



# Prokram Jingpynsgewthuh ha Shnong





## Biological Emergency

### Jingpynithuh

Kam donkam ba uno uno u briew uba shah thombor ha u khniang jingpang un pyni ia ki dak jingpang.

Ka jingshah thombor ha u dawai ba kynja met ka lah ban ym paw shynna mardor namar ba ka don ka por ba ki khniang jingpang kim lah ban iohi ia ki jingktah kiba sniew jong u dawai.

### Ki jinglong ba kyllum

Ka jingbun ki jingpang briew ki bym lah batai bad ki jingiap bym lah batai jong ki mrad bad ki sim.

Ha kiba bun ki jingshah thombor ha ki khniang jingpang, ki briew ki lah ban tip mardor ba ki la shah ktah (ym shym la iada). Ha kum kine ki jingjia, ka sakhi kaba nyngkong ka lah ban long haba la iohi ia ki dak jong ka jingpang ba la pynmih da u dawai ba la iada.

### To ia kynduh bad iarap ia ka bor synshar

Pyndonkam ia ki lad pathai khubor na ka bynta ki jingtip ba kham bniah shaphang ki dak bad ki jingpang jong ka jingpyndonkam ia ki dawai kynbat.

Lada phi pang, buh dak ia ki jaka sumar ba kyrkieh.

Bun ki jingpang kiba ju jia ki don ki dak kiba kum kita, wat shim ba kano kano na kine ki jingpang ka dei ka jingmih na ka jingpynbna ba la pynbna ia ka jingeh ha ka met. Lada phim thikna, wad jingmut na ki doktor.

### Ha ka por ba shah ktah:

- Lada phi pyrkhath ba phi lah ban iakynduh bad uwei uba la don, shim ia ki lad jingiada.
- Ka jingiada ia ka lynti ring mynsiem ka long kaba kongsan lada phi donkam ban iakynduh ia u briew uba la suba ba u la shah ktah ha u khniang jingpang.
- Pynjngai na u briew bad kiar na kaba iakynduh beit.

- Pule kot khubor, peit TV, sngap ia ka radio na ka bynta ki jingtip bad sngap bha ia ki jingbthah jong ka sorkar bad ki rukom ai jingmaham kyrkieh bad leh katkum ki jingai jingmut
- Pynsah ia ki jingbam bad um kiba biang hapoh ka jingtap bad bujli man ka por shwa ba kin sniew.
- Ki bahaiing ki dei ban pyntip sha ki bor ka koit ka khiah.
- Ka jingiarap ia ki bor synshar ban pynduh ia ki jingbam, ki jingthung jingtep, bad ki jingri kiba la shah ktah ban iada na ka jingmih jong ki jingri kiba un kiba ioh pang.

### Ki jingpynkhreh shwa ban ioh ia ka jingpang:

- Pynkhuid ia ki jaka jong phi (ophis, iing bad kiwei kiwei ki jaka sawdong) khnang ban iada na ka jingsaphriang jong ki khniang jingpang.

- Sait ia ki kti da ka sabon bad ka um shwa ban bam ne dih / bud ia ki kyndon ba kongsan jong ka jingkhuid jingsuba bad ka jingkhuid met bad kiwei kiwei.
- Sait bha ia ki jhur/jingsoh shwa ban shet/bam.
- Pynkhluit ia ka um shuwa ban dih, lada lah, chlorine ia ka.
- Katto katne kiei kiei kiba phi lah ban leh haduh ban da jia ka jingjia ba kyrpang ki kynthup ia ka jingtip shaphang ki khubor bad ka jingleh khuid kaba bha.
- Lada ka sniehdoh ne ki jain bad kiwei kiwei ki tiar ba lah ban phong jong phi ki iakynduh bad kaei kaei kaba lah ban iohi, kaba lah ban pynpang, weng noh ia ki bad sait mardor ia lade da ka sabon bad ka um kaba rkhiang, phong ia ki jain kiba khuid, bad wad jingsumar.
- Ha ka por ba suba ba don kum kane ka jingjia ba kyrkieh, khang lut ia ki jingkhang, ki jingkhang bad kiar na kaba pyndonkam ia ki fan bad ki air conditioner/cooler.

- Khot jingiarap na ki doktor bad bud beit ia ki jingai jingmut ba la ai da ka tnad ka koit ka khiah.

