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IN
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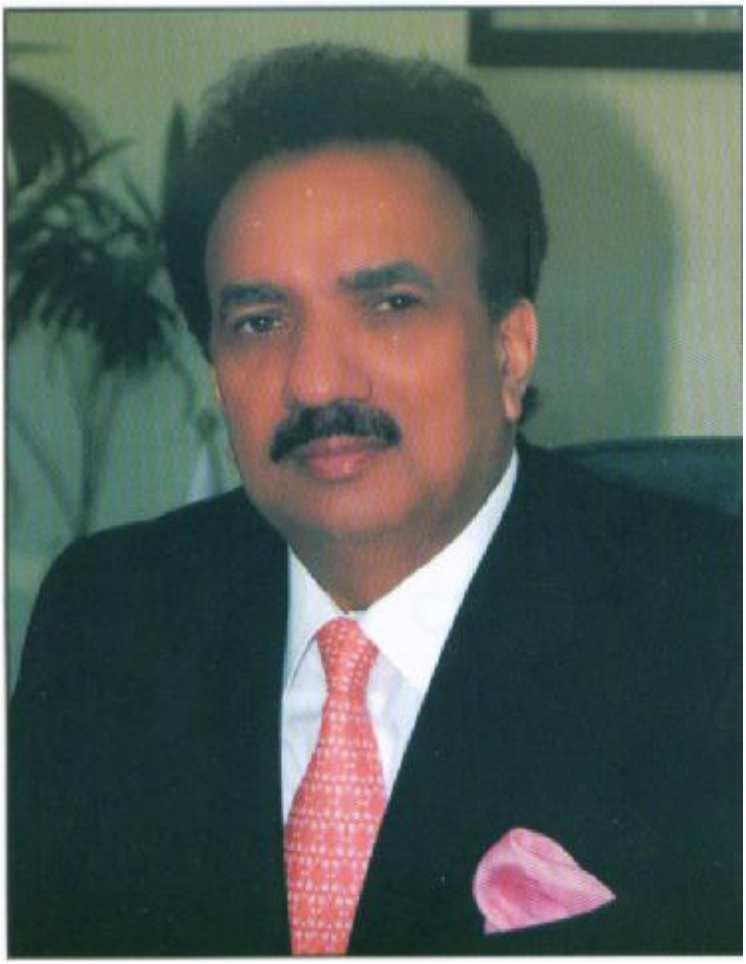

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Chief Patron's Message

The character of contemporary society, accidents due to a high differentiated existence, the variety and power of various means of destructions have forced almost all countries to have a Civil defence Organization. The Civil Defence Organization carries out measures for the protection and safety of the population threatened by such accidents. It is said about natural disasters such as earthquakes, floods, cyclones or volcanic eruption that little can be done to prevent the occurrence thereof. The loss to the human lives and national assets can however be minimized by adopting effective preventive measures and educating the masses about safety measures against the said catastrophes.

The devastating earthquake of 8th October, 2005 which resulted in the loss of innumerable human lives and property of billions of rupees made the nation and the state realize the importance of organizations dealing with disaster management. They bring forth an appreciation of the consequences of a large scale disaster and the need of timely preparation for facing such an eventuality.

Apart from strengthening civil defence structures by providing latest operational vehicles and equipment, there is also a dire need to enhance the know-how of people at mass level about protective measures adopted against natural and manmade disasters. The Federal and Provincial Civil Defence Training Institutes/Centres by conducting long and short term courses are playing a vital role in this context under a well chalked out training programmes regularly for training of officials of government departments, autonomous bodies, industrial / commercial undertakings and the general public.

The publication of this Magazine is also a move forward in the direction of achieving the goal of sensitizing masses to the importance of Civil Defence an organization which comprises masses.

I am confident that the readers would derive maximum benefit from this publication and disseminate further the useful information to the people.

Editorial Note

We do realize that the community education and awareness campaign must be among our priorities because disasters happen at local level and they are best responded to at this level. To minimize the impact of disasters on life, property and economic development and because the initial response to a disaster should come from survivors in and around the immediate area, there is need to increase skill needed by local emergency responders. This approach enables the local community to fend for itself in time of disaster as much as possible thus promoting the spirit of self-reliance. The civil protection volunteers, school children, college students and the public at grass root level may be the targeted trainees of this campaign.

To achieve this objective, basic Civil Defence training is imparted to the masses by the Men / Women Civil Defence Training Teams of District Civil Defence Departments regularly under a well chalked out Annual Training Programme. Additionally Federal Women Mobile Civil Protection Training Teams also provide Civil Protection Training facility to the women folk at their door step and these training teams undertake short term basic training programmes for working women in industrial / commercial undertakings and college / school students etc. Publication of Civil Defence Magazine by the Directorate General Civil Defence, Islamabad is also an attempt to provide know-how in civil protection to the people belonging to various walks of life. I do hope that Civil Defence Professionals would come forward to take part in this noble activity and put forth their ideas to make this publication more informative and useful so that the people could be able to derive knowledge about safety from various types of catastrophes.

FLOOD FIGHTING PREPAREDNESS

Muhammad Amin

Floods in Punjab are normal feature of its rivers. The catchments areas of these rivers fall within occupied Jammu & Kashmir. No information is provided by Indian Authorities in respect of discharge of water in River Neelum and Poonch and also the releases from Wular lake in River Jhelum. The release of water from Tarbela / Mangla can be controlled but in case our dams are full to its capacity, then the inflow of water is to be released from the dam. However, discharge in river Chenab at Akhnoor is intimated by Indian Authorities. The discharge at Akhnoor joins the river flow of Jammu Tawi and Munawar Tawi which increases the water level at Marala and downstream in River Chenab. The snow melting and incessant rains at the catchments of the major rivers during monsoon season from July to September contribute to rapid build up of flood peaks and heavy rains in the plains further aggravate the flood problems.

PRE-FLOOD

Before the commencement of the rainy / flood seasons, following arrangements are particularly reviewed / finalized in order to meet any disaster due to heavy rains / floods

- Post flood Coordination Conference with Army Authorities is held in January to review the tasks assigned and weaknesses observed. Followed by different inter-departmental meetings
- Procurement, supply and inspection of equipment for flood fighting
- To Issue instructions to the districts and other concerned departments for updating their District Management Plans
- Coordinate activities of all concerned departments i.e. Irrigation, Health, Livestock, Food, Highways, Railways and Army.

- State of flood protection works
- Operation of pre-determined breaching sections with Army Authorities
- Provide funds to the districts for pre-flood arrangements
- Set up flood forecasting and warning centers
- Start obtaining river discharge data from India through the Pakistan Commissioner for Indus Waters.
- To convey flood warning and forecast to all concerned departments and the districts in the province – Advice on implementation of evacuation plans where needed.

DURING FLOOD

- Prompt dissemination of warning to DCOs & concerned departments to be ensured by Relief & Crisis Management Department.
- Frequent visits to the flood affected areas by the Provincial Relief Commissioner
- In case of severe floods, daily review meeting of Flood Review Committee headed by a Minister to be nominated by the Chief Minister
- Implementation of the flood fighting Plans by the District Administration
- Setting up of Relief Camps at pre-determined places
- Supply of food, drinking water and dry ration in the Relief Camps
- Mobile Medical Teams
- Vaccination and inoculation (people and cattle)

POST FLOOD

- Rehabilitation works including repair of roads, restoration of electricity, repair of irrigation channels
- Survey of losses / damages after floods through DCOs and Revenue Officials
- Monetary grants to the calamity affected families
- Declaration of calamity affected area under National Calamity Act
    - Ø Remission of Water Rates
    - Ø Agriculture Income Tax
    - Ø Development Cess
    - Ø Local Rates
    - Ø Recommendation to Federal Government for deferment of Agriculture Loans and advancement of fresh loans for next crops

RESCUE OF TRAPPED PERSONS

Fazal Noor

As a result of manmade or natural disasters, large number of buildings may collapse partially or totally and the occupants of such buildings are likely to be trapped under heaps of debris. The lives of many of them can be saved provided they are extricated from under the debris with great care and without any loss of time. The job is highly technical and can only be entrusted to the skilled and responsible persons.

When a building collapses, there are very often areas, in which there are people who are injured or un-hurt. These areas of survival are most important in lean-to collapses. There are not as many people alive in pancake collapses and few in tent collapses.

The part which are most resistant in building and constitute areas or survival include corner of walls and small rooms (bathrooms, toilet, etc.), a solid piece of furniture can also give good protection (table, bed, etc.). Observing the debris, the rescuers must determine, which are the possible areas of survival to organize an efficient search

During rescue operations the rescuers will encounter several types of casualty, including:

- Slightly injured
- Surface casualties
- The trapped
- The entombed

The principal mission of rescuers is to evacuate live casualties from dangerous area. To carry out this mission, the following tasks are often required:

- Search and locate

- Gain access to the position of the casualties
- Release casualties
- Manage hazards (fire, gas releases, flooding, etc.)

A large number of secondary tasks may be undertaken by rescuers following the removal of the casualties, notably:

- Making damaged structures safe
- Demolition of dangerous part of ruins
- Clearing paths of communication
- Restoring principal public services
- Recovering administrative papers

A rescue recovery operation comprises five phases:

- Reconnaissance
- Clearing surface casualties
- Careful searching and locating
- Removal of selected debris
- General debris clearance

Experience of rescue work in many countries has shown that a methodical approach is essential. Haphazard tackling of an incident can mean that the search is not thorough. Casualties may be 'missed'. Lack of a guiding plan leads to indecisions and delays. The method described here lays down a definite sequence for rescue operation. Its purpose is two fold:

- It serves as a check list to ensure that all areas / buildings are searched and all casualties located.
- It lays down a definite order of priority in the extrication and removal of casualties.

It is good general guide but it must be understood that the method cannot be applied rigidly to all rescue incident. In most cases, however, the application of the rescue plan will lead to the maximum saving of life.

Unless special orders to the contrary are given, a rescue operation must be carried on diligently without interruption until rescue stages are completed; that is to say, until every person known or likely to have been in the building has been accounted for. In the absence of specific instructions to the contrary, there should be no relaxation of effort until this stage is reached, no matter how long the work may take. It should never be assumed, because persons have not been extricated after several days, that they must be dead and that there is no further need for strenuous work. Persons have, in fact, been recovered alive after being trapped under debris for as long as seven days.

It is quite impossible for even the most experienced person to tell from an external inspection of a pile of debris, whether casualties buried in the debris will be alive or not. Even the most tightly packed debris may be quite loose underneath and, in fact, experience shows that this is often the case.

When buildings collapse, free spaces may exist under floors, load-bearing walls, or beams, etc. These places not only constitute areas of survival but also serve as galleries permitting rescuers to:

- Make reconnaissance under debris
- Attend to casualties
- Reach much nearer to trapped casualties

Rescuers can then work to clear away, pack up, prop and break through walls or floors. Material that may be supporting debris or parts of a structure should not be removed without replacing with appropriate support.

