set realistic short-term goals –** today, this week.
- **I limit exposure to alarmist information**.
- **I only compare myself to myself**, not to others. The situation is unique for everyone.
- **I keep in touch with positive people** who support me morally.
- **I make decisions only after analysis**, not impulsively.
- I maintain a **realistic perspective** – neither panic nor denial.
- **I volunteer,** if I can – helping others gives me meaning and perspective.
- **I do not isolate myself in silence** – if I feel anxiety or depression, I ask for support.

1. WHAT I DO BEFORE A CRISIS – *PREVENTION*

- **I develop my financial education and critical thinking**.
- **I understand typical emotional reactions** in crisis situations.
- **I create habits of financial discipline** – planning, expense control.
- **I avoid dependence on impulsive decisions.**

2. WHAT I DO DURING THE CRISIS – *ACTIVE CONTROL*

- **I limit and even stop automatic reactions** – panic, impulsive shopping.
- **I carefully analyze the situation** before each decision:
  - Is it necessary?
  - Is it urgent?
  - Is it sustainable?
- **I create a daily routine**:
  - I perform a financial check.
  - I do my planning,
  - I establish concrete actions.
- **I limit exposure to sources of stress** – excessive news, rumors, social media.
- **I discuss important decisions** with family and friends, I do not act in isolation.

3. WHAT I DO AFTER THE CRISIS EFFECTS SUBSIDE – *CONSOLIDATION*

- **I turn good behaviors into habits**.
- **I analyze the decisions made** – what worked well / what didn't work.
- **I increase tolerance for uncertainty.**
- **I maintain financial discipline** even after the situation stabilizes.

4. OTHER SPECIFIC SITUATIONS

- **WIDESPREAD PANIC** – I avoid the herd effect.
- **SOCIAL PRESSURE** – I do not copy others' decisions without analysis.
- **FINANCIAL LOSSES** – I avoid impulsive recovery reactions.
- **PROLONGED UNCERTAINTY** – I maintain stable routines.
- **OVERWHELM** – I prioritize important decisions.



FREQUENT ERRORS

- **Decisions made in panic.**
- **Denial of reality** – *"Let's leave it, it's not that serious."*
- **Postponing important decisions**.
- **Overreaction** – extreme measures without analysis.
- **Following the crowd** without own assessment.
- **Emotional spending** – spending to manage stress and not real needs.



DO NOT FORGET!

- **Emotions are normal**, but they should not drive decisions
- **Lack of action is also a decision** (and often a wrong one)
- **Clarity comes from structure and discipline**
- **Don't react to noise, react to concrete reality**.
- **Good decisions are slow and calculated**, not impulsive.



IMMEDIATE ACTION

- STOP ANY MAJOR IMPULSIVE DECISION.
- WRITE DOWN MAIN CONCERNS FOR CLARITY.
- SET 3 CONCRETE ACTIONS FOR THE CURRENT DAY.
- CREATE A SIMPLE DAILY ROUTINE.
- REDUCE EXPOSURE TO STRESSFUL INFORMATION.



CRITICAL REACTION TIME

- **IMMEDIATE** – first hours/days of the crisis.
- **CONTINUOUS** throughout the crisis.
- **DAILY REASSESSMENT** of behavior.



QUICK CHECKLIST

	YES	NO
AM I MAKING DECISIONS UNDER PANIC?	☐	☒
DO I ANALYZE BEFORE ACTING?	☒	☐
DO I HAVE A CLEAR DAILY ROUTINE?	☒	☐
AM I INFLUENCED BY OTHERS' REACTIONS?	☐	☒
DO I LIMIT EXCESSIVE NEGATIVE INFORMATION?	☒	☐
DO I MAKE IMPULSIVE EXPENSES?	☐	☒
DO I DISCUSS IMPORTANT DECISIONS?	☒	☐
DO I CONTROL MY EMOTIONAL REACTIONS?	☒	☐
DO I ACT ORGANIZED, NOT CHAOTIC?	☒	☐
DO I CONSTANTLY REVIEW MY BEHAVIOR?	☒	☐

M3 – Sheet 6 – STRATEGIC DECISIONS FOR RELAUNCH

From PLAN to ACTION for success

SHEET – MIXED / C+O | LEVEL – ESSENTIAL | **APPLIES** – In the recovery and economic relaunch phase.

TO REMEMBER

- **Relaunch is about the right direction**, not about the speed at which you do it.
- **Strategic decisions influence your life in the medium and long term.**
- **Not all opportunities must be pursued.**
- **Resources are limited – they must be allocated wisely.**
- **Without decision, there is no progress.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Select a limited number of directions – the most suitable and important ones.
- Align decisions with available resources.
- Assess risks before action.
- Implement in stages – not everything at once.
- Monitor constantly and adjust quickly.

1. WHAT TO DO BEFORE – *FOUNDATION*

- **Clarify:**
  - **Your current situation** – financial and professional.
  - **Available resources** – time, money, skills.
- **Review the identified advantages**
- **Eliminate options** that are:
  - Too risky.
  - Unclear.
  - Unsustainable.

2. DURING THE CRISIS – STRATEGIC CHOICE

- **Define 1–2 main directions:**
  - Income growth.
  - Risk reduction.
  - Professional redirection.
- **For each direction:**
  - Set a clear objective.
  - Define the necessary steps for achievement.
  - Estimate the required resources.
- **Prioritize:**
  - High-impact directions.
  - Actions with controllable risk.
- **Avoid dispersion – too many directions pursued simultaneously.**

3. AFTER THE CRISIS EFFECTS SUBSIDE – *IMPLEMENTATION*

- **Apply the strategy in stages:**
  - Test.
  - Validation.
  - Expansion.
- **Monitor results.**
- **Adjust quickly if deviations occur.**
- **Eliminate directions that do not work.**

4. OTHER SPECIFIC SITUATIONS

- **PROFESSIONAL RELAUNCH –** job or field change.
- **FINANCIAL RELAUNCH –** increase revenue or reduce costs.
- **LIMITED RESOURCES –** strict prioritization.
- **UNSTABLE MARKET –** flexible, adaptable decisions.
- **MULTIPLE OPTIONS –** selection based on clear criteria.



FREQUENT ERRORS

- **Lack of a clear decision –** analysis without action.
- **Choosing too many directions simultaneously.**
- **Overestimating available** resources.
- **Underestimating risks**.
- **Impulsive or emotional decisions**.
- **Lack of monitoring and adjustment.**



DO NOT FORGET!

- **There is no strategy without choice.**
- **Focus is more important than variety.**
- **Limited resources require prioritization.**
- **Good decisions are simple and clear.**
- **Adjustment is part of strategy, not a failure.**



IMMEDIATE ACTION

- CHOOSE 1–2 CLEAR STRATEGIC DIRECTIONS.
- DEFINE A CONCRETE OBJECTIVE FOR EACH DIRECTION.
- ESTABLISH THE FIRST 3 ACTION STEPS.
- ELIMINATE SECONDARY DIRECTIONS.
- START IMPLEMENTATION IMMEDIATELY.



CRITICAL REACTION TIME

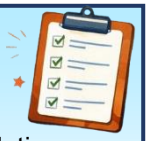
- **2–4 weeks** after stabilization.
- The decision must not be excessively delayed.
- Implementation must be started quickly, but in a controlled manner.

QUICK CHECKLIST

	YES	NO
HAVE I ANALYZED THE AVAILABLE OPTIONS?	☒	☐
HAVE I SELECTED 1–2 MAIN DIRECTIONS?	☒	☐
DO I HAVE CLEAR OBJECTIVES?	☒	☐
HAVE I ASSESSED THE NECESSARY RESOURCES?	☒	☐
HAVE I ASSESSED THE RISKS?	☒	☐
AM I SPREAD TOO THIN ACROSS TOO MANY DIRECTIONS?	☐	☒
DO I HAVE AN ACTION PLAN?	☒	☐
HAVE I STARTED IMPLEMENTATION?	☒	☐
AM I MONITORING THE RESULTS?	☒	☐
AM I ADJUSTING THE STRATEGY IF NECESSARY?	☒	☐

STRATEGIC DECISIONS FOR RELAUNCH – COMPLETED MODEL

SITUATION ANALYSIS



PROBLEMS:

- ✓ 30% reduction in income.
- ✓ Rising monthly costs – galloping inflation.
- ✓ Dependence on a single source of income.
- ✓ Lack of a sufficient emergency fund for survival.

OPPORTUNITIES:

- ✓ Possibility of additional income – freelance / online activity.
- ✓ Reduction of non-essential expenses.
- ✓ Development of new skills in demand on the market.
- ✓ Access to new income channels – digital, collaborations.

KEY DECISIONS



1. Income diversification through a side activity
3. Reducing expenses by at least 25%
2. Creating an emergency fund for at least 3 months.

ACTION PLAN



1. I identify and activate an additional income source within the next 30 days.
2. I eliminate non-essential expenses and optimize the budget.
3. I allocate a fixed percentage monthly for savings (10–15%).
4. I learn and develop a skill / aptitude that generates income.

M3 – Sheet 7 – PERSONAL PLAN FOR VALORIZATION AND RESILIENCE

From REACTION to DIRECTION – build your personal resilience!

SHEET – MIXED / C+O | **LEVEL – SUPPORT** | **APPLIES** – Medium / Long term

TO REMEMBER

- **Without a plan, actions remain fragmented and ineffective**.
- **Resilience** is not a result, but **a continuous process.**
- **The plan turns decisions into results.**
- **Simplicity and clarity** increase the chances of implementation.
- **Discipline in execution** is more important than the perfection of the plan.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Structured plan by intervals:**
  - 30 days – IMMEDIATE ACTIONS.
  - 90 days – STABILIZATION AND GROWTH.
  - 180 days – CONSOLIDATION.
- **Clear, measurable objectives.**
- **Aligning the plan with real resources.**
- **Periodic monitoring and adjustment.**
- **Focus on a few relevant objectives.**

1. WHAT I DO BEFORE IMPLEMENTING THE PLAN – *STRUCTURING*

- **Recap:**
  - Financial situation.
  - Available resources.
  - Chosen strategic directions.
- **Define objectives:**
  - Clear.
  - Realistic.
  - Measurable.
- **Prioritize:**
  - What is essential.
  - What can be postponed.

2. WHAT I DO DURING PLAN IMPLEMENTATION – *CONTROLLED ACTION*

- **Build the plan in stages:**

30 DAYS	90 DAYS	180 DAYS
– Financial stabilization. – Expense control. – Revenue activation.	– Revenue diversification. – Risk reduction. – Budget optimization.	– Financial consolidation. – Professional development. – Sustainable growth.

- **For each stage:**
  - Define concrete actions.
  - Set deadlines.
  - Allocate resources.

3. WHAT I DO AFTER IMPLEMENTATION – *MONITORING AND ADJUSTMENT*

- Check progress periodically – weekly / monthly.
- Adjust the plan based on results.
- Eliminate ineffective actions.
- Consolidate what works.
- Maintain discipline even after stabilization.