### Hadien ba la shah ktah:

- Lada phi suba ba phi la shah ktah ha ka jingpang, shim ia kine ki lad jingiada harum:-
- Ithuh mardor ia ka jaka ba don u nongpang ba la suba bad kynriah noh na kata ka jaka.
- Pynkhuid ia ka shyntur bad ka shyntur da ki jain kiba lah ban pynkhuid ia ka Iyer.





## Chemical Emergency

### Ka jingjia kyrkieh jong ki dawai:

Da ka jingwan jong ki karkhana ha ka ri jong ngi, ka jingpyndonkam ia ki dawai kynbat ka la nang kiew bunsien. Mynta, kumba 300,000 tylli ki dawai kiba la pyndonkam u nongpynmih dawai

Kine ki dei ki dawai kiba lah ban pyniap briew namar ka jinglong dawai jong ki bad ka jingktah kaba sniew ia ka met u briew. Kum ka nuksa, ka lyer klorin, ka methyl isocyanide, ka lyer clorine, ka lyer sulphur mustard, bad kiwei kiwei.

### Ki lad ban rung shapoh ka met u briew:

- Sniehdoh.
- Ka khmat peit.
- Ka jingpynhiar mynsiem ( da ka ba ring mynsiem).
- Ka jingbam.
- Ka jingpynmih injek.

### Ki jinglong ba kyllum

U briew uba shah ktah u lah ban ioh ia ka jingsma, jingsma, jingmih ummat, jingsma sniehdoh, jingeh ban ring mynsiem, bad kiwei kiwei ki jingktah kiba sniew ia ka koit ka khiah.

### Pynsgewthuh bad iarap ia ka bor synshar

- Lada phi iohi ia ka jingtuid gas ne ka jingsma kaba phylla, pyntip mardor sha ki bor pyniaid ia ki jingjia ba sngewsih.
- Pyntip ia ki briew kiba pang ha iing ha sem bad ki para marjan jong phi sha ka tnad ka koit ka khiah.
- Iatreilang bad ki kam ba la leh da ka bor synshar bad bud ia ki jingbthah jong ki.

### Ki jingpynkhreh shwa ban jia ka jingjia aksiden:

- Pyntip sha ki paidbah shaphang ki jingma jong ka jingshah thombor da ki dawai/jingjia/jingjia kyrkieh bad kumjuh ruh shaphang ki lad ki lynti ban shim na ka bynta ka jingshngain jong ka.
- Pynsah ia ki tiar ban khang ia ki jingkhong bad ki jingkhong jong ka iing.
- Pyndonkam ia ka mask khmat.
- Pynkhreh ia ki tiar pynkhuid bad ki dawai.
- Buh ia ki nombar phone jong ki jingshakri ba kyrkieh bad ki hospital bad kiwei kiwei ha iing.

## Kaei kaba dei ban leh hadien ka jingshah thombor/jingjia da ki dawai

- Ka met baroh kawei ka long kaba la tap
- Pynbeit ia ka jain kaba sngem ha ka khmat jong phi bad ring mynsiem suki suki.
- Leit sha ka liang kaba pyrshah ia ka Iyer.
- Pynsah ia baroh ki jingkhong, ki jingkhong, ki fan, ki cooler bad kiwei kiwei.
- Wat bam ia ki jingbam bad ki jingdih kiba plie.
- Lada don ka jingsma ha ka sniehdoh te pyndonkam da ka mitti multani lane ka shini.
- Sngap ia ki jingtip na ki radio bad telebison.
- Bad pynphriang ia ki khubor lamler bad wat shimkhia ia ki.

## Kaei kaba dei ban leh hadien ba la shah ktah ha u dawai .

- Ai jingiarap nyngkong ia kiba mynsaw.
- Phah kloie katba lah ia kiba mynsaw sha hospital.
- Pynkhuid ia ka met baroh kawei.
- Leit shabar ha ka suinbneng kaba lait.

Ki shnong ki lah ruh ban shna hi dalade ia ki jaka rieh tngen na ka bynta ki jingjia ba kyrkieh na ka jingshai, ki jingthaw ba im, bad ki dawai.

