



DISASTER PREPAREDNESS AND RESPONSE TEAM SEARCH AND RESCUE

“People Helping People”

Newsletter
No. 4 April 2008

<http://dpart-sar.co.cc>, dpart@googlegroups.com



April in Brief

- * Rope Training
- * Blood Donation
- * Member's Meeting
- * On-line Training
- * **DPART SAR**
Volunteer of month

April has been a relatively quiet month for DPART SAR members, two sessions were organized - Rope Training and Blood Donation Awareness - and a general member's meeting was held to discuss the upcoming events and obtain member feedback. Team leaders Asad and Usama along with Asfandyar have been busily planning awareness sessions and training opportunities for the coming months - watch out for them.

Rope Training on Margalla Hills

On a rather wet Sunday 6th April, members participated in a rope training exercise on Margalla Hills Trail 3 organized by our NVM associated members - thank you.



Blood Donation Awareness Session

On Sunday 20th April, DPART SAR organized a *Blood Donation Awareness* session with Pakistan Red Crescent Society, Islamabad.

Members were registered and screened before making the blood donation. After the donation, PRCS Deputy Director General, Dr. Asma Cheema conducted a tour of the facilities explaining the blood collection process, PRCS community awareness programs, donor camps, and future plans.

DPART SAR members felt that it was a very informative session and made a commitment for follow-up donations in 4 months.

DPART SAR also discussed the possibility of further collaborative events with PRCS. It is planned that there will be a blood donation awareness session held at NUST.



For further information visit www.prcs.org.pk

PREPAREDNESS AND RESPONSE TEAM

First Aid Kits

Regularly check that your **First Aid Kits** are prepared and re-stocked.

Your kits (home and car) should contain the following recommended supplies:-

- ✓ First aid manual
- ✓ Sterile adhesive bandages
- ✓ 2" and 4" sterile gauze pads
- ✓ 2" and 4" sterile roller bandages
- ✓ Hypoallergenic adhesive tape
- ✓ Triangular bandages
- ✓ Needle
- ✓ Moistened towelettes
- ✓ Antibacterial ointment
- ✓ Thermometer
- ✓ Tongue blades
- ✓ Petroleum jelly or other lubricant
- ✓ Assorted sizes of safety pins
- ✓ Latex gloves
- ✓ Cotton balls
- ✓ Sunscreen
- ✓ Scissors
- ✓ Tweezers

Non prescription drugs -

- ✓ Aspirin or non aspirin pain relief
- ✓ Antacid
- ✓ Syrup of Ipecac (induces vomiting)
- ✓ Laxative
- ✓ Vitamins

BE PREPARED - it could make a difference!

***Reminder - Member Uniforms**

1. Community First Responders (category 5) need to wear the **lime green safety vest** at all times when on duty, training, or at presentations.

2. Team Leaders/Specialists (category 4+) must wear the **operational blue uniforms** when on duty, training or at presentations.

On-Line Training

DPART SAR Members have the opportunity to acquire basic knowledge and skills as well as update and refresh existing skills through the following courses on-line:-

- * Avalanche First Response Training Program
- * Emergency Telecommunications for Youth World Wide (Basic Course)
- * ELS Skill Builder Presentation
- * Online Survival Simulation

In addition there are several on-line resources from FEMA and the UN which can be incorporated into "School/Community Safety" presentations.

Please refer to Asfandyar's emails - [Community/School Safety Program Additional Resources](#): and [WBT= Web Based Training](#) posted to dpart@googlegroups.com on 21st April for full details regarding the content of the courses, eligibility, procedure, and about the "Safer School's/Community" CD available on-line.

Volunteer of the Month - April

Nasir Saeed Khan - North Division

Congratulations Nasir ☺

Please remember to consider your nomination for 'May Volunteer of the Month'.

***Reminder - Communication**

To receive notifications about events, trainings and general information please ensure you are a member of dpart@googlegroups.com. A Member's Directory is now available, please notify Alana - amcconnon2003@yahoo.com.au - about any changes. Thank you.

Coming Up in May

- **Traffic management training with Islamabad Traffic Police** *date to be advised
- **Physical Therapy and Psycho-social Awareness Sessions** *dates to be advised
- **First Aid Post and Information booth at 'International Family Day' on May 18th at Wonderland Amusement Park from 5pm-12.00am in collaboration with The Prudents (reg'd), NGO - <http://www.prudents.org>**