



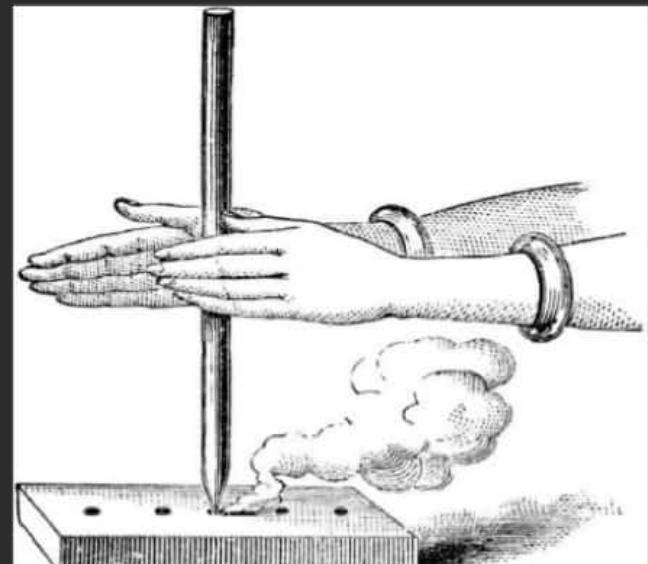
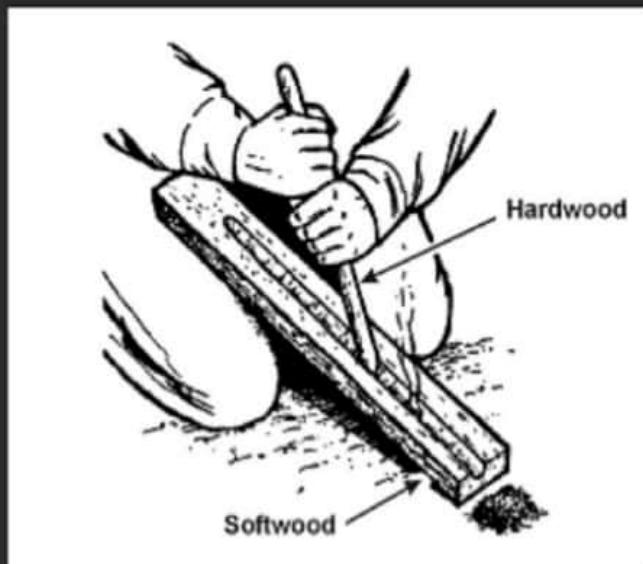
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# How to make quick Fire



The flames happen when the gas escaping from the wood starts to mix with the oxygen in the air. Oxygen is like food for fires – it makes them burn really bright. As wood burns, the mix of expanding gases and cellulose breaking down makes the pockets of trapped steam burst open from the wood, one by one.

Rub a slim stick with a hard piece of wood it will make fire slowly

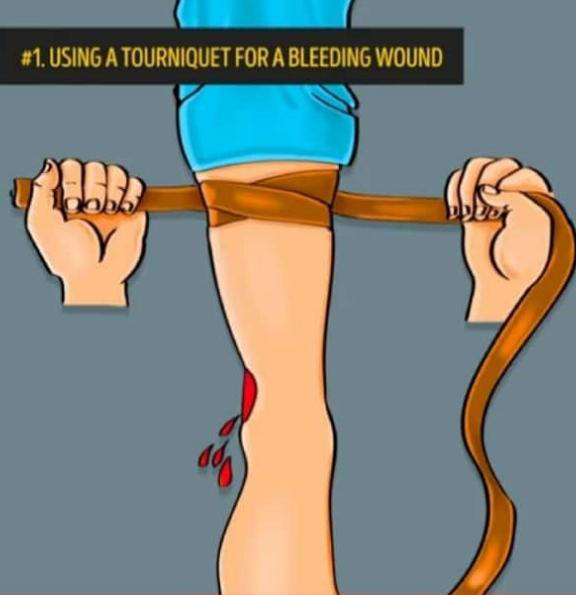
# Self defense for everyone

You are not enough 😊 strong  
but it is possible to lose  
strength with intelligence 😎  
Try to hit the weak points if  
someone grab you :