When breaking through walls or partitions of stone or brick, a form of vaulting should be created to avoid further collapse. In order to remove casualties, the opening must be of sufficient width to allow the passage of a stretcher.

Reinforced concrete walls/ roofs are difficult to break through. It is necessary to:

- Make holes with the aid of a drill around the desired final contour
- Break the panel thus made, using a sledge hammer, a cutter or a pneumatic drill

- Break the reinforcing rods with shears, hammer, oxyacetylene cutter or other means

When breaking through wooden floors, depending on the type of floor, it may be necessary to cut the opening between two supporting beams. If it is necessary to cut a beam, it must first be propped up.

Propping is used to ensure safety of casualties, rescuers, and eventually to assist a return to normal conditions. It facilitates passage and access to the work, penetration into debris and access to casualties. It permits consolidation and some degree of safety without altering the position of all the threatening parts of the building. The part of the threatening ruin must be correctly positioned on the props. These strains are transmitted to the foundations which will reduce risk of slipping or subsidence. The following general process should be used in propping:

- Evaluate the need for support
- Determine the type of prop required
- Choose materials and their place
- Determine the number of props and their spacing
- Construct the foot, headers, the beds and the plates, the brackets and fixing
- Ensure an effective fixing of the prop and its foot
- Strengthen the props by bracing
- The prop must always rest on a firm base
- All other things being equal, a square prop resist pressure better than a rectangular prop
- A prop must be set perpendicular to the load, must always have a head and foot and must be short and solid
- The ends of the prop must be clean and straight to ensure the perfect application of the load to the prop.
- The lower parts of a prop must be solidly fixed to the supporting base.
- To avoid movement in construction, the maximum number of braces must be fixed before putting the prop in place.

GUIDELINES ON FIRE SAFETY SURVEY PROCEDURES IN BUILDINGS

Muhammad Ibrahim

It is a well known fact that the work accomplished with a proper procedure gives good results. This basic principle is not only restricted to suggestions but it's a fundamental law. When we talk about methods, it means that what is the first things to do and what will be the followed principle. On the basis of these principles, when a fire officer is assigned to carry out a survey, he must have to chalk out a plan also which is to be followed in this regard. Otherwise, neither he will be able to carry out the survey in a befitting manner, nor would be able to recommend the implementation in a chronological order.

The theme of proverb "An Ounce of Prevention is worth a Pound of Cure" also leads us to follow a planned procedure. The proper procedure not only facilitate the surveyor, but also save time, energy and resources as well. That procedure means the method of conducting business, which provide basic guidelines to the worker.

In view of the above, since survey of a building has its own significance in fire, thus it can only be feasible and prove effective if a proper procedure is to be followed which is a basic tool in fire prevention/fighting.

DEFINITION

- An on site survey of building structure to familiarize oneself to occupancies and locations in which fire can occur.
- It is also carried out to identify and eliminate both common and special fire hazards and to enforce fire prevention regulations.

INSPECTOR'S EQUIPMENT

- Identification card and badge.

- Note book, paper, pencil and Pen
- Over-all
- Rubber Boots
- Flash light (Torch)
- Six-inch scale
- Measuring Tape
- If available camera with flash gun

ROUTING AND APPROACH

- It should be carried out in normal business hours. You must also go in off hours, informing the owner of the building.
- Survey should be systematic, such as in multi-storey building start from ground floor or top floor.
- No place to be left considering it un-important, also do not leave any place on the desire of others.
- Visit the complicated or sensitive areas more than one time.
- The places about which you are not familiar, and where there are valuable things, the incharge of that wing must be with you.
- A comprehensive report should be prepared after survey in which the following things are necessary.
    - The name and address of the building
    - Name of the inspector
    - Date of inspection
    - The plan of that building should be enclosed with the report
    - North should be indicated, plan should be according to scale, symbols of fire equipment to be made on the plan

FACTORS TO BE SURVEYED

Means of Escape

- Construction

  Type of building, A.B.C. type whether the building is single or multi-storeyed.

- Occupation

  Number of men, age group, their distribution etc.

- Time of Escape (Evacuation)

  In how much time the building is to be evacuated

- Exits

  There are how many exits to evacuate the building in case of emergency

- Travel Distance

  The place of safety, how far from the building

- Doors

  - Ø Doors must open outise, withself closing device
  - Ø There should be no mirror on the doors, it will confuse the people.
  - Ø Doors should not be sliding type, if it is, the opening direction should be marked with arrow.
  - Ø Doors should not be revolving type.
  - Ø Doors should not be shutter type.
  - Ø Doors should be single or double leaf self closing and fire resistant.

- Corridors

  - Ø Emergency lights, ventilation to be checked
  - Ø Floor should not be slippery.
  - Ø Width should be constant.

- Stairs

  - Ø Emergency lights and ventilation to be checked.
  - Ø Not to be slippery.
  - Ø Rizer should be 7-1/2”
  - Ø Thread should be 10”
  - Ø Angle of stairs should be between 20^{o} to 45^{o} (38^{o})
  - Ø Hand railing to be provided, which should be continuous through out, and upper surface to be smooth.
  - Ø Platform in between the stairs

FIRE HAZARDS

- Electrical wiring to be checked
  - Ø Must be conduit, No open wiring.
  - Ø No loose connection, the wires used should be of standard.
  - Ø There should be no external connection.
- Heating System
  - Ø How fuel is used, stored and disposed off after use.
  - Ø Provision of ventilation where fuel is burnt.
  - Ø Control valve near the place where gas is used there should be no leakage of gas.
  - Ø Heating appliances should be of standard firms.
- Storage
  - Ø There should be no un-authorized material in the store, if it is whether the conditions of its storage are fulfilled accordingly to rules and regulations.
  - Ø Chemicals which react, should be stored separately.
  - Ø House keeping should be perfect.
  - Ø Possible ignition sources, accordingly to storage material to be avoided.
  - Ø Automatic detection & extinguishing system should be provided.
- Maintenance
  - Ø Periodical inspection/cleaning of fire fighting equipment are being carried out or not.
  - Ø They should be in perfect working orders.
- House Keeping
  - Ø Every thing should be at its proper place, neat and clean.
  - Ø Metallic dust bins with lid, to be provided.
- Smoking
  - Ø Where it is prohibited, is it displayed in writing. If so, is it being observed?
  - Ø A separate safe place should be provided to the smokers.

FIRE FIGHTING ARRANGEMENTS

- Suitability

  The fire fighting arrangements made are according to the risk of fire. If not, recommendations to be made.

- Sufficiency

  Are the arrangements made are according to the area of the building.

- Location

  Are the fire extinguishers or other fire fighting equipments installed at proper places i.e. at the exits, in corridors and are easily accessible for every body.

- Maintenance

  It is to be checked whether the fire fighting equipment such as vehicles, hoses, fire extinguishers are properly maintained, fire extinguishers are properly checked and are in working order.

FIRE ALARM SYSTEM

Is any fire alarm system exists either it is manual or manual electric, and is in working order or not. If it is manual-electric, alternate arrangement of battery is made or not. The call points are at appropriate places and the instructions of its use/operation written on it or not.

NOTICES AND SINGS

Instructions regarding stairs, exits are written for the public or not. The size of the letter should be 6" in Red coat colour. The language in which written, should be readable to every body, and should be written at distinguished places.

After detailed survey of a building, the inspector will prepare comprehensive report prescribing recommendations regarding fire prevention/fire fighting according to the fire risk in the building concerned.

If the above guide lines are kept in mind during the preparation of report, 70% fire causes could be eliminated and if the recommendations of the inspector are implemented in its true spirit, both the property and human losses could be minimized to a great extent.

GENERAL PRINCIPLES OF FIRST AID

Liaqat Ali

First aid is the immediate assistance or treatment given to some injured or suddenly taken ill before the arrival of an ambulance, a doctor or another appropriately qualified person. In other words, First Aid is knowledge of which, in case of accident or sudden illness, enables trained person to promote recovery and prevent the injury or illness becoming worse until medical aid has been obtained.

FIRST AIDER

The term First Aider is usually applied to some one who has completed a theoretical and practical instruction course and passed a professionally supervised assessment. In other words, any person who has received a certificate from an authorized training body that he or she is qualified to render first aid.

OBJECTS

To save life: -

- Stop bleeding
- Carry out Artificial Respiration
- Treatment for shock
- To prevent an injury becoming worse.
- Immobilization of a broken bone.

To Ease Pain : -

- Least possible movement.
- Gentle handling

- Supporting a casualty in a good position

TO SAVE LIVE: -

Stop bleeding

Stop severe bleeding in first instance. Bleeding is classified by the type of blood vessel that is damaged an artery, vien or capillary.

Arterial bleeding

Richly oxygenated blood is bright red and under pressure from the heart, spurs from a wound in time with the heartbeat. A severed main artery may jet blood over one meter high, rapidly reducing the volume of circulating blood.

Venous bleeding

Venous blood, having given up its oxygen, is dark red. It is under less pressure than arterial blood, but as vein walls are capable of great distension blood can “pool” within them. Blood from a severed major vein may gush profusely.

Capillary bleeding

This type of bleeding or oozing, occurs at the site of all wounds. Capillary bleeding may at first be brisk, but blood loss is usually slight. A blunt blow may rupture capillaries under the skin, causing bleeding into the tissues.

Treatment for Shock

Shock is a condition of prostration of the body arising from sudden exhaustion of vital activities. It is a state of prostrate resulting from actual injury or from the emotion vacation to the sight of an accident or the receipt of bad news. It may vary in degree according to circumstances from slight feeling of faintness to a condition of collapse.

Give artificial Respiration

Sometimes the breathing stops but the man is still alive. If he is left in this condition for some time, death is sure. Breathing can be resumed by artificial means by any method by which asphyxiated patient resumes normal breathing. If breathing seems to be failing or can not be detected, one of the following artificial methods may be used:

Methods of artificial Respiration

- Schaefer's Method
- Sylvester Method
- Eves Rocking Method
- Mouth to Mouth Method
- Mouth to Nose Method

LEAST POSSIBLE MOVEMENT

Do not move the injured part unnecessarily. If you do this, the pain will be increased and the injured part of the body can be more damaged.

GENTLE HANDLING

Handle the injured person with soft hands

SUPPORTING CASUALTY IN A GOOD POSITION

Good position means the comfortable position. An unconscious casualty who is breathing should be placed in the good position. This position prevents the tongue from blocking the throat and, because the head is lower than the rest of the body, liquids can drain form the mouth, reducing the risk of the inhaling stomach contents.

