

APPROVED

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" 18 " 06 2021 г.

Induction training

on civil defense and protection from emergencies

EVERYONE MUST KNOW AND BE ABLE TO THIS

GENERAL PROVISIONS

Civil defense (GO) is a system of measures to prepare for the protection and to protect the population, material and cultural values on the territory of the Russian Federation from the dangers arising from the conduct of hostilities or as a result of these actions.

The Unified State System for the Prevention and Response of Emergency Situations (RSChS) is a system of measures for the prevention and elimination of emergencies (ES), preparation for the protection and protection of the population and territories from natural and man-made emergencies.

An emergency situation is a situation in a certain territory resulting from an accident, a dangerous natural phenomenon, a catastrophe, a natural or other disaster that may or have resulted in human casualties, damage to human health or the environment, significant material losses and disruption of living conditions of people.

Civil defense is closely related to the RSChS as the direction of preparing the country for activities in special wartime conditions.

RSChS and GO were created and operate on a territorial-production basis throughout the entire territory of the Russian Federation.

The general management of civil society in the country is entrusted to the Government of the Russian Federation.

The direct management of the Civil Defense of the Russian Federation is entrusted to the Ministry of the Russian Federation for Civil Defense, Emergencies and Elimination of the Consequences of Natural Disasters.

Management of civil defense, prevention and elimination of emergencies in territories and regions, cities and districts, ministries and departments in organizations and enterprises, regardless of the form of ownership, is entrusted to the relevant leaders, who are chiefs of civil defense by position.

To protect people from the dangers arising during the conduct of hostilities or as a result of these actions and in emergency situations, various methods and means are used: training, warning, shelter in protective structures (shelters, anti-radiation shelters, simple shelters and folds of the terrain), evacuation to the countryside. zone (resettlement to safe

areas), provision of personal protective equipment (gas masks, respirators, protective clothing, prophylactic means and vaccinations), establishment of martial law or emergency regimes, radiation or chemical protection, quarantine or observation.

RIGHTS AND OBLIGATIONS OF CITIZENS

Citizens of the Russian Federation in accordance with federal laws: dated February 12, 1998 N 28-FZ "On civil defense", dated December 21, 1994 N 68-FZ "On the protection of the population and territories from natural and man-made emergencies" and other regulatory legal acts have the right:

- training in methods of protection against dangers arising from the conduct of hostilities or as a result of these actions;
- to protect life, health and personal property in the event of an emergency;
- if necessary, use personal protective equipment and other property of executive authorities and organizations;
- to be informed about the risk they may be exposed to in certain places of their stay in the country and about the necessary security measures;

Citizens of the Russian Federation are obliged:

Know:

- basic requirements of guidance documents on civil defense issues;
- principles, means and methods of protection against emergencies;
- rules of conduct in the event of wartime dangers;
- the rules and procedure for providing self-help and mutual assistance in case of defeat, injury and injury.

Be able to:

- clearly act on warning signals;
- use personal protective equipment, make the simplest of them;
- use shelters, shelters and build the simplest shelters;
- disinfect your workplace, apartment, area adjacent to them;
- to provide pre-medical self-help and assistance to victims;
- to protect children, the sick and the elderly in the event of a threat of an enemy attack and in an emergency, to put on personal protective equipment, to ensure their safety during evacuation and other measures.

NOTIFICATION SYSTEM

Sirens howling, vehicle signals mean a warning signal "ATTENTION TO ALL!" Having heard it, it is necessary to immediately turn on the television and radio receivers and listen to the emergency message (voice information) of the authorities or the administration of the enterprise.

These messages will contain information about the threat or beginning of hostilities, about the threat or occurrence of an emergency, their scale, projected development, urgent actions and rules of behavior of the population (personnel).

The main thing is to listen carefully and correctly understand the transmitted message (it will be transmitted several times). Ask colleagues, neighbors, acquaintances

to find out if you understood the transmitted information correctly and if you are going to act correctly.

When at work, follow all instructions from your supervisor.

Strictly and unswervingly follow the established rules of conduct in the face of threats or emergencies! This will help to preserve the life and health of you and your loved ones!

