



Universal Workshop Civil Protection

Safety Handbook in practice
(„*Poradnik Bezpieczeństwa*”)

Wersja: 12.04.2026_ENG

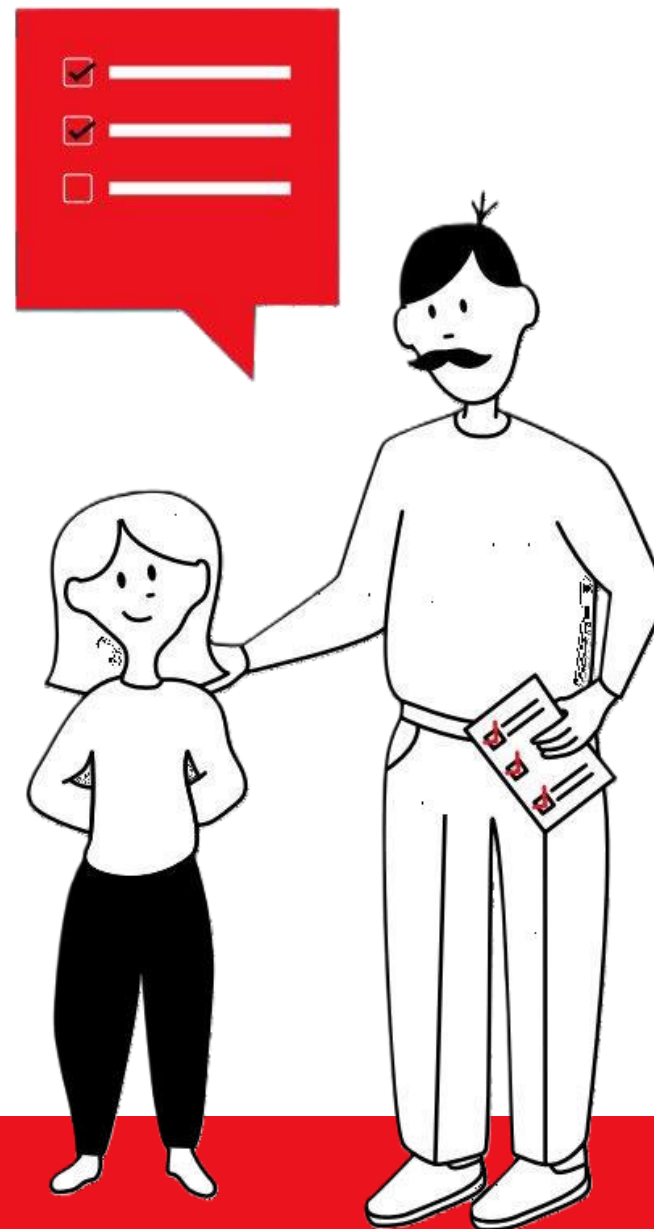


Department
Civil Protection
and Crisis Management



What is all this for?

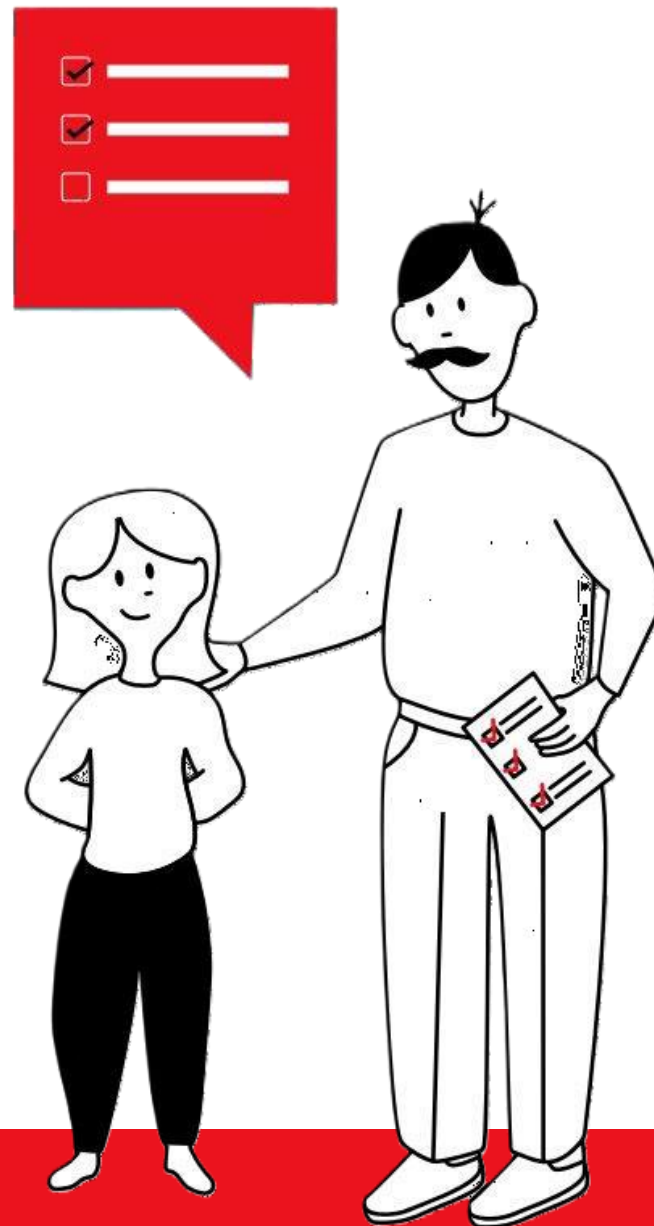
- Finnish guide: *„Prepared people cope better”*
- Dutch Guide: *“What You Do today, will make us stronger tomorrow”*
- Polish guide: *„Przeczytaj, przećwicz i zachowaj”*





What is the Universal Workshop Civil protection?

- **The third stage of a major social resilience project (after the Safety Handbook has been developed, printed and distributed)**
- **Practical practice of the content contained in the Safety Guide**
- **Finding out how to easily strengthen your preparedness and resilience**





Your preparation matters

In recent years, the threat to Polish's security has increased.

The most important risks:

- Disinformation
- Cyber attacks
- Hybrid threats
- Sabotage and sabotage
- The impact of the war beyond the eastern border
- Extreme weather phenomena, causing m.in.:
 - power outages,
 - communication difficulties,
 - damage to infrastructure,
 - threats to health and life,
 - problems for business activity.

In response to these challenges, the government has prepared a "Safety Guide".

Do not delay a decision to prepare!

The guide can be downloaded in electronic version
on the website: poradnikbezpieczenstwa.gov.pl

<https://www.gov.pl/web/poradnikbezpieczenstwa/nasze-publicacje>
Safety_handbook_wersja_anglojęzyczna_EN



Keeping each other safe together

Population protection and civil defence

In peacetime, Poland has a system of population protection. Its objective is to protect the people, their health and property, as well as important infrastructure, the environment, animals and cultural heritage.

In the event of martial law or a declaration of war, this system automatically shifts into civil defence, and the Polish Armed Forces are tasked at the same time with defence against the outside threat. Civil defence is not a part of the Armed Forces – its goal is to protect us all from threats resulting from the war, and their consequences.

The responsibility to survive and limit the effects of a crisis does not fall just on the authorities – **it is our shared obligation.**

Prepare yourself and your loved ones by using this Handbook.

The role of public administration

Mayors of villages, towns and cities, country governors, voivodes and the Minister for Internal Affairs prepare evacuation and shelter plans, manage infrastructure and coordinate the actions of emergency services.



The role of the Armed Forces and emergency services

Population protection and civil defence

The Armed Forces guard the country's sovereignty and independence, as well as its security and peace. In the event of an attack on Poland, they will launch appropriate procedures and plans, both domestic and allied, which will allow effective management of the country's defence, guarantee its survival and lead to victory.

The Fire Service, Police, medical rescue and other services and specialist entities save lives, health and property, conduct evacuations and provide shelter.

Humanitarian aid is always free – no one can demand money or favours from you for it.



The role of community organizations

They support the country in its relief activities or organize them themselves.

Their strong points are experience, swiftly reaching those in need and flexibility



The role of the Polish Red Cross (PCK) in civil protection

We are a statutory entity for civil protection

We are certified by the Fire Academy

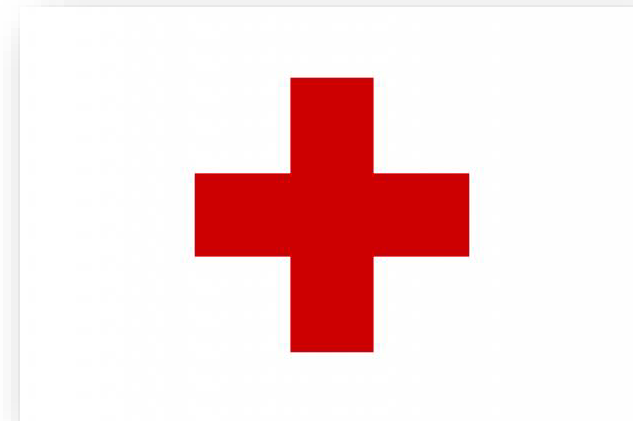
The Fire Academy Certificate entitles you to conduct training in the field of civil protection and civil defense

We are a public benefit organization (NGO)

We are not an entity focused on generating profit, the funds raised are used to carry out aid activities and improve in the area of civil protection and security.

KRS 0000225587 - You can support us by paying 1.5% tax.

The Polish Red Cross is part of the largest and most experienced humanitarian network of the Red Cross Movement



The Red Cross sign is protected by the Geneva Conventions. The mark is an international protective symbol denoting persons, services and facilities providing humanitarian and medical assistance during armed conflicts



Your role

You can support the population protection system today. Choose the forms of support that best suit you.

- ☐ Get in touch with those living close to you. It is useful to know who might need assistance, and who can offer it.
- ☐ Neighbourhood initiatives, informational groups or contact lists can increase your efficiency in difficult conditions.
- ☐ Use existing tools supporting local communities, like participatory budgeting.
- ☐ Engage, e.g. with **Polish Red Cross**, volunteer fire department, humanitarian organization, sports club, association or another group.
- ☐ Become a volunteer and provide assistance where it is needed most.
You can also encourage your friends or neighbours to become volunteers.

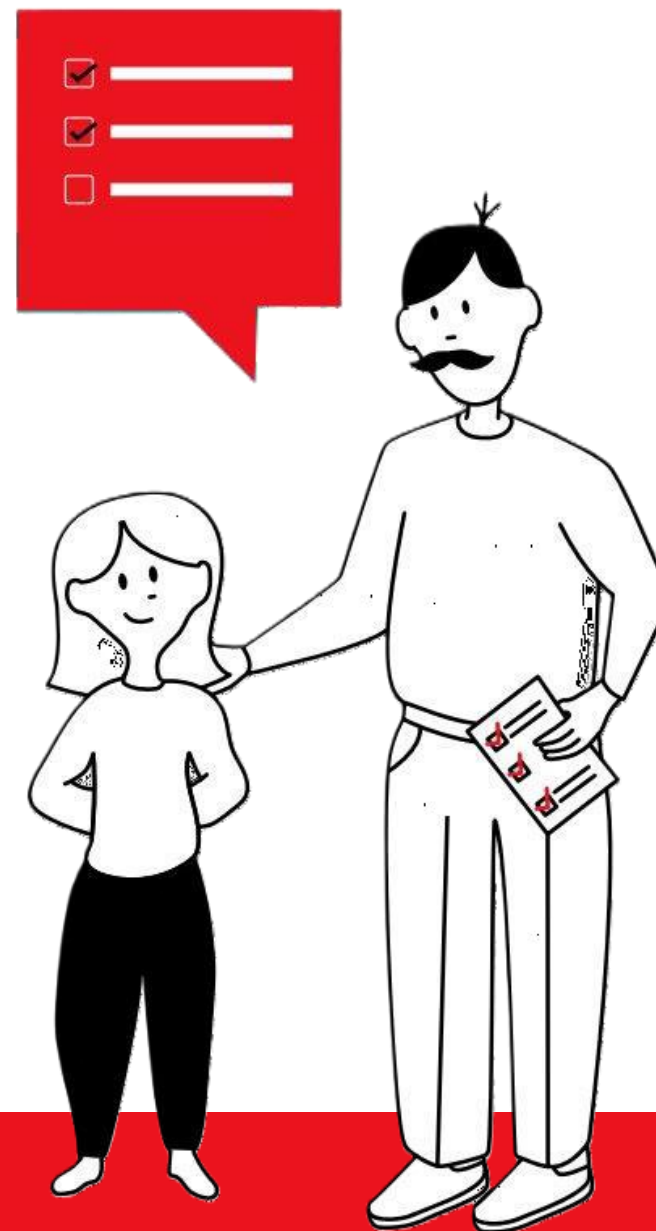
Do you want to know more?
gov.pl/obrona-cywilna





Preparation

*„How well you will deal with a crisis depends
on whether you will prepare in advance”*





Prepare yourself and your loved ones

- Eat healthily, take care of an appropriate amount of sleep and physical activity.
- Protect your mental health. your emotions are greatly affected by the news that reach You – analyse them critically.
- Keep your medicine and medical devices close. Inform your loved ones of your illnesses and allergies. Keep your medical documents in one place
- Stay in touch with the people you can rely on and who can support you
- Do not hesitate to seek professional psychological help.
- If you can, donate blood regularly. Try to get a card with information on your blood type – you can request it from a Blood Donor Centre or a medical laboratory, even if you are not a donor. Carry the card with you
- Use preventive health programmes. You can find the list at pacjent.gov.pl.
- Remember that some vaccinations need to be repeated – for example, those for diphtheria, pertussis or tetanus are valid for 10 years

*„How well you will deal with a crisis
depends on whether you will
prepare in advance”*

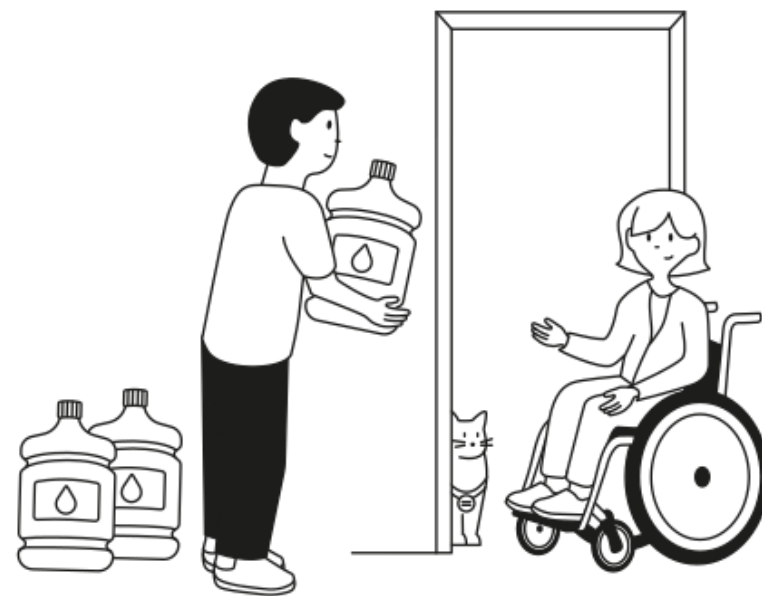


People with special needs

In crisis situations, help the seniors, the sick or people with disabilities. Not all of them may be aware of the coming threat, so share the most important information with them and explain what to do.

