

## SURVIVING AN EARTHQUAKE (one day course)

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The recent earthquake in Pakistan caught all of us unprepared resulting in large scale destruction and loss of lives. Earthquakes are natural disasters that can strike without warning at any place. In order to minimize the damage we should be well prepared to face such eventualities.

IHS has been conducting **“Surviving an Earthquake”** training since 2001 for large corporations, school children and teachers. This is a one day 5-6 hr. training course and can be conducted at any location in Pakistan besides at IHS training rooms in Islamabad and Karachi. Participants can range from 20 to 50 persons. Training fee ranges from Rs. 30,000 to 50,000/- depending on the number of participants and location.

Dr. Asim Mahmood Khan, who is an Occupational Health specialist, conducts the training. He has to his credit over 200 trainings on corporate and industrial health related topics.

Boarding, lodging and traveling charges of IHS trainers are borne by the client in case of on site courses. Please contact us to arrange times and dates.

Course content can be tailored as per specific geographical requirements and according to the understanding and comprehension level of the participants. Modules in Urdu are also available. However a sample program contains the following:

1.
  - a. Causes & Geology
  - b. History
  - c. Impact
- Disaster Preparedness**
2.
  - a. Earthquake Resistant Buildings
  - b. Disaster Kit
  - c. Communication Network
  - d. Medical Emergency Planning
  - e. First Aid Arrangements
- During the Earthquake**
3.
  - a. The First Reaction
  - b. Getting to Safety
  - c. Triangle of Life Rule
  - d. Dangerous Places
  - e.
- After the Earthquake**
4.
  - a. Emotions: Staying Calm
  - b. The After Effects – Fires, Gas Leakages, etc.
  - c. The After Shocks
- Injuries**
5.
  - a. Physical Trauma
  - b. Bleeding
  - c. Fractures
  - d. Spinal Cord, Neck & Head injuries
  - e. Burns
  - f. Psychological Trauma
6. **Getting Back to Life**