In order to timely warn the population of cities and rural settlements about the imminent danger of the enemy using nuclear, chemical, bacteriological (biological) or other weapons and the need to apply protection measures, the following civil defense alert signals have been established: "Air alert" - "Air raid clearing"; "Radiation hazard"; "Chemical alarm".

At the signal "Air raid":

- turn off the light, gas, water, heating devices;
- take documents;
- close the windows tightly;
- go to a protective structure or shelter.

At the signal "Chemical alarm":

- turn off the light, gas, water, heating devices;
- take documents;
- close the windows tightly, turn off the hood, ensure the sealing of the premises;
- use personal protective equipment (if any), stay in an airtight room or take refuge in a protective structure.

At the signal "Radiation hazard":

- turn off the light, gas, water, heating devices;
- take documents;
- tightly close the windows, turn off the hood, ensure the sealing of the premises;
- take an iodide preparation;
- use personal protective equipment (if any), stay in an airtight room or take refuge in a protective structure.

At the signal "Threat of catastrophic flooding":

- turn off the light, gas, water, heating devices;
- take documents;
- to carry out the evacuation or, if it is impossible, to occupy the upper tiers of solid structures before the arrival of help.

On the "Hang up" signal of the above signals:

- return from the protective structure to the place of work or residence.

ACTIONS IN CASE OF EMERGENCY SITUATIONS

During icy conditions.

Walk carefully, taking your time, stepping on the entire sole. In this case, the legs should be slightly relaxed, hands free. It is good to use a stick with a pointed metal tip. If you slip, sit down to lower your fall.

During a severe blizzard.

Leave buildings only in exceptional cases and not alone. Let family members or neighbors know where you are going. The car can only drive on major roads and highways. When leaving the car, do not leave it out of sight. If your strength is running out, seek shelter and stay in it.

With frostbite.

Rub the frostbitten body parts with your hand. In a heated room, warm the frostbitten part of the body by rubbing with alcohol. Vodka, cologne, dry woolen cloth, flannel. Then apply a dry bandage and insulate with cotton wool or cloth.

With heat injury.

Immediately go into the shade, wind or shower, and drink plenty of water slowly. Try to keep your body cool to avoid heatstroke. In case of loss of consciousness by someone around you, perform resuscitation measures (heart massage and artificial respiration).

In case of an earthquake, building collapse.

Feeling the vibrations of the building - the first tremors, do not panic, you have 15-20 seconds. You will quickly leave the building, taking documents, money and essentials. Don't use the elevator! While on the street, do not stand near buildings and structures - go to an open place.

If you are forced to stay in the building, then open the front door, stand in a safe place: near the inner wall in the corner in the inner wall opening or at the bearing support, leave the room after the tremors stop.

If you are in the car, stay in it until the tremors stop, but in an open place.

If you find yourself in a rubble, if possible, give yourself first aid. Try to look around and look for a possible way out, try to determine where you are, if there are other people nearby, give a voice, look in your pockets and around you for objects with which you can give sound signals. Attract people's attention by voice and knocking by moving to the left - to the right, help any metal object to find yourself with a metal detector. If there is a narrow hole, squeeze into it, relaxing your muscles and pressing your elbows against your body. Move carefully, trying not to cause a new landslide, do not light a fire - save oxygen. If possible, use bricks or planks to reinforce the ceiling from collapse and wait for help. If you are thirsty, put a smooth pebble or piece of handkerchief in your mouth and suck on it while breathing through your nose.

In a thunderstorm.

During lightning strikes, do not come close to electrical wiring, eastern pipes, do not stand near a window, turn off electrical appliances. In the forest, do not stand near tall trees, especially pines and poplars. Do not be in a body of water or on its shore, go down from a high place to a low place. While in the car, do not leave it, close the windows and lower the radio antenna.

During a hurricane, storm, tornado.

While in the building, move away from the window and take a safe place near the walls of the interior - in the corridor, in the bathroom, in the toilet, in sturdy cabinets, under the table. Disconnect electricity.

When outdoors, stay away from light buildings, power lines, masts, towers, trees, bodies of water, and industrial sites. Use crates, cardboard boxes, and other available means to protect against flying debris and debris. Try to quickly hide in stone buildings, basements and other buried areas. Do not enter damaged or dilapidated buildings.