- ☐ Discuss a plan of action in a crisis with the supported person.
- ☐ Help with preparations, e.g. pack the evacuation backpack for the supported person, make sure that they are stocked up on the necessary medicine and batteries for medical devices (hearing aids, crutches, glucose monitor, etc.) .
- ☐ In the event of sudden danger, inform the emergency services of the person requiring special assistance during evacuation.

You can find out more about how to support those in need of special assistance in your town or city hall or commune office.





Discuss danger with the children

Children can feel the nervousness of adults and can be scared by information reaching them from different sources. Talk to your children in a manner appropriate to their age and level of understanding.

- Prepare for the discussion and ensure a calm atmosphere. Learn what the child already knows and how they feel.
- Answer questions honestly, but without drastic details. If you do not know the answer, you can search for it together.
- Watch the child's behaviour and react to their emotions.
- Stress that even in a difficult situation you can count on the help and support of your family and other people: neighbours, firefighters, policemen, rescue workers
- Explain to the child their tasks in a crisis situation, and practice them together. Knowing their role, the child will feel safer

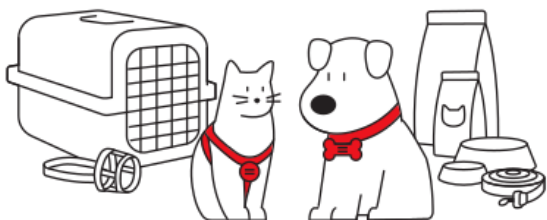
Be close, listen and show support. Your presence and calmness will help the child in a difficult situation.





Take care of animals (Pets)

In crisis situations, keep in mind the pets under your care



- ☐ Store the **medical documents**, proof of vaccinations and information on medicine used by the pet in one place.
- ☐ Prepare the necessary **transportation equipment**: muzzle, collar/harness, transporter or cage.
- ☐ Prepare a **reserve of pet food, drinking water and medicine** for a few days
- ☐ Implant your pet with a **microchip and register** it in a database.
- ☐ Place **owner contact information** on the collar/harness.



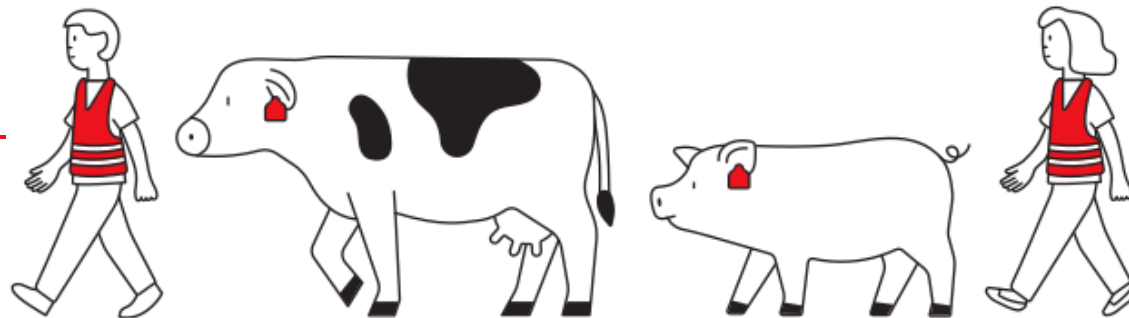


Farm animals

If you own farm animals, prepare them for crisis situations such as natural disasters or disruptions in water or electricity supply.

- ☐ Prepare a reserve of fodder and water for 14 days. Install rainwater collectors.
- ☐ Check whether farm buildings are resistant to severe weather. Stock up on materials for repairs.
- ☐ Mark your animals, e.g. with ear tags. In an emergency, paint a mark on the animal.
- ☐ Prepare the animals for transport immediately after an evacuation order is given by the authorities.
- ☐ If evacuation is impossible, inform emergency services of animals left behind.

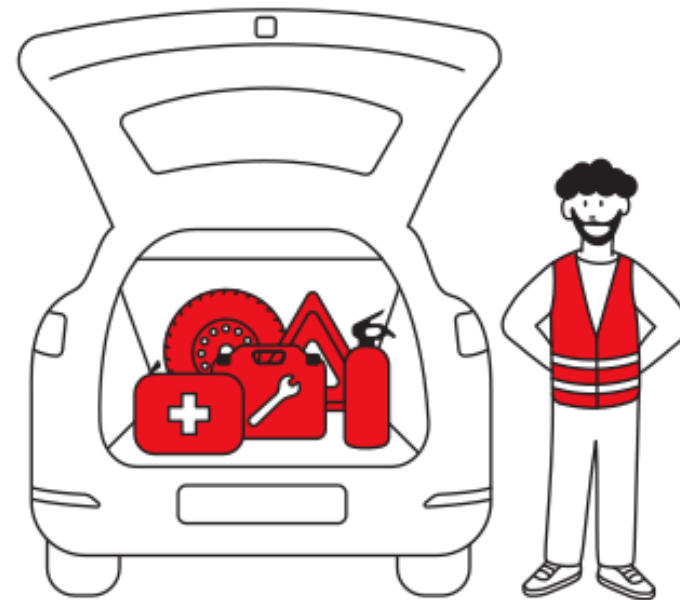
The owner of the animals is responsible for their evacuation, which is coordinated by the district veterinarian. For detailed information on the animal evacuation plan in your region, contact the commune office.





Prepare your surroundings – transportation

- ☐ If you are using a car, make sure it is in good condition and with a full fuel tank. Make sure you have a first aid kit, a fire extinguisher, a warning triangle, a spare tire, a set of tools for changing tires and the vehicle's rescue sheet
- ☐ Prepare additional means of communication, such as a CB radio or a walkie-talkie.
- ☐ Keep a paper map or a roadbook near you. The GPS may not work..



In crisis situations, limit the use of your car. The roads should be navigable for the emergency services and military transports.



Vehicle Rescue Card: Reduce rescue time by 30%

WHAT IS IT ?

- It is a standardized A4 sheet with the instructions of your car for the services
- rescue services.
- Shows the placement of body reinforcements, airbags, battery
- and fuel tank.

WHY IS IT CRUCIAL?

- **Safety:** Modern cars have a body that ordinary hydraulic shears will not cut without knowing where to hit.
- **Time:** Rescuers don't waste precious minutes "guessing" how to safely cut the car open to get you out.
- **Hybrids and electrics:** Indicates where high voltage is safely cut off.

HOW TO GET IT IN 3 STEPS ?

<https://www.kartyratownicze.pl/>

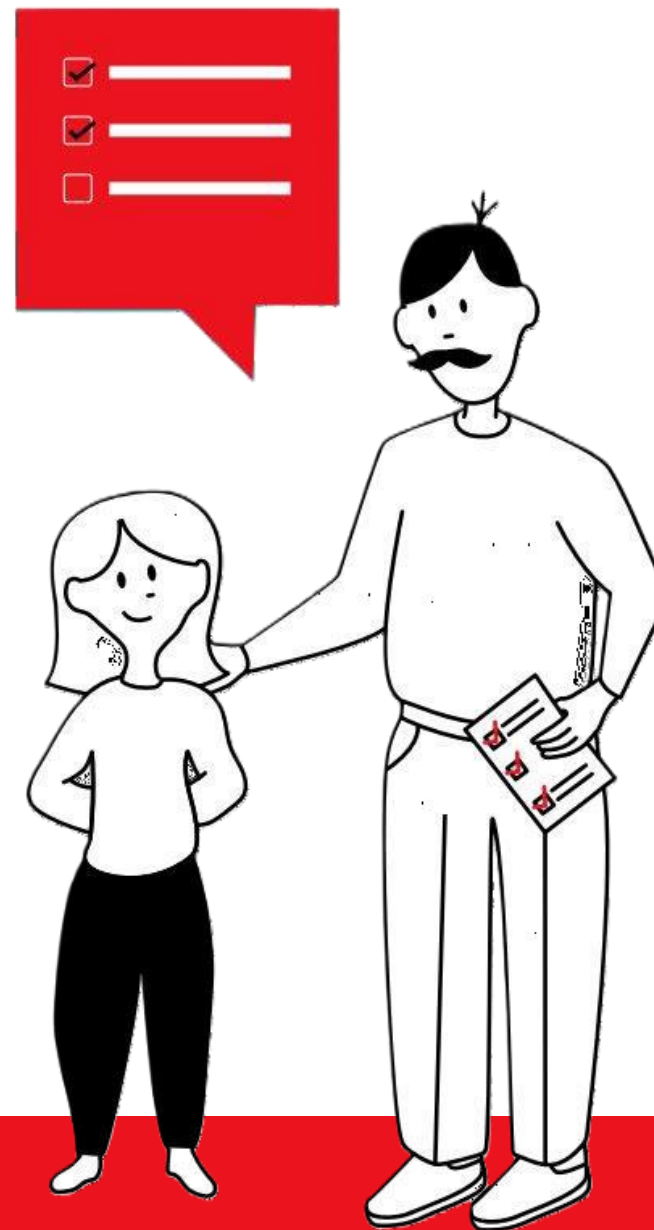
1. **Print:** Download the card from your brand's manufacturer's website (it must be in color!).
2. **Place:** Fold it up and hide it behind the driver's sun visor.
3. **Label:** Stick a special sticker on the windshield (bottom left corner) so firefighters know the card is inside.





Exercise 1

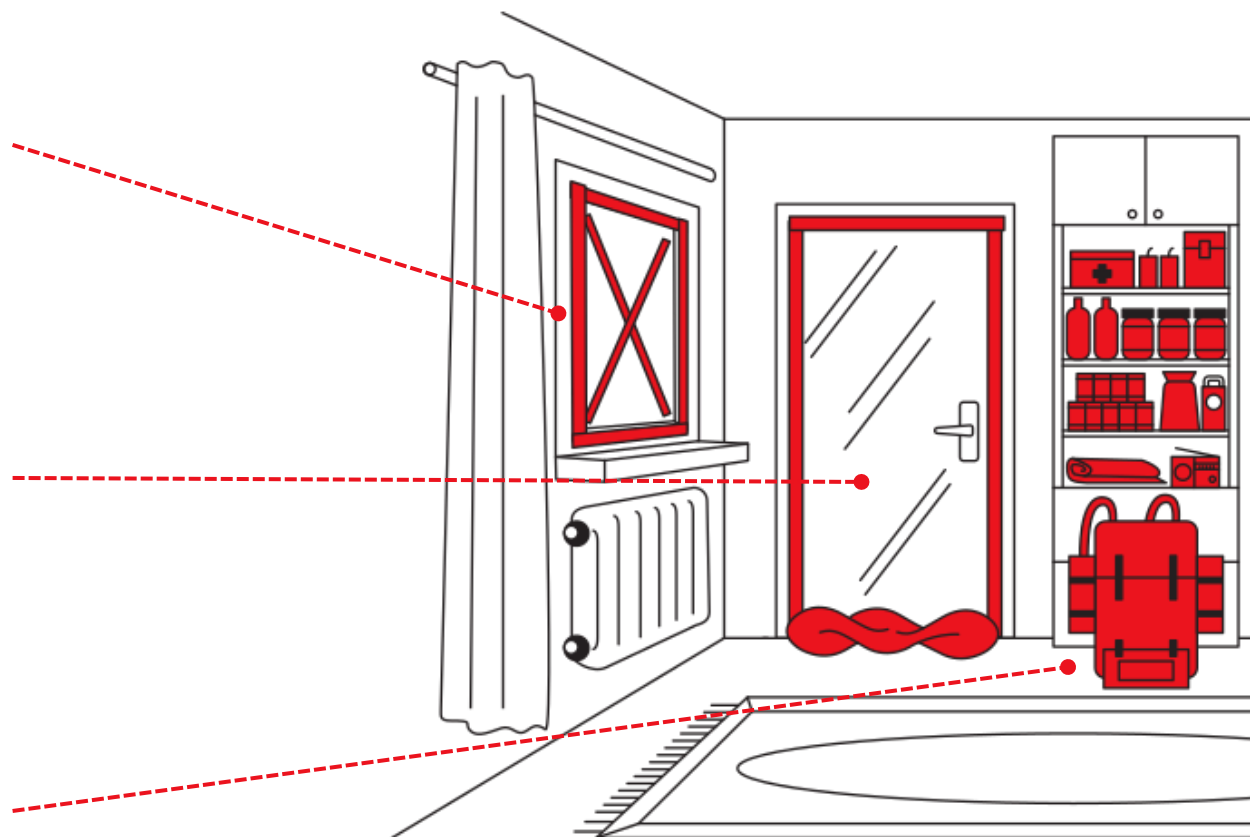
How safe is yours
house/apartment?



