

## AD HYDRO POWER LIMITED

Doc. No. EQHSMS-001-8.2

Title: Emergency Action Plan

### ANNEXURE – 7

## Rescue, Evacuation and Transportation of Injured Person

<u>Status</u>	<u>Prepared by</u>	<u>Reviewed &amp; Checked by</u>	<u>Approved by</u>
<i>For issue</i>	<i>Dr. Deepak Tikoo – Sr. Manager EHS&amp;S</i>	<i>Pankaj Kapoor – VP-O&amp;M</i>	<i>O P Ajmera – Director &amp; CEO</i>
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**Fireman’s Carry**

The Fireman’s Carry is one of the easiest ways to carry an unconscious casualty.



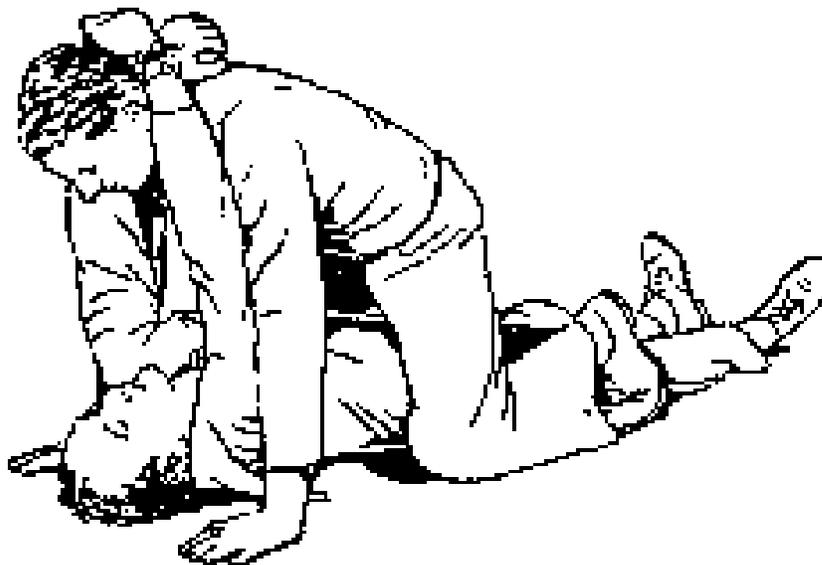
1. Place the casualty’s face down. Face the casualty, and kneel on one knee at the casualty’s head. Pass your hands under the armpits; then slide your hands down the sides and grasp them across the back.
2. Raise the casualty to his knees. Take a better hold across the casualty’s back.
3. Raise the casualty to a standing position and place your right leg between the casualty’s legs. Grasp the right wrist in your left hand and swing the arm around the back of your neck and down your left shoulder.

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4. Bend down quickly and pull the casualty across your shoulders and, at the same time, put your right arm between the casualty's legs.
5. Grasp the casualty's right wrist with your right hand and straighten up. The procedure for lowering the casualty to the deck is also illustrated. **Do not attempt if the casualty has an injured arm, leg, ribs, neck, or back!**

**Tied-Hands Crawl**

The tied-hands crawl may be used to drag an unconscious casualty for a short distance. It is particularly useful when you must crawl underneath a low structure, but it is the least desirable because the casualty's head is not supported.

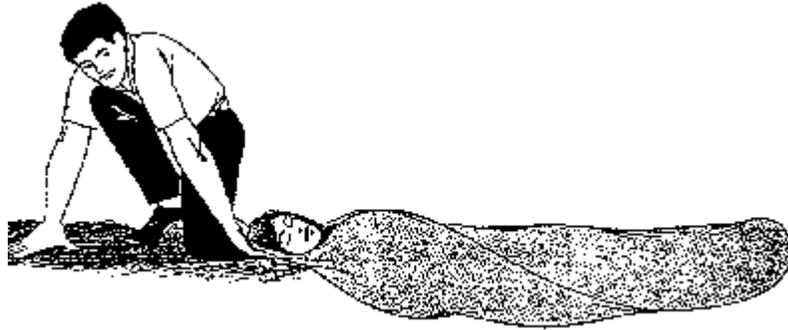


1. Place the casualty face up. Cross the casualty's wrists and tie them together.
2. Kneel astride the casualty and lift the arms over your head so that the casualty's wrists are at the back of your neck.
3. When you crawl forward, raise your shoulders high enough so that the casualty's head will not bump against the deck.