OTHER SPECIFIC SITUATIONS

- **UNFORESEEABLE DEVELOPMENTS** – flexibility in the plan.
- **FLUCTUATING INCOME** – continuous adaptation of objectives.
- **MAJOR CHANGES** (job, family) – plan recalibration.
- **PROLONGED CRISIS** – focus on resilience, not rapid growth.
- **NEW OPPORTUNITIES** – selective integration into the plan.



FREQUENT ERRORS

- **Lack of a concrete plan.**
- **Objectives that are too general or unrealistic.**
- **Too many directions at once.**
- **Lack of monitoring.**
- **Abandoning the plan after the first difficulties.**
- **Rigidity – inability to adapt the plan.**



DO NOT FORGET!

- **The plan is a guide, not a rigid rule.**
- **Small but steady progress is essential.**
- **Adaptation is part of success.**
- **Resilience is built over time.**
- **Execution makes the difference, not intention.**



IMMEDIATE ACTION

- WRITE A SIMPLE 30-DAY PLAN.
- DEFINE 3 CLEAR OBJECTIVES.
- ESTABLISH 3 CONCRETE ACTIONS FOR EACH OBJECTIVE.
- ALLOCATE TIME AND RESOURCES.
- START IMPLEMENTATION IMMEDIATELY.



CRITICAL REACTION TIME

- In the first **30 DAYS** after stabilization.
- The plan must be created quickly, but realistically.
- Implementation must begin immediately.



QUICK CHECKLIST

	YES	NO
I HAVE CLEAR AND MEASURABLE OBJECTIVES	☒	☐
I HAVE A PLAN FOR 30 / 90 / 180 DAYS	☒	☐
I HAVE DEFINED CONCRETE ACTIONS	☒	☐
I HAVE ALLOCATED THE NECESSARY RESOURCES	☒	☐
I AM SPREAD TOO THIN IN TOO MANY DIRECTIONS	☐	☒
I MONITOR PROGRESS	☒	☐
I ADJUST THE PLAN WHEN NECESSARY	☒	☐
I FOCUS ON RELEVANT ACTIONS	☒	☐
I MAINTAIN DISCIPLINE	☒	☐
I CONTINUE EVEN IF DIFFICULTIES ARISE	☒	☐

PERSONAL PLAN FOR VALUATION AND RESILIENCE

From REACTION to DIRECTION – build your personal resilience!

PERSONAL GOALS

What are the important things I want to achieve?

- _____
- _____
- _____
- _____

MY SKILLS AND STRENGTHS

What are my qualities and talents?

- _____
- _____
- _____
- _____

RESILIENCE STRATEGIES

What can I do to overcome barriers and survive?

- _____
- _____
- _____
- _____

MY SUPPORT RESOURCES

Who can I rely on for help??

- _____
- _____
- _____
- _____

MY ACTION PLAN

The steps I will take to achieve my goals.

- _____
- _____
- _____
- _____

NO PLAN → YOU RETURN TO CRISIS!

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M01 → M02 → M1 → M2 → M3 → **M4** → M5 → M6



Rapid Adaptation in Unstable Environments



Control and Clarity in Critical Situations



Intelligent Reaction in Difficult Times



Avoid – Adapt – Responsibility

MODULE 4 SOCIAL/POLITICAL

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 4 – SURVIVAL IN POLITICAL AND SOCIAL CRISIS SITUATIONS

AVOIDANCE, ADAPTATION, PERSONAL RESPONSIBILITY – NO INVOLVEMENT OR CONFRONTATION



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Module 4 – Survival in Political / Social Crisis Situations

SYSTEMIC AND SOCIAL IMPACT – PREVENTION and PREPAREDNESS





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M4 – Sheet 1 – HOW TO BUILD YOUR Survival Base

Your resources are your safety

SHEET – MIXED / C+O

LEVEL – ESSENTIAL

APPLIES TO – In the preparation phase.

TO REMEMBER

- In political/social crises, it is not the lack of resources that affects you first, but **limited access to them.**
- It is not the quantity that matters, but **the availability of resources and their intelligent distribution.**
- **Dependence on systems** – electricity, gas, internet, shops **represents a vulnerability**.
- **Redundancy /alternatives** express **real safety.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Ensure **essential resources for 2–3 days** – water, food, medicine)
- Distribute resources in multiple places – **at home, at work, in other locations where you operate + a travel kit.**
- Keep **cash available** and avoid exclusive dependence on electronic systems.
- Ensure **alternative means of communication and information, functional.**
- Organize everything for **quick access and efficient use.**

1. WHAT I DO BEFORE – *BUILDING THE BASE*

ESSENTIAL RESOURCES – minimum for 72h autonomy

- Water – minimum 2L / person / day.
- Food – non-perishable, requiring no complex preparation or cooking.
- Medication – usual and any personal necessities.
- Basic hygiene items.

SMART RESOURCE STRUCTURE

- Do not keep everything in one place. Divide them
  - At home.
  - Prepared bag.
  - At the office, in the car.

CASH AND FINANCIAL ACCESS

- Keep cash in small amounts, not just on card.
- Avoid total dependence on electronic payments.

COMMUNICATION AND CONNECTIVITY

- Phone and external battery.
- Offline list of important contacts.
- Installed apps:
  - Offline maps.
  - Messaging that works on weak networks.

INFORMATION AND ORIENTATION

- Sources credible saved on phone.
- Offline city map.
- Knowledge of areas:
  - Sensitive – protests, institutions.
  - Safe – alternative routes, exits.

USEFUL EQUIPMENT – NOT EXCESSIVE

- Small flashlight.
- Portable radio.

- Power bank.
- Discreet backpack.

2. WHAT TO DO WHEN THE CRISIS AFFECTS ACCESS TO RESOURCES

- **Ration immediate consumption** – do not wait for the crisis to end.
- **Avoid travel** for supplies in tense areas.
- Use **safe time intervals and alternative routes**.
- **Do not display the resources** you have.

3. WHAT TO DO AFTER THE TEMPORARY STABILIZATION OF THE SITUATION

- **Replenish consumed stocks immediately**.
- **Analyze what was missing and what was unnecessary.**
- **Optimize the kit** – make it simpler and more efficient.

4. WHAT TO DO IN SPECIFIC SITUATIONS

IN CASE OF PROTESTS / URBAN VIOLENCE

- **Avoid shops** in affected areas,
- **Buy in advance**, not in panic,
- Have a **minimum reserve** at home,

IN CASE OF TRAVEL RESTRICTIONS

- Rely on **your own resources**,
- **Limit travel** to what is strictly necessary.

IN CASE OF POWER / GAS NETWORK OUTAGES

- **Use external batteries** and alternative light.
- **Insulate your home well**.
- Have a **camping stove** with a gas canister handy.
- **Reduce phone usage to essential.**

IN CASE OF DISINFORMATION

- Do not react to "alarmist messages".
- Verify the information before acting.



FREQUENT ERRORS

- Chaotic buying – panic ⟶ uselessness.
- Large stocks, but poorly organized.
- Total dependence on supermarket / online apps.
- Lack of cash money.
- Useless equipment and lack of essential items.
- Display of resources – social risk.



DO NOT FORGET!

- Resources **won't help you if you can't reach them.**
- Discretion **is part of safety.**
- **Simple and functional is more important than complex and useless.**
- **Access to resources means safety. Lack of access represents a risk.**



IMMEDIATE ACTION

- Ensure water and food for 2–3 days.
- Have a minimum amount of cash on you.
- Prepare a bag for transporting the survival kit.
- Install useful offline apps and write down 5 important contacts on paper.



CRITICAL REACTION TIME

- Before the crisis – completely under your control.
- After onset - **24–48h** until access to resources is limited.



QUICK CHECKLIST

	YES	NO
DO I HAVE WATER AND FOOD FOR AT LEAST 72H?	☒	☐
ARE MY RESOURCES DISTRIBUTED – NOT ALL IN ONE SINGLE PLACE?	☒	☐
DO I HAVE CASH AVAILABLE?	☒	☐
IS MY PHONE READY AND EXTERNAL BATTERY CHARGED?	☒	☐
DO I HAVE OFFLINE APPS AND INFORMATION?	☒	☐
DO I HAVE A KIT PREPARED, READY FOR RAPID DEPLOYMENT?	☒	☐
DO I DEPEND EXCLUSIVELY ON ONE SYSTEM?	☐	☒



M4 – Sheet 2 – DON'T REACT. DECIDE! – ACT WITHOUT PANIC AND WITHOUT IMPULSIVE REACTION!

Control the information, control the reaction!

SHEET – OPERATIONAL | **LEVEL – CRITICAL** | **APPLIES** – At the onset of political / social tension.

TO REMEMBER

- The first reaction is emotional → **the first decision must be rational.**
- **Unfiltered information is a direct risk.**
- In social crises, **wrong speed is exposure.**
- **You don't have to react first,** you have to react correctly.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Apply the STOP rule** – OBSERVE, VERIFY, THEN DECIDE.
- Verify information from at least two credible sources before acting.
- **Quickly assess the impact on you** and see if you are in the risk zone or not.
- **Choose a simple and safe action** – stay / leave / postpone departure.
- **Communicate briefly and clearly** and avoid impulsive reaction.

1. WHAT I DO BEFORE – *MENTAL PREPARATION*

CREATE A „SIMPLE MENTAL PROTOCOL"
- **STOP → OBSERVE → VERIFY → DECIDE.**
- **Don't jump straight into action.**

DEFINE CLEAR RULES
- **I do not go anywhere** based on a single piece of information.
- **I do not enter crowds** out of curiosity
- **I do not react to collective panic**

ESTABLISH TRUSTED SOURCES
- **2–3 verified sources**.
- **Avoid chaotic consumption** of information.

2. WHAT I DO DURING THE ONSET / ESCALATION OF THE CRISIS

APPLY THE STOP RULE
- **Do** not react impulsively.
- **Do** not share unconfirmed information.

FILTER INFORMATION QUICKLY
- **Who is transmitting?** – is it official / witness / rumor?
- **Is it confirmed from 2 sources?**
- **Is it relevant to you** or is it just „noise"?

ASSESS PERSONAL IMPACT
- **Am I in the risk zone?**
- **Do I need to move or stay**?
- **Is** there **immediate risk** or just potential?

MAKE A SIMPLE DECISION – IT DOESN'T HAVE TO BE PERFECT

- **Stay** / leave / postpone.
- **Avoid** complex decisions in chaos

COMMUNICATE BRIEFLY AND CLEARLY .

- „**I'm** OK" / „I'm moving" / „Don't contact me".
- **No** long explanations.

3. WHAT TO DO AFTER THE FIRST WAVE OF REACTIONS

- **Reassess the situation** – don't get stuck on the first decision.
- **Adjust your behavior** based on how things evolve.
- **Eliminate sources of misinformation**.

1. WHAT TO DO IN SPECIFIC SITUATIONS

IF A SUDDEN ALERT OCCURS – protests / violence

- **Don't leave immediately** → **verify**
- **Avoid the direction** *"where it's happening"*.

IF YOU SEE MOVING CROWDS

- **Don't join them.**
- **Change** direction immediately.