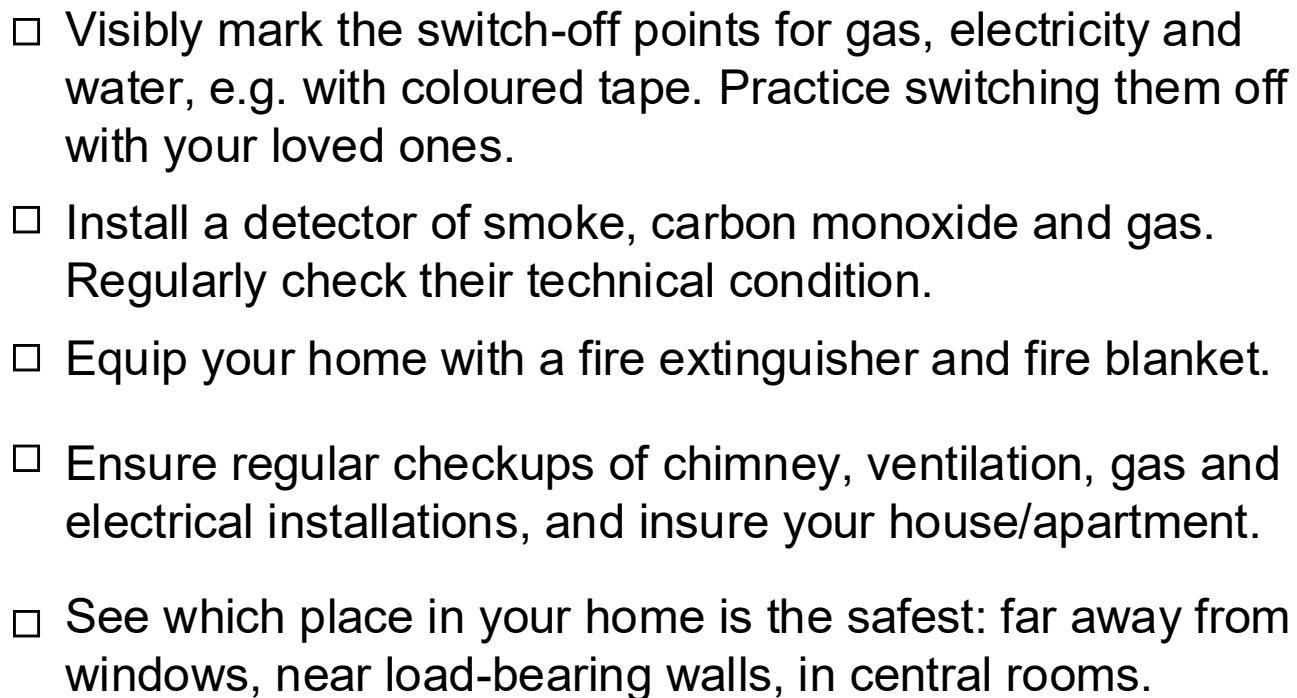


Prepare your surroundings – Home

- ☐ Prepare items for sealing and securing windows and doors, e.g. blankets, towels, tapes.
- ☐ Remove unnecessary items from hallways and stairwells.
- ☐ Prepare for interruptions in the supply of water, electricity and gas, and in phone and internet services.



Prepare your surroundings – Home





Adjust the type of detector to suit the hazard

- **SMOKE DETECTOR (FIRE SENSOR)**

Danger: Fire and smoke (smoke, unfortunately, often kills faster than flames).

Action: Detects smoke and other poisonous combustion products.

Where to mount: Bedrooms, hallways, living room. Preferably on the ceiling.

Finally, on the side wall, at a distance of min. 30 cm from the ceiling.



**SMOKE DETECTOR
(FIRE SENSOR)**

- **CARBON MONOXIDE DETECTOR (CARBON MONOXIDE)**

Threat: "Silent Killer" – an odorless, colorless, and deadly poisonous gas !!

Source: Faulty stoves, fireplaces, gas stoves, especially with an open combustion chamber.

Where to mount: Near heating devices and in post offices where we sleep. Install approximately at eye level 150 – 170 cm from the ground.



**CARBON DETECTOR
(CARBON MONOXIDE)**



Adjust the type of detector to suit the hazard

- GAS DETECTOR(LPG / EARTH)**

Impact: Explosion caused by leakage in a gas system, gas stove or stove.

Action: Alerts at a concentration that threatens to explode.

Where to install: Kitchens, boiler rooms. Depending on the type of gas:

Natural gas (lighter than air) – detector high (approx. 30 cm below the ceiling).

LPG/propane-butane gas (heavier than air) – detector low (approx. 30 cm above the floor).

Expiration date: Sensors have a shelf life (typically 5-10 years)

After this time, the device becomes unusable, even if it "beeps" at the test. They need to be replaced with new ones.





Smoke and carbon monoxide detector – Choose wisely



How do I recognize a secure device?

Check that the detector nameplate shows:

Standard number for **smoke detector** **EN 14604:2005**
and the sign:



Standard number for **carbon monoxide detector**

PN-EN 50291-1:2018-6+AC:2021-03 and the sign:



OZNACZENIA CZUJKI TLENKU WĘGLA

Sprawdź w instrukcji
lub w opisie na opakowaniu,
czy czujka spełnia
polską normę
PN-EN 50291-1:2018.

Upewnij się, że posiada
znak budowlany B,

umieszczony w widocznym
miejscu na obudowie
urządzenia oraz
w załączonej instrukcji.

Urządzenie typu B

Uwaga: Przed uruchomieniem lub obsługą należy uważnie przeczytać wszystkie instrukcje. Dodatkowe informacje dostępne są na stronie internetowej producenta.

Należy użyć:
Maks. 1500W
Power G1

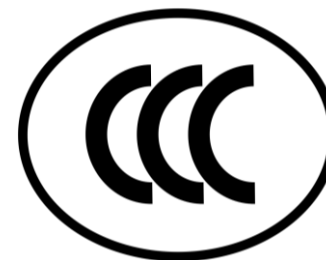
W celu obsługi gwarancyjnej należy skontaktować się z firmą noszącą firmę:
www.naczajfirmy.pl | tel. numer telefonu
Zmontowano w Chinach na zamówienie



Use only certified detectors!



MARKINGS GUARANTEEING THE HIGHEST QUALITY:





Proper operation of detectors is also a guarantee of their reliability!

Rules for the operation of detectors:

- **Regular Test (TEST Button):** Once a month, press the control button to check the electronic circuit and beep.
- **Vacuuming the device:** Dust on the case can block smoke or gas from entering the sensor. Once a quarter, it is worth wiping the detector with a dry cloth or vacuuming it with a soft brush.
- **Battery replacement:** If the detector emits a short signal every few seconds, it indicates a low battery. It is worth replacing them once a year as a preventive measure (unless the device has a built-in battery).
- **Shelf life:** Each detector has an expiration date on the housing (usually 5 to 10 years). After this date, the sensor loses sensitivity and the device must be replaced with a new one.





Installation inspections (home owner legal obligations)



✓ CHECKLIST Safe Home:

✓ **Gas installation:** I have a protocol from the gas inspection performed in the last 12 months. [Once a year]

✓ **Chimney flues:** A qualified chimney sweep checked the patency of chimneys and ventilation [Once a year]

✓ **Ventilation:** I checked that the ventilation grilles were not taped or obstructed by furniture.

✓ **Electrics:** The inspection was carried out by an electrician with the appropriate authorizations in the field of supervision and operation with measurements.





The Envelope of Life: Seconds that save lives!



DOWNLOAD THE CARD:

<https://kopertazycia.pl/>

PRINT AND FILL IN

The Envelope of Life is a solution that they encourage Doctors and ambulance workers.

- ✓ It is addressed to chronically ill, elderly and lonely people and consists in placing the most important information about the state of health, medications taken, allergies to drugs, contacts to loved ones, personal data, including PESEL number, in specially prepared envelopes. A package with such information should be stored in the refrigerator, which is a place that is in almost every home and is also easily accessible.

KARTA INFORMACYJNA E.M.I.

dane służą jako wskazówki dla służb ratowniczych
PROSZĘ WYPEŁNIĆ FORMULARZ DRUKOWANYMI LITERAMI

Data wypełnienia Karta jest ważna 1 rok

Imię i nazwisko

PESEL Grupa krwi

Data urodzenia

I. KONTAKT DO NAJBLIŻSZYCH

Telefon	Pokrewieństwo	Imię

Oświadczam, iż osoby podane powyżej zostały poinformowane o umieszczeniu danych w karcie i wyraziły na to zgodę.

II. CHOROWAŁEM(AM) / CHORUJĘ NA

Nazwa choroby	Kiedy / Od kiedy

III. JESTEM UCZULONY(A) NA

IV. PRZYJMUJĘ LEKI

Nazwa	Dawka	Ile razy dziennie	Od kiedy

V. INNE ISTOTNE INFORMACJE

Wyrażam zgodę na przetwarzanie moich danych osobowych zawartych w "Karcie informacyjnej" jeżeli jest ona prowadzona w celu ochrony zdrowia, świadczenia usług medycznych i są stworzone pełne gwarancje ochrony tych danych. Przetwarzanie powyższych danych osobowych w innym celu lub przez inną osobę nieuprawnioną skutkuje odpowiedzialnością karną na podstawie art. 13 ust. 1 i 2 Rozporządzenia Parlamentu Europejskiego i Rady Unii Europejskiej 2016/679 z dnia 27 kwietnia 2016 r. w sprawie ochrony osób fizycznych w związku z przetwarzaniem danych osobowych i w sprawie swobodnego przepływu takich danych oraz uchylenia dyrektywy 95/46/WE.

	Potwierdzam dane zawarte w pkt. II, III, IV	
Czytelny podpis		Podpis i pieczęć lekarza



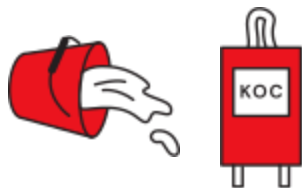
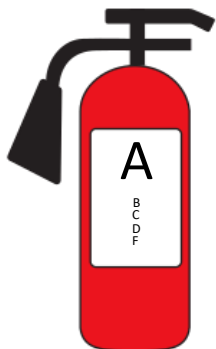


Fire

What's
burning



Solid materials
e.g. wood, paper,
coal, fabric, straw



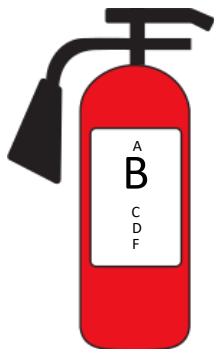
What kind of
fire
extinguisher

Use

What to
extinguish



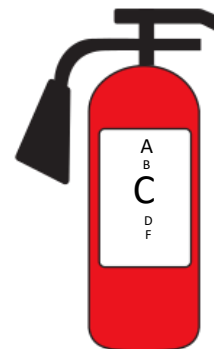
**Liquids and melting
materials**
e.g. kerosene, petrol, alcohol, paint, varnish,
solvent



DO NOT
use a **blanket** or **water**



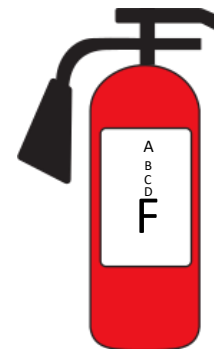
Gases
e.g. urban gas, methane,
Propane, Hydrogen,
Acetylene



DO NOT
pour **water** over it!
Shut off the gas supply
by turning off the valve



Fats and oils
e.g. oil in a pan

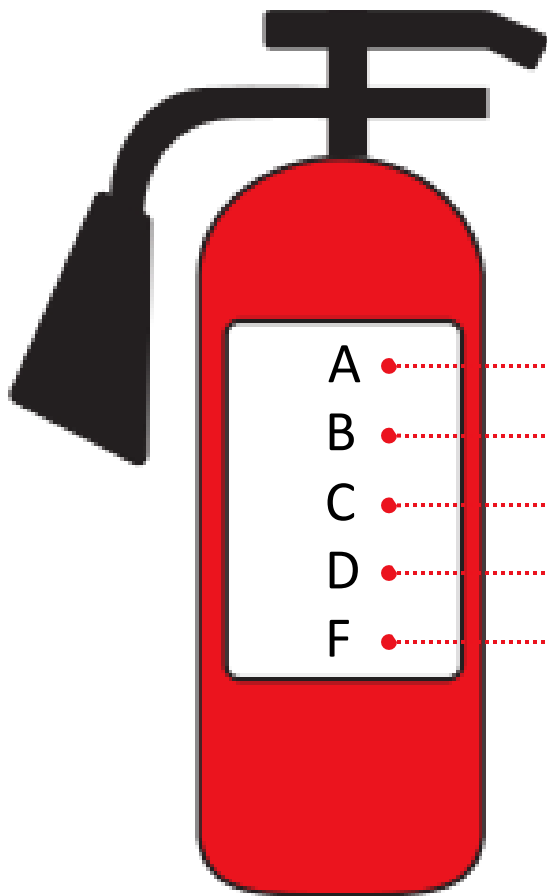


DO NOT
pour **water** over it!
Cover the pot or pan tightly
with a lid or wet cloth





Fire



**Take note of the markings on the fire extinguisher
– what materials it can be used for.**

A	•	Solid materials
B	•	liquids and melting materials
C	•	gases
D	•	metals
F	•	fats and oils



Use only certified fire extinguishers



Pay attention to the markings on the fire extinguisher – the most important marking on the Polish market – the red CNBOP-PIB logo proves that it has passed the extinguishing effectiveness tests.

