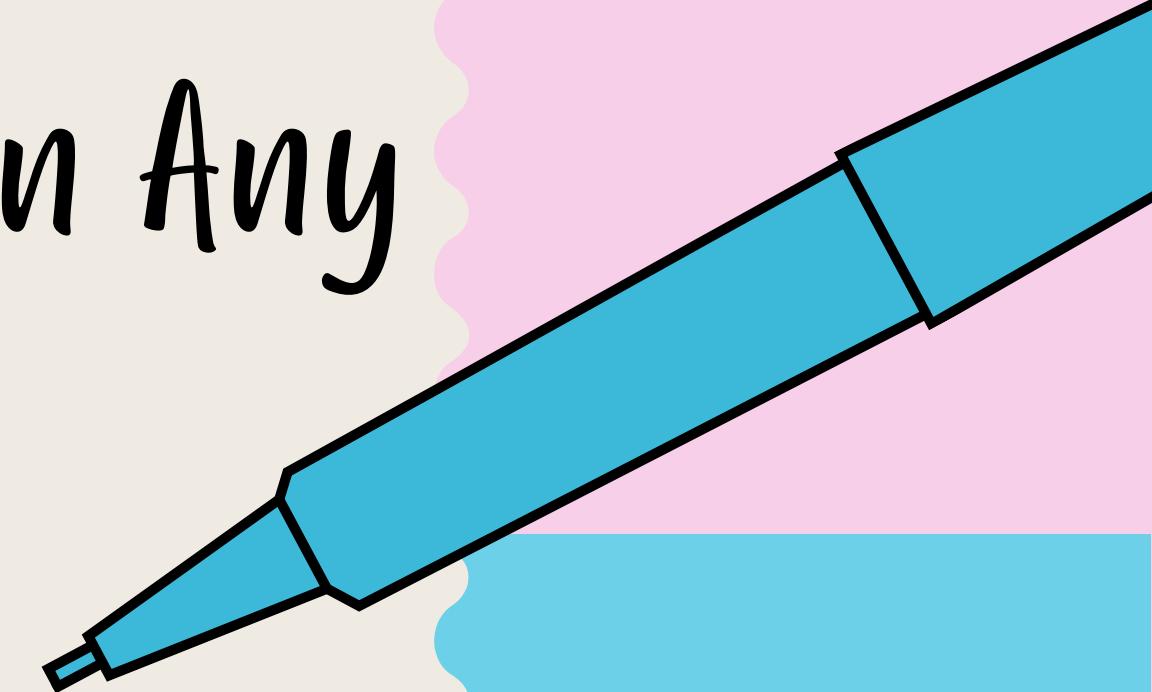
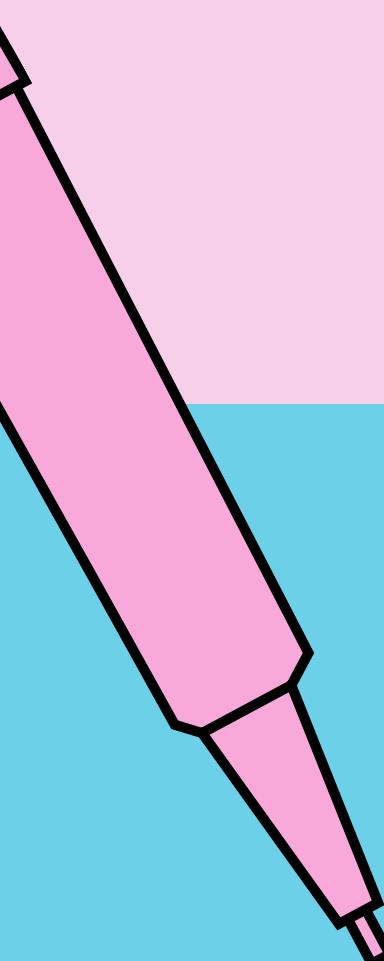