IF CONTRADICTORY INFORMATION APPEARS

- **Don't decide based on emotion.**
- **Wait for minimal confirmation.**

IF YOU'RE UNDER SOCIAL PRESSURE – *"COME ON, YOU TOO"*

- **Refuse** politely.
- **Safety is more important** than belonging.

IF YOU ARE CAUGHT IN A TENSE AREA

- **Don't film** ostentatiously – **Don't comment** – **Don't draw attention**



FREQUENT ERRORS

- Immediate reaction without verification.
- Excessive information consumption → decision paralysis.
- Fear of missing out → unnecessary exposure.
- Spreading rumors.
- Moving toward risk zones out of curiosity.
- Decisions made under social pressure.



DO NOT FORGET!

- **NOT everything urgent is important.**
- **NOT everything visible is relevant to you.**
- The safest reaction is a controlled one.
- It's not the reaction that protects you, but the right decision.



IMMEDIATE ACTION

- STOP THE FLOW OF UNNECESSARY INFORMATION.
- VERIFY INFORMATION FROM 1–2 RELIABLE SOURCES.
- DETERMINE IF YOU ARE DIRECTLY AFFECTED.
- MAKE A SIMPLE DECISION – STAY / LEAVE / WAIT.



CRITICAL REACTION TIME

- **The first 10–30 minutes are decisive for exposure.**
- Impulsive reactions occur within the first **2–5 minutes.**



QUICK CHECKLIST

	YES	NO
DID I STOP THE IMPULSIVE REACTION?	☒	☐
DID I VERIFY THE INFORMATION FROM RELIABLE SOURCES?	☒	☐
DID I ASSESS THE IMPACT ON MYSELF?	☒	☐
DID I CHOOSE A SIMPLE AND SAFE ACTION?	☒	☐
DID I ASSESS WHETHER THE AREA AFFECTS ME?	☒	☐
DID I ASSESS THE RISK ZONES?	☒	☐
DID I COMMUNICATE CLEARLY WITH MY CONTACTS?	☒	☐

M4 – Sheet 3 – STAY OR LEAVE? – HOW TO QUICKLY CHOOSE THE SAFEST OPTION

The right decision, at the right time

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES TO** – Immediate decision.

TO REMEMBER

- **There is no perfect decision,** only a **safe decision in context.**
- Time reduces your options → **decide early, not late.**
- In social crises, **mobility can become a risk.**
- Sometimes **staying is safer than leaving.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- **Quickly assess the environment, routes, and resources.**
- Decide clearly, without hesitation, whether to **stay or leave.**
- Choose the **option with minimal risk**, not the fastest one.
- **Communicate the decision** to your contacts.
- **Execute the decision** without impulsive changes.

1. WHAT I DO BEFORE – *CLEAR DECISION CRITERIA*

DEFINE PERSONAL THRESHOLDS IN ADVANCE

I LEAVE IF:	I STAY IF:
– **Violence occurs** in proximity. – **Major blockages** occur. – **I lose access to** essential resources.	– **I have safety.** – **I have resources.** – **I have limited access to risk.**

ESTABLISH CONCRETE OPTIONS

- Place where you stay safe.
- Alternative place where you go.
- Different routes, not just one.

2. WHAT DO I DO AT THE MOMENT OF DECISION?

RAPIDLY ASSESS THREE FACTORS

ENVIRONMENT	ACCESS	RESOURCES
– Is there violence? – Are there crowds? – Are there law enforcement interventions?	– Are routes free or blocked? – Is transport operational?	– Do you have water, food, power for 24–72h?

DECISION RULES

STAY IF	LEAVE IF	BASIC RULE
– The area is stable or controllable. – You have minimum resources. – Travel involves greater risk than staying.	– The situation escalates rapidly. – There is direct risk – violence, fires, chaos. – You have a safe route and a clear destination.	– If *I am not sure I can leave safely, I do not leave.*

EXECUTE THE DECISION QUICKLY

- Do not hesitate after deciding.
- Briefly communicate to your contacts – *„I leave / I stay".*
- Do not change the plan on impulse.

3. WHAT DO I DO AFTER MAKING THE DECISION?

- **IF YOU STAYED**:
  - Reduce exposure.
  - Monitor developments.
- **IF YOU LEFT:**
  - Do not deviate from the route.
  - Avoid unnecessary stops.

4. WHAT TO DO IN SPECIFIC SITUATIONS

IN THE CITY – THERE ARE PROTESTS / VIOLENCE

- Avoid moving unless necessary.
- Leave only if you have a clear route.

IN BLOCKED TRAFFIC

- Do not stay in exposed fixed points.
- Look for alternatives – side streets, withdrawal.

NEAR CROWDS

- Do not cross.
- Do not try to *"cut through."*

IF RESTRICTIONS / CHECKPOINTS APPEAR

- Avoid unnecessary travel.
- Keep documents handy.

IF YOU HAVE A FAMILY

- The decision is made for the group, not individually.
- Synchronize the group's action, do not leave separately.



FREQUENT ERRORS

- **Delaying the decision** – *"LET'S SEE WHAT HAPPENS."*
- Leaving **without a clear destination.**
- **Changing the plan** along the way.
- **Moving in panic.**
- **Overestimating movement capability.**
- **Ignoring real blockages**.



DO NOT FORGET!

- **A late decision is the riskiest** – decide quickly whether it is safe to stay or leave.
- **Movement without a plan means exposure.**
- **Safety** does not **mean** constant action, but **correct action**.
- Do not move because you can. **Move only if it is safer.**



IMMEDIATE ACTION

- CHECK THE AREA YOU ARE IN.
- IDENTIFY IF THERE IS A DIRECT RISK.
- DECIDE: STAY OR LEAVE.
- COMMUNICATE THE DECISION.
- PREPARE TO EXECUTE THE DECISION WITHOUT DELAY.



CRITICAL REACTION TIME

- **The first 15–45 minutes** is the optimal decision window.
- After the situation escalates, options drop drastically.



QUICK CHECKLIST

	YES	NO
HAVE I ASSESSED THE ENVIRONMENT AND DETERMINED – RISK or STABILITY?	☒	☐
HAVE I CHECKED THE AVAILABLE ROUTES?	☒	☐
HAVE I ANALYZED MY RESOURCES?	☒	☐
I HAVE CHOSEN A CLEAR OPTION – DO I STAY or DO I LEAVE?	☒	☐
DO I HAVE A SAFE DESTINATION IF I LEAVE?	☒	☐
AM I EXPOSING MYSELF UNNECESSARILY?	☐	☒



M4 – Sheet 4 – BEHAVIOR IN TENSE ENVIRONMENTS – HOW TO AVOID RISKS AND ESCALATION

Stay discreet, neutral, and invisible!

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES –** In protests / conflicts.

TO REMEMBER

- In tense environments, it doesn't matter who you are, it matters **HOW YOU ARE PERCEIVED.**
- **Visibility means risk,** and **discretion is protection.**
- You don't have to be right, **you have to stay safe.**
- **Escalation often starts with small gestures**, **not with intentions.**
- **Decide how you will behave if you are there.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Adopt a **discreet and neutral** behavior, without drawing attention
- Avoid involvement, comments, and **unnecessary interactions**
- Position yourself at the edge of areas and keep **a retreat route**
- Maintain calm body language and **no provocative gestures**
- Leave the area quickly at the first signs of **tension or risk of escalation.**

1. WHAT I DO BEFORE – *BEHAVIORAL PREPARATION*

ADOPT THE RIGHT MINDSET:

- YOU ARE NOT THERE TO PARTICIPATE IN THE PROTEST, you are there and must avoid risk.
- Your goal is to **get through the situation, not to influence it.**

SET THE BASIC RULE:

- **DO NOT get involved.**
- **DO NOT comment.**
- **DO NOT react to provocations.**

APPEARANCE AND EQUIPMENT:

- **Neutral clothing** – no political symbols / messages.
- **Avoid colors associated with groups**.
- **No equipment that draws attention.**

2. WHAT I DO IF I AM IN A TENSE ENVIRONMENT

BODY LANGUAGE

- Calm, controlled, without sudden gestures.
- Neutral gaze, NOT fixed, NOT provocative.
- Constant movement, without visible hesitation.

POSITIONING

- **Stay at the edge of zones**, not in the center.
- **Avoid compact groups and conflict points**
- Always maintain a **retreat route**

INTERACTION

- Short, neutral responses.
- Do not contradict.
- Do not over-explain.

TECHNOLOGY AND EXPOSURE

- Do not film ostentatiously.
- Do not use the phone excessively in tense areas.
- Avoid live streams / real-time posts.

RULE OF INVISIBILITY – DO NOT ATTRACT ATTENTION, DO NOT BECOME A TARGET!

3. WHAT I DO AFTER *– EXITING THE ZONE*

- **Leave the zone** without unjustified stops.
- **Do not comment** publicly immediately - online/offline.
- **Avoid returning** out of curiosity.

4. WHAT TO DO IN SPECIFIC SITUATIONS

IN AN AGITATED CROWD

- **DO NOT stop.**
- **DO NOT oppose the flow –** move laterally.

NEAR LAW ENFORCEMENT FORCES

- **DO NOT intervene**.
- **DO NOT photograph** ostentatiously.
- **Follow instructions** without discussion.

NEAR AGGRESSIVE GROUPS

- **Change direction** immediately.
- **Do not respond to provocations.**
- **Avoid prolonged eye contact**.

IF YOU ARE DIRECTLY APPROACHED

- **Respond briefly,** calmly,
- **DO NOT enter into a prolonged dialogue.**
- **End the interaction quickly.**

IF THE SITUATION ESCALATES

- **DO NOT analyze → withdraw.**
- **Distance means safety.**



FREQUENT ERRORS

– Emotional involvement – *"I WANT TO SAY SOMETHING."*
– Ostentatious filming / photographing.
– Wearing visible symbols or messages.
– Stopping in tense areas – "*TO SEE WHAT'S HAPPENING*".
– Reacting to provocations.
– Overconfidence – "*IT CAN'T HAPPEN TO ME OF ALL PEOPLE".*



DO NOT FORGET!

– It's not about you, it's about the context.
– Visibility attracts attention, attention attracts risk.
– The safest role is the neutral one.



IMMEDIATE ACTION

– REDUCE VISIBILITY – BEHAVIOR AND APPEARANCE.
– IDENTIFY AN EXIT ROUTE.
– AVOID ANY UNNECESSARY INTERACTION.
– MOVE CALMLY AND STEADILY.



CRITICAL REACTION TIME

– The first **5–10 seconds** **of behavior determine how you are perceived.**
– Escalation of the situation can occur instantly.



