Report on Disaster Management
Emergency Preparedness Workshop

Yusuf Meherally Centre
Chiplun, Maharashtra (INDIA)
29th-30th November, 2021
The Resilient Foundation conducted Community Resilience and Emergency Preparedness Workshop with the support of YUVA under MahaPECONet in association with Helping Hands Charitable Trust and Yusuf Meherally Centre with the aim to make resilient community which can act responsibly during the time of emergencies.

> The workshop would focus on theoretical and demonstration elements of First Aid, Emergency Rescue Methods, Artificial Respiration Methods and Fire Safety.

Continuing on the objective, the modules may need to be customised to suit the audience, and the training would be conducted as per national guidelines.

**OBJECTIVE:**

Subjects covered in the workshop:
- **Disaster Management:** Its definition, role of civilians, case studies, introduction to disaster management plan.
- **First Aid:** Its introduction, steps involved in first aid, types of bandage (head bandage, palm bandage, jaw bandage, improvised bandage using shirt/T-shirt, bandage when the casualty patient is conscious vis-à-vis when they are unconscious, handling wounds, haemorrhage, sprain, choking, asphyxia, fractures and splints, simple sling and St. John sling, artificial respiration methods (mouth to mouth, mouth to nose, seesaw, Schafer method, Silvester method, Holger-Nielsen method), CPR, burns and scalds, epilepsy, mental shock.
- **Fire Safety:** Its definition, concepts like fire triangle, extinguish triangle, categories of fire, Do's & Don'ts, types of extinguishers, demonstration of PASS+RACE fire extinguishing and house fire safety.
- **Search and Rescue:** Common methods and principles, cradle method, human crawl, two-hand, three-hand and four-hand sitting methods, pick-up back, front and back, human crutch, toe and drag, removal downstairs, fire-men lift and fire-men dragging methods and S&M method.
- **Knots and Hitches:** Types of ropes (multiple thumb knot, reef knot, chain knot, chair knot, bow line, draw hitch, timber hitch (if time permits)).
- **Improvised Stretcher:** Its definition, types of stretchers, improvises the stretcher using rope, bamboo plus blanket, only blanket, belt, handkerchief and scarf.
- **Earthquake Drill:** Drop, cover and hold.

**ACTIVITY AND RESULT**

The recipient has conducted workshop as of November 29 and 30th, 2021 inside the premises of Yusuf Meherally Centre, Chiplun, Maharashtra (India). This report summarises the subjects and scale covered across 2 day workshop.

**Workshop in numbers:**
- **Duration:** Workshop of about 6 hours - each day.
- **Participants:** The 2 days workshop covered a total of 31 participants (students). In addition, internal staff and doctors were also present.
**Softer aspects while conducting the sessions:**
- The workshop was kept interactive and demonstrative.
- The demonstration was covered by the practical session.
- A degree of adaptation was done as per the audience.
- An action song and ice-breaking activity was conducted at the start and mid of the sessions.
- Mindful to keep workshop interesting and enjoyable, apart from the learning element.

**Key takeaways from the workshop:**
- Few among the overall attendees are aware about the basic disaster management techniques; and if they are aware of the basics, it would be beneficial to leverage them for advanced sessions later.
- There is general support from the local communities for such training endeavours.
- Adhering to Covid-19 precautions enabled conducting the workshop without hitches.
- Every attendees were taking equal interest irrespective of their age, gender, seniority level, which were very encouraging.
- The staff members and doctors have been very supportive throughout the workshop.

**Equipment bought/rented:**
- CPR mannequin, triangular bandages, ropes, banner.

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**KEYNOTE TRAINER**

**Bhupendra Mishra**
Founder | DM Instructor
The Resilient Foundation

- Civil Defence Background _2009_
- Awarded Indira Gandhi National Award _2012_
  by Presient of India at President House