GENERAL PRINCIPLES OF FIRST AID

The General principles of first aid may be summarized as follows: -

- Provide the fresh air
- The casualty must be removed at once from any source of danger or the source of danger from the casualty.
- Severe bleeding must be attended to at the earliest possible movement.
- Give artificial respiration (if required)
- The cause of difficulty or stoppage of breathing must be found out immediately and treatment given.
- Shock is always present to some extent in every casualty. Treat it.
- First aid should be confined to essentials only.

- Clothing of the casualty must not be removed unless absolutely necessary.
- Conserving heat in a patient's body is one of the important factors in his recovery.
- Do not attempt too much because you are only a First Aider not a doctor.
- Speak politely and reassure the casualty.
- Do not allow the people to crowd around
- Supporting the injured part in the most comfortable position must relieve pain
- Death is not to be assumed because signs of life are absent.
- Arrange for the transport of casualty to skilled medical care, to a doctor or hospital.

First Aid simply means treatment on the spot before the patient is sent to a doctor. To be able to give adequate treatment, one needs fair knowledge of it. The First Aider should keep calm, use his common-sense and act wisely. He will not always get tools or kits for rendering First Aid. He must know how to improvise. The casualty must be reassured and cheered up

TRAINING AS A BASIC FACTOR FOR DISASTER RISK REDUCTION

Muhammad Arif Butt

The threat to human lives has increased due to industrial development and urbanization. Every year a considerable number of people lose their lives as a result of day to day road accidents and industrial incidents. Similarly natural disasters like floods, earthquakes, land slidings, storms etc are quite common in most of the countries like Pakistan and these are also considered quite hazardous for human lives. Due to use of latest war weapons during war, the ratio of casualties and deaths has also increased manifold. After 9/11 incident, there is unrest in this sub-continent including Pakistan because of increased terrorist activities. The safety of people has become a serious question for every country and disaster risk reduction is one of major priorities for each country.

In order to handle such disaster situations, there is a dire need for disaster preparedness and management by ensuring provision of latest operational vehicles and equipment for deployment, effective relief operation, coordination and assignment of specific tasks to all concerned agencies before, during and after a disaster. However, in this context, training of the field operational services personnel and general public in civil protection is considered the basic factors for disaster risk reduction. In order to make an effective training and education programme for disaster preparedness and management, the programme strategies should reply to the following fundamental question:

- What need to be learned? (Object matters)
- Who needs to learn it? (Trainess)

The subject matter of training and education in disaster preparedness should include the study of natural hazards as physical phenomena, vulnerability, or the impact of various disasters on people, property, and physical environment, the ways of mitigating these impacts, and disaster preparedness plans.

Natural hazards faced by most countries include floods, tornadoes and windstorms, hurricanes and storm surges, earthquakes, landslides, tsunamis and volcanic eruptions.

The vulnerability of people, property, and physical environment arises from the interaction between the disaster agent (natural hazard) and a vulnerable group. As such, the assessment of the vulnerability of the population, property, physical environment and of the socio-economic structure becomes one of the main determinants of the impact that a natural hazard will have on a society. The following basic approaches exist for the mitigation of disaster:

- Land use planning:

  Lands use can be regulated to restrict the use and occupancy of potentially hazardous areas by population.

- Controlling the hazardous process:

  Since human beings are agents in aggravating the natural hazards, the regulation of how they treat the land can reduce the impacts of certain disasters, such as flooding, erosion, and subsidence.

- Reducing the impact of the hazardous process:

  This can be achieved by reducing the vulnerability of structures and facilities through hazard-specific design and construction guides.

- Early warning:

  Monitoring of natural processes may permit, in certain cases, the development of a warning system to allow evacuation from hazardous areas when disaster appears imminent.

- Development of Disaster-Specific Preparedness Plan:

  Disaster-specific preparedness plans need to be developed to ensure that the necessary action will be carried out effectively. They should be based on proper scenarios and assumptions, have specific goals, be based on a realistic organizational framework, have an intra-organizational focus and include means for revising and for periodic rehearsals.

Organize training programmes for the trainees as follows:

Staff courses

To prepare Civil Defence Officials and Disaster Coordinators

Basic courses

To train the specialized disaster relief teams required for intervention in the event of disaster.

Public Education

Education of the pubic, to familiarize it with the basic knowledge of the disaster plan. The education programme should have the following objectives:

- Instil in the population, a proper attitude towards natural disasters. This leads to the appreciation of what the Government is doing to emphasize the safety of the population.
- Launch a campaign to cultivate high morale and psychological qualities among the population.
- Civil Defence should place strong emphasis on the need to train the population. Such training ensures that the population will know what to do and how to act in case of disaster (during and after the event).

This type of Civil Defence training should be regarded as a social and patriotic duty because it is a direct contribution towards increasing capabilities to face disaster situation and minimizing the loss from such catasphoes.

EXPLOSIVE DETECTION TECHNOLOGY
PAST, PRESENT AND FUTURE

Agha Asghar Ali

The rising trend in international terrorism has placed security personnel under increasing pressure to minimize the risk of an attack. Of the many counter measurers that can be employed, the use of explosive detection equipment has become an important ally in the fight against the terrorists. Nevertheless, even a cursory look through the pages of the security press reveals an almost bewildering array of devices which only serves to complicate any purchasing decision.

Faced with a wide choice of detection technologies and an even wider choice of devices, the decision of which equipment to use can only be made in the context of application and performance. This is a useful way of looking at the problem as the application will, to a certain extent, dictate the type of equipment and technology that can be used. Unfortunately, detector performance is difficult to assess for two reasons. Firstly independent performance data (e.g. what explosive can be detected, how much and how quickly) is not widely available and secondly the physical and chemical properties of explosive molecules means that such performance data would be difficult to collate with any degree of reliability.

The situation is made worse by the fact that, since explosive detectors act as deterrents, few devices will ever detect any explosive substance in the field. This means that the typical detector user will never be able to verify the manufacturer's claims. The starting point for our discussion is therefore a brief review of the various technologies available – their strengths and weaknesses. Explosive detectors are broadly divided into Bulk Detectors and Vapour/Particle Detectors. Within these two categories there are a number of different technologies.

EQUIPMENT TYPES

Most travelers are familiar with simple Bulk Detectors; “walk-through” (or “portal”). Metal detectors and luggage X-ray machines are now the norm at international airports. Despite this, metal detectors clearly have limitations on their detection capabilities and explosive can be disguised to dupe many X-ray machines. Needless to say, X-ray machines, in particular, have undergone seeping technological changes in the past decade which make them increasingly difficult to fool.

Two major advances have been the use of dual energy and backscatter X-ray techniques along with colour image enhancement to reveal far more than the black and white silhouettes generated by earlier absorption based devices. Some of these newer devices can even have hot “clear/alarm” decision process automated, although evidence suggests that this may lead to an unworkable number of “false positive” alarms. From the many widely used and respected manufacturers in this area, American Science and Engineering’s (AS&E) backscatter based detectors and Vivid Technologies’ aspects of X-ray devices, many suffur from the monotony factor (as a result of an operator screening hundreds of items of luggage on a convey belt) and the subjective factor (as a result of human decisions being made-which will alter from operator to operator)

A completely different form of bulk detector uses gamma (Y) backscatter and is best exemplified by the TNA / EDS detector developed by Science Applications International Corporation (SAIC) in the wake of the 1985. Air India disaster – This device examines luggage on a conveyor belt by irradiating with low energy “thermal” neutrons. The interaction of these neutrons with carbon, nitrogen and oxygen atoms results in “clear / alarm” decision. Again, there is some question over the number of “false positive” alarms, this type of device generates, which may be in excess of 5%

In contrast to bulk detection, Particle and Vapour Detectors (PVDs) work by identifying trace amounts of explosive molecules in the air space around an explosive device. The earliest and most widely used vapour detector is the dog, whose powerful

olfactory system should never by under-estimated. The dog's biggest dis-advantage is that it gets bored with the task very quickly, limiting its time in operation

The first non-canine PVDs used Electron Capture Detection (ECD) to identify the nitro-groups associated with all explosive molecules. Unfortunately, many other commonly available substances contain nitro-groups which lead to a high false alarm rate. When Gas Chromatography (GC) was added to ECD devices in the late 1970s, a powerful, sensitive and selective technique was born. GC being used to separate out the explosive molecules from potential interferents. GC-ECD devices are now widely available in a number of format, the Canadian Scintrex EVD – 1 uses pre-concentrating cartridges which assist in the search of large buildings. In contrast some devices detect at the sampling point (point sample detectors) and others have been incorporated into portals. Jasmine Simtec's involvement in this area started in the 1970s with BED which was co-developed with the British Arm. It's successors, COT and EXDETEX 2 are light-weight portals detectors mounted in a rucksack. The new EXDETEX 3 maintains the reliability of its predecessors, yet is neatly mounted in a leather pilot's case. Aside from GC-ECD, another widely used Vapour technique is Ion Mobility Spectroscopy (IMS) which uses a radioactive source to ions, which are then allowed to travel down a drift tube to a detector plate at the other end. The result is a characteristic chemical fingerprint which can be analyzed by the device's software

There are many IMS based devices available in the UK. Both Graseby Security and Analytical Instruments (Ai) market a number of portable IMS based devices, notably, the Graseby PCS GVD6 and the Ai Model 97 and Viper. From North American, the Barringer Ion Scan is a well established and widely used IMS based detector that promise some interesting future developments including the use of laser desorption sampling and continuous personnel skin sampler

Some recently developed vapour detectors have addressed the problem of detecting un-contaminated plastic explosive (e.g. semtex) which cannot be detected by conventional vapour techniques as they have no Vapour. To overcome this, samples of

dust are taken, usually on a swab or pad, which is then heated up to release molecules in the vapour phase. A notable alternative PVD approach is the Thermedics EGIS, which works on a combination of GC and chemo-lumininescence and has approached the problem of detecting plastic explosives by using a combined vapour / particle sampling unit

Another approach worthy of mention is the juggernaut mounted British Aerospace Base Condor, which uses mass spectrometry to detect a range of contraband substances and has a well documented record of success (particularly for finding drugs)

Although perhaps not a technique for mass screening, the development of forensic laboratory techniques for use in the field is exemplified in the detection kits from HBR and EREZ. Building on their experience of field test kits for drug detection, EREZ now promote their EXPRAY – a triple reagent test kit which is claimed to detect explosive traces taken off surfaces or skin. The kit consists of special laminated test papers which are first rubbed over the desired surface and then sprayed from three aerosol cans. A colour reaction at any stage is claimed to be proof of the presence of explosive

Having looked briefly at the type of devices available, the application of these technologies can be considered

FIRE SAFETY

Skindar Hussain

Fire can cause major disasters and loss of lives in buildings such as offices, hotels, shopping centres, hospitals, schools and homes. Such disasters can be avoided if proper fire safety practices are observed.