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**Blanket Drag**

The blanket drag can be used to move a casualty who, due to the seriousness of the injury, should not be lifted or carried by one person alone.



1. Place the casualty face up on a blanket, and pull the blanket along the floor.
2. Always pull the casualty head first, with the head and shoulders slightly raised, so that the head will not bump against the floor.

**Pack-Strap Carry**

The pack-strap carry can be used to move a heavy casualty for some distance.



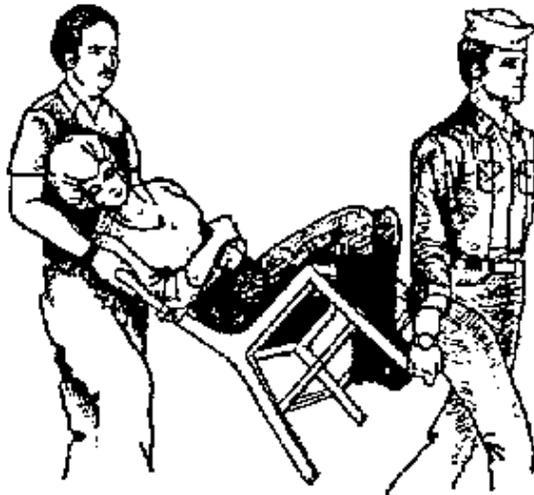
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1. Place the casualty's face up.
2. Lie down on your side along the casualty's uninjured or less injured side. Your shoulder should be next to the casualty's armpit.
3. Pull the casualty's far leg over your own, holding it there if necessary.
4. Grasp the casualty's far arm at the wrist and bring it over your upper shoulder as you roll and pull the casualty onto your back.
5. Rise up on your knees, using your free arm for balance and support. Hold both of the casualty's wrists close against your chest with your other hand.
6. Lean forward as you rise to your feet, and keep both of your shoulders under the casualty's armpits.

**Do not attempt if the casualty has an injured arm, ribs, neck, or back!**

**Chair Carry**

The chair carry can be used to move a casualty away from a position of danger. The casualty is seated on a chair and the chair is carried by two people. This is a good method to use when you must carry a casualty up or down steps or through narrow, winding passage ways. This is a highly recommended method to evacuate injured personnel from lower levels through stair cases.

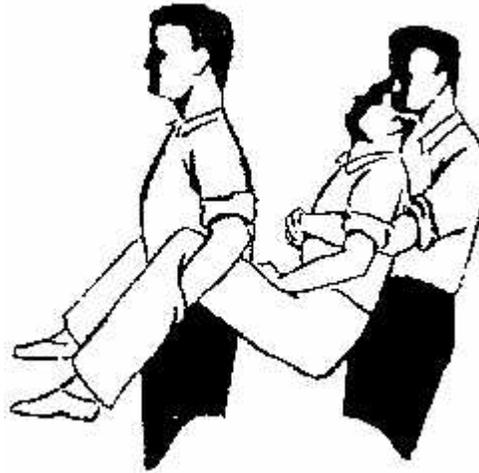


**Do not attempt if the casualty has an injured neck, back, or pelvis!**

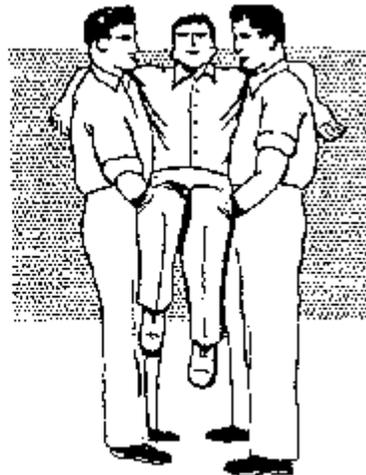
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**Arm Carries**