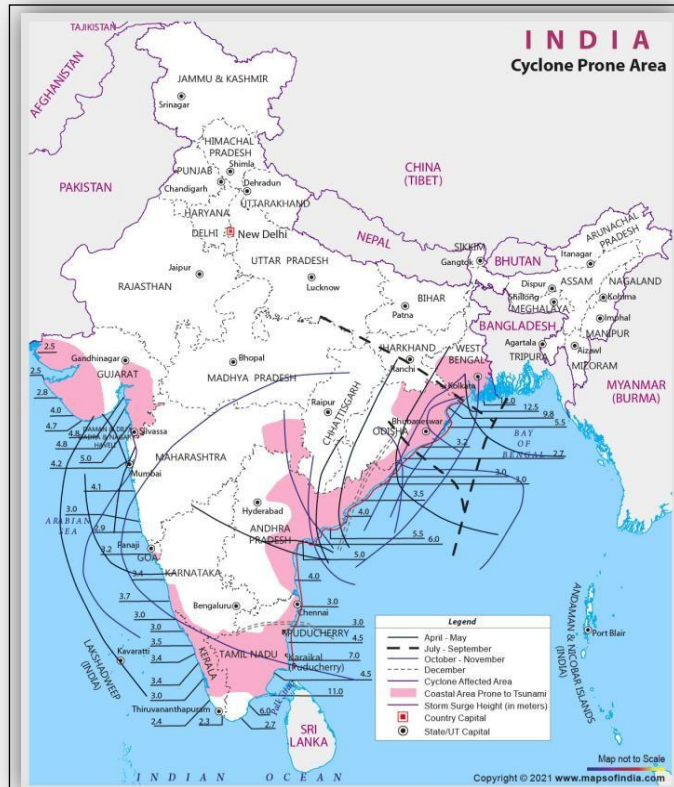
## Kaei kaba dei ban leh

- Wat bam ia ki jingbam/um/jingdih bad kiwei kiwei ki bym don jingtap ha ka jaka ba shah ktah.
- Wat mih na ki jaka ri khun/basement tad haduh ban da bthah da ki bor ba dei peit.
- Wat pyndonkam ia ka shini na ki lyngkhot, ki mar bam ba la sop da ka kot, ka um kaba plie.
- Wat leit sha ki lyngkha ba lait khlem ka jingiada.
- Pynsah beit ha ka jingmut kaei ka jait karkhana/karkhana kaba don hajan jong phi, katkum kata wad jingmut na ka bor synshar na ka bynta ban pynbha ia ka jingshngain/ki kam ban iada, lada don kano kano ka jingjia ba kyrkieh.





# CYCLON



## Ha ka por ba jur ka eriong:

- Pynlip noh ia ka jingpynbiang gas.
- Pynlip ia ka ding kaba plie.
- To nang sngap ia ki khubor ba - kongsan ha ki radio ba pyndonkam da ki battery.
- Lada don ka jingshong shngain shabar hadien ka eriong, wat nym mareh shabar.
- Pyrkhat ia ki hukum jong ka sorkar ban pynthikna ba ka long kaba bit ban mih shabar.
- Lada phi leit jingleit da ka kali, pynsangeh ia ka kali, hynrei pynjngai na ki duriaw, ki dieng elektrik bad ki jaka ba don um.

## Hadien ka eriong:

- Pynsangeh ia ka jingtuid gas.
- Wat pyntreikam ia ki tiar elektrik.
- Ka jingwad ia ki briew kiba kongsan bad kiba la iap.
- Ai jingiarap nyngkong ia kiba donkam bad pynpoi kloia ki sha hospital.
- Iarap ia ki pulit bad ki shipai shipai.
- Wat pynphriang ia ki khubor lamler.

Ka Cyclone ka dei ka air system kaba heh kaba ia id sawdong ia ka jaka kaba don ka jingkhluit kaba rit, kaba pynlong ia ka Iyer kaba jur bad ka jinglong ka suinbneng kaba jur bha. Ka long ka jait eriong kaba mih na ka Iyer kaba shit bad kaba rkhiang kaba kiew na ka sla duriaw bad kaba pynlong ia ka rukom jong ki Iyer kiba ia id kylleng



#### Ki dak :

- Ki eriong bad ki eriong kiba khlain.
- Ka jingjur palat u slap, kaba lah ban wanrah ia ka jingshlei um.
- Ki jingkhynñihuh jumai kiba heh.