The best prevention is to eliminate fire hazards. Therefore, as a responsible citizen, you need to know what fire hazards are and what you should do to remove them from your home or work places.

TIPS FOR HOMES

Don't Leave Cooking Unattended: -

- Don't leave any cooking unattended. Turn off all cooking appliances and unplug them when not in use.
- Dress appropriately when cooking. Avoid loose clothes & sleaves when working near heat sources.

Don't Over Load Plug Points: -

- Don't overload electrical outlets
- Check the condition of wiring (Electrical appliances and decoration), Light etc

Put Out Burning Embers: -

- Don't throw smoldering charcoal and embers into rubbish chutes without extinguishing them first.
- Keep the stove top clean and clear at all times.
- Never store combustibles near heat sources.

- Don't leave unused items outside homes. These should be disposed off, otherwise, they may pose a hazard.

Keep Fire Hazards away from children: -

- Always keep match-boxes, lighters and candles out of young children's reach and do not allow them to play with these items. Instead, educate them about the danger and hazards of fire.
- Children playing with fire work must be supervised by parents or adults.

Fire Protection for homes: -

- Having Smoke Detectors and Fire Extinguishers at home could save lives & properties.
- The portable battery operated detector emits a very loud, piercing alarm when smoke is detected and is useful because it gives early warning of any fire.

TIPS FOR PUBLIC PREMISES

Fire hazards are anything that can increase the likelihood of a Fire. Your co-operation is needed to ensure public safety.

Avoid exceeding the permissible occupant load: -

As owners, operators and managers of supermarkets, shopping centres and public entertainment premises, you should avoid exceeding the permissible occupant load in your building.

Don't Remove any Fire Fighting Equipment: -

Avoid removing any vital fire fighting equipment like hose reels and fire extinguishers from where they are installed

Service Fire Safety Equipment Regularly: -

Service the Fire extinguishers and test the voice communication, Fire alarm and other safety systems on regular basis.

Don't Obstruct exit routes at all the times: -

- Avoid stacking goods along common corridors, escape passage ways or stair-cases.
- Don't lock up the exit doors when the premises are occupied or being used.

EVACUATION AND DISPERSAL IN CASE OF DISASTER

Maqbool Ahmed

It is admitted that most satisfactory answer to Natural Disaster or NBC Threat is a planned mass evacuation. Survival can be accomplished by removal of population from probable disaster areas. Evacuation means the planned shifting of the people from a vulnerable to safer places for a certain period. Dispersal is "to scatter the important installations, stores and personnel in such a manner that the damage resulting from enemy action or natural disasters is minimized".

EVACUATION PLAN AND OPERATIONS

Pre-planning is essential for mitigation of losses. It is the responsibility of DCO of that area/factory administration to prepare a comprehensive plan to cope with the problems, which are expected during and after the evacuation.

Ø KEY ELEMENTS OF AN EVACUATION PLAN

- Legal authority
- Disaster threat/risk
- Warning arrangements
- Routes
- Safe areas
- Administrative arrangements
- Out line plan for return

Ø EVACUATION ORDER

- Why evacuation is needed?
- When to go?
- How to go?
- Where to go?
- For how long?
- What are the administrative arrangements?
- What to do for further information?

Ø ORDER OF PRIORITY

- Hospitalized cases – sick and injured
- Pre-school age children accompanied by mothers or guardians
- Expectant mothers
- School-age children up to 15 years
- All others except those serving in essential services

Ø FUNCTIONS AND OPERATIONS

- Designate the assembly points, alternate assembly points and official in-charge of them for movement from target areas to convenient reception areas
- Registration and Records
- Adequate transportation, Railway, Road, Sea and Air
- Loading, dispatching and routing instructions
- Traffic control (police) and prevention crime on route

- Adequate shelter, supplies, medical facilities and welfare in reception areas
- Arrangements for the return and rehabilitation after emergency has passed
- Keeping in view the above plans, DCO's in Pakistan are having schemes to cope with the expected disasters

Ø DISPERSAL PLAN

The dispersal of personal is covered by the evacuation plan. Dispersal of assets and material should be taken in hand before an emergency, however after an attack dispersal may still be necessary.

The most obvious protective measures for planned survival is dispersal of vital industries, installations and large centres of population.

As we know the cities have not grown by chance. It is their proximity to raw material, sources of power and their convenient approaches, transport facilities and political importance that have caused them to grow.

As we know it is not easy to disperse established industries. Nevertheless, it is essential that all satellite-towns, new cities and industries should be scattered according to the dispersal plan.

Ø IMPORTANT FACTORS TO BE CONSIDERED FOR DISPERSAL

- Relocation of technical offices
- Alternatives for essential and valuable machines
- Spare components and key equipment
- Stockpiles of strategic materials at alternative sites

RESCUE PROBLEMS IN DISASTER

Muhammad Akram

"Rescue refers to operations that usually involve the saving of life or prevention of injury. Rescue operation simply makes free from imminent danger by prompt or vigorous action". The first rule of any search-and rescue operation is "Don't create a bigger accident than what already exists'. Only a small number of rescue operations are conducted without any problem. Trained and experienced rescuers practicing good decision-making with a dose of flexibility keep most rescues on track and save maximum lives during any types of disaster.

Rescue problems during any disaster can be grouped as following: -

- Poor organization & mis-managed search
- Mishandling the witness
- Inadequate hasty search

Poor Organization and Mis-managed Search

The points listed below arise from a lack of organization and virtually guarantee chaos to some extent during the rescue:

- Lack of incident command structures
- Lack of common terminology and communication practices
- Lack of a mechanism to effectively assign resources
- No means of coordinating functions and tasks
- No rescue plan
- Lack of coherent leader

- Lack of proper equipment
- Failure to request available rescuers and recourses

Organizational problems generally arise from two sources: no plan or an unpracticed plan. Even Civil Defence Volunteer Rescue Parties must have a written plan, so that all members understand their potential role in any rescue operation. Besides spelling out the personnel's responsibilities, the rescue plan should cover equipment management and identify additional resources such as other rescue groups, vehicles lighting systems, food, etc. Controlling the chaos arising from rescues is one of the duties of the rescue leader.

The lack of proper equipment, both rescue and personal, has slowed down many a rescue operations. A rescue plan will aid in having the rescue equipment where it's needed and when it's needed, but there is no substitute for an experienced watchful eye for making sure that individuals are properly equipped. For rescue operation near developed areas, being well equipped is not nearly as critical as it is for rescuers going to the far-flung hilly areas.

MISHANDLING THE WITNESS

It is within this rescue problem that the greatest numbers of mistakes have been made. Blame cannot be fixed to a witness, but rather to the rescuers for how they handle, interact, interview and interpret the words of the eyewitness. Common problems regarding witness are the following:

In-accurate information regarding the:

- Last seen area
- Number of victims
- Location of the accident site
- Failure to return to the same vantage point
- Failure to hold and question emotionally unstable witness
- Failure to keep track of the witness at the accident site

However a witness would never purposely give erroneous information. Experience and the record shows that inaccurate information is not exceptional. Poor interviewing skills on the part of the rescuer is a problem as well as the uncertain witness who did not carefully watch the accident happen

Because of inaccurate information we no longer use the phrase “last seen point” but now use “If there is any question as to the number of victims, search the entire debris area”.

INADEQUATE HASTY SEARCH

A hasty search performed by rescue party or survivors of a disaster is being made while the clock is ticking on trapped victims. Therefore some problems may truly have deadly consequences. The common rescue problems during the hasty search phase are:

- Not searching the entire area
- Missing visual clues

In some accidents, members of the rescue party left the site without doing a thorough search and missed visual clues that might have saved a life. Even with a coherent witness, locating an accident site in stormy weather can be difficult, and nightfall might make it impossible. It was mentioned above in the section on handling witnesses, and it deserves additional comment here: incomplete questioning has misled a number of rescue leaders in determining the exact location of an accident. Some rescue parties have wasted time in trying to get to an accident because of vague or poor directions. More careful questioning might reveal the easiest and safest access for the rescue team.

Rescue problems do arise during any disaster but we can learn from the hardships faced by past rescuers to prevent future slipups. Organized rescue groups must have a written rescue plan and have the correct equipment already located in strategic locations. Persons who may assume leadership role must know the plan. Every season the plan must be practiced and updated. Conduct Civil Defence demonstrations and practice sessions periodically to keep rescue staff sharp. An organized, prepared and well equipped rescue team may make a difference and can save someone’s life, may be your own!

Written By:
Muhammad Arif Butt

REPORT ON OPENING CEREMONY OF CIVIL DEFENCE CITIZEN'S COORDINATION OFFICE, ISLAMABAD

The Civil Defence Organization functioning at grass-root level is comprised of skeleton whole time paid officials and volunteers. Volunteers are considered back-bone of Civil Defence Organization as Civil Defence Volunteer Service is an integral part of the organization. Civil Defence Volunteers play a vital role in saving human lives and rendering Search, Rescue, First Aid and general welfare during various disasters. Therefore, there is a need to mobilize the masses to join the Civil Defence Organization as volunteer and serve the humanity. Maintaining of coordination with people is also an essential requirement to achieve this goal. A Civil Defence Citizen's Coordination Office has, therefore, been established in Islamabad for the purpose.

The opening ceremony of the said office was held on 02nd April 2009 in Usman Plaza, I-10 Markaz, Islamabad. Malik Muhammad Ashraf Awan, Chief Warden and Malik Nadeem Iqbal Awan, Deputy Chief Warden were Organizers of the function. Brig (Retd) Javed Iqbal Cheema presided over the ceremony while Ch. Asad Ullah Faiz, Deputy Commissioner, ICT attended the event as Chief Guest. Apart from others Muhammad Hanif Khattak, Director Civil Defence, Malik Paiker Maqsood, Chief Warden, Rawalpindi, and Syed Ibrar Hussain Shah, Assistant Director, Civil Defence Department ICT participated in the ceremony.

Malik Muhammad Ashraf Awan, Chief Warden welcomed the Director General Civil Defence, Pakistan and Deputy Commissioner ICT and in his address he highlighted the aims and objectives of establishing the said office. He presented a detailed report on the performance of Civil Defence Volunteer Service of ICT. He informed that he and his team rendered day and night service during earthquake

incident of 8th October 2005 and fire incidents of Marriot Hotel, Islamabad occurred in the recent past.