QUICK CHECKLIST

	YES	NO
AM I DISCREET – APPEARANCE and BEHAVIOR?	☒	☐
AM I ATTRACTING ATTENTION?	☒	☐
AM I AVOIDING CENTRAL CONFLICT ZONES?	☒	☐
DO I HAVE A WITHDRAWAL ROUTE?	☒	☐
AM I INTERACTING WITH PROTESTERS?	☐	☒
AM I MOVING CALMLY AND IN CONTROL?	☒	☐

M4 – Sheet 5 – MOVEMENT AND PERSONAL SAFETY – HOW TO MOVE WITHOUT BECOMING A TARGET

Move in a controlled and efficient manner, not quickly

SHEET – OPERATIONAL | **LEVEL – CRITICAL** | **APPLIES** – In unstable public spaces

TO REMEMBER

- **Uncontrolled movement means exposure.**
- **Speed without direction represents a risk**.
- In social crises, **the route is more important than the destination.**
- **The goal is not to arrive fast, but to arrive safely**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Plan your movement using **safe and alternative routes**, avoiding risk areas
- Move **steadily and controlled**, without unnecessary breaks.
- See how you cross the area and **change direction** if you notice crowding, blockages or tensions.
- **Avoid risky routes** and **do not draw attention while moving.**
- **Quickly adapt the route** according to the evolution of the situation.

1. WHAT TO DO BEFORE MOVING – *MOVEMENT PLANNING*

PLAN ROUTES

- **Minimum 2 options** – main and alternative / backup.
- **Avoid**:
  - Central squares, public institutions, areas known for protests.
- **Identify**:
  - Side streets and quick exits.

CHOOSE THE RIGHT TIME

- **Avoid peak hours.**
- **Avoid periods of protester mobilization – media announcements, planned events.**

PREPARE MOVEMENT

- **Neutral clothing.**
- **Minimal luggage, easy to carry.**
- **Charged phone and offline map.**

2. WHAT TO DO DURING MOVEMENT IN AN UNSTABLE ENVIRONMENT

MOVEMENT RULE – constant, controlled movement, without unnecessary stops.

POSITIONING

- **Walk along the edges of spaces, not through the center.**
- **Avoid large flows of people.**
- **Keep distance from organized groups.**

REAL-TIME ADAPTATION

- **if you notice**
  - **crowding** → change direction.
  - **tension** → retreat.
- **do not insist on the initial route.**

CROSSING SENSITIVE AREAS

- **Quickly, without stops.**
- **Without using the phone.**
- Without prolonged eye contact.

TRANSPORT

- **Prefer walking** for short distances.
- Avoid traffic jams.
- **Do not remain in stuck vehicles** in tense areas.

3. WHAT TO DO AFTER MOVING

- **Check if you were exposed**.
- Do not **return** immediately on the same route.
- **Update** routes for the future.

4. WHAT TO DO IN SPECIFIC SITUATIONS

IN MOVING CROWDS

- **Do not resist the flow** of people.
- **Move sideways toward the exit.**

IN BLOCKED TRAFFIC

- **Avoid staying in a fixed spot.**
- Look for **alternative routes** or **withdrawal.**

NEAR STREET CONFLICTS

- **Do not cross the area**.
- **Go around** even if it takes longer,

AT NIGHT

- **Avoid poorly lit areas.**
- **Choose longer routes**, but safe ones,

IF THE SITUATION DEGRADES RAPIDLY

- **Stop** moving.
- Look for **temporary safe shelter**.



FREQUENT ERRORS

- Taking *"shortcuts"* through risky areas.
- Following the crowd without analysis.
- Stopping to observe / film.
- Excessive phone use while walking.
- Getting stuck in traffic without an alternative plan.
- Moving fast, but without control.



DO NOT FORGET!

- **Not all roads are safe**, even if they are fast.
- **Distance from risk is the best protection.**
- **Control beats speed**.



IMMEDIATE ACTION

- CHECK THE ROUTE BEFORE DEPARTURE.
- CHOOSE AN ALTERNATIVE ROUTE.
- ELIMINATE UNNECESSARY STOPS.
- MOVE CALMLY, STEADILY.



CRITICAL REACTION TIME

- In the first 1–2 minutes of movement, **you choose the correct direction.**
- Changing the route becomes difficult after entering crowded areas.



QUICK CHECKLIST

	YES	NO
DO I HAVE A MAIN AND ALTERNATE ROUTE?	☒	☐
DO I AVOID RISK ZONES?	☒	☐
AM I MOVING THROUGH CROWDS?	☐	☒
AM I MOVING CONSTANTLY AND CONTROLLED?	☒	☐
DO I ADAPT QUICKLY TO CHANGES?	☒	☐
AM I STOPPING UNNECESSARILY?	☐	☒



M4 – Sheet 6 – HOW TO STAY FUNCTIONAL IN THE SHORT AND MEDIUM TERM – MANAGING RESOURCES AND ENERGY

Conserve to endure

SHEET – MIXED / C+O | **LEVEL – ESSENTIAL** | **APPLIES** – During the crisis

TO REMEMBER

- In political/social crises, the issue is not just survival, but **the duration of survival**.
- **Uncontrolled consumption in the first days becomes a vulnerability later.**
- **Your energy, physical and mental, is just as important** as the resources you have.
- **A steady pace is greater** than intense short-term effort.

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Establish a **controlled daily consumption** for essential resources.
- Prioritize actions and **avoid unnecessary consumption** of energy and resources.
- Alternate activity with breaks to maintain your **reaction capacity.**
- Limit exposure to information to reduce **stress and mental fatigue.**
- Maintain a steady pace and **keep reserves for prolonged situations.**

1. WHAT TO DO BEFORE THE CRISIS – *ORGANIZE FOR RESILIENCE*

PLAN FOR 3–7 DAYS, NOT FOR 24H

- Distribute resources over days, not consume "freely".
- Set a daily minimum for water, food, and phone usage.

CREATE ALTERNATIVE RESERVES

- More sources for:
  - Energy – power bank, alternative charging.
  - Getting information – online and offline.
- Don't rely on a single system.

ORGANIZE RESOURCES

- Quick access to essentials.
- Separate daily consumption from emergency reserve.

2. WHAT TO DO DURING SOCIAL/POLITICAL CRISIS

RATIONALIZE IMMEDIATELY

- **Reduce consumption** of water /no waste, batteries in economy mode, unnecessary trips.

MANAGE PERSONAL ENERGY

- Alternate activity with breaks:
- Avoid exhaustion and making decisions while tired.

INFORMATION CONTROL

- Limit exposure to continuous news.
- Check at intervals, not constantly.
- Information overload is mental consumption.

ESTABLISHING A RHYTHM

- Create a simple routine:
    - Check the situation.
    - Necessary actions.
    - Break / recovery.

PRIORITIZE

- Safety should be greater than comfort
- Functionality should exceed performance.

3. WHAT TO DO DURING THE STABILIZATION PERIOD

- Restore consumed resources.
- Recharge your energy – sleep, hydration.
- Adjust the pace for possible new episodes.

4. WHAT TO DO IN SPECIFIC SITUATIONS

DURING REPEATED PROTESTS

- Don't react to every event.
- Maintain a steady pace, not a reactive one.

UNDER RESTRICTIONS / BLOCKADES

- Limit travel.
- Use resources planned, not emotionally.

WITHOUT SERVICES – POWER / INTERNET

- Use resources only for essentials.
- Avoid unnecessary consumption.

IN A STATE OF CONTINUOUS STRESS

- Reduce exposure to tense discussions.
- Maintain a personal space of calm.

IN FAMILY / GROUP

- Set clear consumption rules.
- Avoid chaos and *"every man for himself."*



FREQUENT ERRORS

- **Rapid consumption** in the first 24h.
- **Excessive phone use**.
- **Lack of a consumption plan**.
- **Ignoring fatigue**.
- **Overexposure to negative information**.
- **Decisions made under stress and exhaustion**.



DO NOT FORGET!

- **You're not consuming for today, but for as long as the crisis lasts.**
- **Lost energy is not quickly recovered.**
- **The right pace increases your chances of safety.**



IMMEDIATE ACTION

- SET A MINIMUM DAILY CONSUMPTION.
- ACTIVATE POWER-SAVING MODE ON YOUR PHONE.
- LIMIT CHECKING INFORMATION.
- CREATE A SIMPLE RHYTHM – ACTION + PAUSE.



CRITICAL REACTION TIME

- In the first **24h**, the **consumption mode** must be defined.
- Mistakes on the first day affect the following days.



QUICK CHECKLIST

	YES	NO
HAVE I SET DAILY CONSUMPTION FOR RESOURCES?	☒	☐
EXCESSIVE CONSUMPTION IN THE FIRST HOURS?	☐	☒
AM I MANAGING MY ENERGY (PAUSES, PACE)?	☒	☐
AM I OVEREXPOSED TO INFORMATION?	☐	☒
DO I PRIORITIZE SAFETY, NOT COMFORT?	☒	☐
DO I HAVE A RESERVE FOR THE FOLLOWING DAYS?	☒	☐

M4 – Sheet 7 – EXITING THE CRISIS – HOW TO RETURN SAFELY AND REBUILD YOUR STABILITY

Leave more stable than you entered

SHEET – MIXED / C+O | LEVEL – SUPPORT | **APPLIES** – After stabilization

TO REMEMBER

- **The apparent end of the political/social crisis does not mean the end of the risks** caused.
- The most frequent errors occur during the relaxation phase.
- Returning to normalcy must be gradual, not impulsive.
- The crisis provides valuable information. You must analyze what you did well, less well, or wrong and correct where necessary.
- **The focus is no longer only on safety, but on controlled return, learning, and consolidation after a political/social crisis.**

VALIDATED GOOD PRACTICE – HOW TO DO IT?

- Check if the situation is **truly stable**, not just apparently calm.
- Return **gradually to routine**, avoiding recent risk areas
- Replenish **essential resources –** water, food, energy, money.
- Analyze what worked and **adjust your personal plan.**
- Maintain a minimum level of preparedness for **possible new changes.**

1. WHAT I DO BEFORE – *PREPARING TO EXIT „CRISIS MODE”*

CONFIRM REAL STABILIZATION

- Do not rely on a single source.
- You verify:
  - Decrease in tensions.
  - Resumption of functional services.
  - Absence of major incidents.

MAINTAIN A SAFETY RESERVE

- Do not consume all resources immediately.
- Maintain a minimum level of preparedness.

2. WHAT I DO DURING – *THE ACTUAL RETURN*

GRADUAL RETURN

- Resume travel gradually.
- Avoid recently affected areas.
- Test routes before full use.

ROUTINE RECONFIGURATION

- Adapt the schedule according to the new context.
- Avoid a sudden return to *„the previous normal”.*

RESTORING RESOURCES

- Water.
- Food.
- Batteries.
- Cash.

PRIORITIZE ESSENTIAL THINGS

CONTINUOUS MONITORING

- You monitor whether the situation remains stable.
- You are prepared for a possible resurgence.

3. WHAT I DO AFTER – *POST-POLITICAL/SOCIAL CRISIS*

PERSONAL ANALYSIS

- What worked?
- What didn't work?
- What needs to change?

PLAN IMPROVEMENT

- **You adjust:**
  - Routes.
  - Resources.
  - Reactions.

CONSOLIDATING SECURITY

- You maintain a level of preparedness.
- You do not return to total dependence on the system.

4. WHAT TO DO IN SPECIFIC SITUATIONS

AFTER PROTESTS / URBAN VIOLENCE

- Avoid affected areas that are still unstable.
- Do not assume it's 'completely over'.