# Emergency Checklist Guide for STUDENTS

## Simple Steps to Stay Safe in Any Emergency

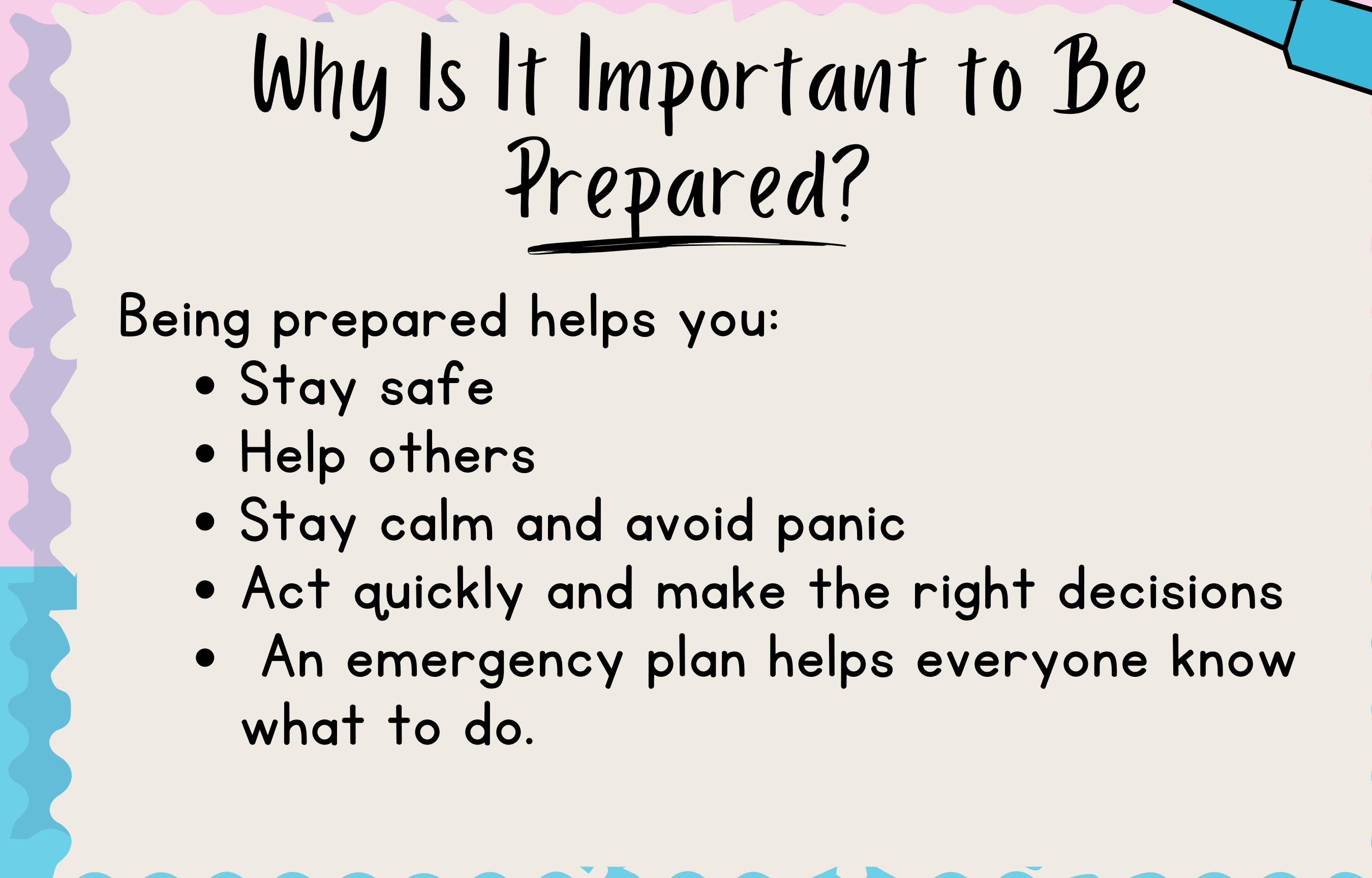


## What is an Emergency?

An emergency is a sudden, unexpected event that can cause harm to people, property, or the environment.

### Examples of Emergencies:

- Fire
- Earthquake
- Flood
- Medical Emergency (injury or accident)
- Gas Leak
- Severe Storm



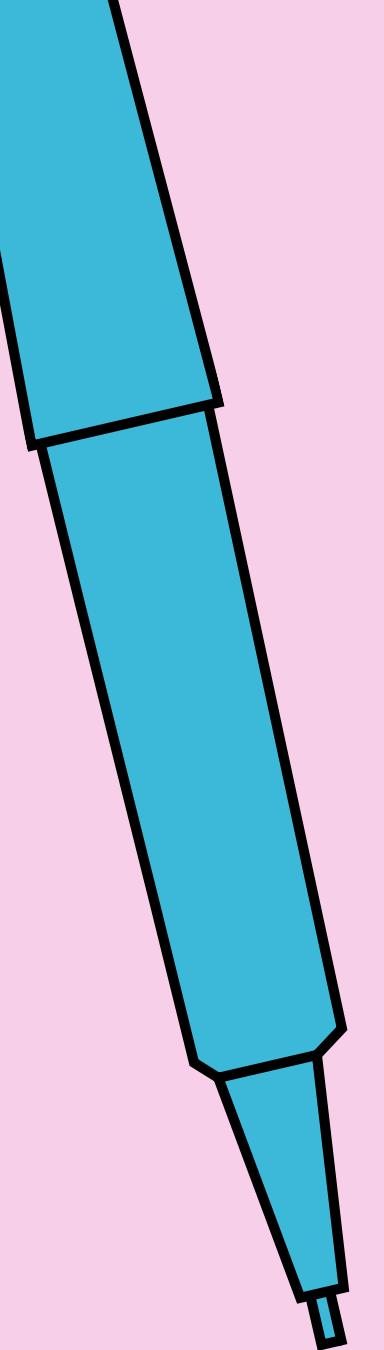
# Why Is It Important to Be Prepared?