In his presidential address Brig (Retd) Javed Iqbal Cheema said that Civil Defence Department is quite essential for the country. He hoped that the people would join Civil Defence Volunteers Service and play their role for safety of people from various disasters. He added that a comprehensive strategy has been formulated for conducting short term Civil Defence Courses for training of maximum people during minimum time. He informed the participants that efforts are being made to provide latest civil defence equipment to Civil Defence Officials and Volunteers so that they could be able to face all kinds of disasters and perform efficiently. He appreciated the performance of Chief Warden Islamabad and his team. While addressing Ch. Asad Ullah Faiz, Deputy Commissioner/Controller Civil Defence appreciated the step of establishing Civil Defence Citizens Coordination Office by Chief Warden Islamabad. He urged that effective functioning of Civil Defence Department is not possible without involvement of general public. He stressed that there is a need to enroll maximum number of Civil Defence Volunteers for strengthening the Civil Defence department. He told that it is priority of the administration of ICT to provide peaceful atmosphere to the citizens of Islamabad and ensure their safety, which cannot be possible without assistance of Civil Defence Department.

He desired that Civil Defence Organization of Islamabad would prove itself an exemplary organization. At the end of the opening ceremony Civil Defence Shields were awarded to various Civil Defence volunteers for their outstanding performance.

A PIONEER OF CIVIL DEFENCE

(Shahzada Ashraf Durrani)

Shahzada Ashraf Durrani was born in 1916 at Ludhiana, East Punjab, India. His ancestors belonged to the Royal family of Afghanistan who were brought to India by the British in the nineteenth century due to political disturbances there. He was great-grandson of Ahmed Shah Abdali, King of Afganistan. He received his early education in Ludhiana and later at Chiefs College, (Aitchison College), Lahore.

After his graduation, he joined the Royal Indian Air Force as a Flying Officer in the year 1940. This was a period when the World War II was being fought. Later, he joined ARP (Air Raid Precaution), a department, under the Government of United Punjab, India, as an Instructor.

After the partition of India / Pakistan in 1947, he migrated to Lahore and later joined ARP department of Pakistan.

In 1950, he became Commandant of the Civil Defence Training School, Dacca / Karachi, based at Karachi. As the year passed by, he held other senior positions in this Department. Later, he became Director of Civil Defence, under the Ministry of Interior, Government of Pakistan and moved to Islamabad in 1962, when the Federal Capital shifted from Karachi to Islamabad.

He retired in 1974 as Head of the Department of Civil Defence, Government of Pakistan, Islamabad after putting in 34 years of active service. Many people term him as a pioneer and father of Civil Defence in Pakistan.

During his service, he attended several Civil Defence courses in the United Kingdom, Europe and delivered many important lectures in Pakistan and abroad, related to Civil Defence, such as:

- Concept and need of Civil Defence
- Organization of Civil Defence in Pakistan
- Civil Defence (Shehri Defah) and National Defence (Qaumi Dafah)
- Analysis of Threat
- Development of a will to win in the nation

During lectures on Civil Defence, he usually emphasized on a saying that:

"If you want to live in peace, be prepared for war."

He also contributed a lot in the publication of books/booklets, publicity and demonstration materials regarding various aspects of Civil Defence and its activities, published from time to time. One such informative book is "Proposed Defence against Atomic, Biological & Chemical Warfare in Pakistan" most commonly known as ABC Warfare.

He laid emphasis on the experiences and lessons learnt from 1965 and 1971 Indo-Pak wars and its application to Civil Defence activities, responsibilities and its preparedness during war and peace time.

After his retirement from service in 1974, he moved to Lahore and spent most of his time in looking after his agricultural lands in Lahore and Sahiwal.

He had a flair for writing poetry and wrote many poems in Persian, Urdu and English, discussing mostly philosophy, etc. He was very fond of Literature, History and Nature. Among his favourite poets, Iqbal and Ghalib topped the list and had a remarkable ability of remembering several couplets, and would recite them beautifully when relaxing with his friends and family.

As a family man, he was a loving son, a doting father, an affectionate brother and a very good friend.

He lead a full and a healthy life and after a brief illness, died at the age of 92 years on October 15, 2008 at Lahore.

Written By:
Jahandur Durrani

CIVIL DEFENCE MOCK EXERCISE

Tahir Abbas

The mission of Civil Defence Department is to promote safety culture in Pakistan, while the main function of this department is to conduct training activities at various levels such as holding of Civil Defence large scale Demonstrations, Seminars and Fire Exercises. The aim of these activities is to create awareness among the masses with regard to various aspects of Civil Defence. The mock exercise is one of these activities being carried out at local level / District level.

In Civil Defence Mock exercise, dummy/ controlled incident /disaster is produced by giving Bomb Blast (Cracker blast). Normal life is shown disturbed. Small and huge fire of A & B Class is produced. Some trapped casualties and ground casualties are shown. Public utility services i.e. Sui Gas, Telephone Service, Wapda & Road etc. are shown damaged. After production of dummy disaster all emergency services, i.e. Fire Brigade, Rescue 1122 Service, Ambulance Service, Sui Gas Repair Gang, Telephone Repair Gang, Electric Repair Gang (Wapda), Road Repair Gang and bomb disposal squad of Civil Defence and special branch police (EDS) are called at the incident. Their efficiency/response time, appropriate equipment and activities regarding disaster management are checked. Deficiencies are pointed out so that those may be eliminated for better preparedness to mitigate disasters in future.

Such activities are also conducted to assess the operational capability of Civil Defence services / essential services and allied agencies, responsible to take part in any disasters and to provide awareness to the general public regarding problems and hazards that may be expected during natural and man made disasters.

A similar Civil Defence mock exercise was held at Al- Azhar Textile Mills Bahawalpur on 05th December 2008 under the supervision of District Officer, Civil Defence Bahawalpur. The code name of this exercise was "BADDAR"

- Producer/ Incident Officer

District Officer Civil Defence Bahawalpur assisted by Civil Defence Instructional Staff and Admin Officer Al-Azhar Textile Mills was the producer of this exercise. All arrangements for the production of the events were made by Civil Defence Instructional Staff. The Civil Defence Instructional Staff was responsible for the operational control of each incident.

- Umpire of exercise

District Officer Revenue, Bahawalpur was nominated as umpire of the exercise by the District Coordination Officer/ Controller Civil Defence, Bahawalpur.

- Detail of incident/Events

The incident was created by giving cracker blast (Bomb Blast) at 1100 hours. Normal life was shown disturbed, ground casualties and trapped persons were shown. The small and huge fire of A&B class were produced, Utility services i.e. Telephone, Sui Gas, Electricity and Road were shown damaged and there was also a buried UXB.

- Participating Units

Following units/ services participated in the exercise:

- Civil Defence Organization, Bahawalpur
- Civil Defence Bomb Disposal Squad
- Police Department / Special Branch Police (EDS)
- Fire Brigade TMA City, Bahawalpur
- Rescue 1122 Service

- Ø Ambulance Service, Bahawal Victoria Hospital, Bahawalpur
- Ø Sui Gas Repair Gang
- Ø PTC, NTC Repair Gang
- Ø Al-Azhar Textile Mills, Bahawalpur.

- Participation of Media

Electronic and print media was involved in the said exercise so that maximum coverage for the mass education could be made.

- Task assigned to participating departments and their report on performance

All the participating units/services were called through telephone by the Umpire of the exercise from incident place. Department/Service-vise efficiency /observation report is as under.

Civil Defence Organization, Bahawalpur

Civil Defence Volunteers /workers of Al-Azhar Textiles Mills were given a task of rendering first aid to ground causalities caused by blast and shifting them from incident place to the loading point (First Aid Post). They were also directed to control the small scale A & B class fires. These workers and Volunteers completed their assigned task in an efficient manners and up to the require standard. It was a beautiful reflection of Civil Defence Training given to those workers/ volunteers by District Office Civil Defence instructional staff.

Civil Defence Bomb Disposal Squad

Civil Defence Bomb Disposal Squad was given a task to detect/ locate and to defuse the buried UXB. Civil Defence Bomb Disposal Squad located and detected buried UXB and defused it in a highly technical manner. Whole crowd appreciated their work. The response time of the Squad was very good.

Fire Brigade TMA City, Bahawalpur

This service was given a task to control a huge solid fire and to rescue the senseless person who was trapped on roof of the building. The fire men of fire brigade controlled "A" class fire by using water in a batter way and they rescued a trapped person by using fireman lift method. Their response time was satisfactory and they completed their work in an efficient manner.

Rescue 1122 Service

This service was called to control "A" & "B" Class fire and to rescue senseless casualty by using two point suspension method and to transport ground casualties also. They tried to extinguish 'B' class fire by using water instead of foam compound which was not appropriate media for 'B' class Fire.

Their rescue work was not up to the standard. Their response time and first aid work was very good. Deficiencies were pointed out for eradication.

Ambulance service Bahawal Victoria Hospital, Bahawalpur

The First Aid Team of Bahawal Victoria Hospital, Bahawalpur was given the task of rendering first aid to the ground casualties and the shifting of these casualties to the hospital. Response time of this service was very good. They completed their assigned task in an efficient way.

PTCL/NTC Department

The Telephone department was given the task to repair the damaged telephone lines. The repair gang of this department accomplished their work properly. The response time was satisfactory.

Sui Northern Gas Pipe Line Ltd.

This department was given the task to repair damaged Sui Gas pipe line and to extinguish Sui Gas fire caused by the blast. The repair gang of this department

completed their work in a well organized and technical manner. Their response time was satisfactory.

Police Department

Police Department helped to regulate the traffic and maintain law and order situation during the exercise.

Al- Azhar Textile Mills

The General Manager and Admin Officer al-Azhar Textile Mills extended full cooperation to hold this exercise in all respect. The objectives of handling the said Mock Exercise were achieved as it provided an opportunity to operational services of Civil Defence Department and others concerned organization to ascertain their operational capability and to rectify the deficiency. As the exercise was witnessed by a large number of people, it provided know-how to the people in civil protection

QUOTES

Kaniz Fatima

- There are only two tragedies in life: one is not getting what one wants, and the other is getting it. Oscar Wilde

- The difference between fiction and reality? Fiction has to make sense.
  Tom Clancy

- After I'm dead I'd rather have people ask why I have no monument than why I have one Cato the Elder

- The only thing necessary for the triumph of evil is for good men to do nothing.
  Edmund Burke

- The man who goes alone can start today; but he who travels with another must wait till that other is ready. Henry David Thoreau

- Sometimes it is not enough to do our best; we must do what is required.
  Sir Winston Churchill

- The secret of success is to know something nobody else knows.
  Aristitle Onassis

- First they ignore you, then they laugh at you, then they fight you, then you win.
  Mahatma Ghandi

- If everything seems under control, you're just not going fast enough.
  Mario Andretti

- Argue for your limitations, and sure enough they're yours.
  Richard Bach

- Victory goes to the player who makes the next-to- last mistake.
  Chessmaster Savielly Grigorievitch Tartakower
- In the End, we will remember not the words of our enemies, but silence of our friends. Martin Luther King Jr.
- You can avoid reality, but you cannot avoid the consequences of avoiding reality
  Ayn Rand
- People demand freedom of speech to make up for freedom of thought which they avoid Soren Aabye Kierkegaard
- Be great in act, as you have been in thought
  William Shakespeare
- A fanatic is one who can't change his mind and won't change the subject
  Sir Winston Churchill
- All great things are simple, and many can be expressed in single words: freedom, justice, honour, duty, mercy, hope
  Sir Winston Churchill

Written By:
Farah Mumtaz

MEMOS FROM YOUR CHILD

- Don't be afraid to be firm with me. I prefer it. It makes me feel more secure.
- Don't let me form bad habits. I have to rely on you to detect them in the early stages.
- Don't make me feel my mistakes are sins. It upsets my sense of values.
- Don't' be inconsistent. That completely confuses me and makes me lose faith in you.
- Don't tell me, my fears are silly. They are terribly real, and you can do much to reassure me if you try to understand.
- Don't protect me from consequences. I sometimes need to learn the painful way.
- Don't ever suggest that you are perfect or infallible. It gives me too great a shock.
- Don't take too much notice of my small ailments. Sometimes they get me the attention I need.
- Don't nag. If you do, I shall have to protect myself by appearing deaf.
- Don't forget that I cannot explain myself as well as I should like. This is why I am not always very accurate.
- Don't make rash promises. Remember that I feel badly let down when promises are broken.
- Don't tax my honesty too much. I am easily frightened into telling lies.
- Don't ever think it is beneath your dignity to apologize to me. An honest apology makes me feel surprisingly warm towards you.