## Nº01. MEMORIZE THE VULNERABLE PLACES



EAR  
THROAT  
KNEES  
GROIN  
EYES  
NOSE  
CHEST  
ANKLES



Only use a tourniquet if, after all this, there's still uncontrolled bleeding

# First Aid

## SUMMARY:

- Tilting your head back can make the blood travel from your nose to your throat, which means you could find yourself choking on or swallowing blood.
- When someone faints, our immediate course of action is to try to sit them up, especially when shaking them doesn't seem to be helping. Instead of all that, always start by checking their breathing and pulse.
- Ice should be used for acute situations, like suddenly spraining your ankle. Heat is for chronic conditions, like back pain.
- If the tool you use isn't sterile or if you underestimate how deep the wound is, you risk getting an infection and doing further damage.
- If the water is to actually help the skin, you need to hold the burn under it for at least 20 minutes.
- The Red Cross has updated their guidelines on how to give first aid to choking victims, so instead of going straight for the Heimlich maneuver, here's what you're supposed to do instead. Stand behind the victim, lean them forward, and give their back 5 quick blows with the heel of your hand.

## #1. USING A TOURNIQUET FOR A BLEEDING WOUND



Only use a tourniquet if, after all this, there's still uncontrolled bleeding

- In a panic-induced state at seeing someone having a seizure, a lot of people immediately try to block the person's mouth for fear of the victim biting their own tongue. This is actually dangerous for the victim and for the person trying to help.
- A common mistake is to think that mouth-to-mouth resuscitation is more important than chest compressions.
- The first line of action in all serious first aid situations is to call for help, and let a professional guide you through what you need to do.
- If someone has a deep wound in their arm or leg, applying a tourniquet can stop the blood flow to the entire limb, which can actually starve the tissues of oxygen and possibly lead to amputation. Using a tourniquet should never be the first choice.



## Survive from fire

- Describe in your plan exactly how you'll evacuate your home, who will be the leader during the evacuation process, where you'll meet up after everybody has left the house, and how you'll call for help.
- If your house has more than one floor, it's a good idea to acquire fire escape ladders and put them in several strategic locations on the top floors.
- People die because instead of running for their life, they try to save all their valuables: documents, gadgets, money, and so on. Forget about all that!
- Wooden doors can provide good protection from both smoke and heat. On top of that, they can prevent a fire from spreading. An effective strategy can be escaping from one room to another and closing doors behind you.
- This may sound unexpected, but during a house fire, the fire itself isn't the main danger. What kills people much faster than flames is smoke.



- Clothes, curtains, bedsheets, and tablecloths pose a serious danger during a fire. They are very likely to start burning. If you have time, take off clothes made from synthetic materials.
- If you are trapped and all you can do is wait for help, try to stay calm. The first thing you need to do is ward off the smoke.
- Try to get to a window that faces the street or other buildings. Take something white (a sheet or a towel), and hang it from the windowsill.
- If there's no other way but to use a second-floor window as your escape route, search for a ledge. If there's a ledge under the window, climb onto it in such a way that you're facing the building.



## HOW TO GET SUPER GLUE OFF YOUR SKIN

What happens when the toughest super glue gets on your skin? These tips will get you unstuck in no time.

### Step 1: Soak in soap and water

Soak the bonded area in soap and water for a few minutes.

### Step 2: Use nail polish remover

Put acetone-based nail polish remover on a cotton ball or swab and apply it directly to the glue.

#### Tip

Never apply to lips or eyes.

### Step 3: Wash with soap and water

Wash the area with soap and water once the glue is gone.

### Step 4: Apply lotion

Apply lotion to soothe your skin. Keep the super glue away from children.



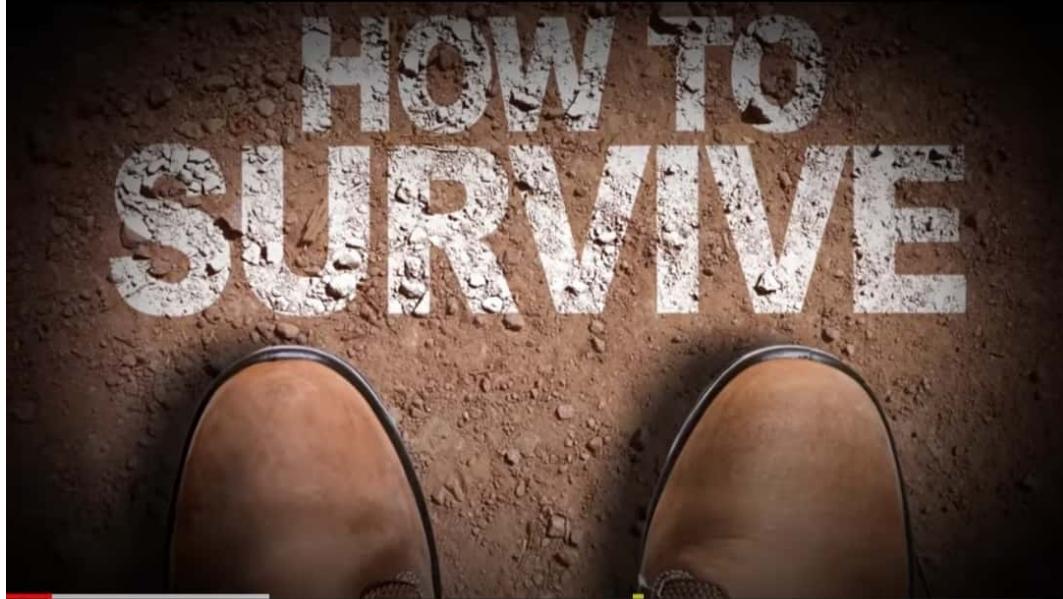
## How to survive from natural disasters