AFTER RESTRICTIONS / BLOCKADES

- Check if access is real or temporary.
- Avoid return crowds – reverse panic.

AFTER INTENSE DISINFORMATION

- Retrospectively filter information.
- Identify unreliable sources.

IN THE PROFESSIONAL ENVIRONMENT

- Gradually return to the work pace.
- Avoid immediate overload.

IN THE FAMILY

- Clarify the experience.
- Adjust the shared plan.



FREQUENT ERRORS

- **Abrupt return to normal routine.**
- **Ignoring residual risks.**
- **Rapid consumption of replenished resources.**
- **Lack of post-crisis analysis.**
- **Overconfidence – *"it's over, it's passed."***



DON'T FORGET!

- The crisis ends when risks decrease, not when it seems calm.
- The most valuable lesson is the one applied.
- Stability is built, it doesn't return automatically.



IMMEDIATE ACTION

- CHECK IF THE SITUATION IS TRULY STABLE.
- RESTORE ESSENTIAL RESOURCES.
- AVOID FULL RETURN IN THE FIRST DAYS.
- NOTE 3 THINGS TO IMPROVE.



CRITICAL REACTION TIME

- **The first 24–72h after the crisis – there is a risk of wrong decisions.**
- The tendency to relax appears immediately



QUICK CHECKLIST

	YES	NO
HAVE I CONFIRMED THE STABILIZATION OF THE SITUATION?	☒	☐
HAVE I SUDDENLY RETURNED TO ROUTINE?	☐	☒
HAVE I RESTORED ESSENTIAL RESOURCES?	☒	☐
HAVE I ANALYZED WHAT WORKED AND WHAT DIDN'T?	☒	☐
HAVE I ADJUSTED THE PERSONAL PLAN?	☒	☐
DO I REMAIN PREPARED FOR CHANGES?	☒	☐

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PREVENTION AND ISOLATION



CARE AND HYGIENE



CONTROL EXPOSURE



AVOID CONTACT – MAINTAIN HYGIENE – CONTROL EXPOSURE

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 5 – SURVIVAL IN CRISIS SITUATIONS CAUSED BY EPIDEMICS / PANDEMICS

PREVENTION, ISOLATION, DISCIPLINE – PROTECT YOURSELF AND OTHERS!

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MODULE 5 – SURVIVAL IN CRISIS SITUATIONS CAUSED BY EPIDEMICS / PANDEMICS

Application of protection and control measures

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M5 – Sheet 1 – PREVENTION AND EXPOSURE CONTROL

Avoiding contact – Limiting risk – Distancing

SHEET – OPERATIONAL | **LEVEL – CRITICAL**

APPLIES – activities in public spaces, contact with persons, beginning of an epidemic.

WHAT DO I DO?

PREVENTION – ISOLATION – DISCIPLINE
PROTECT YOURSELF AND OTHERS

- Maintain distance from other people (at least 1–2 m)
- Avoid direct contact
- Wear a mask in crowded spaces
- Reduce time spent in high-risk areas
- Choose less crowded routes and time slots
- Ventilate enclosed spaces frequently
- Disinfect hands after contact with shared objects
- Use personal items – pen, phone, etc.

WHEN DO I DO IT?

- At the beginning of an epidemic / pandemic
- In public spaces transport, shops.
- Upon contact with unknown / suspected persons
- In areas with increased incidence
- Permanently, if there is a risk of transmission

I ANTICIPATE – I AVOID – I REDUCE EXPOSURE

PREVENTION MEANS DISTANCE, DISCIPLINE, AND RIGHT DECISIONS



HOW DO I DO IT?

- **I keep my distance** – avoid unnecessary closeness.
- **I position myself to the side**/behind the flow, not in the crowd.
- **I wear the mask correctly** – nose and mouth covered
- **I avoid touching my face** (eyes, nose, mouth)
- **I disinfect** my **hands** constantly after contact with common objects
- **I use my own objects**, not borrowed ones.
- **I plan my movements** – short, efficient, without unnecessary stops.







WHAT DO I AVOID?

- Crowds (queues, full transport, events).
- Close contact with sick people.
- Enclosed, unventilated spaces.
- Prolonged stays in high-risk areas.
- Sharing objects (bottles, cutlery, phone).

COMMON MISTAKES

- *"I'll stay a bit, it doesn't matter"* → unnecessary exposure.
- Mask worn incorrectly → under the nose / on the chin.
- Underestimating short contacts.
- Frequently touching the face.
- Not planning trips.
- Overconfidence → *"it can't happen to me"*.

QUICK RISK INDICATORS

Less physical contact → LOW RISK.

Many people + enclosed space → HIGH RISK.

Few people + open space → LOW RISK.

M5 – Sheet 2 – PERSONAL HYGIENE AND DISINFECTION

Hand hygiene – Surfaces – Used objects

SHEET – OPERATIONAL | **LEVEL – CRITICAL**

APPLIES – permanently (at home / outdoors), after contact / surfaces, handling objects.

WHAT DO I DO?

GOOD HYGIENE – LOW RISKS, PROTECTION FOR YOU AND FOR OTHERS

- I wash my hands frequently with soap and water (min. 20 sec.)
- I use disinfectant (at least 60% alcohol) when I don't have water
- I clean and disinfect frequently touched
- I disinfect personal objects (phone, keys, wallet)
- I avoid touching my face with dirty hands
- I use disposable materials (napkins, towels)
- I regularly air out enclosed spaces
- I dispose of used materials responsibly

WHEN DO I DO IT?

- Before eating or preparing food
- After using the toilet
- After coughing, sneezing, or blowing your nose
- After contact with surfaces, objects, or people
- After public transport, institutions,
- Whenever hands are dirty

HYGIENE IS NOT OPTIONAL – IT IS THE FIRST LINE OF DEFENSE!



I clean – I disinfect – I don't touch unnecessarily

HOW DO I DO IT?

HAND HYGIENE

- ✓ Wet hands → apply soap
- ✓ Rub palms, back of hands, between fingers, nails thoroughly
- ✓ Wash for at least 20 seconds
- ✓ Rinse thoroughly
- ✓ Dry with a clean towel / disposable paper towel



SURFACE DISINFECTION

- ✓ First wipe off visible dirt
- ✓ Apply disinfectant as per instructions
- ✓ Let it act (30 sec – a few minutes)
- ✓ Do not wipe immediately (important!)



WIPE APPLY ACT DRY

KEY SURFACES

- ✓ Handles, switches
- ✓ Tables, phones, keyboards
- ✓ Faucets, door handles



OBJECTS USED

- ✓ I clean my phone, keys, glasses daily
- ✓ I avoid leaving them on shared surfaces
- ✓ I do not share them with others
- ✓ I store them in clean places



WHAT DO I AVOID?

- Touching the face (eyes, nose, mouth) with dirty hands
- Superficial washing („quick and careless")
- Using other people's objects
- Reusing dirty materials
- Ignoring „invisibly contaminated" surfaces

COMMON MISTAKES

- Washing too briefly - less than 20 seconds
- Omitting fingers and nails
- Insufficient rinsing
- Wiping off disinfectant immediately
- False sense of security *„I washed once, that's enough"*

QUICK RISK INDICATORS



CLEAN HANDS + CLEAN SURFACES + DISINFECTED OBJECTS = REDUCED RISK

- ✓ **MANY SURFACES TOUCHED + POOR HYGIENE = INCREASED RISK**
- ✓ **CONSTANT HYGIENE + DISINFECTION = REDUCED RISK**

M5 – Sheet 3 – SITUATION / SYMPTOM MANAGEMENT

Monitor – React – Ask for help

SHEET – TECHNICAL

LEVEL – CRITICAL

APPLIES – onset of symptoms, monitoring progression, until medical intervention.

WHAT DO I DO?

OBSERVE – REACT – ASK FOR HELP

- I monitor health status daily (temperature, breathing, general condition)
- I quickly identify the onset of symptoms (fever, cough, fatigue, breathing difficulties)
- I isolate myself immediately upon onset of symptoms
- I limit contact with other people
- I note the progression of symptoms (for correct decisions)
- I maintain hydration and rest
- I seek medical help when necessary
- I follow the medical instructions received
- I monitor symptoms daily
- I follow the isolation and hygiene rules

WHEN DO I DO IT?

- Permanently, during epidemic / pandemic periods
- Immediately upon onset of any suspicious symptom
- After contact with an infected person
- During isolation / quarantine
- Throughout the entire course of the disease

RAPID REACTION SAVES LIVES AND LIMITS SPREAD!

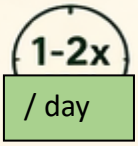


HOW DO I DO IT?

1. MONITORING

- ☑ I measure my temperature 1–2 times a day





- ☑ I monitor:
  - ✓ breathing difficulties
  - ✓ pronounced fatigue
  - ✓ persistent pain



I note the symptoms and their progression (daily).

2. REACTION



I isolate myself immediately at the first signs



I reduce any non-essential activity



I avoid self-medication without a recommendation



I follow the medical instructions received



I maintain remote contact with family / support

3. REQUEST FOR HELP



Contact the doctor / medical services if needed



I clearly describe the symptoms and their progression



I request immediate help in case of:

- breathing difficulties
- persistent fever
- severe general condition



I follow the instructions received without delay

WHAT DO I AVOID?



- ✗ Ignoring mild symptoms
- ✗ Delaying isolation
- ✗ Contact with other people during symptoms
- ✗ Uncontrolled self-medication
- ✗ Getting information from unreliable sources
- ✗ Panic or impulsive reactions

COMMON MISTAKES



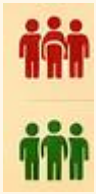
- ❗ Delayed reaction – *"It's nothing serious"*
- ❗ Underestimating initial symptoms
- ❗ Continuing normal activities
- ❗ Lack of daily monitoring
- ❗ Delayed request for medical help
- ❗ Trust in unconfirmed treatments

QUICK RISK INDICATORS

SYMPTOMS OBSERVED → RAPID REACTION → REDUCED RISK



EARLY DETECTION IS MORE IMPORTANT THAN LATE TREATMENT



SYMPTOMS IGNORED – INCREASED RISK

MONITORING + REACTION – CONTROLLED RISK

OBSERVE – REACT – ASK FOR HELP

M5 – Sheet 4 – LOGISTICS AND SUPPLY

Stocks – Organization – Responsible Consumption

SHEET – OPERATIONAL | **LEVEL – ESSENTIAL** | **APPLIES TO -** pre-crisis preparation, periods of restrictions, lack of access to resources.

WHAT DO I DO?

PLAN – ORGANIZE – CONSUME RESPONSIBLY – BE PREPARED!

- I build a minimum basic stock (water, food, hygiene products)
- I ensure essential products for at least 7–14 days
- I periodically check the expiration date
- I replenish stocks gradually, without panic
- I organize resources by category (food, hygiene, medical)
- I adapt stocks according to the evolution of the situation
- Organized consumption, without waste
- Ensure sufficient drinking water

WHEN DO I DO IT?