NATIONAL AWARD FOR CIVIL DEFENCE
VOLUNTEER

Yasir Mahmood Kiani

National Award Tamgha-e-Imtiaz has been conferred on Mr. Yasir Kiani, Rescuer, Civil Defence Office, Rawalpindi. Honourable President of Pakistan Mr. Asif Ali Zardari granted and announced the said award on 14th August on the eve of Independence Day of Pakistan. Lt. General (Retd) Kahlid Maqbool, Governor of Punjab awarded and decorated the Tamgha-e-Imtiaz to the said official on 23rd March 2009. Mr. Yasir Mahmood Kiani is an honest, hard working and dedicated official. He rendered exemplary services and saved considerable number of human lives in life saving operations during various emergencies. He also brought out dead bodies of people from deep wells.

Mr. Yasir Mahmood Kiani, Rescuer, Civil Defence Office, Rawalpindi has been awarded Tamgha-e-Imtiaz in recognition of his said valuable services in the field of Civil Protection. The grant of said National Award to the said officials is a source of encouragement for other Civil Defence Officials and Volunteers of the country.

ANNUAL PERFORMANCE REPORT

Muhammad Iqbal

Directorate General Civil Defence, Ministry of Interior, Islamabad issued policy directions and guidelines regarding Civil Defence matters to the Provincial Civil Defence Organizations and all concerned during the year 2007 being its regular activity. Similarly, necessary directions were rendered to the Federal Civil Defence Training Institutions for their smooth functioning and successful conducting the training activities. Accordingly, Federal Civil Defence Training Institutions conducted courses in various disciplines of Civil Defence under a well chalked out annual training programme for training of officers/officials of the Federal/Provincial Government/ Semi-Government Departments, Autonomous Bodies and large scale Commercial/Industrial Undertakings. In order to provide Civil Defence Training facilities to the women folk, eight Federal Women Mobile Civil Protection Training Teams also imparted special short term training courses for the working women and school/ college girl students and provided the training facility at their door-steps. The training activities of Women Mobile Training Teams were quite encouraging as the said training teams trained 2532 women in various fields of Civil Protection during the year 2009.

STATISTICS OF TRAINING COURSES CONDUCTED AND PEOPLE TRAINED

Civil Defence Academy of Pakistan is functioning as Regional Training Centre of International Civil Defence Organization (ICDO), Geneva and conducting advance Civil Defence Training Courses for officers of the third world countries and especially of this region every year. During the year 2009, one International training course titled “Protection of Masses from Natural Disaster was held and officers from Nigeria, Jordan and senior officers from Pakistan attended the course.

Detail of courses conducted by Federal Civil Defence Training Institutions and persons trained during the year 2009 is as follows: -

NATIONAL INSTITUTE OF FIRE TECHNOLOGY, ISLAMABAD

S #	Name of Courses	No of Courses	No of Persons Trained
1	Fire Prevention Officer's Course	3	75
2	Station Fire Officer's Course	3	124
3	Fire Prevention & Safety Officer's Course for Educational Institutions	2	27
4	Fire Prevention & Safety Officer's course for Industries	3	48
5	Fire Prevention & Safety Officer's Course for Oil Installations	3	82
6	Fire Prevention & Safety Officer's Course (General)	4	91
7	Fire Prevention at Home Course (for ladies)	2	22
8	Civil Defence General Protection Course (for ladies)	2	46
9	Bomb Reconnaissance Course	5	180
Grand Total		27	668

CIVIL DEFENCE ACADEMY, LAHORE

S #	Name of Courses	No. of Courses	No. of Persons Trained
1	Civil Defence Planning Organization & Operational Control Course	3	40
2	Civil Defence Management Course for Industrial & Commercial Undertakings	1	10
3	Civil Defence Nuclear, Biological & Chemical Warfare Course	3	51
4	Civil Defence Camouflage Course	3	51
5	Civil Defence Welfare Officer's Course	2	21
6	Civil Defence Disaster's Services Management Course	3	42
7	Civil Defence Industrial Disaster & Protection Course	2	27
8	Civil Defence General Protection Course (for ladies)	2	35
9	Protection of Masses from Natural Disaster (ICDO)	1	14
Grand Total		20	291

BOMB DISPOSAL UNIT, LAHORE

S #	Name of Courses	No of Courses	No of Persons Trained
1	Bomb Disposal Course	2	173
2	Bomb Reconnaissance Course	6	246
3	Improvised Explosive Devices Technique Course	3	184
4	Bomb Disposal Safety Course for Important Installations	2	83
5	General Protection Against Explosive Devices Course	3	170
6	Searching & Operational Equipment Training Course	2	98
7	Anti-Terrorism & Sabotage Training Course	5	171
8	Mine Ammunition & IED Detection & Defusing Course	5	208
9	Security Guards Course	1	16
10	Security Supervisor Course	1	14
11	Bomb Disposal Operational Technique Course	2	146
12	Reconnaissance and Threat Mitigation Training Course	1	22
13	Crisis Response Management Course (For Officers)	1	31
Grand Total		34	1562

FEDERAL CIVIL DEFENCE TRAINING SCHOOL, LAHORE/KARACHI
PESHAWAR/QUETTA , MUZAFFARABAD AND FAISALABAD

S #	Name of Courses	No of Courses	No of Persons Trained
1	Civil Defence General Instructor's Course	12	194
2	Civil Defence Specialist Instructor's Rescue Service Course	17	299
3	Civil Defence Specialist Instructor's Warden Service Course	6	149
4	Civil Defence Specialist Instructor's Casualty Service Course	15	254
5	Civil Defence Basic Nuclear, Biological and Chemical Warfare Course	14	258
6	Fireman Course	19	645
7	Leading Fireman Course	16	352
8	Fire Prevention Course	16	291
9	Fire Prevention Course at Home for ladies	4	55
10	Bomb Reconnaissance Course (only at Peshawar & Quetta)	15	290
11	Short Term Civil Defence Training Course for PMP	01	30
12	Short Term Basic Civil Defence Training Course	1	221
13	Special Civil Defence Course for Master Trainers	1	15
Grant Total		137	3053

Muhammad Arif Ali Mian

ANNUAL TRAINING SCHEDULE FOR THE YEAR 2010

The primary responsibility of the Federal Civil Defence Organization as per its charter of duties, is to impart specialized and higher training to the officers/officials of various Government /Semi Government Departments, Autonomous Bodies and Industrial / Commercial Undertakings in various disciplines of Civil Defence such as Fire Prevention / Fighting, Rescue, Casualty Handling, Bomb Reconnaissance / Disposal and Disaster Management etc. Therefore, various short term and long term courses in the said fields are conducted in the Training Institutions as regular features under a well organized Annual Training Programme. These training activities are carried-out with the aim to enable the people to face any peace-time disaster or war eventuality with confidence and to minimize the loss of valuable human lives and national assets from any such disaster.

The training programme of the courses to be conducted in Civil Defence Training Institutions is given below: -

NATIONAL INSTITUTE OF FIRE TECHNOLOGY, ISLAMABAD

S No	Course Title	Duration
1	Fire Prevention Officer's Course	(4 Weeks) 04-01-10 to 30-01-10 12-04-10 to 08-05-10 02-08-10 to 28-08-10
2	Station Fire Officer's Course	(12 Weeks) 04-01-10 to 27-03-10 10-05-10 to 31-07-10 13-09-10 to 04-12-10

3	Fire Prevention & Safety Officer's Course for Educational Institutions	(2 Weeks) 01-02-10 to 13-02-10 10-05-10 to 22-05-10 02-08-10 to 13-08-10 13-09-10 to 25-09-10 13-12-10 to 24-12-10 Ladies
4	Fire Prevention & Safety Officer's Course for Industries	(2 Weeks) 15-02-10 to 27-02-10 24-05-10 to 05-06-10 19-07-10 to 31-07-10 27-09-10 to 09-10-10
5	Fire Prevention & Safety Officer's Course for Oil Installations	(2 Weeks) 12-04-10 to 24-04-10 07-06-10 to 19-06-10 11-10-10 to 23-10-10
6	Fire Prevention and Safety Officer's Course (General)	(2 Weeks) 26-04-10 to 08-05-10 21-06-10 to 03-07-10 25-10-10 to 06-11-10
7	Fire Prevention at Home Course For Ladies	(2 Weeks) 29-03-10 to 10-04-10 13-12-10 to 24-12-10
8	Civil Defence General Protection Course For Ladies	(2 Weeks) 29-03-10 to 10-04-10 13-12-10 to 24-12-10
9	Bomb Reconnaissance Course	(3 Weeks) 08-03-10 to 27-03-10 05-07-10 to 24-07-10 16-08-10 to 04-09-10 08-11-10 to 27-11-10