CNBOP mark (Red Sticker/Print) This is the most important proof of certification in Poland.

Search for the **logo of the Scientific and Research Center for Fire Protection – National Research Institute („Centrum Naukowo-Badawczego Ochrony Przeciwpożarowej – Państwowego Instytutu Badawczego”)**. What does this mean? That the fire extinguisher has undergone rigorous effectiveness tests and is approved for use by the Polish fire service.





Prepare your surroundings

School

- If you are attending school, take part in alarm exercises. Inform your teachers of suspicious behaviour.
- If your child is a school student, note the contact information of the person assigned by the school to be contacted if the children need to be picked up in an emergency.

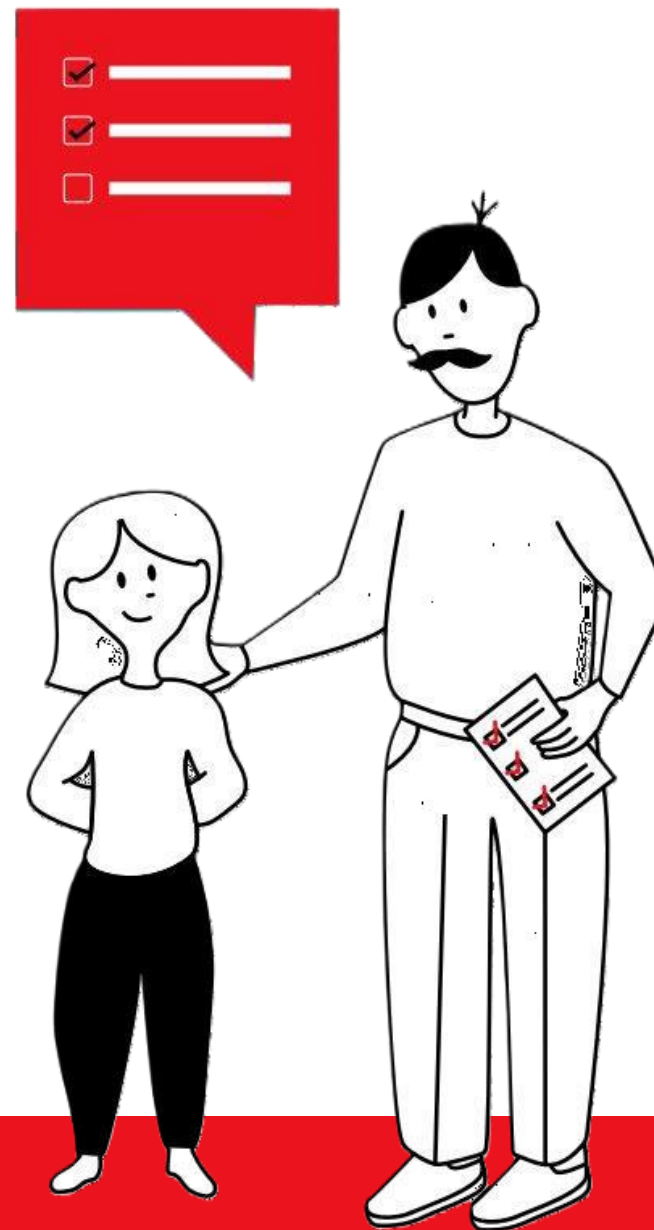
Work

- Check the locations of emergency exits, assembly points, fire extinguishers, AEDs and first aid kits.
- Immediately report noticed abnormalities, such as a damaged electrical installation, blocked evacuation routes, out of order lifts
- Practice emergency plans and evacuation with your coworkers. Make sure you know how to spot, prevent, note and react to threats at your workplace.
- If you can be mobilized for military service or summoned for other duties connected with defending the country, notify your employer.
- If you are an employer, learn your duties with regards to employees in the event of states of emergency or war.



Exercise 2

**What supplies do
you have at home?**

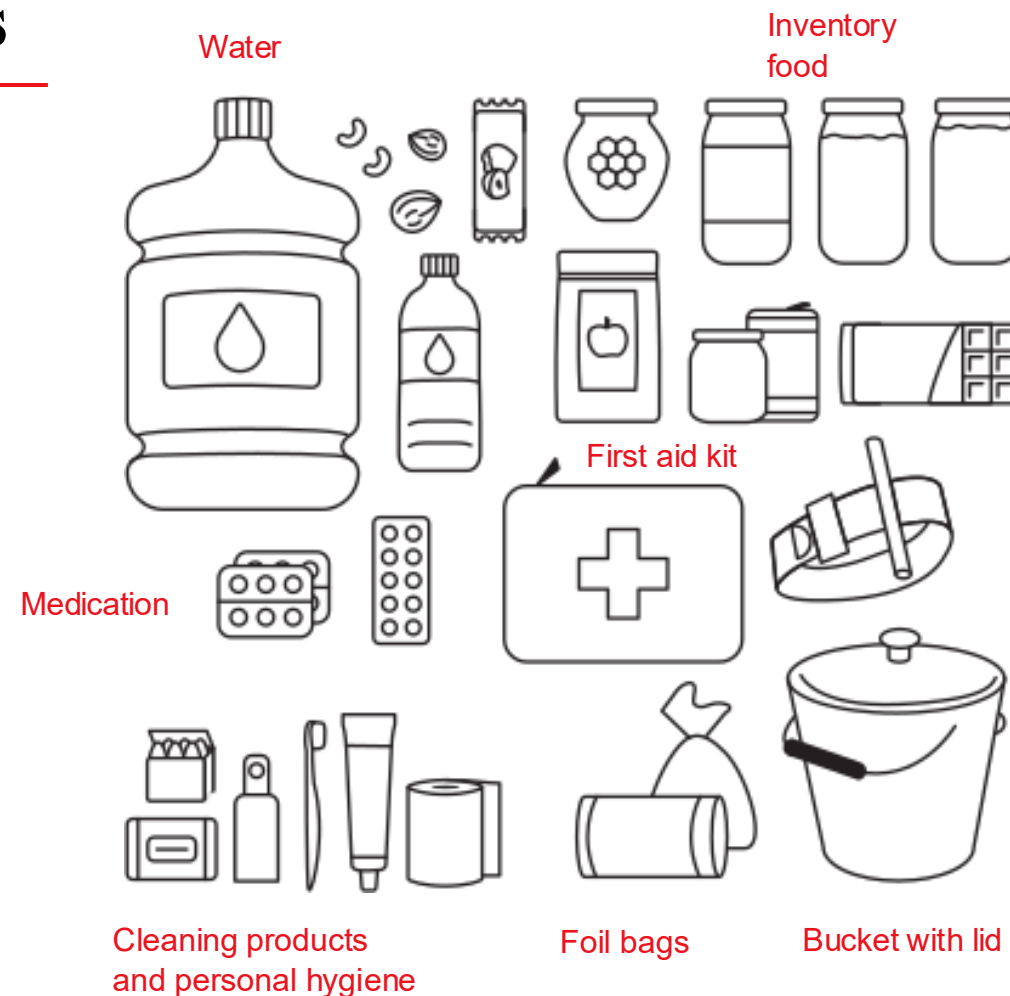




Home Stockpile for a minimum of 3 Days

- ❑ Food and water: a minimum of 3 litres per person, per day, food ready for consumption.
- ❑ First aid kit: regularly used medicine, analgesics, anti-inflammatory, anti-nausea, anti-diarrhoeal drugs, gauze, bandages, burn dressing, single use gloves, antiseptics, tourniquet, thermometer and scissors, FFP3 masks, thermal blanket.
- ❑ Cleaning and hygiene products: toilet paper, wet wipes, disinfectants, trash bags, bucket with a cover.

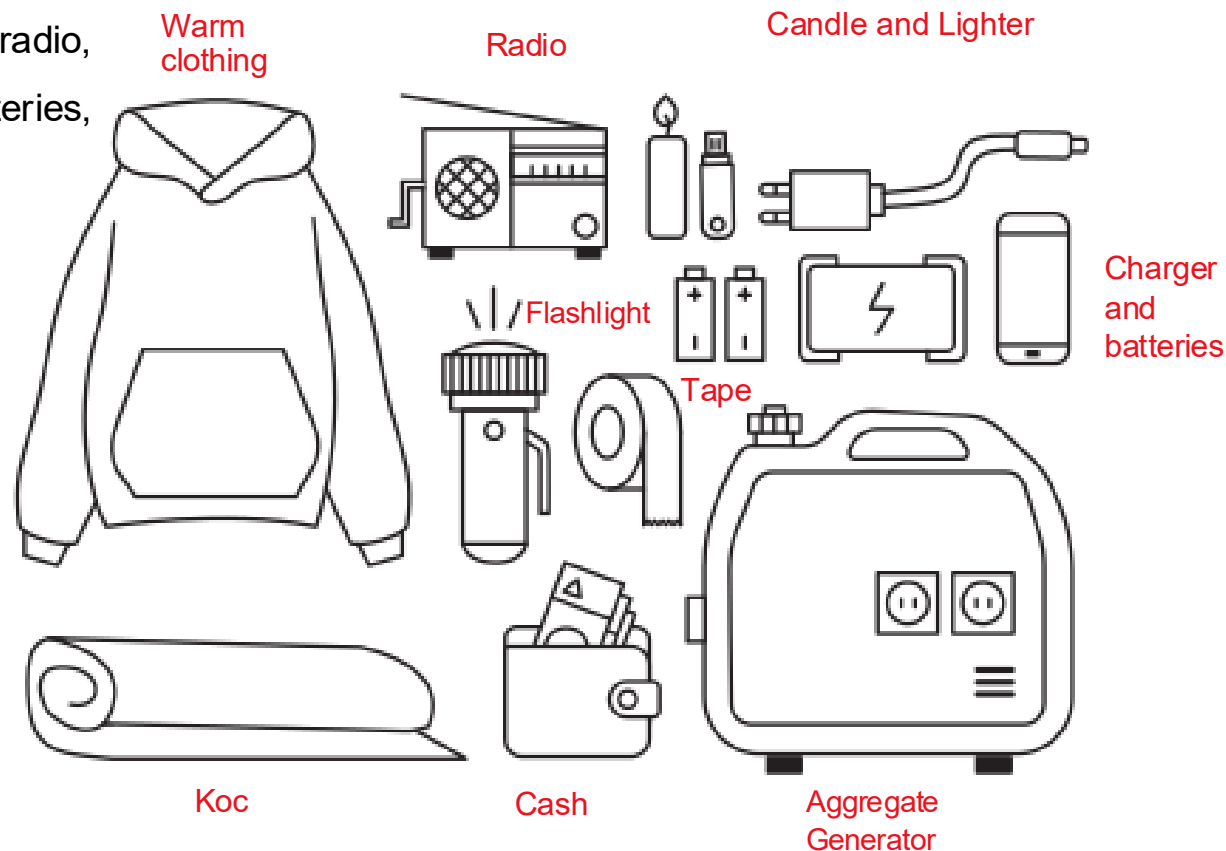
You can collect non-perishable supplies (products with an extended expiration date) and those that you will partially use and regularly restock on. Check your supplies every few months and keep in mind their expiration dates.





Home Stockpile for a minimum of 3 Days

- ☐ Lights and communication: flashlight and batterypowered or wind-up radio, charged phone, charger, charged powerbank, fitting cables and batteries, candles for use at home.
- ☐ Blankets, sleeping bags and warm clothes.
- ☐ Cash in various denominations.
- ☐ Tools and gear: tapes, foils, sealing kits..
- ☐ An alternative heating source that does not run on electricity.





Warning Alerting Responding





Alarms and warning signals

Emergency services use alarms and warning signals in the event of a real threat or during exercises. You will be notified of exercises in advance..

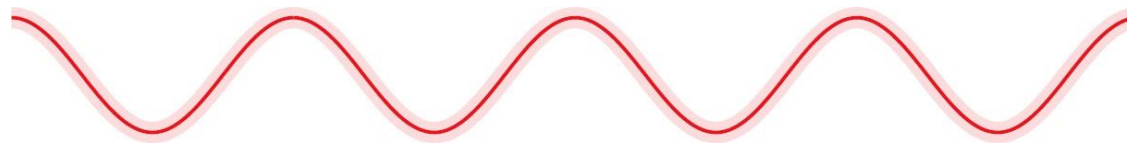
You will learn about the exercises well in advance.

To inform of danger, emergency services use:

- alarm sirens;
- megaphones;
- media – radio, television, internet;
- Regional Warning System (RWS)
- Government Centre for Security (GCS) alerts sent directly to cell phones
- direct contact.

Remember! There are only two types of alarm signals in Poland now:

alarm **start** – ongoing, **modulated** sound of a siren for 3 minutes,



alarm **end** – ongoing, **steady** sound of a siren for 3 minutes.

If you hear the alarm, turn on television or radio and comply with the announcements.

