



HOW TO ACT IN A CROWD IN THE CITY

It is vital to remember that in any emergency situation you

MUST NOT PANIC!

SURVIVING IN A CROWD

If you are preparing to go to a street meeting or a crowded concert or sporting event do not take children with you, do not take any sharp or cutting objects with you, take off any badges and make sure you have some ID on you. Also do up all the buttons on your clothing.

If you have been swept into a crowd try not to let yourself be taken towards the



middle, avoid all stationary objects which might be in your path – lamp-posts, vehicles or trees.

The main thing to do in a crowd is to make sure you don't fall over.

If you have fallen however, cover your head with your arms and slowly try to get up.

Do not approach aggressive groups of people.

Try to avoid crowds altogether.

Do not try to get closer to the microphone, platform or stage: experience shows that these are the most dangerous places.

Aggressive acts such as throwing stones at windows, overturning cars or wounding others are extremely dangerous when in a crowd.

If you drop something in a crowd never under any circumstances try to pick it up – your life is more valuable.

If panic sets in, try to evaluate the situation rationally and come to a decision.

Do not panic!



CITY BEACHES SAFETY TIPS



On a hot summer day many city dwellers seek relief from the cracked asphalt, and stifling public transport and buildings by heading for city water reservoirs. However, not everyone is able to swim or knows basic safety rules.

If you get a cramp while in the water you should dip underwater, stretch your leg out and pull hard on your big toe.

LEARN HOW TO RELAX IN THE WATER.

First method:

Lie on your back and spread-eagle your arms and legs, close your eyes, put your head back and relax. Breathe in and out deeply.

Second method:

Breathe in, lie face down in the water and clasp your knees to your chest then slowly breathe out into the water before taking another quick breath on the surface.

SAFETY MEASURES:

- do not dive in unfamiliar waters;
- do not swim beyond the buoys;
- do not swim in shipping routes and do not approach vessels;
- do not use air mattresses;
- do not play fighting games in the water;
- and do not swim while drunk.

LIST FOR IMPORTANT EMERGENCY INFORMATION

The information in this list will be useful for you, your relatives and your friends.

Always keep this information at hand and try to keep it updated.

You can get all the necessary information from the City Department of Civil Defence and Emergency situations or from the City Integral (United) Control Service.

You can also use local branches of these services in your factory, enterprise or housing committee.

PLEASE FIND OUT THE FOLLOWING DATA AND WRITE IT DOWN IN THE FOLLOWING LIST:

Telephones: Officer of the City Department of Civil Defence and Emergency Situations	
City Integral Control Service	
City Rescue Service	
Address and telephone number of the nearest hospital	
Location of shelters	
Telephone number and location of evacuation points	
Address for personal safety equipment	
Place of residence	
Place of work	
Frequencies of local radio programmes	

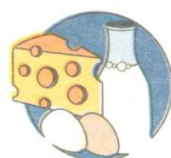
NECESSARY ITEMS IN THE EVENT OF AN EMERGENCY:



Documents and money



First aid kit



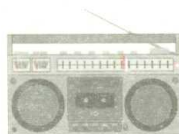
Food and water



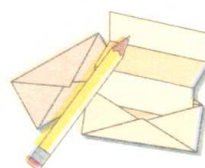
Set of table-ware



Flashlight and batteries



Radio set



Envelopes, paper and pen



Suitcase (bag)

Note from the Publisher

At the present time we have received an order for 40,000 copies of the booklet "City, Man, Risk" from virtually every region of Russia, mostly from local authorities, teachers, public organisations and various businesses which develop ecological programmes for small and medium sized enterprises.

With your support we also hope to distribute this booklet to many schools and colleges through Russia and to supply this new, useful material to students of teacher training colleges. This will help public ecological organisations in their educational work, especially on a family level.

This booklet is distributed on a non-profit basis. In spite of a great deal of sponsorship received to help increase the circulation of this booklet, the print run may be insufficient. We therefore kindly ask you to look for local financing of additional orders, again on a non-profit basis, and to refer them to the publishing group "Olita" - please see address below.

Shall you have a local sponsor for an extra print run we will be happy to send you the original lay-out of the booklet under a non-commercial agreement.

© **Viatcheslav Korzhenko**
Coordinator
the Program *Global Eco Reform*

Address: 107 553 Moscow,
B. Cherkizovskaya, 22-1-130;
tel/fax: (7-095) 161-17 81
E-mail: korjenko@pol.ru

General Editor

Yuri Vorobyev

First Deputy Minister
of the EMERCOM

Composition by:

Sergey Vangorodskii

Picture Editor:

Viatcheslav Volkov

(including photographs from ITAR TASS
and 'Civil Defense' magazine which were
kindly donated for this non-profit edition)

Editors:

Tatiana Korjenko,
Madeleine Moulin-Acevedo
Marina Riklina

Translator:

Juliet Butler

Consultant:

Yurii Brazhnikov

© Fine Art Design:

Alexei Kolomeitsev

E-mail: olita@ime.comcor.ru

Printed by «Olita» Printing House,
Russia, 117218 Moscow,
B. Cheromushkinskaya St. 34.
Tel/Fax. (7-095) 120-15-70