

**Indian Red Cross Society
Gujarat State Branch
Ahmedabad**

Disaster Management Training

Day 1		
Time	Session	Method
09:30 to 09:45	Inauguration	Function
09:45 to 10:15	Pre test, Introduction and Expectation	Written Exam and Discussion
10:15 to 11:00	Disaster Management Concept and Cycle	Presentation
11:00 to 11:15	Tea Break	
Individual safety		
11:15 to 01:00	Earthquake, Cyclone and Flood (Do's and Don'ts - Before, During and After)	Movie, Presentation and Group Discussion
01:00 to 02:00	Lunch Break	
How to Respond		
02:00 to 02:30	Early warning, Evacuation and Preparedness	Presentation
02:30 to 03:30	Search & Rescue Basics	Practical
03:30 to 04:00	Restoring Family Links	Practical
04:00 to 04:15	Tea Break	
04:15 to 05:00	Fire Safety & Burns Management	Presentation & Practical
Day 2		
Time	Session	Method
09:30 to 09:45	Review of Previous Day	Discussion
09:45 to 10:15	Importance of First Aid	Presentation
10:15 to 11:00	Basics CPR & Resuscitation	Presentation & Practical
11:00 to 11:15	Tea Break	
11:15 to 12:15	Bleeding management	Practical
12:15 to 01:00	Fracture , Spinal Injury and Log Roll	Practical
01:00 to 02:00	Lunch Break	
02:00 to 02:30	Psychosocial Support and Psychological First Aid	Presentation
02:30 to 04:00	TRIAGE & Management of Mass Casualty	Practical
04:00 to 04:15	Tea Break	
04:15 to 05:00	Dead Body Management	Practical
05:00 to 05:30	Post Test, feed Back and Closing Ceremony	Written Exam and Discussion