- In the preparation phase (before a crisis)
- At the first signs of instability
- During periods of restrictions / limited access
- During isolation or quarantine
- Whenever consumption drops stocks below the minimum level

GOOD LOGISTICS MEANS CONTROL, SAFETY AND INDEPENDENCE!



HOW DO I DO IT?

STOCK ORGANIZATION

- ✓ **I separate products by type:**
  - ✓ food
  - ✓ hygiene
  - ✓ medical
- ✓ **I store in clean, dry, easily accessible places**
- ✓ **I label and rotate products** – *"first in – first out"*
- ✓ I maintain **an updated stock list**

SEPARAT LABEL

LIST



ESSENTIAL STOCKS – MINIMUM

Drinking water – minimum 2 L / person / day.

Non-perishable food – canned goods, rice, pasta, legumes, protein foods.

Hygiene products – soap, disinfectant, toilet paper

Basic medical products – thermometer, common medications

Auxiliary products – batteries, garbage bags, napkins



RESPONSIBLE CONSUMPTION

- ✓ Planned consumption (rational, without excess)
- ✓ I avoid waste and impulsive consumption
- ✓ I prioritize products with short expiry dates
- ✓ I adjust consumption based on duration and availability

PLAN ROTATE DISTRIBUTE



WHAT DO I AVOID?

- ✗ Panic buying – excessive unnecessary stocks
- ✗ Lack of organization – lost / expired products
- ✗ Uncontrolled consumption – *„I use without a plan"*
- ✗ Improper storage – humidity, heat
- ✗ Ignoring food diversification
- ✗ Total dependence on external supply

COMMON MISTAKES

- ! Insufficient or unbalanced stocks
- ! Chaotic purchases, without priorities
- ! Product expiration due to lack of rotation
- ! Overloading with unnecessary products
- ! Lack of a consumption plan
- ! Neglecting water – the most critical resource

QUICK RISK INDICATORS

\+ = ORGANIZED STOCK + CONTROLLED CONSUMPTION

CHAOTIC STOCKS + IMPULSIVE CONSUMPTION = INCREASED RISK

ORGANIZATION + PLANNING = REDUCED RISK

M5 – Sheet 5 – PSYCHOLOGICAL CONTROL AND ROUTINE

Stress – Discipline – Balance

SHEET – CONCEPTUAL

LEVEL – ESSENTIAL

APPLIES TO – prolonged isolation, stress / uncertainty, maintaining discipline.

WHAT DO I DO?

STABLE MIND, CLEAR DECISIONS, EFFICIENT ACTIONS!

- I maintain a clear daily routine – sleep, meals, activity
- I organize my day into structured
- I limit exposure to negative information
- I keep my mind busy with useful activities
- I stay in touch with family and social support
- I exercise daily, even in a limited space
- I control my reactions and emotions
- I set small, achievable goals
- I keep fixed hours for sleep and rest
- I maintain a balance between activity, rest, and social activities

WHEN DO I DO IT?

- Constantly, throughout the entire crisis
- During periods of isolation / quarantine
- In moments of stress, uncertainty, or panic
- When mental fatigue or lack of motivation sets in
- During changes in pace or environment

MENTAL CONTROL KEEPS YOUR CLARITY AND ABILITY TO ACT!



HOW DO I DO IT?

ROUTINE ORGANIZATION

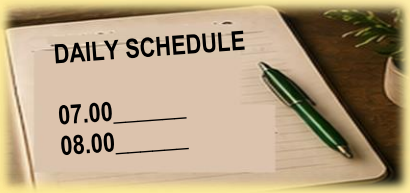
- **I set fixed hours** for:
  - sleep
  - meals
  - activities
- **Plan the day before**
- **I alternate activities** – physical + mental
- **I avoid long periods without activity**

STRESS CONTROL

- **Controlled breathing**, slow, deep
- I take **regular breaks**
- I avoid **information overload**
- **Accept the situation**, bu act in an organized manner
- **I focus on controllable things**

MAINTAINING BALANCE

- **I communicate regularly with close people**
- **I maintain a minimum of physical activity**
- **I avoid total (mental) isolation**
- **I set small, achievable goals**
- **I maintain discipline even without external pressure**







WHAT DO I AVOID?

- Excessive consumption of news / negative information
- Complete isolation / social and mental
- Lack of daily routine
- Complete sedentary lifestyle
- Impulsive reactions / panic, uncontrolled anxiety
- Excessive consumption / food, alcohol, media

COMMON MISTAKES

- *"It'll pass"* → lack of control
- Chaotic schedule – irregular sleep, disorganized meals
- Overexposure to alarming news
- Neglecting movement and rest
- Total isolation without communication
- Loss of discipline *"it doesn't matter anymore"*

QUICK RISK INDICATORS

CHAOS + UNCONTROLLED STRESS = HIGH RISK
ROUTINE + DISCIPLINE = BALANCE

Stable Routine = Stable Mind
Daily Discipline more important than **Momentary Motivation**

ORGANIZE – CONTROL – MAINTAIN BALANCE!

M5 – Sheet 6 – CORRECT INFORMATION AND DECISIONS

Reliable sources – Information filtering – Avoiding panic

SHEET – TECHNICAL

LEVEL – ESSENTIAL

APPLIES to high information flow, unclear situations, rapid decision-making.

WHAT DO I DO?

CHECK – ANALYZE – DECIDE

- I only inform myself from official and credible sources
- I verify information before using or sharing it
- I limit the time spent consuming news
- I compare information from multiple sources
- I make decisions based on facts, not emotions
- I focus on useful and applicable information
- I avoid sharing unconfirmed information
- I inform myself daily, not obsessively, from verified sources
- I discuss with my family and we make decisions together
- I act only if the information is verified

WHEN DO I DO IT?

- Daily, during epidemic / pandemic periods
- Before making an important decision
- When contradictory information appears
- In situations of uncertainty or panic
- Whenever I receive new information

CORRECT INFORMATION GIVES YOU CONTROL AND PREVENTS PANIC!



HOW DO I DO IT?

SELECTING SOURCES

- ✓ **I choose official sources** – institutions, authorities, doctors.
- ✓ **I prefer verified channels** – official websites, press releases
- ✓ **I avoid anonymous or unclear sources**

– Official institutions
– Public authorities
– Specialist doctors
– International organizations.

x Anonymous sources
x Social media
x Sensationalist websites
x Unverified information

FILTERING INFORMATION

Check:
– Source
– Date of information
– Context

Compare the information from at least 2–3 sources

Identify the difference between:

	FACT – what is confirmed
	OPINION – someone's view, interpretation
	RUMOR – unverified information

DECISION MAKING

I calmly analyze the situation
I choose the option with minimal risk
I apply simple and effective measures
I avoid impulsive reactions
I adjust decisions based on upd



WHAT DO I AVOID?

- Unverified information – rumors, social media without a source
- Overexposure to negative news
- Reactions based on fear or panic
- Sharing information without verification
- Sensationalist or alarmist sources
- Decisions made under emotional pressure

COMMON MISTAKES

- *"I saw it on the internet, it must be true"*
- Excessive news consumption → increased anxiety
- Confusion between opinion and real information
- Frequent change of decisions / lack of stability)
- Ignoring official sources
- Unintentional spread of disinformation

QUICK RISK INDICATORS

- **Chaotic Information + Panic = Increased Risk**
- **Verified Information + Calm = Control**

- **QUALITY OF INFORMATION is more important than QUANTITY OF INFORMATION**
- **VERIFIED INFORMATION = CORRECT DECISION**

CHECK – ANALYZE – DECIDE

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M01 → M02 → M1 → M2 → M3 → M4 → M5 → M6 → M6

RAPID NEEDS ASSESSMENT

ASSIST AND EVACUATE SAFELY

ADAPTED AND CONTINUOUS SUPPORT



ADAPTED, SPECIALIZED ACTION – EVERY PERSON MATTERS!

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GUIDE FOR EFFECTIVE ACTION AND GOOD PRACTICES IN CRISIS SITUATIONS

MODULE 6 – PERSONS WITH DISABILITIES IN CRISIS SITUATIONS

CROSS-CUTTING LEVEL – SPECIALIZED PROTECTION

MODULE 6 DISABILITIES



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ACT CORRECTLY – PROTECT YOURSELF AND OTHERS!

M6 – Sheet 1 – RAPID ASSESSMENT AND PRIORITIZATION

Identify quickly – Set priority – Act

SHEET – OPERATIONAL

LEVEL – CRITICAL

APPLIES – at first contact with the person, in any type of crisis, during the initial phase.

WHAT I DO AS A SUPPORT PERSON – STEP BY STEP

30 SECONDS FOR ASSESSMENT = CORRECT DECISION

1. RAPIDLY IDENTIFY THE TYPE OF

- REDUCED MOBILITY
- HEARING IMPAIRMENTS
- VISUAL IMPAIRMENTS
- COGNITIVE DISABILITIES

2. OBSERVE MOBILITY AND REACTION

ASK DIRECTLY

„Do you need help?"
„How can I best help you?"

3. ASSESS AUTONOMY

- ✓ *Can they move on their own?*
- ✓ *Do they understand instructions?*
- ✓ *Do they have an escort?*

CLASSIFY QUICKLY

✓ INDEPENDENT! PARTIALLY DEPENDENT! DEPENDENT

4. IDENTIFY IMMEDIATE NEEDS

- MOVEMENT
- MEDICAL
- COMMUNICATI

5. PRIORITIZE

- LIFE
- SAFETY
- FUNCTIONALITY

WHAT I DO NOT DO!

- x DO NOT ASSUME – ASK
- x DO NOT SEPARATE FROM COMPANION
- x DO NOT ACT WITHOUT MINIMAL ASSESSM
- x DO NOT IGNORE THE PERSON

IF I AM NOT SURE

- ✓ TREAT THE PERSON AS SEMI-DEPENDENT
- ✓ PROVIDE SIMPLE INSTRUCTIONS + MINIMA SUPPORT
- ✓ OBSERVE THE REACTION BEFORE CONTINUING



QUICK SIGNS TO OBSERVE

Difficulty moving or balancing	Does not respond to voice, speaks with difficulty	Avoids eye contact, needs help with orientation	Confusion, slow reactions, heightened stress	Depends c escort fo communica or decisio

WHAT THE PERSON WITH DISABILITIES DOES

1. INITIAL REACTION – 0 – 30 sec.

0–30 SEC

- ✓ Quickly assesses whether the environment is safe.
- ✓ Analyzes the person providing support /

MAY MANIFEST

- **Anxiety/ Blockages**
- **Delayed reactions**
- **Visual / verbal avoidance**
- **Focus on one element**

2. COMMUNICATION

✓ **THE PERSON CAN**

- **Responds immediately**, clearly and correctly.
- **Responds in a limited way** – through gestures, short answers, YES, NO.
- **Does not respond** – hearing impairments, stress, confusion.
- **Communicates only through gestures, facial expressions, or through an attendant and specialized devices.**

DOES NOT ALWAYS ASK FOR HELP, EVEN WHEN NEEDED, Waits for the support person's action.