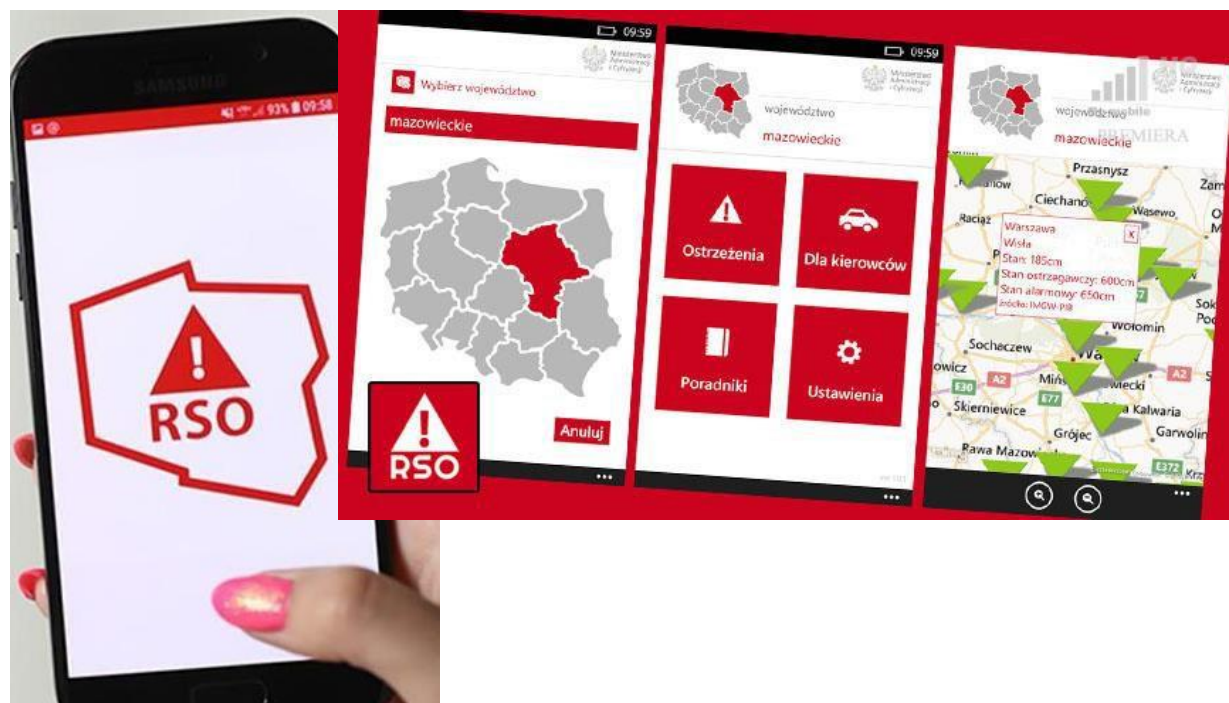


Regional Warning System (RWS) - Regionalny System Ostrzegania (RSO)

The Regional Alert System (RSO) is a free service that allows you to notify citizens about threats. The information is provided through the Mobile Application..

Step by step:

- **Download:** You can find the app on Google Play or the App Store.
- **Run:** Once opened, the system will ask for access to the location – accept it to receive notifications about threats in the where you are currently staying.
- **Select a region:** You can manually select the states you're interested in (**e.g., where you live and work**).
- **Notifications:** Make sure you allow application for sending push notifications.



The RSO app is completely anonymous!

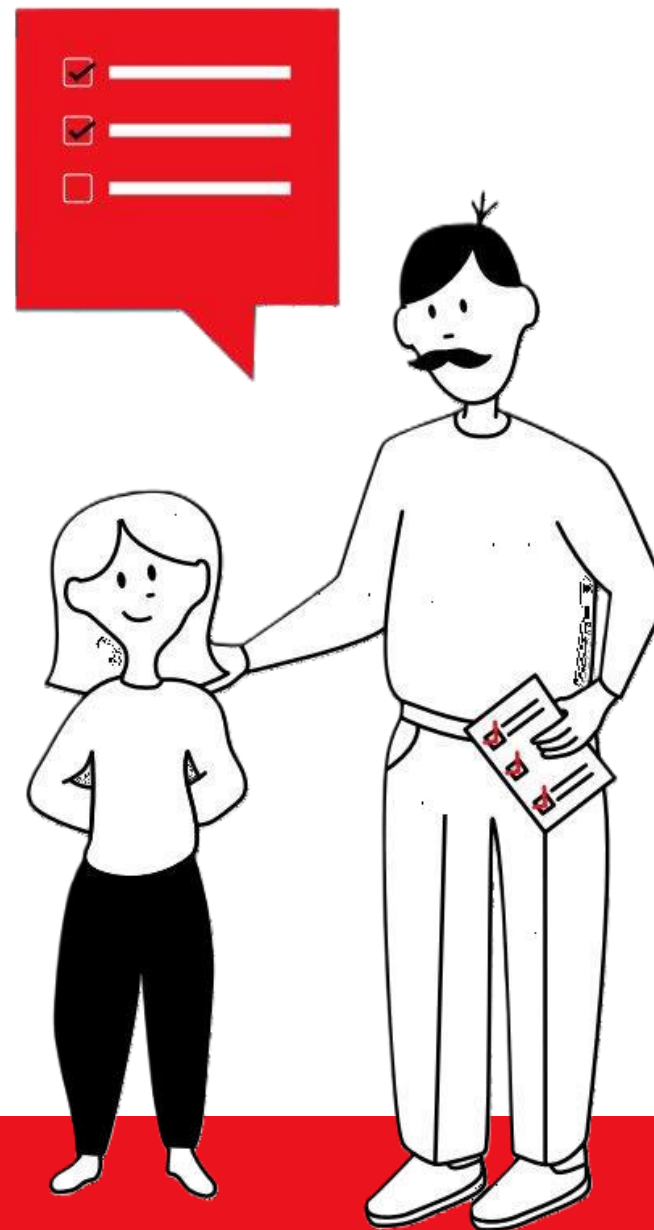
<https://youtu.be/qApTueAadg0?si=3F-QYxFduCM-qGCZ>



Exercise 3

Where to seek shelter?

www.gdziesiekryc.pl





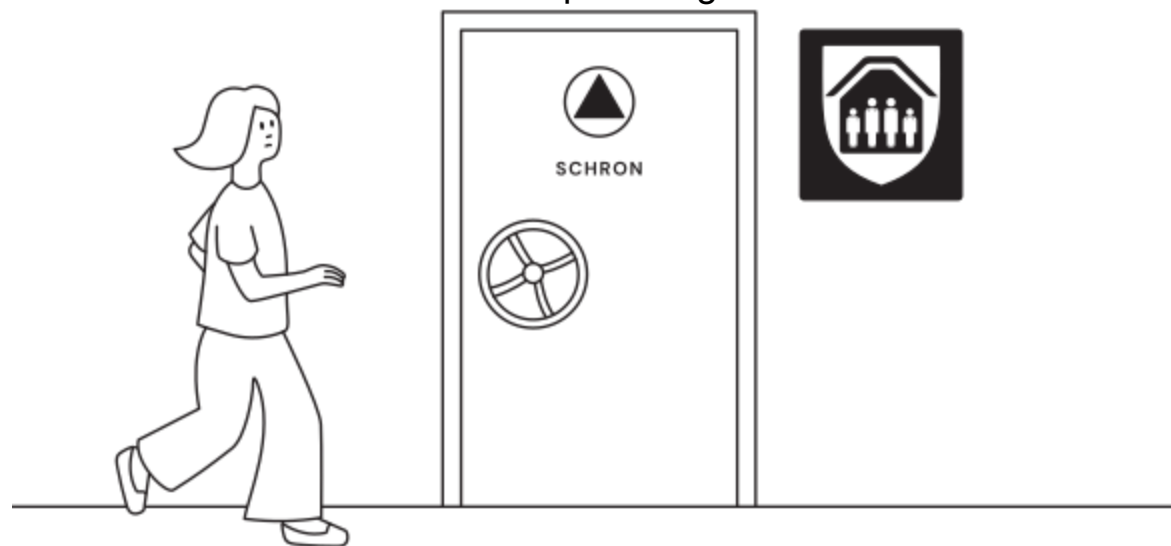
Shelter – www.gdziesieukryc.pl

- You can find information regarding the locations of shelters at your commune office, local State or Volunteer Fire Service, and on the website:

www.gdziesieukryc.pl (PL)

<https://www.gov.pl/web/kgpsp-en> (ENG)

- Shelters are marked with a special sign::



- If you cannot hide in the marked shelter, remain at home – away from the windows, near load-bearing walls, in central rooms.
- If you are away from home, look for places that provide at least minimal amount of cover (lowest floors of buildings, including basements, underground garages, tunnels, underground passages). Even simple holes in the ground provide greater protection than remaining in the open.



Evacuation

If you are somewhere, where a direct threat to your life or health appeared, do not delay the evacuation.

If the authorities and emergency services order an evacuation, comply fully with their instructions. You will be updated regularly by alert messages, government websites, GCS alerts, the RWS and the media.

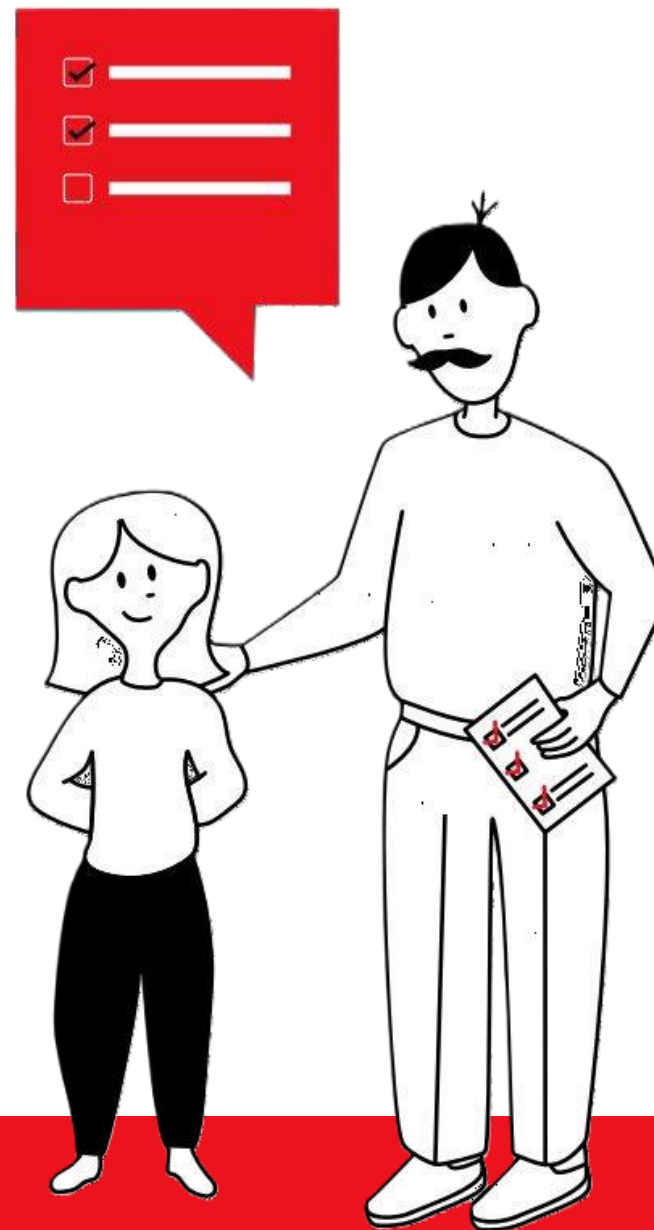
- ☐ Close the windows, switch off water, turn off electrical and gas-powered devices, extinguish all sources of fire (stove, fireplace, cooker).
- ☐ Dress appropriately for the weather.
- ☐ Make sure children have contact information of their caretaker with them
- ☐ Take your evacuation backpack with you.
- ☐ Make sure your neighbours know about the alarm. If possible, assist the elderly people and persons with disabilities.
- ☐ Use organized transportation or walk to the designated spot.
- ☐ If you are using a car, do not block evacuation routes
- ☐ Keep your animals in mind, and if their evacuation is impossible, secure them and provide them with food and water.
- ☐ Notify your loved ones that you are evacuating and to where.

Do not give your documents to people offering help or transportation. If you want to use transportation, send your loved ones the registration number of the vehicle you are using and the address of your current location.



Exercise 4

**How prepared are you for
evacuation?**

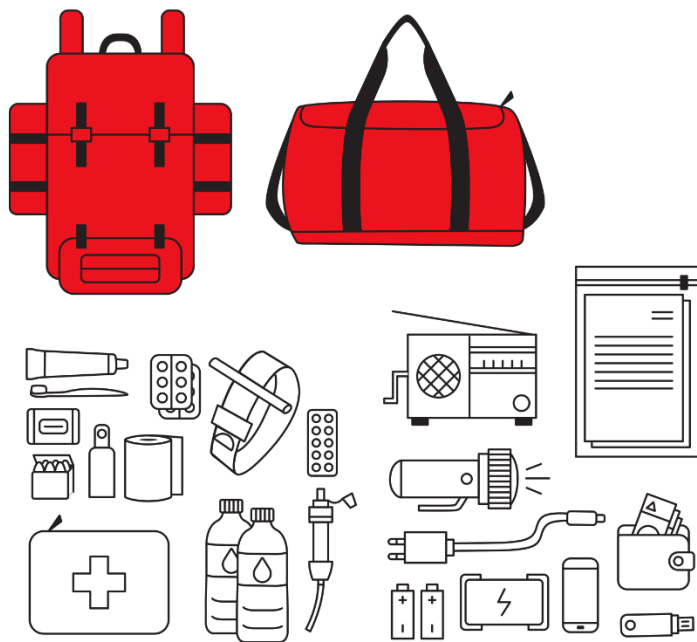




Evacuation backpack

Prepare a handy kit of essential items. Use our list and adapt it to your needs. **Everyone in the household should have an evacuation backpack, even children.**

- ☐ First aid kit and personal medicine, hygienic products and disinfectants.



