

DETAILED SYLLABUS

S. No.	Subject	No. of Sessions
1	Introduction of basic concepts of DM: Types of disasters and causes, prevention, Vulnerability profile of country (concept, Hazards, Vulnerability, and Risk & Capacity) and mitigation process. Disaster phases and nature of resilient community.	03
2	Disaster Preparedness: Disaster preparedness measures, preparedness plan, early warning system, emergency centers & shelter, co-ordination at local level.	02
3	Earthquake & Safety: Safety procedures to be followed before, during and after earthquake.	04
4	Lifting & stabilizing load: Lever, its types, methods of lifting and stabilizing.	06
5	Basic Search & Rescue: Technique to remove surface victims.	06
6	Fire Safety: Elements of fire, Classes, Methods of Extinguishing. Types of Fire and Response.	06
7	Flood/Lightening/Thundering/Drought: Types and Response, preparation of local life saving devices. Lightning vs thundering/ thunderstorm, what to do before thundering/ thunderstorm, protection from a thundering/ thunderstorm or Lightning? Lightning safety tips inside/ outside the home. Thundering/ thunderstorm is likely to your area. What to do during & after thundering/ thunderstorm. Definition of Drought, causes, Effects, Mitigation.	08
8	Community Based First Aid: scene security, physical examination, identification of life-threatening problems and stabilization & care of the victims.	04
9	BLS& CPR: The respiratory system; Techniques for opening the airway; Rescue breathing; FBAO Management and CPR	12
10	Control Bleeding & Wound Care: Improvised methods of control bleeding.	09
11	Musculoskeletal Injuries: Improvised method of splinting	09
12	Lifting & Moving Patient: Methods for correct lifting; Correct posture, Handling neck and spinal injuries, improvised stretcher with local resources.	07
13	Snake Bites & Animal Bites: Snake bite, Scorpion bite, Bee bite, Animals (Dog/Cat etc) bites & their care & PHT	02
14	Rope Rescue techniques and Improvised techniques:	08

S. No.	Subject	No. of Sessions
	Types of ropes, types of knots, uses of knots. Improvised techniques and methods that can be used at the time of disaster	
15	Nuclear/Chemical: Definition, Introduction of chemical & nuclear and its management, vulnerability, PPE	08
16	Heat wave/ Cold wave: Introduction, Types of heat waves, effects of human being, What is cold wave, preventive measures	02
17	Practical Examination	01
18	Written Test	01
19	Course Inauguration & Validation	02
Total		100