3. AUTONOMY – REAL BEHAVIOR

✓ **PERSON**

- **Tries to maintain control.**
- **Adapts reactions according to ability.**

CAN FIT INTO

INDEPENDENT	PARTIALLY DEPENDENT	DEPENDENT
– *Moves independently, understands instructions.*	– *Needs guidance and confirmation.*	– *Awaits decisions and full support.* – *Depends on the companion.*

4. IMMEDIATE NEEDS

✓ **PERSON PRIORITIZES**

✓ **SAFETY**
- *"Am I in danger?"*
- *"Can I move safely?"*

✓ **CLARITY**
- *"What is happening?"*
- *"What do I need to do*

✓ **CONTROL**
- *"Can I decide or am I forced to decide?"*

ADAPTATION TO DISABILITY

- **MOBILITY** – need for stability, physical support.
- **HEARING** – need for verbal guidance.
- **SIGHT** – need for visual contact.
- **COGNITIVE** – need for simple and repeated instructions.

5. OBSERVABLE BEHAVIORS

✓ **PERSON**

- **Avoids moving.**
- **Reacts slowly, seemingly uncooperative.**
- **Avoids eye or physical contact with others.**
- **Repeats questions asked.**
- **Depends on the companion for decisions.**

ATTENTION! – these behaviors DO NOT INDICATE REFUSAL, but adaptation to the limitations of the person with disabilities.

6. RELATIONSHIP WITH THE SUPPORTER

✓ **PERSON**

- **Tests trust –** tone, patience, clarity of expression.
- **Cooperates better when:**
  - Receives simple instructions.
  - Not rushed aggressively.
  - Treated as a participant, not as an object of intervention.

7. THE PERSON'S OBJECTIVE

- **TO BE SAFE.**
- **TO UNDERSTAND THE SITUATION**
- **TO MAINTAIN AS MUCH AUTONOMY AS POSSIBLE**
- **NOT TO BE IGNORED**

M6 – Sheet 2 – ADAPTED COMMUNICATION IN CRISIS

Clear information, adapted to the level of disability

SHEET – OPERATIONAL | LEVEL – ESSENTIAL | **APPLIES** – In any interaction, throughout the crisis.

TYPES OF ADAPTED COMMUNICATION

REDUCED MOBILITY
- ✓ I explain the movements.
- ✓ I verbally

HEARING IMPAIRMENTS
- ✓ I make simple gestures
- ✓ Written – phone, paper
- ✓ I maintain constant eye contact.

VISUAL IMPAIRMENTS
- ✓ I give clear explanations
- ✓ I describe the environment – in front, to the left, to the right...
- ✓ I announce the action before

COGNITIVE DISABILITIES
- ✓ Short sentences.
- ✓ I give one instruction at a time.

WHAT I DO AS A STEP-BY-STEP SUPPORT

1. I GET ATTENTION
- ✓ I position myself in front of the person.
- ✓ I establish eye contact.

2. I TRANSMIT THE MESSAGE
- ✓ I use short sentences.
- ✓ I avoid technical language
- ✓ I give clear instructions.

3. I ADAPT THE METHOD
- ✓ Speech / writing / gestures.
- ✓ Depending on the person's reaction.

4. CHECK IF IT WAS UNDERSTOOD
- ✓ I ask – "*Did you understand?*"
- ✓ I observe the reaction.
- ✓ I ask for the action to be repeated.

SIGNS OF NOT UNDERSTANDING

- DELAYED REACTION
- CONFUSED LOOK
- DOES NOT FOLLOW THE INSTRUCTION
- ASKS FOR INSTRUCTIONS TO BE REPEATED

WHAT I DO NOT DO!

- ✓ DO NOT RAISE MY VOICE
- ✓ DO NOT SPEAK TOO FAST
- ✓ DO NOT GIVE MULTIPLE INSTRUCTIONS SIMULTANEOUSLY
- ✓ I AVOID CONTRADICTIONS

IF THE PERSON DOES NOT

- ☑ CHANGE THE METHOD (speech → writing / gestures
- ☑ SIMPLIFY THE MESSAGE
- ☑ CALMLY REPEAT THE INSTRUCTIONS



SAY IT SIMPLY – SOUND CLEAR - CHECK

M6 – Sheet 3 – ASSISTED MOVEMENT AND EVACUATION

Safe routes – Appropriate equipment

SHEET – OPERATIONAL | LEVEL – CRITICAL | **APPLIES** – To evacuation or relocation in unsafe

1. ANNOUNCE AND PREPARE THE

- ✓ CLEARLY STATE WHAT COMES NEXT
  "I will help you move towards the exit."
- ✓ CHECK IF THEY UNDERSTAND AND CAN COOPERATE

2. I CHOOSE THE METHOD OF SUPPORT



CANNOT SEE – Offer arm for guidance



Wheelchair – ontrolled ushina



REDUCED MOBILITY – lateral support



CONFUSED – simple instructions, slow pace

3. MOVE SAFELY

- ✓ WALK SLOWLY, STEADILY
- ✓ AVOID OBSTACLES
- ✓ CHOOSE A SAFE ROUTE

4. CONTROL THE SITUATION

- ✓ ANNOUNCE EACH MOVEMENT
  "We go up one step."
  „Ne oprim."
- ✓ CONSTANTLY CHECK THE REACTION

SAFETY OF MOVEMENT IS MORE IMPORTANT THAN THE SPEED OF EVACUATION

IF BLOCKAGES OCCUR

- ✓ I STOP
- ✓ STABILIZE THE PERSON
- ✓ I RESUME MOVEMENT

WHAT I DO NOT DO!

- ✓ DO NOT PULL / PUSH ABRUPTLY
- ✓ DO NOT RUSH THE MOVEMENT
- ✓ DO NOT CHANGE DIRECTION WITHOUT ANNOUNCING
- ✓ DO NOT ABANDON THE PERSON

SIGNS OF RISK

IMBALANCE | REFUSAL TO MOVE | PANIC | FATIGUE ACCENTUATE

QUICK CHECKLIST

- THE PERSON WITH DISABILITIES KNOWS WHAT COMES NEXT
- I CHOSE THE CORRECT SUPPORT METHOD
- I CHOSE A SAFE ROUTE
- MOVEMENT IS CONTROLLED

BASIC RULE

EXPLAIN – ASSIST – MOVE SAFELY

M6 – Sheet 4 – CONTINUITY OF TREATMENT AND VITAL NEEDS

Access to medication, equipment, water, food, hygiene

SHEET – OPERATIONAL | **LEVEL – CRITICAL** | **APPLIES** – During the crisis, for medical and vital needs

WHAT I DO – STEP BY STEP

1. ASK DIRECTLY

„Are you undergoing treatment?"
„Do you have the necessary medication?"
„Do you need anything urgently?"

2. IDENTIFY THE CRITICAL SITUATION

- INSULIN
- OXYGEN / SPECIALIZED DEVICES
- DAILY TREATMENT
- ASSISTIVE DEVICES

IF MISSING, IT IS A MAXIMUM PRIORITY

3. I ENSURE VITAL NEEDS

WATER | FOOD | ACCESS TO HYGIENE | SAFE RESTING PLACE

4. I CHECK IF THEY HAVE WHAT THEY

- ✓ *Do they have their medication with them?*
- ✓ *Does he know how to use them?*

5. I MONITOR THE SITUATION

- ✓ I observe the general conditior
- ✓ I check if symptoms appear.
- ✓ I react quickly to changes.

CONTINUITY OF TREATMENT = PREVENTING WORSENING

IF YOU HAVE NO IMMEDIATE

- ✓ **Prioritize critical situations**
- ✓ **Keep the person stable**
- ✓ **Request specialized help**

WHAT I DO NOT DO!

- ✓ I do not administer medication without indications
- ✓ I do not ignore symptoms
- ✓ I do not delay critical cases
- ✓ I do not assume that *"it is fine"*

WARNING SIGNS

BREATHING DISORDERS | DIZZINESS | SEVERE CONFUSION | SEVERE PAIN

QUICK CHECKLIST

- I HAVE IDENTIFIED THE MEDICAL NEEDS
- TREATMENT IS AVAILABLE
- VITAL NEEDS ARE MET
- THE PERSON IS STABLE

BASIC RULE
CHECK – ENSURE – MONITOR

M6 – Sheet 5 – ORGANIZING THE SAFE SPACE

Accessible, safe, easy-to-navigate environment – Stable landmarks

SHEET – MIXED / C+O | **LEVEL – ESSENTIAL**

APPLIES TO – Shelters, support points, temporary spaces.

WHAT I DO – STEP BY STEP

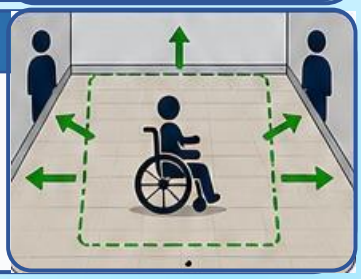
1. CHECK THE AREA

- ✓ IDENTIFY THE HAZARDS
- ✓ REMOVE OBSTACLES
- ✓ CHOOSE THE SAFE AREA



2. ORGANIZE THE SPACE

- ✓ I LEAVE CLEAR MOVEMENT PATHS
- ✓ I POSITION THE PERSON IN A SAFE AREA
- ✓ AVOID CROWDING



3. ENSURE ACCESS

- ✓ EASY-TO-USE ENTRANCE / EXIT
- ✓ ACCESS TO WATER, HYGIENE, RESOURCES
- ✓ SPACE FOR DEVICES (WHEELCHAIR ETC.)



4. I MAINTAIN ORIENTATION

- ✓ I DO NOT FREQUENTLY CHANGE POSITIONING
- ✓ I PROVIDE CLEAR LANDMARKS
  - *"The exit is in front"*
  - *"The bathroom is on*



5. I ADAPT TO SPECIFIC SITUATIONS

- ✓ BLIND → FIXED LANDMARKS, ANNOUNCING OBSTACLES
- ✓ HEARING IMPAIRED → VISUAL SIGNALS, WRITTEN MESSAGES
- ✓ REDUCED MOBILITY → FREE SPACE



IF THE SPACE IS UNSTABLE

- ✓ Move the person to a safe area
- ✓ Simplify the organization
- ✓ Keep landmarks constant

WHAT I DO NOT DO!