- ☐ Documents, copies uploaded on a flash drive and cash in various denominations.

- ☐ Bottled water. Water purifiers or water purification tablets.

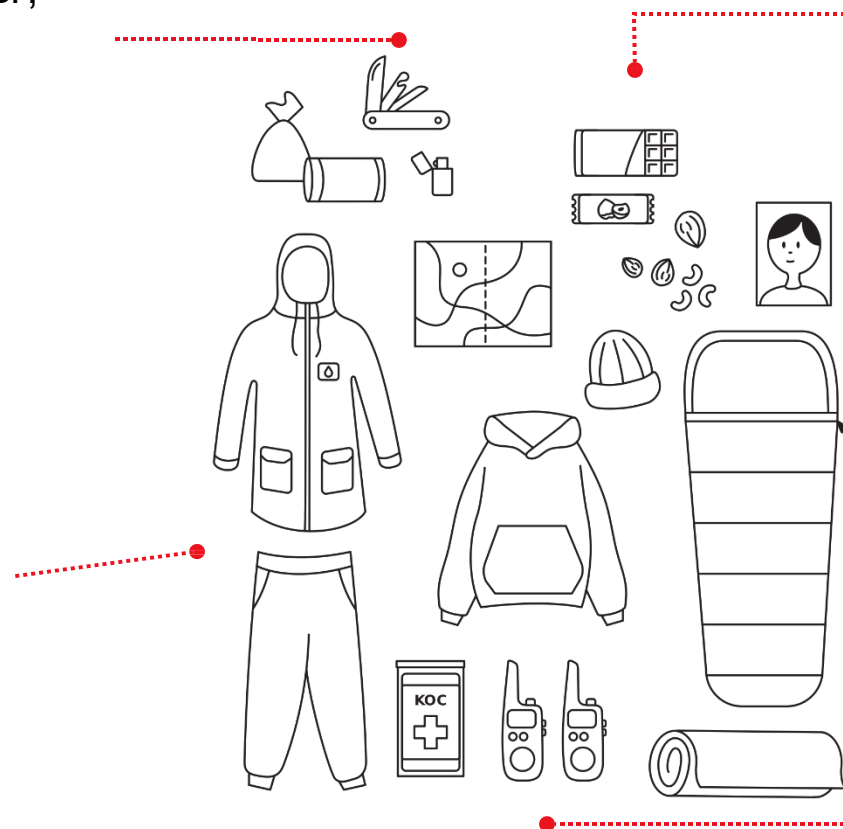
- ☐ Flashlight and a battery-powered or wind-up radio, charged phone and powerbank, charger, fitting cables and spare batteries.



Evacuation backpack

□ Pocket knife or multitool, lighter, trash bags, printed maps.

□ Season-appropriate clothing, rain-proof clothing, sleeping bag, roll mat, thermal blanket



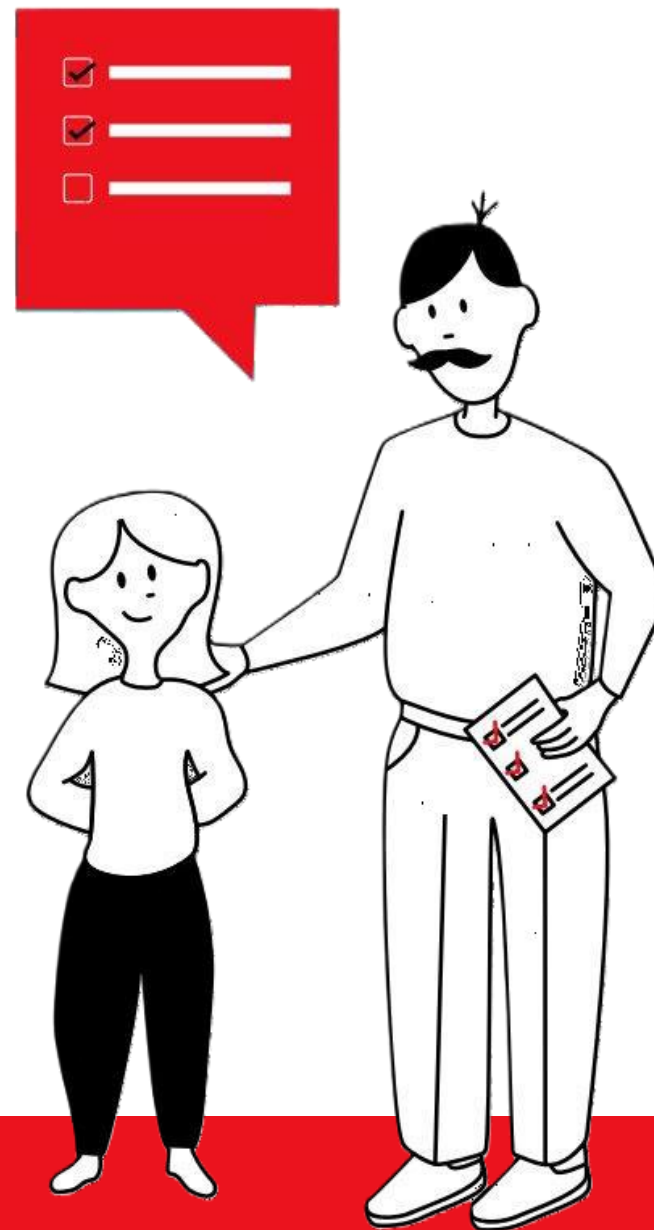
□ High-calorie food ready for consumption (energy bars, dried fruit, and nuts, etc.).

□ Important personal items, e.g. a photograph, family heirloom.

□ Alternative means of communication (e.g. walkie-talkies).



Threats, what threatens us?





Crowd safety

- If you are going to a sports game or a concert, or take part in another mass gathering inside a building, check the location of emergency exits.
- In the event of panic, move with the crowd and avoid sudden changes of direction. If you are in the middle of a group, try to move towards the edge
- Avoid narrow passages, glass surfaces, walls and fences.
- Do not try to pick up items from the floor, e.g. a phone you dropped
- If you fall, try to stand up as quickly as possible – grab stable things or people nearby. If you cannot stand up, assume a foetal position.

If your loved one is missing, contact local security or the Police. Prepare a detailed description of the missing person.





Fire – UNDER NO CIRCUMSTANCES RETURN TO A BURNING ROOM!

- When you see a fire or smoke, call the fire service. Call the emergency number: 112.
- If the fire is small, try to extinguish it.
- If it is safe to do so, turn off the main gas valve and switch off electricity
- Do not open windows or doors. Restricting access to air will slow the spread of fire.
- Protect your airways. Cover your mouth and nose, ideally with wet fabric.
- Inform the emergency services if anyone is left in the building and disclose their exact location..
- Remember: do not try to extinguish electrical fires, burning oils or fat with water.



*"Do not use the elevator during a fire!
Use the stairs instead."*



Flooding

- ☐ Prepare your evacuation backpack.
- ☐ Check if your neighbours need assistance
- ☐ Secure your home, prepare sandbags. Seal doors and windows.
- ☐ Move your valuables and electrical devices to the top floors of the building
- ☐ Switch off electricity and gas installations, secure the inlets and outlets of the sewage system.
- ☐ Park your vehicles in a safe place, do not block roads.
- ☐ Prepare your animals for evacuation.

**Do not ignore weather alerts
and calls for evacuation.**



If an evacuation is called, do not remain in the endangered area because of your belongings. The area will be secured by emergency services.

If evacuation is impossible, hoist a flag in a visible spot, so that rescuers know what you need

-  → White flag – I have to evacuate.
-  → **Red flag** – I need help medical.
-  → **Blue Flag** – I need food and water.

The flag can be made of clothes, for example.

Follow these websites for information on the levels of water:

wody.gov.pl

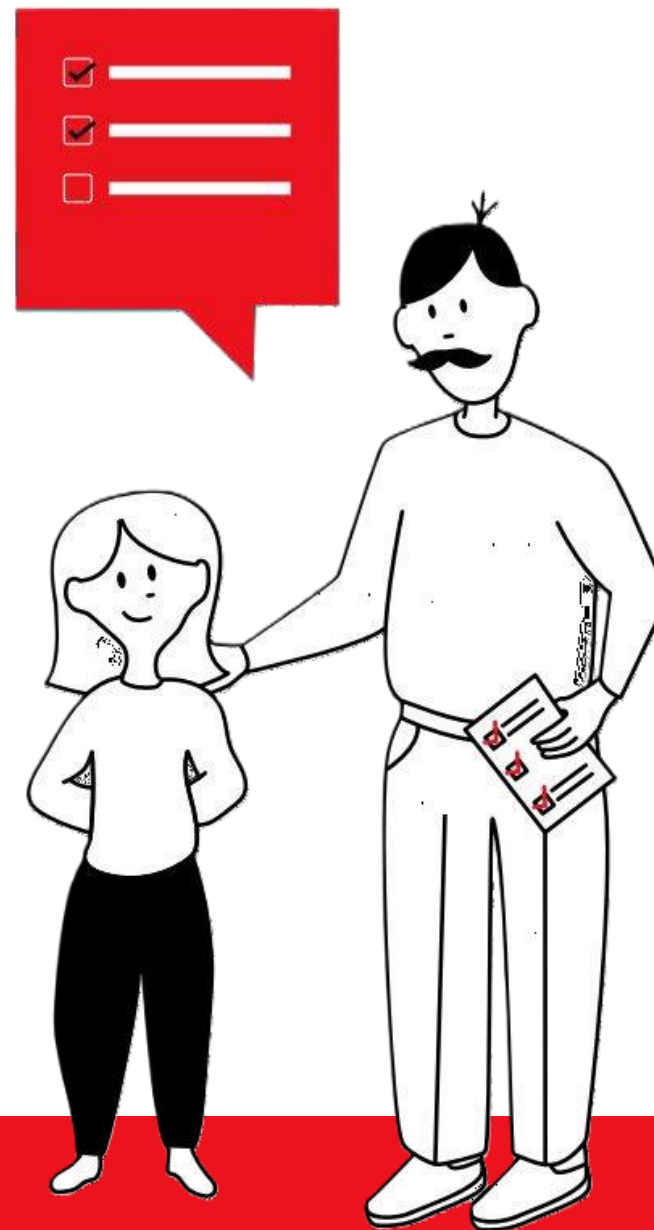
isok.gov.pl

hydro.imgw.pl



Exercise 5

**How prepared are you for a
blackout (long-term power
outage)?**





Blackout

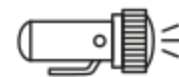
Blackouts – caused by natural disasters or deliberate actions – can last as long as several days. In that time, **you will lose access to water, heating, the Internet and telephone service, as well as the ability to pay by card.**

- ☐ Prepare alternatives for: light source (flashlights with spare batteries), heating (gas heater or oil burner, fireplace), communications (battery-powered radio, walkie-talkies, CB radio).
- ☐ Consider buying an electric power generator.
- ☐ Charge your powerbanks. Turn on battery saver mode in your phone.
- ☐ Prepare reserves of food ready for consumption (e.g. canned food, crackers, energy bars) and water (min. 3 litres per person per day).
- ☐ Have a reserve of cash in different denominations.

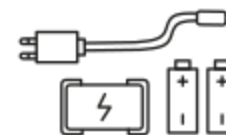
In the event of disruption in the supply of electricity

- Conserve heat, gather everyone in one room.
- Limit the number of times you open the fridge and freezer – they will hold low temperatures for longer.
- Disconnect all electrical devices.

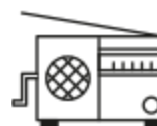
Flashlight



Charger and batteries



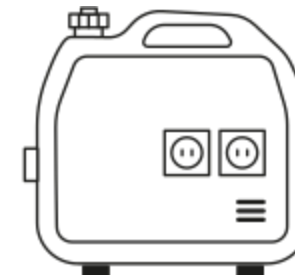
Radio



Headlamp



Electric power generator





Hygiene in crisis

Maintaining hygiene is important for your health and preventing epidemics. How to take care of it when there's no running water, electricity or heating?

Toilet

When there's no running water, you can create a makeshift toilet by covering a bucket with a plastic bag. After use, throw out the bag with its contents to a separate container. You can neutralize unpleasant odours with earth, sawdust, grit, etc

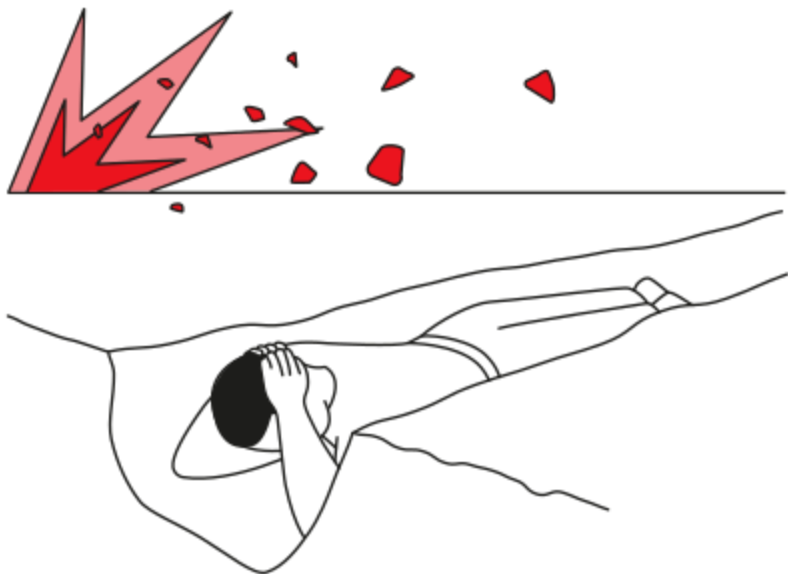
- Municipal services will inform You how to dispose of waste
- You can still urinate to your normal toilet, even if there is no running water





Air raid

When you hear the alarm signal, follow the previously established evacuation route to a shelter. Take the evacuation backpack with you. Avoid lifts, use the stairs. your shelter should have no windows, a thick ceiling and walls, access to air and an emergency exit.



