

# FAMILIARIZATION EXERCISE OF NDRF 14<sup>th</sup> BATTALION

November 08, 2023

NSCBM Government College, Hamirpur

"आपदा सेवा सदैव"



## INTRODUCTION

Netaji Subhash Chandra Bose Memorial Government College Hamirpur, in collaboration with the **14<sup>th</sup> Battalion** of the **National Disaster Response Force (NDRF)** conducted a one day Familiarization Exercise in NSCBM Government College campus on Wednesday, November 08, 2023.

The NDRF personnel provided detailed guidance on the precautionary measures to be followed in the event of a disaster. The team also gave a demonstration of the rescue operation, way of operating rescue equipment, giving first-aid to injured persons and other related acts of rescue.

In addition to the disaster management demonstration, the NDRF team emphasized the importance of disaster preparedness and shared the safety tips to reduce the extent of the disaster. They also showcased various techniques for rescuing people caught during disasters, like fire, earthquake and other natural calamities.

## AIMS AND OBJECTIVES OF THE EXERCISE

The Familiarization Exercise primarily aims to acquaint personnel with the district and obtain updated information about their areas of responsibility. This ensures the timely and effective launch of rescue operations, leveraging a comprehensive amalgamation of all available resources in the event of a disaster. Additionally, the exercise seeks to gather data on routes and hazard profiles, document the history of disasters in the area, compile essential maps, telephone directories, and update the inventory of available resources.

During the Familiarization Exercise, the NDRF team conducted mock drill in the utmost professional manner, for the following situations:

- CPR during Heart Attack and other Emergencies
- Throat Choking
- Flooding survival techniques
- Fire Extinguishing & Electric Fire
- Snake Bite
- FIRST AID during road accident including blood control
- Rescue during landslides, floods and earthquake
- Display of improvised survival equipment such as Floating devices, Stretcher.



## Mock drill for the CPR during Heart Attacks and Other Emergencies



### INSTRUCTIONS

- Kneel beside the person. Place the person on their back on a firm, flat surface  
**Give 30 chest compressions**
- Hand position: Two hands centered on the chest
- Body position: Shoulders directly over hands; elbows locked
- Depth: At least 2 inches
- Rate: 100 to 120 per minute
- Allow chest to return to normal position after each compression  
**Give 2 breaths**
- Open the airway to a past-neutral position using the head-tilt/chin-lift technique
- Pinch the nose shut, take a normal breath, and make complete seal over the person's mouth with your mouth.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath

## Mock Drill for Throat Choking



## INSTRUCTIONS

- Strike five separate times between the person's shoulder blades with your hand.
- Give five abdominal thrusts. If back blows don't remove the stuck object, give five abdominal thrusts, also known as the Heimlich maneuver.
- Alternate between five blows and five thrusts until the blockage is dislodged.

## Mock Drill for Flooding survival techniques



### INSTRUCTIONS

- Head for higher ground and stay there until you are told that the area is safe.
- Evacuate people requiring special assistance (e.g. the elderly, physically handicapped, new mothers, pregnant women, and children).
- Use innovated material for rescuing the injured or those who can't walk such as tires, stretchers, ropes, rubber tubes etc
- Turn off utilities: Turn off utilities, power, water, and gas, at the main switches or valves.
- Wash and dry your hands and feet carefully after being exposed to flood water.

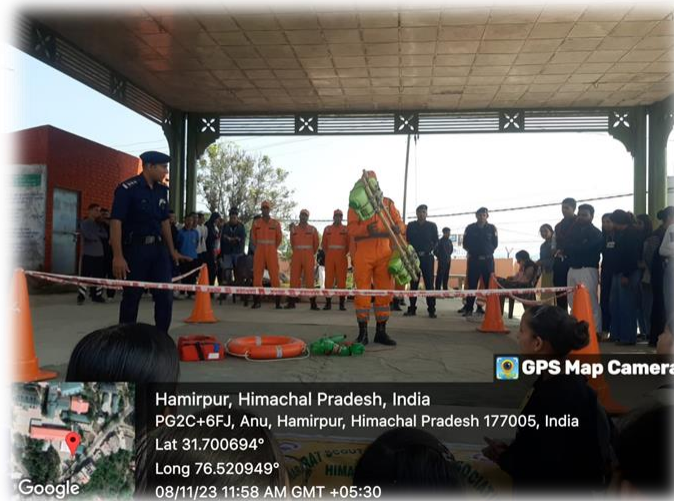
## Mock Drill For Fire Extinguishing & Electric Fire



### INSTRUCTIONS

- Discharge the extinguisher within its effective range using the P.A.S.S. technique (pull, aim, squeeze and sweep).
- Do not overload electrical outlets
- Turn off all electrical and gas services to room.
- If clothing is on fire, stop, drop to the floor and wrap around a blanket, coat or
- Rug (not synthetic) and roll along the ground until flames are extinguished.
- Treat all thermal burns by holding the burnt area under running water for up to
- Twenty minutes until skin returns to normal temperature. Remove clothing from burnt
- Area unless stuck; covers burn with a non-adherent burns dressing, plastic wrap or loosely applied aluminum foil.
- Smoke/Toxic fume inhalation: Remove casualty from area to fresh air. Sit up and loosen tight clothing.

# DISPLAY OF IMPROVISED SURVIVAL EQUIPMENTS



## MOCK DRILL FOR SNAKE BITE



## INSTRUCTIONS

- Patient should not walk, should not move the bitten part.
- It should be kept a bit below the Heart level.
- Crepe bandage has to be applied over the bitten part and all along the limb and it should be splinted.



# MOCK DRILL FOR PROVIDING FIRST AID DURING ROAD ACCIDENT



## INSTRUCTIONS

- Put the victim on ground very gently and cautiously without vigorous handling to prevent further injury.
- Turn the victim to one side. Loosen clothing at neck, chest and waist.
- Tilt the head back, point the face slightly down so the tongue can fall forward allowing blood and vomit to drain out.



On this occasion Principal **Dr. Pramod Patial** encouraged the students to further spread this information among their family and friends. Ranger and Rover in-charge Dr Ratan Sharma, NSS in-charges Dr. Uttam Kumar Sharma & Dr. N D Khanna, NCC in-charge Dr. Samjeet Thakur, Red Ribbon Club in-charge Prof Sanjay Chauhan, Road safety club in-charge Prof. Vinod Chand and other college professors were also present.