CIVIL DEFENCE ACADEMY, LAHORE

S No	Course Title	Duration
1	Civil Defence Planning Organization & Operational Control Course	(4 Weeks) 04-01-10 to 30-01-10 26-04-10 to 22-05-10 19-07-10 to 13-08-10
2	Civil Defence Management Course for Industrial & Commercial Undertakings	(2 Weeks) 04-01-10 to 16-01-10 26-04-10 to 08-05-10 05-07-10 to 17-07-10
3	Civil Defence Nuclear, Biological & Chemical Warfare Course	(3 Weeks) 22-02-10 to 13-03-10 14-06-10 to 03-07-10 27-09-10 to 16-10-10
4	Civil Defence Camouflage Course	(3 Weeks) 18-01-10 to 06-02-10 10-05-10 to 29-05-10 02-08-10 to 21-08-10
5	Civil Defence Welfare Officer's Course	(2 Weeks) 15-03-10 to 27-03-10 Ladies 05-07-10 to 17-07-10 11-10-10 to 23-10-10 13-12-10 to 24-12-10 Ladies
6	Civil Defence Disaster's Services Management Course	(4 Weeks) 08-02-10 to 06-03-10 31-05-10 to 26-06-10 13-09-10 to 09-10-10 22-11-10 to 18-12-10
7	Civil Defence Industrial Disaster & Protection Course	(2 Weeks) 08-02-10 to 22-02-10 31-05-10 to 12-06-10 19-07-10 to 31-07-10 29-11-10 to 11-12-10
8	Civil Defence General Protection Course For Ladies	(2 Weeks) 15-03-10 to 27-03-10 13-12-10 to 24-12-10
9	Protection of Masses from Natural Disaster (ICDO)	(2 Weeks) 05-04-10 to 17-04-10
10	Senior Staff Management Course on Civil Defence (ICDO)	(2 Weeks) 01-11-10 to 13-11-10

BOMB DISPOSAL UNIT, LAHORE

S No	Course Title	Duration
1	Reconnaissance and Threat Mitigation Training Course	(2 Weeks) 18-10-10 to 30-10-10
2	Crisis Response Management Course (For Officers)	(2 Weeks) 08-03-10 to 20-03-10
3	Bomb Disposal Course	(6 Weeks) 04-01-10 to 13-02-10 19-07-10 to 28-08-10
4	Bomb Reconnaissance Course	(3 Weeks) 22-02-10 to 10-03-10 Ladies 07-06-10 to 03-07-10 18-10-10 to 13-11-10
5	Improvised Explosive Devices Technique Course	(4 Weeks) 22-02-10 to 20-03-10 07-06-10 to 03-07-10 18-10-10 to 13-11-10
6	Bomb Disposal Safety Course for Important Installations	(3 Weeks) 04-01-10 to 23-01-10 07-06-10 to 26-06-10 27-09-10 to 16-10-10 Ladies
7	Bomb Disposal Operational Technique Course	(3 Weeks) 19-04-10 to 08-05-10 19-07-10 to 07-08-10 27-09-10 to 16-10-10 Ladies
8	Security Guards Course	(4 Weeks) 19-04-10 to 15-05-10
9	Security Supervisor Course	(4 Weeks) 10-05-10 to 05-06-10
10	Mine Ammunition & IED Detection & Defusing Course	(3 Weeks) 25-01-10 to 13-02-10 22-11-10 to 11-12-10

11	General Protection Against Explosive Devices Course	(3 Weeks) 22-03-10 to 10-04-10 Ladies 28-06-10 to 17-07-10 22-11-10 to 11-12-10
12	Searching & Operational Equipment Training Course	(2 Weeks) 22-02-10 to 06-03-10 13-09-10 to 25-09-10 04-10-10 to 16-10-10 Ladies
13	Anti-Terrorism and Sabotage Training Course	(2 Weeks) 29-03-10 to 10-04-10 Ladies 05-07-10 to 17-07-10

FEDERAL CIVIL DEFENCE TRAINING SCHOOL, LAHORE/KARACHI/PESHAWAR/ QUETTA AND MUZAFFARABAD

S No	Course Title	Duration
1	Civil Defence General Instructor's Course	(4 Weeks) 04-01-10 to 30-01-10 26-04-10 to 22-05-10 28-06-10 to 24-07-10 Ladies
2	Civil Defence Specialist Instructor's Rescue Service Course	(5 Weeks) 15-03-10 to 17-04-10 24-05-10 to 26-06-10 26-07-10 to 28-08-10 04-10-10 to 06-11-10
3	Civil Defence Specialist Instructor's Warden Service Course	(3 Weeks) 22-02-10 to 13-03-10 27-09-10 to 16-10-10

4	Civil Defence Specialist Instructor's Casualty Service Course	(3 Weeks) 01-02-10 to 20-02-10 05-04-10 to 24-04-10 24-05-10 to 12-06-10 05-07-10 to 24-07-10 Ladies
5	Civil Defence Basic Nuclear, Biological and Chemical Warfare Course	(1 Week) 08-02-10 to 13-02-10 19-07-10 to 24-07-10 Ladies 20-09-10 to 25-09-10 22-11-10 to 27-11-10 20-12-10 to 24-12-10 Ladies
6	Fireman Course	(4 Weeks) 04-01-10 to 30-01-10 15-02-10 to 13-03-10 26-04-10 to 22-05-10 13-09-10 to 09-10-10
7	Leading Fireman Course	(3 Weeks) 15-03-10 to 03-04-10 26-07-10 to 13-08-10 18-10-10 to 06-11-10
8	Fire Prevention Course	(2 Weeks) 01-02-10 to 13-02-10 31-05-10 to 12-06-10 13-09-10 to 25-09-10 22-11-10 to 04-12-10
9	Fire Prevention Course at Home for ladies	(2 Weeks) 13-12-10 to 24-12-10
10	Bomb Reconnaissance Course (only at Peshawar, Quetta and Faisalabad)	(3 Weeks) 04-01-10 to 23-01-10 22-02-10 to 13-03-10 19-04-10 to 08-05-10 26-07-10 to 13-08-10 18-10-10 to 06-11-10 22-11-10 to 11-12-10

HEADS OF THE FEDERAL CIVIL DEFENCE TRAINING INSTITUTIONS MAY BE CONTACTED ON FOLLOWING TELEPHONE NUMBERS/ADDRESSES FOR SEEKING NOMINATIONS ON THE COURSES

The Director, National Institute of Fire Technology, Building No.3-U, Sitara Market, G-7 Markaz, Islamabad Tele: +92-51-9252002, 9252430	The Commandant, Federal Civil Defence Training School, Sector B-II, Township, Lahore Tele: +92-42-99262130
The Commandant, Civil Defence Academy, 22-Aikman Road, GOR-I, Lahore Tele: +92-42-99200379-80	The Commandant, Federal Civil Defence Training School, Abul-Hasan Isphahani Road, Near Safari Park, Gulshan-e-Iqbal, Block-7, Karachi Tele: +92-21-99243765
The Unit Commander, Bomb Disposal Unit, Sector B-II Township, Lahore Tele: +92-42-99262126	The Commandant, Federal Civil Defence Training School, Plot No.20-21, Sector B-I, Phase-V, Hayatabad, Peshawar Tele: +92-91-9217110-11
The Commandant, Federal Civil Defence Training School, Near FIA Office, Samungli Road, Quetta Tele: +92-81-9201853	The Commandant, Federal Civil Defence Training School, House on Khasra No.201,Gulshan Colony, Eidgah Road, Muzaffarabad Tele: +92-05822-920605
The Commandant, Federal Civil Defence Training School, House No.1,Rehman Society, Khajoor Wala Bagh, Millat Road, Faisalabad Tele:+92-41-8817101-02	

Zafar Javed

NEWS

Retirement of officers/Officials

During the year 2009 following officer/official of Directorate General Civil Defence, Islamabad retired from government service after rendering exemplar services for the department: --

- Mr. Zafar Ali, Director National Institute of Fire Technology, Islamabad retired on 05-03-2009 after rendering more than 40 years service.
- Mr. Latif Ullah Khan Niazi, Draftsman, Directorate General Civil Defence, Islamabad retired on 14-08-2009 after rendering more than 34 years service.

International Meeting/Conferences

The following officers of the department participated in the following International meetings/conferences.

a) Brig (Retd) Javed Iqbal Cheema, Director General Civil Defence represented Pakistan in the 42nd Session of the Executive Council of ICDO held on 13th and 14th May 2009 at Geneva, Switzerland.

b) Mr. Muhammad Hanif, Acting Director Civil Defence represented ICDO in the ASEM Workshop on Cooperation of Capacity Building of Disaster Relief held from 27-30 May 2009 at Chengdu, China.

Training Abroad

The following officers of the department undergone advance Training Courses from abroad, detail of which is as follows: -

a) Mr. Amir Khan, Commandant, Civil Defence Academy, Lahore undergone the training course on Urban Disaster Emergency Management from 22-25 September 2009 at Shanghai, China.

b) Mr. Muhammad Iqbal, Acting Assistant Director (Trg), Directorate General Civil Defence, Islamabad undergone Technical Course I and II of the Swiss Rescue troops w.e.f. 31st August to 11th September 2009 at Geneva, Switzerland.

Umrah Performance

Mrs. Zahida Perveen, Instructor, National Institute of Fire Technology, Islamabad performed Umrah during the year 2009.

Deployment on Seasonal Hajj Duty

Mr. Muhammad Taj, Fire Crew, NIFTECH, Islamabad proceeding to Saudi Arabia on Seasonal Hajj Duty during the year 2009.

Promotions

The Following Officers/Officials promoted during the year 2009: -

- Mr.Muhammad Ibrahim, Khattak, Acting Commandant, Federal Civil Defence Training School, Muzaffarabad promoted as Commandant of the said School on 14-11-2009.
- Mr. Fazal Noor, Instructor, Federal Civil Defence Training School, Lahore promoted as Senior Instructor, National Institute of Fire Technology, Islamabad on 14-11-2009.
- Mr. Muhammad Iqbal, Instructor, National Institute of Fire Technology, Islamabad promoted as Assistant Director (Trg), Directorate General Civil Defence on 14-11-2009.
- Mr. Muhammad Sajjad, Jr.Instructor, Directorate General Civil Defence, Islamabad promoted as Instructor, Federal Civil Defence Academy, Lahore on 12-11-2009.
- Mrs. Rukhsana Tabbassum, Jr. Instructor, Federal Civil Defence Training School, Karachi promoted as Instructor, Federal Civil Defence Training School, Lahore on 12-11-2009.

