

FACULTY ACADEMIC FORUM LECTURE SERIES-11, was held On First November, 2017, at Islamabad campus of Preston University Kohat. Prof. Dr. Baloch Allah Wadhayo, Faculty of Natural, Applied and Environmental Sciences , Executive Director , Disaster Research Institute, delivered the lecture, on the topic “Self And Community Precautions And Protections During And After an Earthquake”. Lecture cover, How an earthquake occurs, standard precautions and measures an individual, family should know and take. Set aside some emergency supplies,

Teach your family: what to do at home; During and After a Disaster. One could be without help for up to 72 hours, Therefore learn to cope for at least that long. Prepare a Disaster Supplies Kit For your home, Workplace, and car. Prepare a Disaster Supplies Kit For your home, Workplace, and car.

Keep a supply of non-perishable food on hand.

Have a sufficient supply of: 1 - Canned or Dehydrated food, 2 - Powdered milk, 3 -canned juices for at least 72 hours. 4 -Dried cereals and fruits and non-salted nuts, are good sources of nutrition. First aid knowledge of C P R -Cardio (heart) Pulmonary (lung) Resuscitation (revive, revitalize), Keep a supply of special needs items, such as:

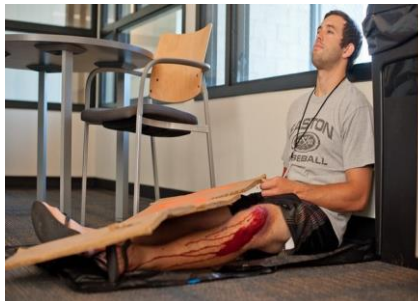
1 – Medications – For Children, Elderly and Pregnant women. 2 - Extra eyeglasses, 3 - Contact lens solutions, 4 - Hearing aid batteries. 5 - and any items unique to your family’s needs. 6 - Wet Tissue Papers, 7 - Toilet paper.8- Moist Towelettes, Identify potential dangers in your home by conducting an earthquake ***hazard checking***.

Some possible hazards are: Tall, heavy furniture that could topple, such as bookcases, Cabinets, or Modular wall units. Water Heaters that could be pulled away from pipes and rupture. Identify SAFE Places and Share- with all Family members : Under sturdy (مضبوط) Furniture – such as Heavy Desk or Table . Against an inside wall, Below the beams, doors , Away from glass fixtures, Away from Heavy furniture that may fall, Stay in Open space till earthquake shaking ends, Away from Tall Buildings, Away from Trees, Away from Electrical lines, Away from over head and under passes, Bridge

BEST STEP TO SAVE SELF IS DURING AN EARTHQUAKE IS– 1.Drop, 2.Cover and 3. Hold on.



SIT AGAINST WALL-PROTECT YOUR BODY



Teach yourself and family SECURE places



Safety Steps During and after an Earthquake, If you are outdoors Stay there.

If indoor: Move to a clear area if you can safely do so;

BUT AVOID / SAVE YOURSELF FROM:Power Lines, Trees, Signboards, Buildings, Vehicles, Streetlights, Utility Wires. Movement of the ground is seldom. he Actual cause of Death or Injury. Most casualties Result from:

1- Partial building collapse and 2- Falling Objects and Debris, like : i- Bricks, ii- Ceiling Plaster, iii- Light fixtures. Many of these conditions are easily preventable. Speaker and participants extensively discussed new device to shatter current earthquake-proofing practice- October 2017 –Innovation by HWA (Heriot-Watt’s Institute for Infrastructure and Environment- Edinburgh, Scotland); Dr George Vasdravellis is the innovator.

New “***sacrificial device***” made of stainless steel, material could absorb the impact of earthquakes and prevent building collapse and reduce damage. These devices would be an improvement on current buildings all over world, which do not collapse, but still experience extensive damage in an earthquake.

Once damaged, the devices can be easily replaced.