Being prepared helps you:

- Stay safe
- Help others
- Stay calm and avoid panic
- Act quickly and make the right decisions
- An emergency plan helps everyone know what to do.

# Emergency Checklist – Always Remember These Steps

1. Stay Calm
2. Alert an Adult
3. Call for Help (Emergency Numbers)
4. Find a Safe Place
5. Follow Instructions from Adults or Emergency Personnel



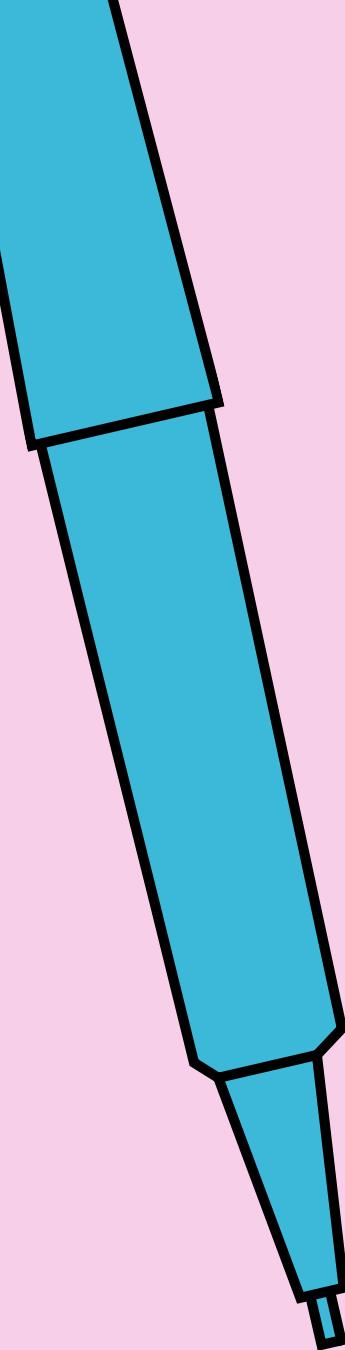
## Stay Calm

- Take slow, deep breaths
- Think clearly
- Don't scream or panic
- A calm mind helps you think and act safely.

## Step 2: Alert an Adult

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1. Tell your parents, teachers, or any nearby adult immediately
2. Speak clearly and explain the situation (what happened, where, and who is involved).
3. Adults can help you call the right emergency services.



## Step 3: Call for Help

1. Memorize important emergency numbers:
2. Fire Brigade - 101
3. Ambulance - 102
4. Police - 100
5. All Emergency Services - 112 (India)
6. Keep a written list of emergency contacts in your backpack or home.

## Step 4: Find a Safe Place

- Fire → Leave the building calmly and quickly. Stay away from smoke and flames.
- Earthquake → Drop, Cover, and Hold. Stay under sturdy furniture or in a doorway.
- Flood → Move to higher ground. Do not walk or play in flood water.
- Injury → Stay still, do not move much, and wait for help. Do not return to dangerous areas.

## Step 5: Follow Instructions

- Listen carefully to instructions from adults, teachers, or emergency personnel.
  - Follow orders exactly.
  - Do not argue or wander off.
  - Cooperate fully to stay safe.

# What is an Emergency Kit?

A small emergency kit can help you stay safe.

It should contain:

- **Band-Aids and antiseptic wipes**
- **A small flashlight**
- **A whistle (to signal for help)**
- **Personal ID with Name, Address, and Contact Numbers**
- **A small bottle of water**
- **Healthy snack (like energy bar)**
- **List of important emergency phone numbers**

# Safety Tips for Home and School



## Home:

- Know the exit routes
- Never hide during a fire or earthquake
- Stay away from electric sockets and gas stoves
- Keep a first aid kit in a safe, accessible place



## School:

- Follow your teacher's instructions
  - Stay with classmates during drills
  - Don't use elevators during emergencies
  - Stay quiet and calm
- 🚫 Never open the door for strangers during emergencies.

# Conclusion – Be Smart, Stay Safe!

## Remember These Key Points:

- Stay Calm
- Tell Adults
- Know Emergency Numbers
- Follow Safety Rules
- Practice Regularly

 You are safe and smart when prepared!