- If you hear an explosion when out in the open, **fall to the ground** – ideally into a depression – and cover your head.
- **Do not exit the shelter** prematurely.
- Do not overburden phone lines – use **texts**
- **Help** others – see who around you needs assistance.



Chemical, biological, Radiological and nuclear threats

- ☐ Alert the people in the danger zone and leave the threatened area.
- ☐ If you remain indoors: close and seal the windows, ventilation, locks on stoves and fireplaces. Turn off air conditioning.
- ☐ If you are in a car: close the windows, turn off air conditioning/ventilation, drive away from the danger zone.
- ☐ When you come in from the outside, take off the contaminated clothes. Do not eat food that might have been contaminated.
- ☐ Do not touch your face. Wash yourself with soap under running water, start with your hands and continue to your face. Take a shower. If you cannot do so, clean your skin and hair with a wet wipe.
- ☐ Throw every item that might have been contaminated, e.g. clothing and food, into plastic bags – close them tightly and mark them.

When there is a danger of radiation, you need to be ready to remain inside a sealed building for at least a few days.

The radiation level after a nuclear explosion falls significantly after a few days

Markings of the CBRN dangers



Chemical



Biological



Radiological



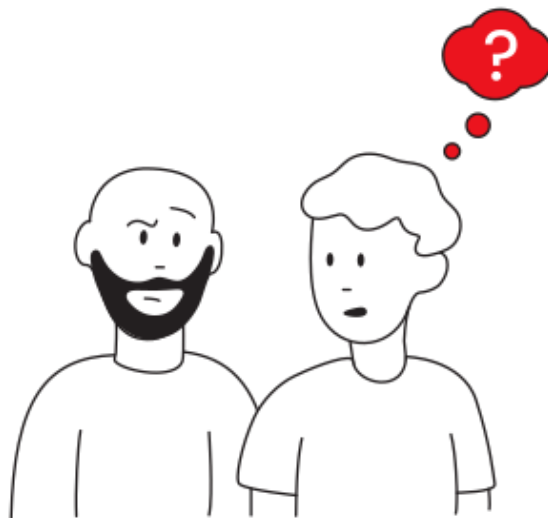
Nuclear



Suspicious behaviour

In your surroundings, be wary of:

- unexplained contact from people offering an easy way to make money;
- suspicious markings – graffiti, signs made with paint, chalk or tape – in places where they should not be. For example, unusual signs on electric or telecommunications boxes, on walls, roads and lampposts;



- changes in behaviour of people in your surroundings that cannot be logically explained, such as unwarranted attempts to collect personal data, building floor plans and other sensitive information;
- people watching, taking photos of or filming (e.g. with drones) structures such as airports, shopping centres, logistical hubs, train tracks, military installations, hospitals.



Suspicious behaviour

If you suspect that someone is planning to commit a crime, contact the authorities by calling the emergency number: 112. You can prevent a tragedy



Remember that notifying the Police or the Internal Security Agency does not carry any risk for you. If your worries are warranted, the authorities will take appropriate action.



Terrorist threats

Both people and important structures (e.g. electric power plants, water treatment plants, logistical hubs, music venues or shopping centres) can be a target for attacks.

- If you witness an attack, do not approach! **Run!** Warn others. Notify the authorities – do not assume that others already have. Do not return to the scene of the attack.
- **Hide away** from the crowd. Find cover – barriers, steel structures, thick walls. When inside, barricade the doors, cover the windows, turn off the light. Put your phone on silent.
- If you cannot run or hide – **fight**. Use anything that you have close to hand.

Do not be passive!



Important

Use the phone only if you really must – **do not block the network**. Do not call people in danger – you could reveal their hiding place.

Do not share photos and videos from the scene.

Do not fuel panic – don't spread unverified information.



Digital threats

Disinformation is the deliberate spreading of false or manipulated information.

- Verify your information (e.g. announcements that seem believable) in several independent sources
- Do not spread unverified information.
- Do not believe any information on the collapse of the country and surrender
- Do not share any information on the location and movement of the Polish Armed Forces or allied troops. Do not take photos, do not film, do not send and publish pictures of troops and important structures such as bridges, train stations, warehouses.



Verify all information in trustworthy, public sources, such as Polskie Radio and its regional stations, Telewizja Polska, government websites and the authorities.



Cybercrime

Criminals can steal your data, impersonate you on the Internet, take a loan in your name or deceive your friends

- Did you receive a suspicious message with a link or attachment?
Do not click on them without thinking.
- Check the sender's address and the content of the message.
Errors or lack of Polish diacritics can indicate a scam.
- Protect your login data and your payment card numbers.
- Regularly update your antivirus software and apps on your PC and smartphone..
- Use only software from legal sources.
- Do not install software from unverified sources.
- Set strong passwords, e.g. by using a password manager.
- Use two-factor authentication (texts, e-mails).
- Create backups of important files and documents.
- Be wary when you use public Wi-Fi networks



Report attempts at deception or scams at
incydent.cert.pl or through the **mObywatel** app.

Forward suspicious texts containing links to the
number: **8080**.



First aid

Performing first aid is your duty.
Do not be afraid – when you are helping, you are
not responsible for unintentional mistakes.

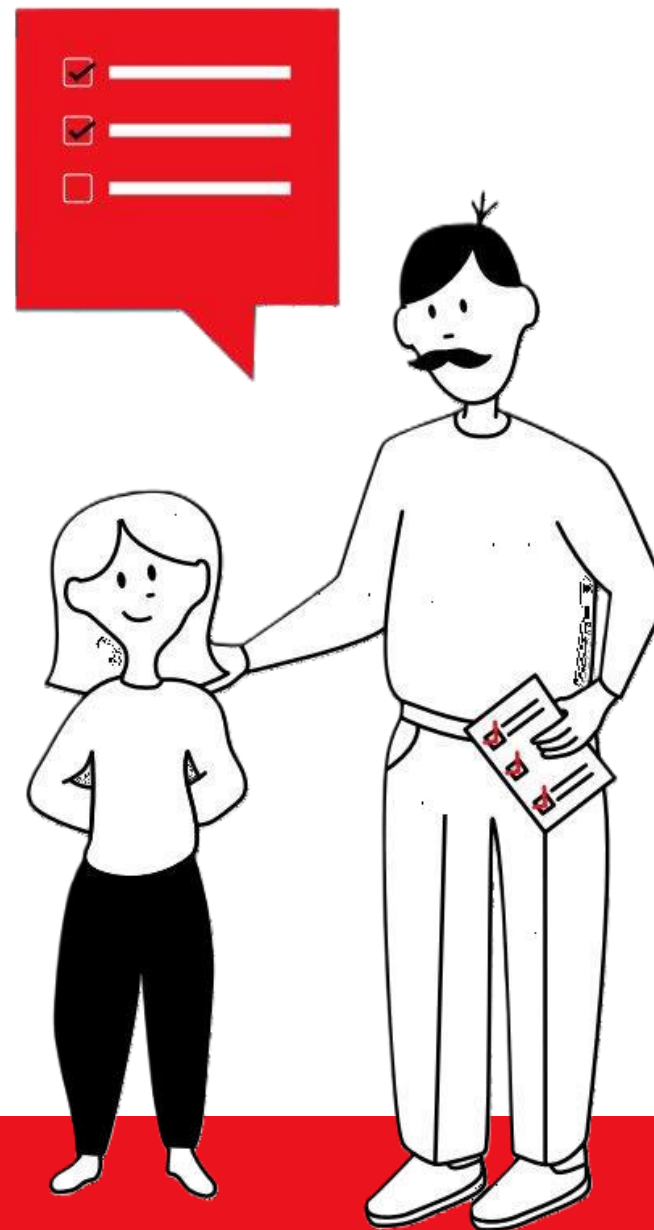




Exercise 6a

**How will you provide
first aid?**

(theory and practice)





First Aid Basics:

- 1 Take care of your and the victim's safety.
- 2 **Do not move them**, if it is not necessary.
- 3 **Assess the victim's state**. Shake them by the arm and ask: "Can you hear me?"
- 4 If they react, **ask** what happened.
- 5 **Call 112** or ask someone nearby to do it – in that case, ask a specific person.



If there is no contact with the victim

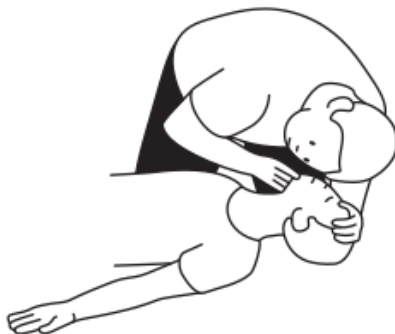
Step 1: Call for help

- Point to a person, who will call 112
- Ask a specific person nearby to bring a defibrillator (AED).



Step 2: Check breathing

- Check if the victim is breathing in the position they are currently in
- Watch chest movement
- Unbutton clothes if you need to



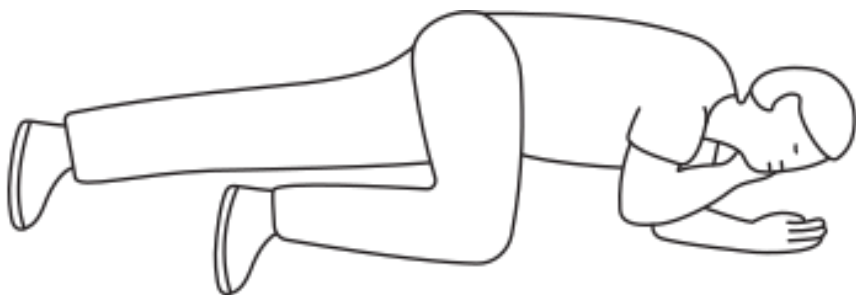
Check breathing (10 sec)

- Watch – if the chest rises and falls
- Listen – Do you hear Victim's breathing
- Feel – Can you feel the breath on your cheek



If they are breathing

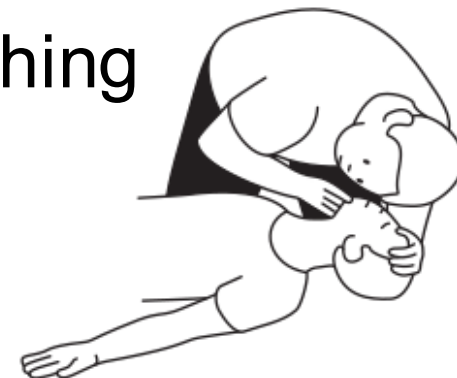
- place them in recovery position
- Watch for their breath until rescuers arrive



What if you check breathing?

If the victim is **not** breathing

- Clear the airways
- Check the breathing again



Clear the airways

- Place one hand on the victim's forehead, the other on their chin
- Pull their head back
- Open their mouth for a moment and remove visible foreign objects.

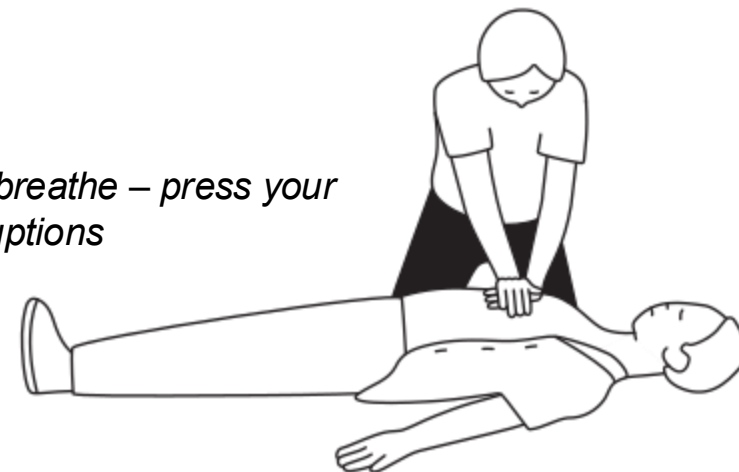


If the victim is **NOT** breathing – **Resuscitation (CPR)**

1 Preparation

- Place the victim on their back, on hard and flat ground
- Kneel next to their chest.
- Unbutton or cut the victim's clothing so that the chest is exposed

If you don't want to breathe – press your chest without interruptions



2 Chest compressions

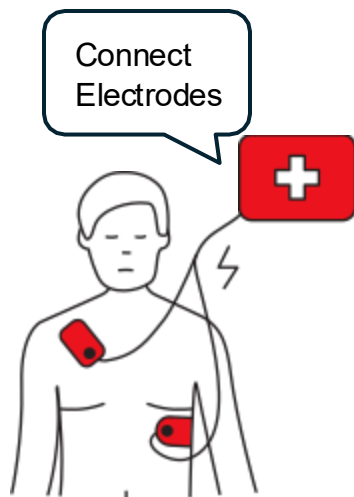
- place your hands, one on top of the other, in the middle of the victim's chest.
- Keep your arms straight.
- Push rhythmically, strongly and rapidly:
 - Depth of pushes: 5-6 cm
 - Frequency: 2 pushes per second
 - After every push, remove your hands from their sternum, while keeping fingers in contact with the chest.

