

Recommendations for foreign students studying at the Stroganov Academy for actions in case of emergency situations

General rules of conduct in emergency situations

1. Do not panic or give in to panic. Encourage others to stay calm. Panic in any emergency situation causes unconscious actions, leading to severe consequences.
2. If possible, immediately call the **single emergency number 112**. Remain calm and composed in your message. Try to speak briefly and clearly. In the message you must say: what happened; the place where it happened (address, landmarks); if you are an eyewitness and you are not in danger, try to stay put until the arrival of specialists.
3. If you are hurt or injured, or if you are near an injured person, provide first aid. Timely first aid can prevent or reduce serious consequences.
4. Turn on the radio, TV, listen to the information transmitted through the street loudspeakers and loudspeaker devices. The voice message will tell you what happened, the main recommendations and the rules of conduct.
5. Follow the recommendations of specialists (rescuers and firefighters, police officers, medical workers). This will help to provide timely assistance to victims, reduce or prevent the consequences (exposure to hazardous factors).
6. Do not create conditions that impede and complicate the actions of specialists. Pass vehicles moving with special signals and special coloring.
7. Do not go beyond the fence marking the danger zone. Alert when an emergency situation is threatening or arising. Remember! Sirens and intermittent horns of enterprises or vehicles mean the signal "Attention everyone!". When you hear it, immediately turn on your loudspeaker, radio or TV, and listen to the information message about the emergency, the rules of conduct and your actions. Information about the incident will be repeated many times and clarified as events unfold.

Finding a suspicious object that could be an explosive device

If you discover suspicious or questionable items, immediately contact the nearest police station or call "**102/112**".

If you discover a forgotten or abandoned item on public transport, question the people around you. Try to establish whose it is and who may have left it. If the owner is not identified, immediately report the finding to the driver (train driver).

If you find an unknown object in an institution, immediately report it to the administration or security.

In all of the above cases:

- do not touch, move, or open the found object;
- make a note of the time when you found the object;
- do your best to keep people as far away from the finding as possible;

- be sure to wait for the arrival of the investigative team.

Remember: an object's appearance may hide its real purpose. The most common household items are used as camouflage for explosive devices: bags, packages, boxes, toys, etc.

Do not handle any discoveries or suspicious items that may be explosive devices. It could cause them to explode, with many casualties and destruction.

Receiving Evacuation Information

An evacuation message may be given not only when an explosive device is detected and the consequences of the terrorist attack are dealt with, but also when there is a fire, natural disaster, etc.

When you receive a message from the authorities or law enforcement that an evacuation has begun, remain calm and follow their commands clearly.

If you are in a dorm room, do the following:

- take personal documents, money, and valuables;
- turn off the electricity, water, and gas;
- assist in the evacuation of the elderly and seriously ill people;
- be sure to lock the front door - this will protect the apartment from possible penetration of looters;
- do not allow panic, hysteria and rush. Leave the room (premises) in an orderly manner;
- return to the abandoned room only after the permission of the people in charge;
- remember that the lives and health of many people will depend on the coordination and clarity of your actions.

Crowd Behavior

Avoid large crowds of people.

Don't join a crowd, no matter how much you want to watch the events taking place.

If you find yourself in a crowd, let it carry you, but try to get out of it.

Breathe deeply and separate the hands bent at the elbows slightly in the parties that the thorax was not compressed.

Try to appear far away from tall and large people, people with bulky subjects and the big bags.

Try to stay on your feet in any way you can.

Do not keep hands in pockets.

Moving, lift legs as much as possible, put a leg on a full foot, don't shuffle with your feet, don't rise on tiptoes.

If the crush has taken threatening character, immediately, without thinking, release from any burden, first of all from a bag on a long strap and a scarf.

If you drop something, by no means bend over to pick it up.

If you fall, try to get to your feet as quickly as possible. At the same time, do not lean on your hands (they will be crushed or broken). Try to stand on your soles or toes for a moment. Once you have a footing, "come up" by pushing your feet sharply off the ground.

If you can't get up, curl up, protect your head with your forearms and cover the back of your head with your palms.

Once in a crowded room, determine in advance what places are the most dangerous in case of an extreme situation (passages between the sectors at the stadium, glass doors and partitions in concert halls, etc.), pay attention to the emergency exits, make your way to them in your mind.

It is easiest to hide from the crowd in the corners of the hall or near the walls, but it is more difficult to get to the exit from there.

If panic occurs, try to remain calm and able to assess the situation soberly.

Do not join the protesters "for the sake of interest". First find out if the demonstration is sanctioned, what the speakers are campaigning for.

Do not join unregistered organizations. Participation in the events of such organizations may entail criminal penalties.

During mass disturbances try not to get into the crowd, both participants and spectators. You can get caught by the actions of special forces.

Hostage Taking

Anyone, by coincidence, can be held hostage by criminals. In this case, the criminals may pursue political goals, ransom, etc.

In all cases, your life becomes a bargaining chip for the terrorists.

The capture can take place in transportation, in institution, or on the street.

If you are held hostage, we recommend adhering to the following rules of conduct:

- unexpected movement or noise may result in a violent response from the terrorists. Avoid actions that may provoke terrorists to use weapons and cause loss of life;
- be prepared for the use of blindfolds, gags, handcuffs or ropes by terrorists;
- endure hardship, insults and humiliation, do not look criminals in the eye (for a nervous person this is a signal for aggression), do not behave in a defiant manner
- do not try to resist, do not show unnecessary heroism, trying to disarm the bandit or to break through to the exit or the window;
- if you are forced to leave the premises, saying that you are being held hostage, do not resist;
- if you have children with you, find a safe place for them, try to protect them from accidental bullets, be close to them if possible;
- if necessary, comply with the demands of the criminals, do not contradict them, do not risk the lives of others and your own, try not to have hysterics and panic;
- in the case when medical assistance is required, speak calmly and briefly without making the bandits nervous, do nothing until you get permission.

What to do if there is a threat of a terrorist attack

Always be aware of the situation around you, especially when you are in transport, cultural-entertainment, sports and shopping centers.

If you discover forgotten items, do not touch them and report them to the driver, facility staff, security, or police. Do not try to look inside a suspicious package, box, or other object.

Don't pick up any unclaimed items, no matter how attractive they may look.

They can conceal explosive devices (beer cans, cell phones, etc.). Do not kick objects lying on the ground in the street.

If security and law enforcement forces suddenly become active, do not be curious, go the other way, but do not run, so that you are not mistaken for the enemy.

If an explosion occurs or gunfire starts, immediately fall to the ground, preferably under cover (kerb, sales tent, car, etc.). Cover your head with your hands for greater safety.

If you happen to learn of an impending terrorist attack, report it to law enforcement immediately.