In chemical accidents.

Close the windows, turn off the electricity, put on clothes and a hat made of thick fabric, rubber shoes, take documents, money, warm clothes, a 3-day supply of non-perishable food in sealed packaging, notify neighbors and quickly leave the area of possible infection perpendicular to the direction of the wind. For respiratory protection, use a gas mask, respirator or cotton-and-gauze bandage or piece of cloth dampened with water.

If it is impossible to leave the infected area, tightly close windows, doors, ventilation openings. Cover the gaps in them with paper or tape.

In a radiation accident.

When you are outdoors, immediately protect your respiratory system with a handkerchief, scarf, kerchief and hurry to take refuge indoors. Once in cover, take off your outerwear and shoes, place them in a plastic bag, and shower. Close windows and doors, turn on TV, radio for more information about the accident and instructions from local authorities on your next steps. Seal ventilation openings and crevices in windows and doors. Store food and water in sealed containers. Prepare raincoats made of plastic wrap, rubber boots and gloves, or more plastic wrap for packing necessary things, documents, food in case of an evacuation. For respiratory protection, use the same equipment as for a chemical accident.

In case of a railway accident.

Immediately after the accident, quickly get out of the carriage through the door or windows - emergency exits, since there is a high probability of fire. Leave the carriage only on the field side of the track, taking documents, money, clothes or blankets with you. In the event of a fire in the carriage, close the windows so that the wind does not fan the flames, and move away from the fire to the front carriages, and if this is not possible, to the end of the train, tightly closing the doors behind you. Before going out into the corridor, prepare breathing protection: hats, scarves, pieces of cloth soaked in water. Remember that in the event of a fire, carriage wall cladding material releases toxic gas that can be life-threatening.

In an aircraft accident.

Put on an oxygen mask immediately during decompression. Do not try to help anyone before, even if it is your child. You will not have time to help yourself and both will be left without oxygen. Fasten your seat belts immediately after donning your masks and prepare for a sharp drop.

In an airplane fire, smoke is the most hazardous, so breathe through cotton or woolen clothing that is moistened with water if possible. Making your way to the exit, move bent over or on all fours, as there is less smoke at the bottom of the cabin. Protect exposed areas of the body from the effects of fire, using clothing, blankets. After landing and stopping the aircraft, immediately head to the nearest exit, as there is a high probability of an explosion. If the passage is blocked, make your way through the chairs,

lowering their backs. After exiting the plane, move away from it as far as possible and lie on the ground, pressing your head with your hands - an explosion is possible.

For a hard landing, carefully adjust the seat belt, check if you have heavy suitcases over your head. Free your pockets from sharp objects, bend and clasp your hands tightly under your knees. Put your head on your knees or tilt as low as possible. Put your feet on the floor, pushing them as far as possible, but not under the front seat. At the moment of impact, strain as much as possible and prepare for a significant overload. Do not, under any circumstances, leave your seat until the aircraft has come to a complete stop.

In case of an accident in water transport.

Remember that the decision to abandon the vessel is made only by the captain. Before boarding a boat or liferaft, put on plenty of clothing and a life jacket on top. If possible, bring blankets, extra clothing, drinking water, food. If you are forced to jump from the side of the ship into the water, then preferably from a height of no more than 5 meters, covering your mouth and nose with one hand, while holding the vest tightly with the other. Swim only to the life preserver. While in the water, give a signal with a whistle or a raised hand, in the absence of life-saving appliances, move as little as possible to keep warm - group in a life jacket, clasping your chest with your arms from the sides and raise your hips higher so that the water washes less water in the groin area. If you do not have a life jacket, look for

some floating object with your eyes and grab it to make it easier to stay afloat until the rescuers arrive, rest on your back.

In the event of a main gas leak.

If you smell gas in the room, immediately shut off the gas supply to the stove and turn off the electricity. Do not smoke or light a fire. Ventilate the room by opening all windows and doors and leave until the gas smell disappears. If the smell persists, call the emergency services immediately.

In case of fire and explosion.