- If a hurricane starts while you are driving, leave your vehicle and find a building to shelter in, or a ditch. Stopping in an overpass will not save you. If your home is a trailer and there is enough time to flee to a safe area – do it.
- If a tornado starts when you are in a public building, follow the same rules. You want to stay as low as possible. Avoid windows and open spaces such as auditoriums, gyms, and large hallways. Desks and benches can give you some extra protection if you get under them. It is impossible to outrun a tornado.
- Tsunamis are so fast they hit the coast minutes after the earthquake. Remember that tall buildings, including hotels right in the beach area, can provide an excellent shelter. In case a tsunami finds you at sea, stay there instead of going back to the coast. It won't be a safe haven.
- Don't try to be the bravest person around and stay in your house once you hear the evacuation warning. Leave for safety in higher grounds with your important papers in a waterproof container. If a flash flood gives you no time to evacuate and the water is all around you, don't try to swim across it.
- When an avalanche starts, try to move to the side of the slope as fast as you can. There will be more snow in the center of the flow. To move faster, drop any heavy equipment you have on you. If you can't escape it, try



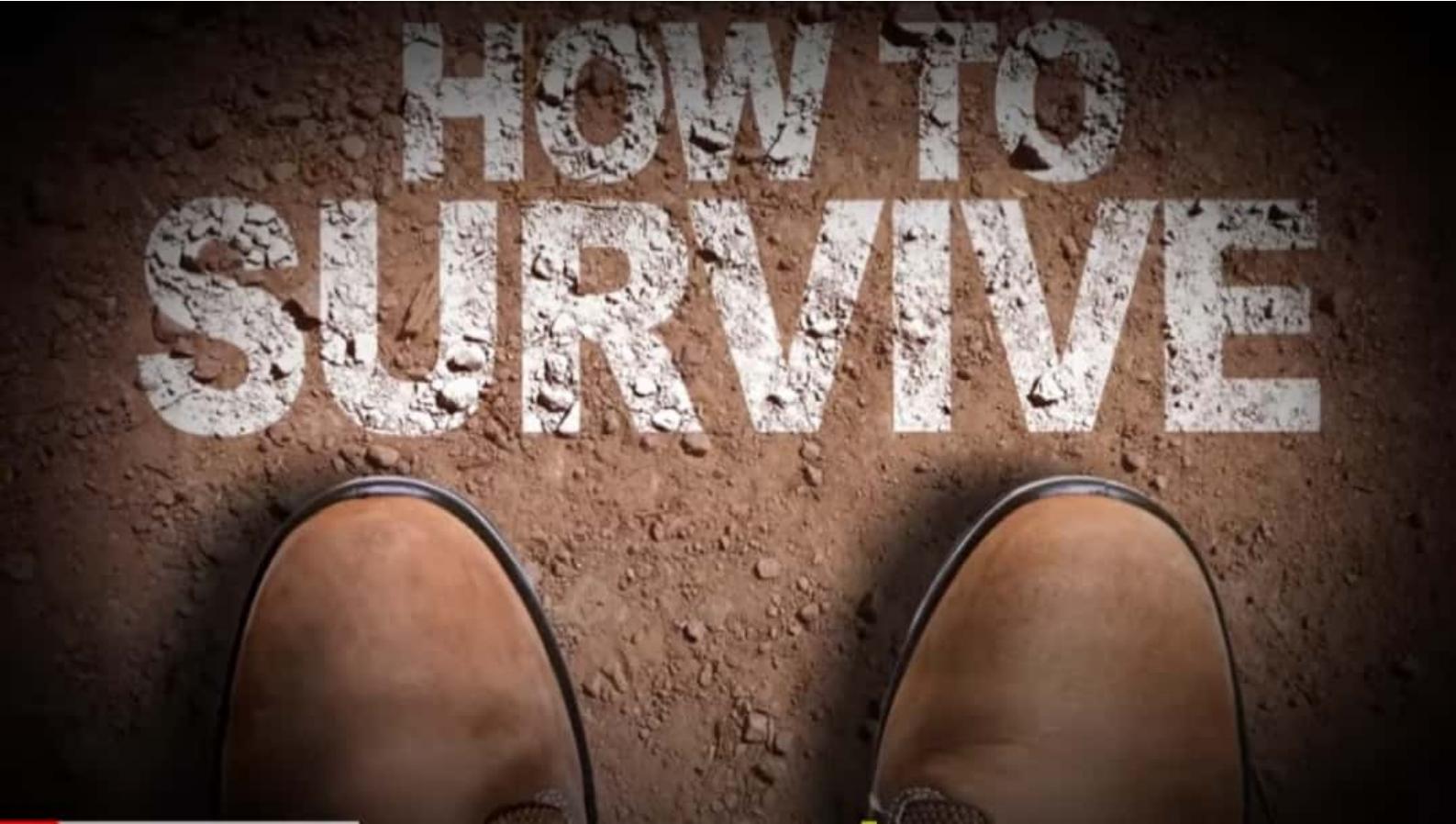
using a sturdy tree to keep you above the snow.