AWARD OF RANK OF 'KNIGHT' BY ICDO

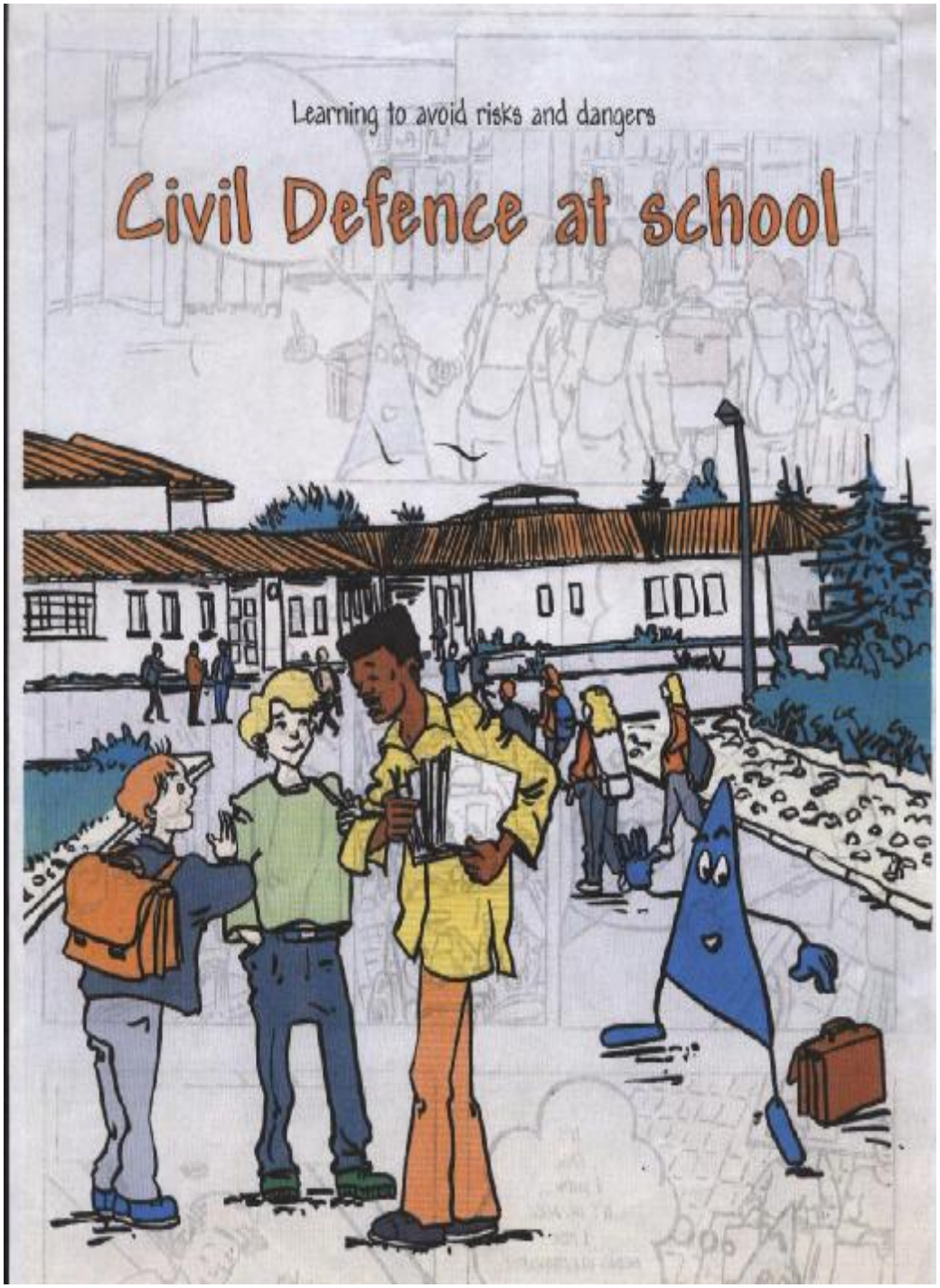
The Medal Committee of the International Order of Civil Defence formed by the International Civil Defence Organization (ICDO) headquartered at Geneva, Switzerland awarded the Rank of "Knight" to Brig. (Retd) Javed Iqbal Cheema, Director General Civil Defence, Islamabad

The rank of "Knight" has been conferred on the said officer in recognition of his professional contribution in the field of Civil Protection and outstanding performance.

This International Order of Civil Defence is the decoration of distinction awarded by the ICDO. This embodies the award and the recognition given for exceptional services rendered to the International Civil Defence Organization in the promotion of Civil Defence internationally as well as for courageous acts and commitment in the field of assistance and help given to civilian population.

The award of rank of "Knight" by the Medal Committee of International Order of Civil Defence Organization is not only an honour for Pakistan but a source of encouragement for civil defence officials and volunteers of the country. Therefore, Secretary Interior, Government of Pakistan congratulated the said officer and issued an appreciation letter to them on this achievement.

PUBLIC EDUCATION
IN
CIVIL PROTECTION
(SKETCHES)
(Provided by ICDO)


Learning to avoid risks and dangers
Civil Defence at school


SAFETY IS VERY IMPORTANT AND DOES NOT CONCERN ADULTS ONLY. THE FIRST REFLEXES MUST BE LEARNT AT SCHOOL THROUGH THE COURSES ON CIVIL DEFENCE.
TO-DAY, THE TEACHER IS GIVING US A WRITTEN TEST ON ELEMENTARY SAFETY MATTERS.
"JUST AS WELL I REVISED THOROUGHLY LAST EVENING"
THE QUESTIONS RELATE TO THE BEHAVIOUR TO ADOPT WHEN FACED WITH A RISK SITUATION.
QUESTION 1
WHY SHOULD ONE NOT TOUCH ELECTRIC WIRES WITH WET HANDS?
IT'S EASY, I KNOW.... IT'S BECAUSE I RISK BEING ELECTROCUTED.
QUESTION 2
WHAT SHOULD ONE DO IN CASE OF A GAS LEAK?


ANSWER: NOT SMOKE,
NOT SWICH ON ELECTRIC APPLIANCES,
NOT RING DOOR BELLS,
AIR THE ROOM IMMEDIATELY.
IT IS THANKS TO CIVIL DEFENCE WHOSE EMBLEM IN ALL COUNTRIES OF THE WORLD IS A BLUE EQUILATERAL TRIANGLE ON AN ORANGE BACKGROUND THAT ONE LEARNS TO AVOID THESE ACCIDENTS.
QUESTION 3
WHAT DOES
THIS SIGN MEAN?
ANSWER:
FIRES FORBIDDEN
GOOD
ANSWER,
CONTINUE
QUESTION 4
WHAT SHOULD ONE DO
BEFORE STARTING THE CAR?
ANSWER:
BUCKLE ONE'S SAFETY BELT
DARN!
ONLY TWO MINUTES
LEFT AND I NEED
MANY MORE ANSWERS


SAFETY CONCERNS THE YOUNG AND THE OLD. ONE SHOULD LEARN AT SCHOOL THE BASIC RULES CONCERNING RISKS. CHILDREN IN ALL THE SCHOOLS IN THE WORLD SHOULD BE TAUGHT TO BE ON THE LOOKOUT FOR DANGERS AND RISKS, AND FOR THIS, CIVIL PROTECTION SHOULD BE PRESENT IN SCHOOL.
QUESTION 5
WHAT IS THE MEANING OF THE SYMBOLS ON THESE TWO BOTTLES?
ANSWER: DANGEROUS PRODUCTS: DO NOT TOUCH, DO NOT SWALLOW
QUESTION 6
WHAT SHOULD ONE ALWAYS HAVE READY AT HAND?
RADIO
FIRST AID KIT
FOOD RESERVE
FLASHLIGHT
EMERGENCY TELEPHONE NUMBERS
WHEW! I HAVE FINISHED. IT WAS EASY.
THEY HAVE ALL SUCCESSFULLY ANSWERED THE WRITTEN TEST, THANKS TO CIVIL DEFENCE.
MUM, MUM, ... I HAVE ANSWERED NEARLY ALL THE QUESTIONS.
OK, BUT TO AVOID ALL DANGERS YOU MUST ABSOLUTELY HAVE 20/20. SEE YOU SOON.

PICTORIAL
REVIEW
OF
CIVIL DEFENCE ACTIVITIES

Mr. Yasir Mahmood Kiani, Rescuer Civil Defence Office, Rawalpindi is standing with the Governor Punjab after receiving Tamgha-e-Imtiaz

Brig (Retd) Javed Iqbal Cheema, Director General Civil Defence is awarding qualifying certificate to a participant of IEDs Handling Course held in Bomb Disposal Unit, Lahore

Participants of Civil Defence Specialist Instructors Course (Casualty Service) held from 16-3-2009 to 18-4-2009 at C.D. Training School, Lahore are practicing rescuing of an unconscious casualty from a building by using chair knot method of Rescue

Traffic Police Warden is rehearsing the extinguishing of wooden fire during Fireman course held from 27-4-2009 to 23-5-2009 in Civil Defence Training School, Lahore

Brig (Retd) Javed Iqbal Cheema, Director General Civil Defence is discussing matters of Civil Defence Department of ICT with Ch. Asad Ullah Faiz, Deputy Commissioner/Controller Civil Defence, Islamabad

Brig (Retd) Javed Iqbal Cheema, Director General Civil Defence is presenting Civil Defence Shield to Syed Ibrar Hussain, Assistant Director Civil Defence, Islamabad for his best performance

Civil Defence Officials are displaying providing of First Aid to a person injured due to bomb blast during Civil Defence Mock Exercise held at Bhawalnagar

An unconscious casualty is being rescued by rescue method “Chair Knot” during a Civil Defence Mock Exercise held at Bahawalpur

A Fireman is rescuing an unconscious person by using rescue method fireman lift during Civil Defence Mock Exercise held at Bahawalnagar

Commandant Civil Defence Training School, Lahore and Town Nazim, Lahore are leading Civil Defence Walk held on 1st March 2009 on the eve of World Civil Defence Day

Air Marshal (Retd) Sarfaraz Arshad Toor Ex-DG Civil Defence is seeing Brig (Retd) Javed Iqbal Cheema, DG Civil Defence in Bomb Disposal Unit, Lahore at the occasion of Closing Ceremony of a course held in Bomb Disposal Unit, Lahore

Participants of Mine Ammunition and IED Detection and Defusing Course are demonstrating IED Defuzing techniques by remote removal Pole Milloud during the said course held in Bomb Disposal Unit, Lahore

Brig (Retd) Javed Iqbal Cheema, DG Civil Defence is addressing the participants of Mine Ammunition & IED Detection & Defusing Course as Chief Guest on closing ceremony of the course.

Brig (Retd) Javed Iqbal Cheema, Director General Civil Defence is addressing the participants of opening ceremony of Civil Defence Citizens Coordination Office, Islamabad held on 02-04-2009

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mandant, ence Academy, an Road, GOR-I,	The Commandant, Federal Civil Defence Training School, Abul-Hasan Isphahani Road, Near Safari Park, Gulshan-e-Iqbal, Block-7, Karachi
Commander, sposal Unit, -II Township,	The Commandant, Federal Civil Defence Training School, Plot No.20-21, Sector B-I, Phase-V, Hayatabad, Peshawar
mandant, Civil Defence Training School, Office, Samungli Road,	The Commandant, Federal Civil Defence Training School, House on Khasra No.201,Gulshan Eidgah Road, Muzaffarabad
mandant, Civil Defence Training School, o.1,Rehman Society, Wala Bagh, Millat Road, ad -41-8817101-02	