There are several kinds of arm carries that can be used in emergency situations to move a casualty to safety. The one-person arm carry should not be used to carry a casualty who is seriously injured. Unless the casualty is considerably smaller than you, you will not be able to carry the casualty very far. The two-person carry unless absolutely necessary, should not be used to carry a casualty who is seriously injured.

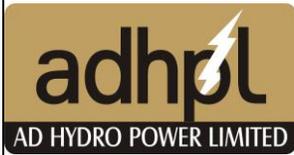


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1. Two rescuers kneel beside the casualty at the level of the hips, and carefully raise them to a sitting position.
2. Each rescuer puts one arm under the casualty's thighs; hands are clasped and arms are braced.
3. Both rescuers rise slowly to a standing position.

**Do not attempt if the casualty is seriously injured!**

## Emergency Evacuation Procedures for Persons with Disabilities

This provides a general guideline of evacuation procedures for persons with disabilities, which would make exiting difficult during fire and other building emergencies. Staff and visitors with disabilities must know the evacuation routes. The persons with disabilities should:

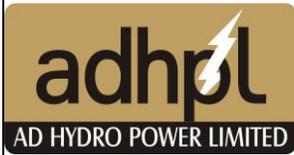
- Be familiar with evacuation options.
- Seek evacuation assistants who are willing to assist in case of an emergency.
- Ask supervisors or EHS&S about evacuation plans.
- People located on floors above ground level will need to use stairways to reach building exits.
- Elevators cannot be used because they have been shown to be unsafe to use in an emergency.

## Evacuation Options

Persons without disabilities must evacuate to the nearest exit. Persons with disabilities have four basic evacuation options.

- **Horizontal Evacuation:** using building exits to the outside ground level or, on upper floors, going into unaffected areas.
- **Stairway Evacuation:** using steps to reach ground level exits from the building.
- **Stay in Place:** unless danger is imminent, remaining in a room with an exterior window and a telephone. With this approach, the person may keep in contact with safety department and reporting his or her location directly. His location will be immediately relayed to the rescue personnel, who will determine the necessity for evacuation. If the

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phone lines fail, the individual can signal from the window by waving a cloth or other visible object.

**Disability Guidelines**

Prior planning and practicing of emergency evacuation routes are important in assuring a safe evacuation.

**Mobility Impaired - Wheelchair**

Persons using wheelchairs should stay in place, or move to an area of rescue assistance with their assistant when the alarm sounds. The evacuation assistant should then proceed to the evacuation assembly point outside the building. Stairway evacuation of wheelchair users should be conducted by trained professionals. Only in situations of extreme danger should untrained people attempt to evacuate wheelchair users.

**Mobility Impaired - Non-Wheelchair**

Persons with mobility impairments, who are able to walk independently, may be able to negotiate stairs in an emergency with minor assistance. If danger is imminent, the individual should wait until the heavy traffic has cleared before attempting the stairs.

**Hearing Impaired**

Most buildings on campus are equipped with fire alarm strobe lights. Persons with hearing impairments may not hear audio emergency alarms and will need to be alerted of emergency situations. Emergency instructions can be given by writing a short explicit note to evacuate.

**Visually Impaired**

Most people with a visual impairment will be familiar with their immediate surroundings and frequently traveled routes. Since the emergency evacuation route is likely different from the commonly traveled route, persons who are visually impaired may need assistance in evacuating. The assistant should offer their elbow to the individual with a visual impairment and guide him or her through the evacuation route. During the evacuation the assistant should communicate as necessary to assure safe evacuation.

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