- If you find yourself in a wildfire area, it is critically important to ensure that you can breathe. If you fail to do it, you can pass out in the midst of a danger zone. Use a wet cloth to cover your nose and mouth and escape to safety.
- If an earthquake starts when you are inside, stay where you were. Experts say that during an earthquake you must drop to the floor, get underneath a table, cover your neck and head with one hand, and hold on with the other hand. Your entire body must be under the table. Don't try to run out of the building - the exterior of a building is one of the most dangerous places.



## Real life survival hacks

- Starting a fire can be sometimes tricky. In that case, an empty egg carton will be of help. Cartons light up very quickly, and the temperature is high enough to light up coals or wet branches even in windy weather.
- You can live for 100 hours without water, but it is much better not to risk it and take action. You can use your T-shirt as a water filter in an emergency situation. Put a container with dirty water on a raised surface and another one (empty) below and next to it.
- One wax crayon can burn for 30 minutes. You can use this crayon candle to light your way to safety or keep you warm as you wait to be rescued.
- When your body loses heat faster than it can produce it, your temperature drops to a dangerously low mark. For those cases when you don't have enough warm clothes, or blankets, or need an extra layer, leaves and grass can be a solution.
- To protect yourself from being bitten by insects, throw a branch of thyme or some mint onto a fire. While you might find the smell the produce the best thing ever, it is a deadly odor for insects.
- For those cases when insects did manage to attack you, and your whole body is itching, toothpaste is the answer. It contains anti-inflammatory components that decrease swelling and redness.
- ChapStick will help you avoid bacteria in the cut. You can also put some on your face to protect yourself from



# HOW TO SURVIVE

low temperatures and dehydration.

- Guitar picks consist of celluloid that burns extremely well even in wet weather. So if you have a pick on you, you just have to scrape some plastic off it and light it to start a fire easily and quickly.
- Making a compass turns out to be easy. Take a needle or a pin, and rub one end of it on your jeans or any other dense fabric. Put the needle on a leaf in water. The end that you rubbed will point to the north.
- A venomous snake leaves large clear holes made by the front teeth. Non-poisonous snakes usually have two rows of teeth. Venomous snakes' pupils look similar to cats'. Non-poisonous snakes have round pupils.

# WHO IS AT RISK?



## How to survive a dog attack

### SUMMARY

- Most of the time joggers, cycles, and other fast-moving people get attacked.
- Don't panic. Don't try to run. Stand still. Don't make eye contact. Make fists. Distract the dog with another object. Command the dog to «Back away!».
- Fight back. Yell for help. Protect your face and neck.
- See a doctor. Report the dog.



## Survive from Animals

- If you are lost far away from civilization, you can use your gadget to start a fire to keep warm or to send a signal to a rescue team. Many smartphones and tablets have lithium batteries.
- There is a very dangerous phenomenon in the sea or ocean called «rip current» or simply «rip». It's a strong, usually narrow current of water, moving directly away from the shore. It can be recognized by a different color — it's often muddier and cloudier and may be covered by a «river» of foam.
- Crocodiles run much faster than humans both in water and on land when moving in a straight line. But because of their short legs and elongated body, they are pretty clumsy on corners. Crocodiles don't pursue a prey they are constantly losing sight of. So, if you find yourself chased by a crocodile, run in zigzags to escape.
- If you are standing in the middle of a field and a bull is running towards you, don't panic and don't run — bulls are way faster. Instead, take something off, for example, a hat, wait until the bull comes close and at the last moment throw the hat in a different direction.
- A jellyfish sting can cause neurogenic shock, an allergic reaction, and a strong intoxication of the body. Drink plenty of water, and visit a doctor. Water will help you recover faster, and the doctor will prescribe the necessary medicine.
- The main point of these rules is to concentrate on the



most immediate problem first and prioritize better. For example, there is no need to go searching for food if you are shivering from cold. You have to solve the hypothermia problem first; otherwise, you won't have to worry about food.

- Some people think it's a good idea to eat snow to quench thirst. Yet it's better not to do this in a critical situation because snow will cool your body.
- In a matter of seconds, a frying pan left unattended on the stove can catch fire. This happens if the oil gets too hot.

What you should do is turn the heat off and cover the pan with a lid to cut the oxygen supply. The fire will consume all the oxygen quickly and die out itself.

- If you are doing repairs at home and accidentally cut your finger, you can use superglue when you're out of bandages. Superglue helps immensely with the pain from paper cuts and it's also beneficial for keeping dirt out of your cut until you find some alcohol to disinfect it properly.
- Many people believe that when you get cut it's necessary to remove the shard and clear the wound urgently. Well, it's not entirely true. If the wound is deep, you should never remove the object.



## Description

X

### SUMMARY

- Never approach moose calves or make any abrupt movements.
- Don't Press the car horn or blink the lights if you see a moose or a boar on the road. Slowly stop if the animal appears on the road.
- Never touch a hedgehog barehanded as you might catch a whole variety of infections, only take it with you if it's wounded.
- Don't try to outrun an angry boar, climb up a tree instead.
- Don't panic if you find a bat in your apartment. Put on some thick gloves and carefully take it.
- Never try to play with a fox, coyote, or a jackal no matter how cute it looks. Instead, stretch out your arms or clothes to give the impression that you have increased in size.
- Only try to save a nestling if it has visible damage.
- Don't think that a dolphin can do absolutely no harm to you. Swim away from it if you can.
- If you see a dolphin ashore, don't carry it back to the sea. Speak to rescuers or the coast guard and wait for help near the dolphin.
- In case you ever meet a shark, stay still and defend yourself. Punch it on the nose with all your might and try to leave the water.
- Don't let your pets play with wild animals. Don't feed



## Survive from quick sand

- Struggling will open pockets in the mixture of sand, water and clay that's slowly working its way up your legs.
- Contrary to popular belief, the quicksand probably isn't deep enough to pull you in over your head, so you don't have to worry about drowning in the dirt.
- The human body is surprisingly buoyant, so as long as you don't have anything heavy riding on your back, you shouldn't sink below your waist.
- Assuming you've kept your wits about you, your first instinct might be to find something you can grab on to. Doing so would be a good idea but isn't always an option.
- While that might seem like a terrifyingly terrible idea, remember what we've already established: it's much easier to float in quicksand than in water.
- Unless you have aquaphobia and your usual response to being partially submerged in water is to scream for help and flail about wildly.
- Laying on your back will spread out your surface area, distributing your weight and increasing your buoyancy. At this point, you should begin to slowly and carefully raise your legs out of the quicksand. The emphasis



should be on slowly.

- Once your legs and most of your torso are on the surface it's time to backstroke your way to safety. What you want to do is slowly and carefully paddle your way back to solid ground.

- It's important to take your time and be patient. While this might not sound like strenuous exercise, believe me when I say it's no casual weekend swim.

- The next step should be trying to get your shoes off. A good strategy is to find a stick and use it like a crowbar to pry your shoes from your feet.

- What you need to do is separate the water from the sediment as much as possible, something that can be achieved by moving the submerged part of your body in small circles.

- Sure, by now you'll be dirty, cold and probably exhausted, but that was guaranteed the moment you decided to go hiking through a swamp.

- Just be glad it was the wet kind of quicksand. Found in deserts, the Australian outback and the inside of grain silos, dry quicksand is much less common but radically more dangerous.



## Survive from bear

- The best way to prevent bear attacks is to avoid direct contact with the animals as much as possible.
- Bears aren't evil creatures, and their attacks are extremely rare. On average, there are only about three fatal attacks per year.
- Bears generally try to avoid humans when we come near. It's very common for hikers and campers to come within a few hundred feet of a bear and never know it.
- When bears turn violent, it's usually because they're surprised and frightened, or trying to protect their cubs.
- Keep toothpaste out of your tent. Many species of bear are known to be attracted to the smell. A little bit of morning breath is worth it if it means keeping your summer activities bear-free.
- If you've stumbled upon a family of black bears, you're in luck. These smaller breeds prefer to avoid conflict whenever possible and will usually retreat when threatened instead of becoming aggressive.
- Brown bears including the infamous North American Grizzly, tend to be much more aggressive when threatened.
- Brown bears will not take your aggressive tone very well, and in the wild, it can be much more difficult to tell



them apart then you might think.

- Very rarely though, the bear won't just appear aggressive, it might actually be aggressive. If it continues to follow you even as you back away, it's time to think about fighting back.
- Look the bear in the eyes and shout while making yourself look bigger. Stamp your feet on the ground and maybe even take a step or two towards it.
- Kick it, punch it, insult it's mother, hit it with a stick or a rock, focus on the eyes and nose and do whatever you have to do because, at this point, you're fighting for your life.
- Always remember to remain calm, keep your distance, and back away from any fight that isn't completely unavoidable.



## Survive from Spider

### SUMMARY:

- Spider bites of any kind aren't as common as you would think, considering the countless urban legends and stories on the internet.
- And even if a spider wanted to bite a person, few of them have teeth strong enough to puncture the skin.
- Spiders are a vital part of not only the outdoor ecosystem, but the indoor one as well.
- Inside your house right now there are anywhere from a dozen to 200 species of arthropods going about their business, and you weren't even aware of any of them until right now.
- Most of these spiders live quiet, happy, secretive lives out of our sight and mind. The most common are "cobweb" and "cellar" spiders.
- Less common are barn spiders, who write messages in their webs to help the talking pig they've befriended win a medal at the state fair.
- Spiders will chow down on just about anything they catch. And most of the bugs they catch are probably more annoying, or likely to harm you, than it is.
- If you find yourself in the rare position where a spider does manage to get a piece of you, here's what you want



to do. First, if you can, don't slap or squash, but trap it. Try to isolate it and get it into a container or baggy.

- This way you can identify the species and figure out what treatment, if any, will be needed.
- Usually, an ice pack is the only treatment you need
- however, if you do experience any symptoms like nausea, sweating, muscle spasms or increasing pain, go get medical help right away.



## Real life survival

### SUMMARY:

- If you are being pushed into a car, try to “accidentally” drop as many personal belongings as possible (but remember that it’s better to keep your cell phone with you). This could help the police find you faster.
- If you’re in an elevator with a criminal, press the buttons for every floor. This will give you a chance to run away or signal someone. It can also baffle the criminal — and make you look like a lunatic.
- Shake any drink, and pour it into a glass. If the bubbles spread to the sides, the weather will be good for the next 12 hours.
- If you suddenly get a flat tire in the middle of nowhere, make small holes in the sides of the tire, and stuff it with grass or thatch.
- Stay attentive during the first 3 minutes of takeoff and the last 3 minutes of landing. Don’t get distracted! According to statistics, 61% of all accidents in the air occur in these time periods.
- If your kitchen stove or the oil in your frying pan catches fire, do not try to extinguish them with water. Why? Water repels grease and oil, and the fire can spread when you splatter it with water. Instead, pour a



box of baking soda onto the burning area.

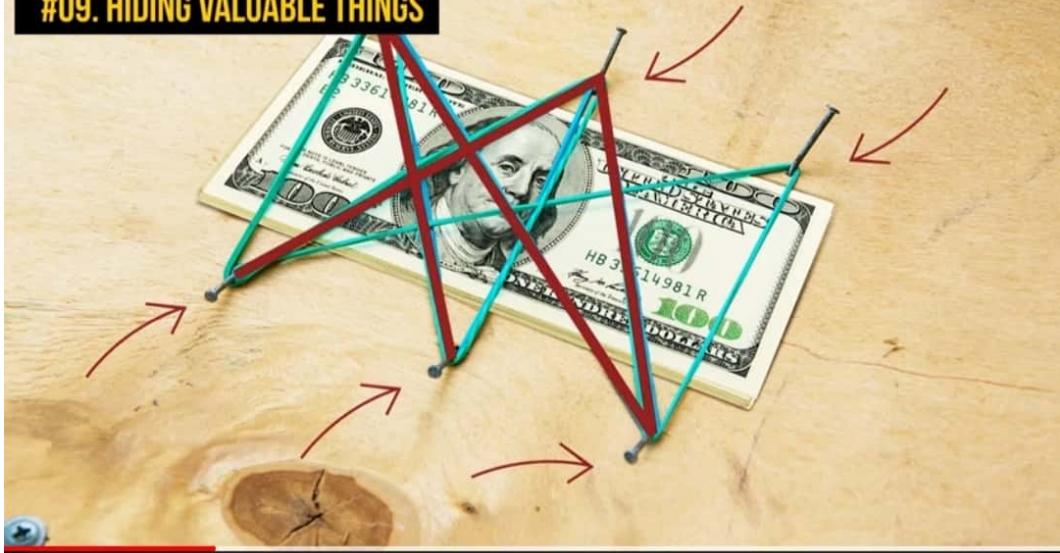
- Panic is one of the main factors that decrease your chances of survival in a dangerous situation. Therefore, it's important to stay calm and follow simple actions that will help you stabilize yourself.

- You can use your cell phone or camera as a light reflector when crossing a poorly lit road in the dark. It will help drivers see you on the road and react in time.

- To remove eye tension, take a fabric pouch containing powdered camphor crystals or a bottle of camphor oil with you. When you feel tired, bring the pouch or bottle close to your nose, and take a deep breath.

- If you are being threatened, act like a hysterical victim: cry, sniff, blow, or wipe your nose (even on your sleeve).

## #09. HIDING VALUABLE THINGS

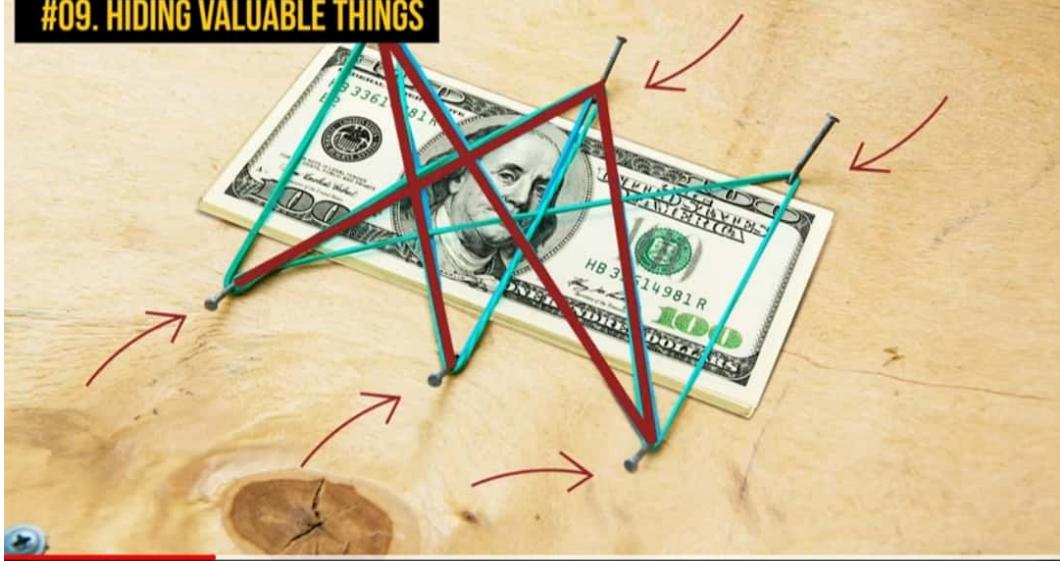


# Spy Hacks

## SUMMARY

- There is a way to help you get any handcuffs off, whether for a nice magic trick to impress an audience or if you ever find a real need. The only necessary tool is a match. Slightly flatten it (your teeth will do the job just fine). Stick it right into the hole in the handcuffs.
- If you have a stash of money or valuable documents you need to hide, here is an easy DIY idea for you. All you need is a chair, a hammer, some nails, and rubber bands. Flip the chair upside down, and hammer nails into the chair in the form of a box. Slightly bend the tips of the nails. Stretch the rubber bands as shown in the picture, and slip your money underneath.
- You've probably seen people using white plastic zip ties as handcuffs. They squeeze the hands really tightly, and one would assume that it's impossible to undo them unless somebody cuts them off. Not so fast. You can easily get rid of them. Lift your hands above your head, and then quickly pull them down and open your arms at the same time.
- If you ever feel uncomfortable drinking a certain something in the presence of people you just met who seem suspicious, there is a way out. Just imitate

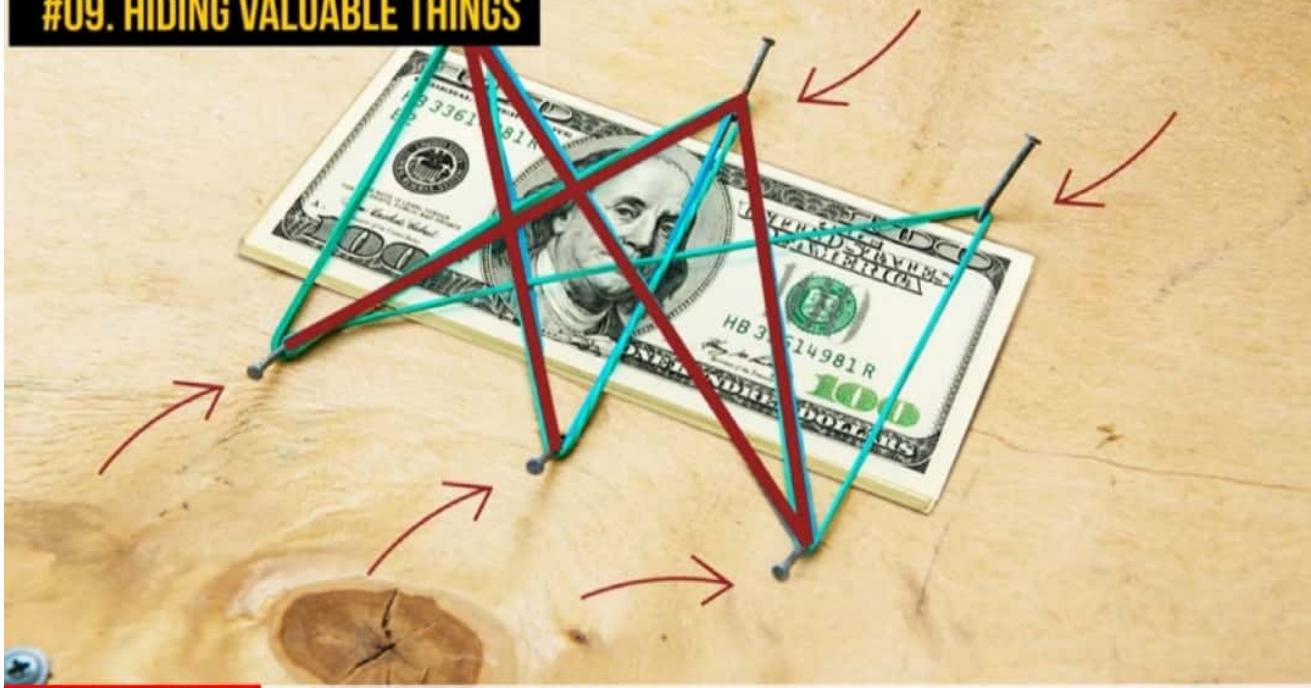
## #09. HIDING VALUABLE THINGS



drinking and don't swallow the liquid.

- You can try using a CD with a reflective surface to see what's going on behind a closed door if you feel like something bad is happening there. Get on your knees next to the door and put the CD on the ground through the door gap. Adjust the edge of the CD to get the right angle, and you will see what's going on on the ground and in further parts of the room.
- Write your message on the paper with the white crayon. It will look totally blank. When someone needs to read it, they can simply color over it with the marker. The message will magically appear!
- When spies have some sensitive information for their ally, they make "dead drops" out of the most ordinary items. They just have to be large enough to fit a piece of paper or a USB drive. You can make a regular bolt your dead drop if you are good with tools, or pick something easier like a flowerpot for this function.
- If you ever need to check whether somebody has been in your room but you have no fancy gadgets, just get a tape and some string. Simply tape a piece of string, so it hangs slightly above the door. When someone closes or opens the door, the string will get stuck

## #09. HIDING VALUABLE THINGS



between the door and the threshold.

- If you need to send a coded message, you can use a simple reflect method. Just write out the letters A to M in a single line. Underneath the A to M line, write out the letters N to Z. Then simply change each letter of your message to the opposite letter of the two lines. "Hello" will become "uryyb."

- To waterproof your matches using wax, let a candle burn for a while or melt some old wax chunks. Then, dip your matches in this melted substance deep enough to cover more than the head of the match. Once the matches cool down, scrape the extra wax off the matches' heads with your fingernail. The fingernail option might be a bit easier – you just have to paint your matches from head to toe or just the tips with it, or dip them into the bottle.

**'If a person eats 10 to 12 bulbs, he or she won't need food for another 12 hours.'**

Source: Shyamala Reddy, University  
of Agriculture Sciences