- ✓ I do not block access routes
- ✓ I do not change the space without announcing
- ✓ I do not create agglomeration

WARNING SIGNS

- THE PERSON HITS OBJECTS
- CANNOT ORIENT THEMSELVES
- CROWDING OCCURS
- ACCESS IS BLOCKED

BASIC RULE
ELIMINATE RISKS – ENSURE ACCESS – MAINTAIN ORIENTATION

WELL-ORGANIZED SPACE = SAFE MOVEMENT

M6 – Sheet 6 – STRESS MANAGEMENT AND EMOTIONAL SUPPORT

Accessible, safe, easy-to-navigate environment – Stable landmarks

SHEET – MIXED / T+O | **LEVEL – SUPPORT** | **APPLIES** – Throughout the crisis, at any stage with the assisted person

WHAT I DO – STEP BY STEP

1. I IDENTIFY THE SOURCE OF STRESS

- ✓ I OBSERVE THE BEHAVIOR
- ✓ QUICK SIGNS:
  - Agitation
  - Panic
  - Confusion
  - Blockage



2. I CALM THE PERSON IMMEDIATELY

- ✓ I SPEAK CALMLY AND SLOWLY
- ✓ I USE SIMPLE SENTENCES
  - *"You are safe."*
  - *"I am here to help you."*



3. I REDUCE STRESS TRIGGERS

- ✓ I REMOVE THE PERSON FROM THE CROWD
- ✓ I REDUCE THE NOISE
- ✓ I AVOID PRESSURE



4. I GIVE CLEAR DIRECTIONS and SAY WHAT COMES NEXT

- ✓ I EXPLAIN WHAT FOLLOWS
  - *"We stay here for a few minutes."*
  - *"Then we move."*
- ✓ I GIVE SIMPLE TASKS



5. I MAINTAIN CONTACT

- ✓ I STAY WITH THE PERSON
- ✓ I MAINTAIN COMMUNICATION
- ✓ I OBSERVE THE REACTION



IF THE PERSON PANICS

- ✓ I STOP THE ACTION
- ✓ I CALM THE PERSON VERBALLY
- ✓ I SIMPLIFY THE SITUATION
- ✓ I RESUME THE PROCEDURES STEP BY STEP

WHAT I DO NOT DO!

- ✓ I do not raise my voice
- ✓ I do not contradict aggressively
- ✓ I do not address the person
- ✓ I do not ignore emotional reactions

WARNING SIGNS

- RAPID BREATHING
- REFUSES TO COOPERATE
- SHIVERING
- CRYING / BLOCKAGE

BASIC RULE
CALM – EXPLAIN – MAINTAIN CONTROL

CALM PERSON = EFFECTIVE ACTION

M6 – Sheet 7 – COORDINATION AND REQUEST FOR HELP

Collaboration – Support – Continuity of help

SHEET – OPERATIONAL | LEVEL – ESSENTIAL | **APPLIES** – When the situation exceeds individual capacity

1. I IDENTIFY MY LIMIT OF ACTION

- ✓ THE SITUATION EXCEEDS MY CAPACITY
- ✓ THE PERSON NEEDS SPECIALIZED SUPPORT.
- ✓ ADDITIONAL RISKS ARISE.



2. I TRANSMIT THE INFORMATION

- ✓ I STATE CLEARLY:
  - The type of disability.
  - The main need.
  - The person's condition.

"Person with reduced mobility, cannot move, requires evacuation."



3. I REQUEST HELP

- ✓ I CONTACT:
  - Intervention teams.
  - Medical staff.
  - Volunteers / local support.

INTERVENTION | VOLUNTEERS | MEDICAL

4. I COORDINATE SUPPORT

- ✓ INVOLVE COMPANIONS – if any.
- ✓ I GUIDE THE TEAM TO THE PERSON WITH DISABILITIES.
- ✓ I MAINTAIN CONTACT.



5. I DO NOT LEAVE THE PERSON ALONE

- ✓ I STAY UNTIL THE INTERVENTION TEAM TAKES OVER.
- ✓ I CONSTANTLY CHECK THE PERSON'S CONDITION.
- ✓ I ENSURE CONTINUITY OF ASSISTANCE.



IF THE RESPONSE IS DELAYED

- ✓ I REPEAT THE REQUEST.
- ✓ I SEEK AN ALTERNATIVE.
- ✓ I KEEP THE PERSON STABLE.

WHAT I DO NOT DO!

- ✓ I do not postpone asking for help.
- ✓ I do not transmit incomplete information
- ✓ I do not lose contact with the perso
- ✓ I do not assume that *„it will sort itse*

ESCALATION SIGNS

- ✓ MEDICAL CONDITION WORSENS
- ✓ THE PERSON NO LONGER COOPERATES
- ✓ THE ENVIRONMENT BECOMES UNSAFE
- ✓ RESOURCES ARE INSUFFICIENT

BASIC RULE

IDENTIFY – COMMUNICATE CLEARLY – REQUEST SUPPORT

HELP REQUESTED ON TIME = EFFECTIVE INTERVENTION

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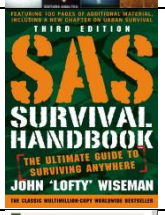
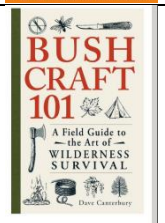
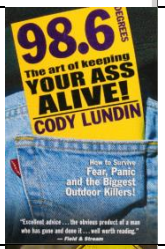
– John 'Lofty' Wiseman - ***„SAS Survival Handbook"***		SAS Survival Handbook, Third Edition The Ultimate Guide To Surviving Anywhere (2014) - John Lofty Wiseman : John Lofty Wiseman : Free Download, Borrow, and Streaming : Internet Archive
– Dave Canterbury - ***„Bushcraft 101: A Field Guide to the Art of Wilderness Survival"***		Bushcraft 101: A Field Guide To The Art Of Wilderness Survival : Dave Canterbury : Free Download, Borrow, and Streaming : Internet Archive
– Cody Lundin ***- „98.6 Degrees: The Art of Keeping Your Ass Alive"***		98.6 degrees : the art of keeping your ass alive : Lundin, Cody : Free Download, Borrow, and Streaming : Internet Archive
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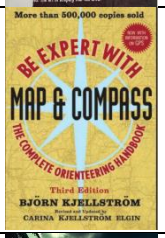
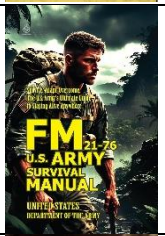
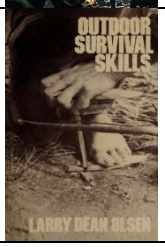
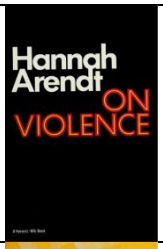
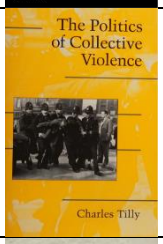
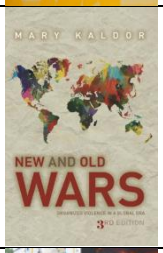
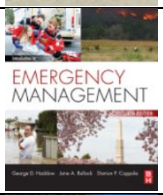
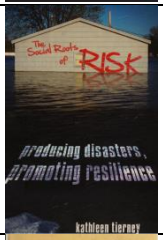
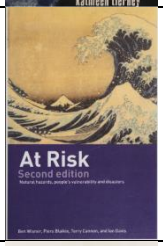
– Bjorn Kjellstrom - ***"Be Expert with Map and Compass"***		Be Expert With Map And Compass (2010) : Bjorn Kjellstrom : Free Download, Borrow, and Streaming : Internet Archive
– ***U.S. Army Survival Handbook*** (FM 21-76),		https://ia600904.us.archive.org/3/items/Fm21-76SurvivalManual/FM21-76_SurvivalManual.pdf
– Larry Dean Olsen ***- "Outdoor Survival Skills”***		Outdoor survival skills : Olsen, Larry Dean, 1939- : Free Download, Borrow, and Streaming : Internet Archive

– Arendt, H., 1970. ***"On Violence".*** New York: Harcourt Brace.		On violence : Arendt, Hannah, 1906-1975 : Free Download, Borrow, and Streaming : Internet Archive
– Tilly, C., 2003. ***"The Politics of Collective Violence".*** Cambridge: Cambridge University Press.		The politics of collective violence : Tilly, Charles : Free Download, Borrow, and Streaming : Internet Archive
– Kaldor, M., 2012, ***"New and Old Wars: Organized Violence in a Global Era".*** 3rd edition. Stanford: Stanford University Press.		New & old wars : organized violence in a global era : Kaldor, Mary, author : Free Download, Borrow, and Streaming : Internet Archive
– Haddow, G.D., Bullock, J.A. and Coppola, D.P., 2017. ***"Introduction to Emergency Management."*** 6th edition, Oxford: Butterworth-Heinemann.		Introduction to Emergency Management | ScienceDirect
– Tierney, K., 2014. ***"The Social Roots of Risk: Producing Disasters, Promoting Resilience".*** Stanford: Stanford University Press.		The social roots of risk : producing disasters, promoting resilience : Tierney, Kathleen J., author : Free Download, Borrow, and Streaming : Internet Archive
– Wisner, B., Blaikie, P., Cannon, T. and Davis, I., 2004. ***"At Risk: Natural Hazards, People's Vulnerability and Disasters".*** 2nd ed. London: Routledge.		At risk : natural hazards, people's vulnerability, and disasters : Free Download, Borrow, and Streaming : Internet Archive
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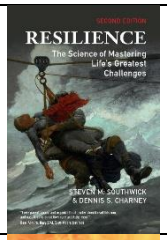
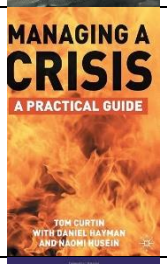
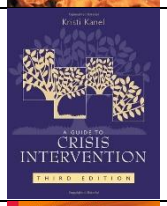
– Southwick, S.M. and Charney, D.S., 2018. ***"Resilience: The Science of Mastering Life's Greatest Challenges"***. 2nd ed. Cambridge: Cambridge University Press.		Resilience - Resilience
– Tom Curtin, Daniel Hatman, Naomi Musein, ***"A practical guide to crisis management."***		https://www.researchgate.net/publication/6755316
– Kristi Kanel, ***"A Guide to Crisis Intervention",*** Fourth Edition.		https://students.aiu.edu/submissions/profiles/resources/onlineBook/r3c5A5_A_Guide_to_Crisis_Intervention-_4th_edition.pdf
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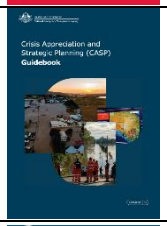
– *Government of Australia, Department of Home Affairs, Strategic Planning (CASP),* ***"GUIDEBOOK".***		https://www.homeaffairs.gov.au/emergency/files/casp-guidebook.pdf
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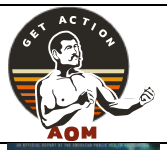
– ***Site*** **The Art of Manliness** – Survival Section		https://www.artofmanliness.com/skills/outdoor-survival/
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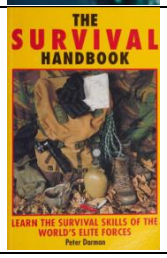
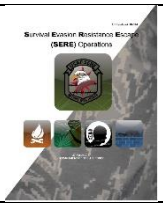
– Darman P.," The ***Survival Handbook",*** Published by Greenhill Books/Lionel Leventhal, ISBN-10:185367236X, ISBN-13:978-1853672361, 1996.		The survival handbook : Darman, Peter : Free Download, Borrow, and Streaming : Internet Archive

– Survival evasion resistance escape (SERE) operations, ***Air Force Handbook*** 10-644, Department of the USAF, certified by: HAF/A3 (Lt Gen MARK C. NOWLAND)		https://archive.org/details/AFH10644SurvivalEvasionResistanceEscapeSERE
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