If a fire is detected, react to the fire quickly, using all available methods to extinguish the fire (sand, water, fire extinguishers). If it is impossible to extinguish the fire in the shortest possible time, call the fire brigade and leave the burning room. When evacuating, do not use elevators, pass burning rooms quickly, holding your breath, protecting your nose and mouth with a damp cloth. In a very smoky room, crawl or crouch down - in the space adjacent to the floor, clean air stays longer. Do not go near explosive objects. If there is a threat of an explosion, lie on your stomach, protecting your head with your hands, farther from windows, glazed doors, walkways, stairs. If it is impossible to self-evacuate, indicate your location by hanging a white sheet, curtain, or piece of clothing from the window. If there is only one way to escape - a window, throw down mattresses, pillows, carpets, reduce the height of the jump using ropes, curtains, sheets tied to batteries.

Dangerous situations in the subway.

If the escalator accelerates, and the brakes do not work, the only correct solution is to jump over the balustrade to the next staircase.

If you find yourself on the way, do not try to pull yourself over the edge of the platform: it is under it that the 800-volt contact rail goes. If the train is not yet entering

the station, run to the "head" of the platform (to the clock). If the train appears, lie down between the rails.

When attacked by a dog.

Turn your face to the attacking dog, take a fighting stance or, if you are confident, rush towards it, but in no case turn your back on the dog and do not run away. For protection, use a stick, umbrella, stones, while retreating to the shelter (fence, house) with your back. If possible, wrap your forearm and arm with a raincoat, jacket, and then, putting it forward, provoke the dog to bite and hit it hard on the upper jaw. If the dog knocks you down, then fall on your stomach and cover your neck with your hands. Remember that pain points in dogs are the nose, groin and tongue.

When attacked by a criminal.

If you are attacked and you are obviously weaker than the criminal, then run.

If a collision is inevitable, draw the attention of passers-by and nearby residents with a call for help. When attempting an armed robbery, part with money and other valuables without any resistance.

If you are threatened with murder or rape, then try to incapacitate the attacker by acting boldly, decisively and unexpectedly, with the greatest possible force. Distract the attacker's attention, then quickly hit him in vulnerable places: with your hand on the ears, in the nose, under the chin or with a leg (foot, knee) on the lower leg, knee, groin. Look the offender straight in the eye so as not to give away the place of the planned strike.

Use any available object as a weapon of self-defense: a burning cigarette, a pen or pencil, a bunch of keys, sand, stiletto heels, an umbrella, a stick, a broken bottle, or a stone.

If you were attacked from behind, wrapping your arms around your neck, hit your opponent with your elbow in the solar plexus (abdomen) or kick in the shin and foot.

If you are attacked from the front, poke your outstretched fingers into the eyes or throat of the attacker.

With a terrorist act.

When hijacking an airplane (bus, room), do not attract the attention of terrorists, inspect the cabin (room) and mark the places of possible shelter in case of shooting. Remove jewelry. Do not look terrorists in the eye, do not move around the cabin (room), do not open bags or put your hands in your pockets without permission. It is advisable for women in miniskirts to cover their legs. If the assault begins, lie down on the floor between the chairs and wait for it to end. After liberation, immediately leave the plane (bus, room), as it may be mined.

If you are caught in a shootout on the street, immediately lie down on the ground and look around. Choose the nearest shelter (entrance, underpass, building ledge, monument, concrete pillar, curb, ditch), and make your way to it without getting up to your full height. Hide and wait for the end of the shootout. While at home during a shootout, take cover in the bathroom, toilet, closet and lie down on the floor. It is dangerous to be in a room with windows due to the possibility of a ricochet.

If you find an explosive (suspicious) object on the street or indoors, do not approach it, ask the people nearby or inform the police yourself and immediately leave the premises.

If you find an explosive (suspicious) object in the transport, immediately inform the driver (driver) about it, move away from this object as far as possible and try to leave the vehicle as soon as possible.

**IN ANY SITUATION, ACT WITHOUT PANIC AND DECISIONALLY, IT
WILL PROMOTE YOUR SALVATION!**

**DO NOT STOP WAITING FOR HELP -
BEFORE HER COMES, HELP YOURSELF AND OTHER PEOPLE IN
TROUBLE!**

Head of the Fire Safety Department



E.A. Mashonsky