#### Ha shwa ka eriong:

- To nang sngap ia ki khubor kiba iadei bad ka jinglong ka suinbneng ha ki radio bad TV bad tang shu ioh khubor shaphang ka eriong, pyntip sha ki briew kiba don hajan.
- Pyni lypa ia ka jaka kaba shngain ne ka iing kaba neh bad jied ruh ia ki lynti kiba shngain.
- Pynsah ia ka tiar kyrkieh jong ki kot ki sla kiba kongsan bad ki tiar kiba kordor ha kawei ka jaka ha iing.
- Pynthikna ia ka jingdon jong ka bam bad ka um kaba biang.
- Pynsah ia ki mrad ha ka jaka kaba shngain.
- Pynthikna ba ki jaka sah ki long kiba shngain.
- Pynlong ia ki jingkhong, ki jingkhong bad ka tnum jong ka iing jong phi kiba khlain bad kiba lah ban iada na ki jingjia ba sngewsih.

#### Ki tiar ba kyrkieh:

- synduk ai jingiarap nyngkong
- Um dih
- Ki mar bam
- Ki jain phong
- Polithein
- Ka jingthiah
- ki kot ki sla ba kongsan jong ka iing

#### Kaei kaba dei ban leh ha ka por ba jur ka eriong:

- Wat nym sngewsih.
- Pyndait kot ha ka jingkhong khnang ba kan ym bthei bad wanrah jingma.
- Buh ia ka um dih, ki jingbam bad ki jain ha ka pla polythene lane ka pla kaba lah ban rung um.
- Phong da ki jain kiba rkhiang na ka bynta ban iada.
- Wat leit sha ka duriaw.
- Pynkynriah bad la ka iing ka sem sha ka iing kaba shngain, kaba pucca, kaba la dep pynskhem bha.
- Pynlip noh ia ki switch jong ka bor ding



## Ka Eriong

**Ka Cyclone** ka dei ka Iyer kaba heh kaba iaaid sawdong ka jaka kaba don ka Iyer kaba rit, kaba pynmih ia ka Iyer kaba jur bad ka jinglong ka suinbneng kaba jur bha. Ka long ka jait strom kaba mih na ka Iyer kaba rkhiang bad kaba rkhiang kaba kiew na ka sla duriaw bad kaba pynlong ia ka rukom jong ki Iyer kiba iaaid kylleng.



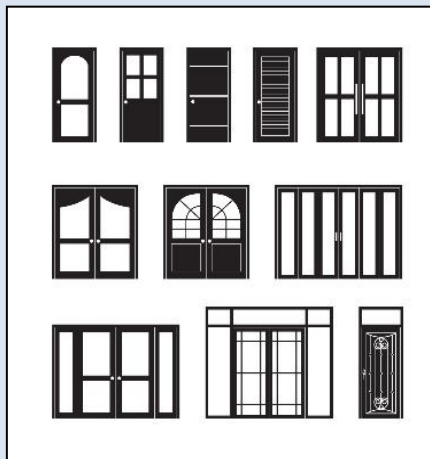
### Ki dak :

- Ka eriong kaba jur bad ka eriong.
- Ka jingjur palat u slap, kaba lah ban wanrah ia ka jingshleim.
- Ki jingbeh jong ka eriong kiba iaaid stet, la khot ruh ki jingbeh jong ka eriong



### Ki jingpynkhreh shwa ban sdang

- To nang sngap ia ki khubor kiba iadei bad ka suinbneng ha ka radio bad ka telebishon bad tang shu ioh jingtip shaphang ka eriong, to pyntip sha ki briew kiba don hajan shaphang jong ka.
- Ithuh ia ka jaka kaba shngain ne ka jingtei kaba neh slem bad ruh ban rai ia ka lynti kaba shngain ban poi shata.
- Khot ia ki kot kiba donkam ha iing bad pynlong ia ka tiar kaba kyrkieh.
- Pynthikna ia ki jingpynbeit kiba biang na ka bynta ka jingbam bad ka um dih.
- Pynsah ia ki kot kiba kongsan bad ki tiar kiba donkam ha ka jaka kaba shngain.
- Wat pynlong ia ki mrad ba la khang ne shah teh.
- Pynthikna ba ka iing bad ka jaka sah jong phi ka long kaba shngain.
- