

UNIT-IV

1 MARK

1. Give two examples of coping strategies
2. What is coping strategy?
3. What is coping strategy?
4. Give two examples of coping strategies?
5. What are survival kits used during disaster?
6. List the coping strategies

12 MARKS

1. How to cope with disaster? write its procedure
2. Explain the changing concepts of DM?
3. What is coping strategy? explain the types of it?
4. Write the steps involved in coping disaster?
5. What are the different strategies used in disaster coping?
6. Explain industrial safety plan & survival kits

UNIT-IV

1) Give ② Examples of Coping strategies.

- ~~A~~ 1) Instrumental support
2) self-distracton

2) What is Coping strategy?

~~A~~ It is the psychological process that Individuals use to manage thoughts, feelings and actions encountered during various stages of ill health and treatment.

3) Refer to ② Ans

~~A~~ Refer to ① Ans.

5) What are survival kits used during disaster?

First Aid kit

Food (at least a ③ day supply of non perisable food)

Battery-powered

NOAA weather Radio.

6) List the Coping strategies

Task oriented strategies

Emotion oriented strategies

Avoidance-oriented strategies

ESSAY

1) How to cope with Disaster? write its procedure

Coping refers to efforts to master, reduce or tolerate the demands created by stress.

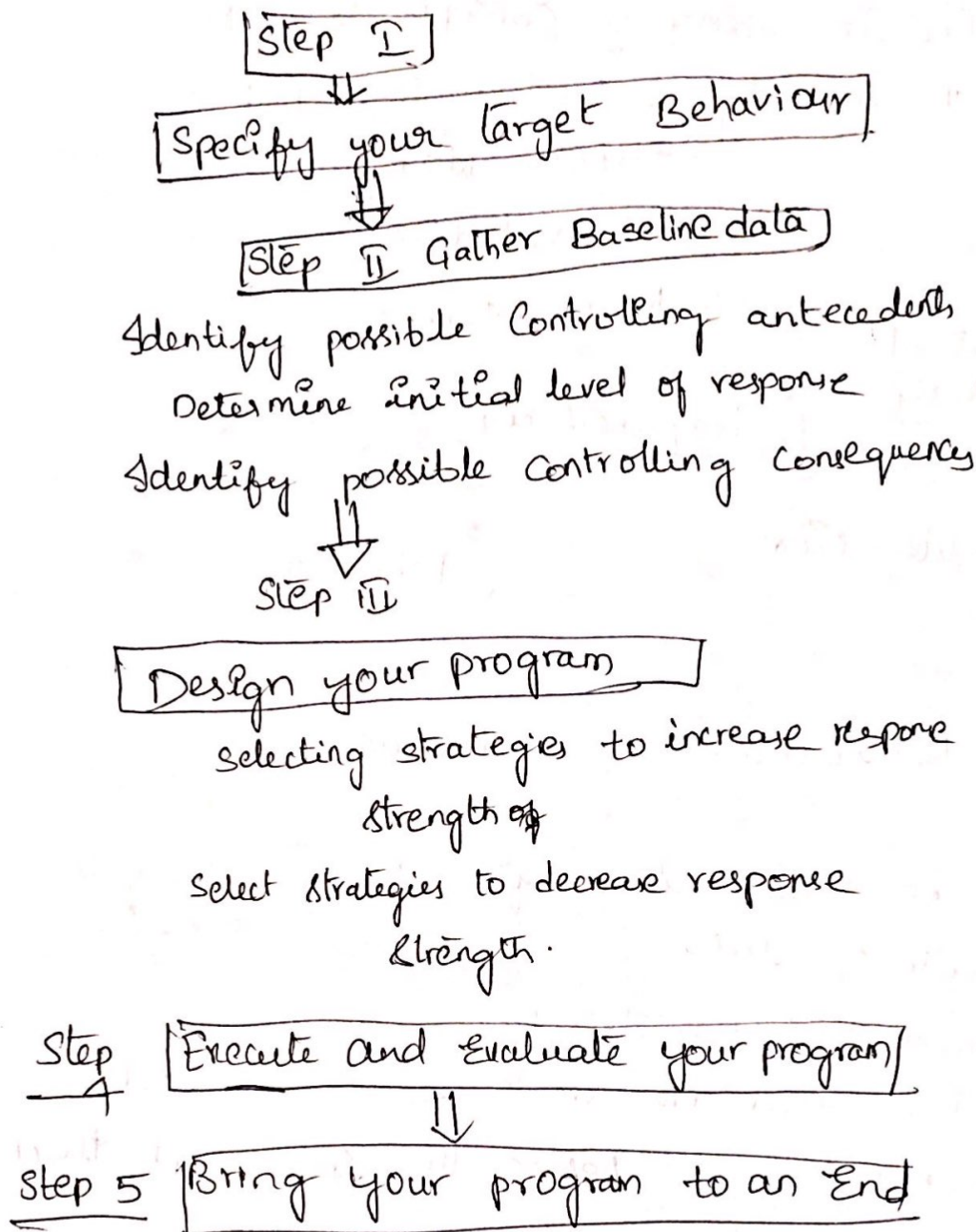
Disaster coping Means, We need to adapt the situations in a better way by using variable strategies.

Common Coping patterns of limited value

- ① Giving up.
- Cognitive interpretation of aversive events may determine whether we feel helpless or not.
- ② Striking out at others
- ③ Indulging yourself.
- ④ Blaming yourself
- ⑤ Using defensive coping

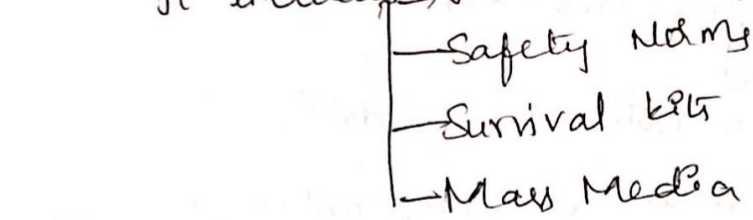
Constructive Coping is also one strategy
to where it categorize ③

Appraisal - Focused	- detecting & disputing negative self talk
Problem - Focused	- Active problem solving
Emotion - focused	- Releasing pent up Emotions



By this way we can handle the people during disaster by coping them in a systematic way of individual behaviour.

2) Explain changing concepts of DM?
It includes Industrial safety plan



Industrial Safety

Preparedness

Mitigation

Disaster

Rehabilitation

Rescue

- know the roots of fire safety — Enjoy the fruits of duty.
- Accident brings tears
- Fires that are small, soon will be tall.
- Get out quick before the smoke gets thick
- Fire hazard

Safety Norms / measures

- Sand is suitable for inflammable liquids & combustible metal fires.
- water suitable for general fires
- Hydrants at suitable locations with water jets can ideally be used for
- Power filled fire extinguishers can be used for electric fires.

- wear your appropriate personal safety dress prescribed along with other safety gadgets like gas mask, gloves, gumboots & other safety gadgets as prescribed.
- observe all safety rules & sign boards displayed
- All switches must be kept off when not in use
- Do not shut down machinery without proper notification and acknowledgement.
- Undertake repairs only after obtaining permission
- Do not remove any danger board put on machinery maintained.
- Maintenance works including electric must be done by qualified persons only.
- oiling, greasing & maintenance of machinery must be done after due shut down process.
- Refrigeration & cooling systems must be frequently checked.
- Use helmets where Overhead movement of machinery
- Do not use blowers for dusting your clothes.
- Take guidance of safety related supervisor.

Survival kits ~~these kits~~

It is package of basic tools and supplies prepared as an aid to survival in an emergency.

Survival kits, in a variety of sizes, contain supplies & tools to provide a survivor with basic shelter against the elements, help the individual to keep warm, meet basic health & first aid needs.

American Red cross recommends an Emergency Preparedness kit that is easy to carry & use in the event of an emergency.

Lifeboat survival kits are stowed in inflatable or rigid lifeboats or life rafts. The contents of these kits are mandated by coast guard or maritime regulations. These kits provide basic survival tools & supplies to enable passengers to survive until they are rescued.

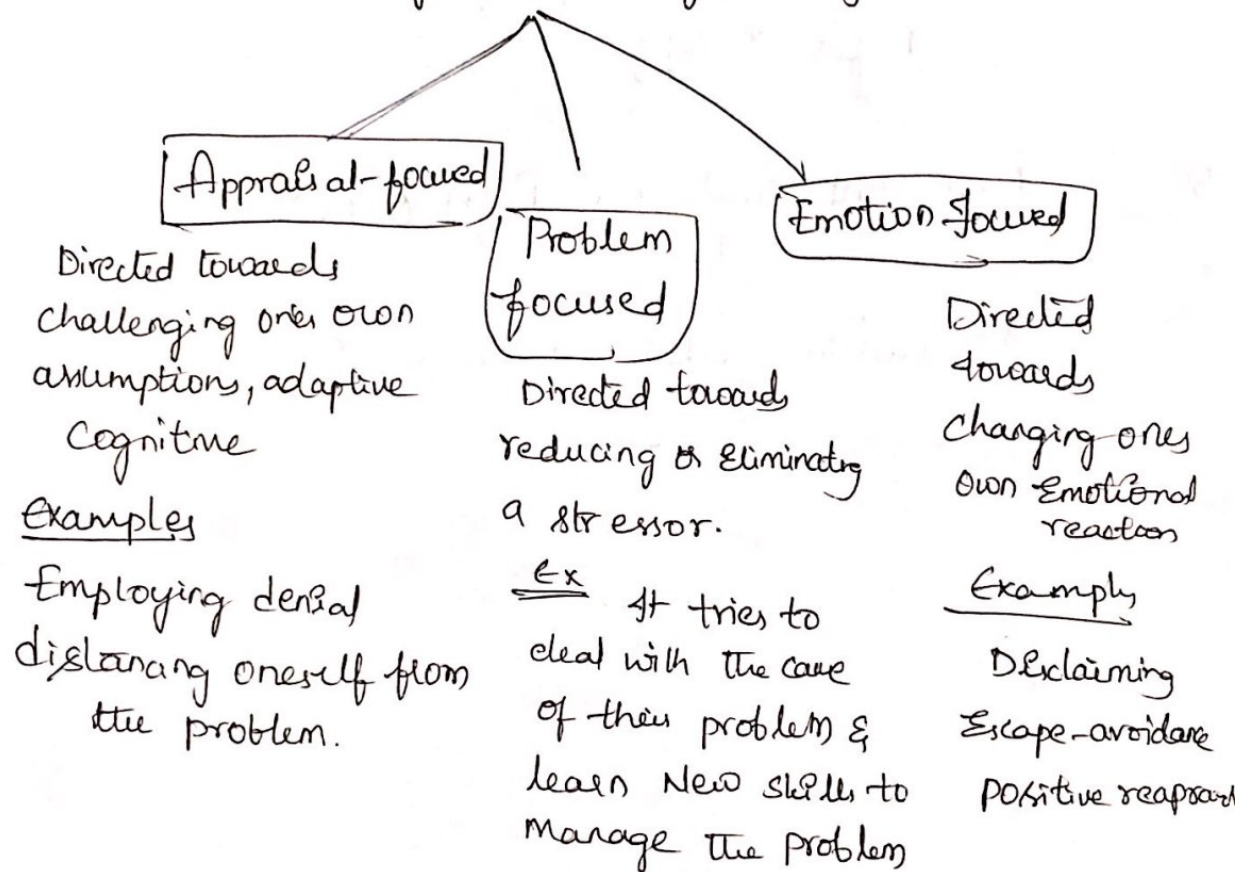
- Military kits
- Space craft kits
- Mini Survival kits
- Vehicle kits

30

What is coping strategy & Explain types of strategies?

Psychological Coping mechanisms are commonly termed coping strategies.

Types of coping strategies



Coping mechanism: Good Coping mechanisms Explain Exercise can serve as Natural & healthy form of stress relief. Running, Yoga, Swimming, Walking, Dance, team sports & many other types of physical activity can help people with stress & the aftereffects of traumatic Events.

Bad coping mechanisms

Avoiding a person or a situation which cause you stress, become defensive or harming yourself in some way.

4Q) Steps involved in coping disaster?

Refer Q (1)

5Q) Different strategies (Refer Q (3))

6Q) Industrial safety plan & survival kits

Refer Q (2) ~~also~~