3 Rescue breaths

- After 30 pushes, decongest their airways again
- slowly breathe air into the victim's mouth 2 times

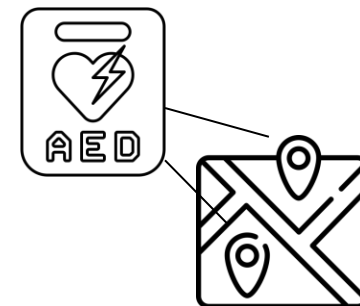


Defibrillator (AED)



Where to find a defibrillator(AED)

-  Offices
-  Shopping malls
-  Train stations
-  Airports
-  Metro stations



Use a defibrillator (AED)

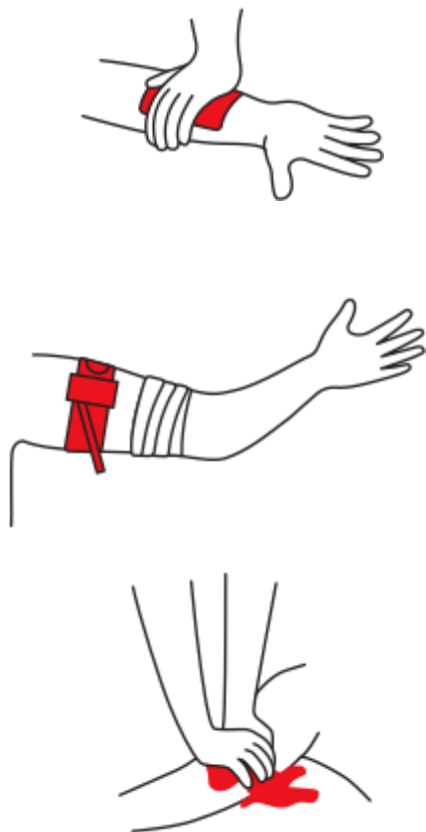
- When someone brings an AED – use it immediately
- The device will tell you how to act – follow the voice instructions

*Install an app that shows
the placement of the AED
in the area.*



If there is a heavy haemorrhage

Step by step



1. Apply a compression dressing

- Use bandage, fabric, scarf
- Press the wounds firmly

2. When the bleeding does not stop – put on a band (stasis)

- Apply above wounds on the arm or thigh
- Write down the time you put on the wristband!

3. If you don't have a band or dressing

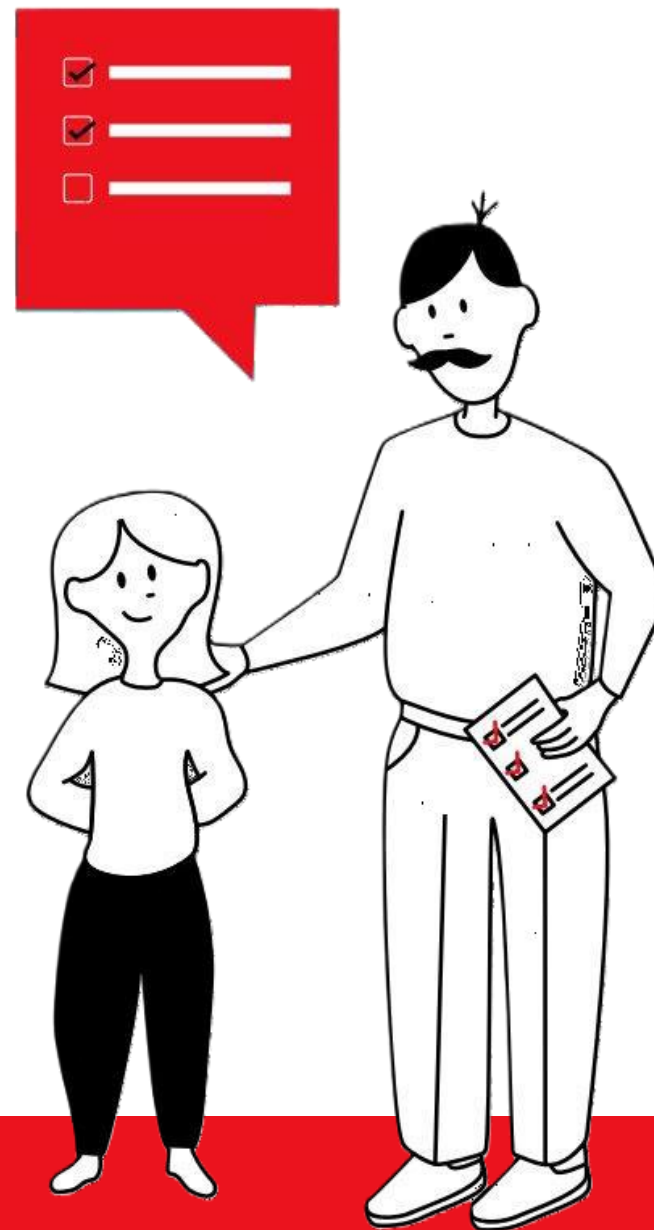
- Press the wound directly with your hand or cloth
- Continue until the bleeding stops or the victim is taken over by rescuers



Exercise 6b

**How will you provide
first aid?**

(Theory and practice)





REMEMBER!!

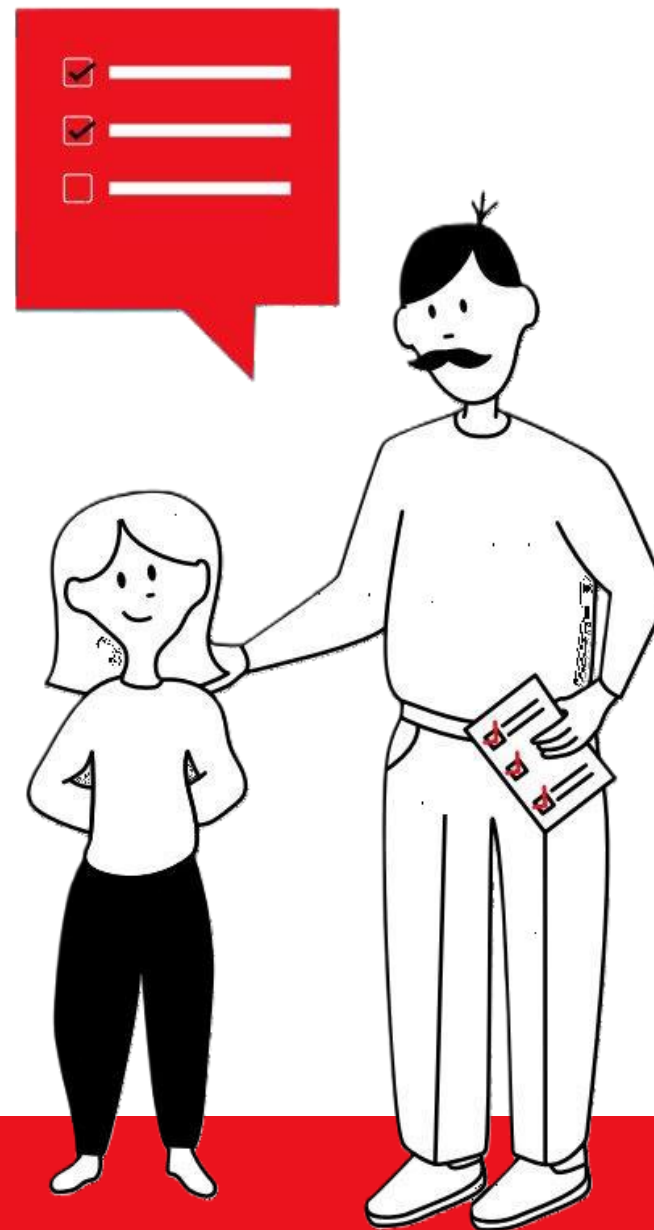
Don't be afraid to help, or at least come up and ask –
sometimes even a small gesture can save someone's life.





Final Exercise

Prepare your plan for the crisis.





Polish Red Cross Training – for residents

First aid training 5h, 8h or 16h

PP instructors have a wide educational package, current guidelines of the European Resuscitation Council and the Global First Aid Reference Center of the International Federation of the Red Cross. During the courses, they use phantoms, sets of mock-ups from renowned companies.

Psychological first aid training 8h

The course is a set of skills that allows you to support people in a difficult life situation. These skills can be used in personal, professional or crisis situations. PPP trainers are certified by specialized units of the International Federation of the Red Cross.

First aid training for dogs

The course includes both a theoretical part and practical exercises on professional phantoms. The course includes, e.g.: stopping hemorrhages, performing resuscitation, dealing with choking and seizures.

Are you interested write: info@pck.pl



Polish Red Cross training – for local government staff

Organizing emergency and humanitarian aid 16h

Running temporary shelter points 8h

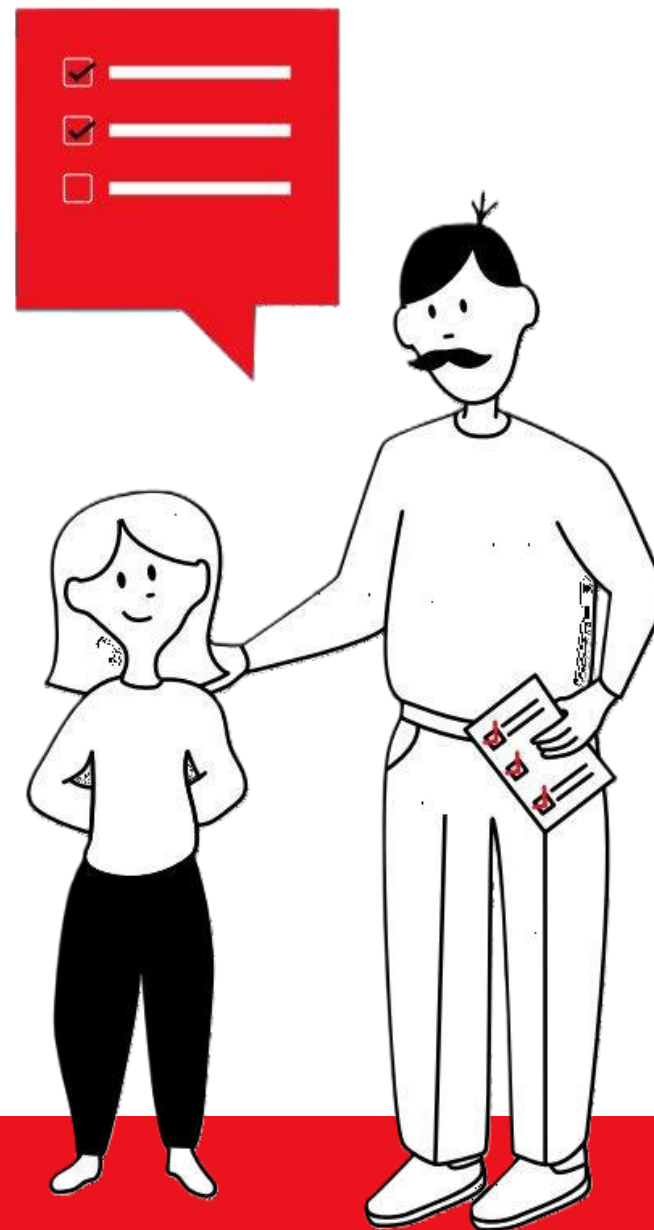
**Planning and organizing support infrastructure, including
running temporary warehouses 8h**

The trainings are based on many years of experience gained during rescue and aid operations in Poland and Europe. PCK trains and plans taking into account the actual capabilities and resources of a given local government. Therefore, the knowledge transferred will be possible to implement during the crisis.

Are you interested write: info@pck.pl

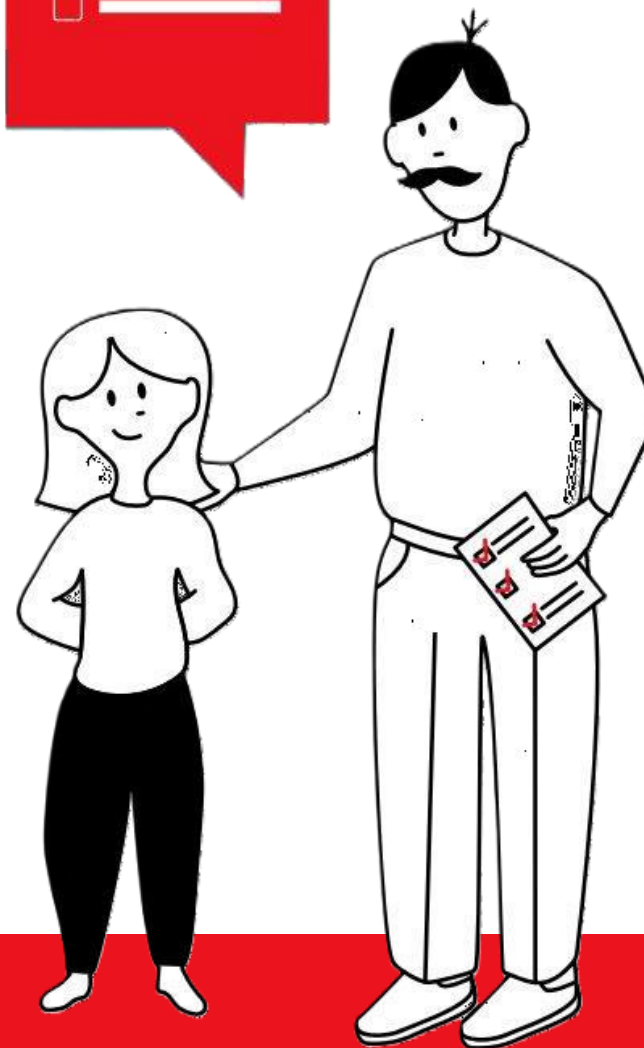


Questions?





Please fill in the evaluation questionnaire?





THANK YOU FOR YOUR PARTICIPATION IN THE GENERAL CIVIL PROTECTION WORKSHOP



Share your conclusions and comments with us. Write to us at: warsztaty@mswia.gov.pl
Only TOGETHER can we build social resilience and make Poland safer and stronger!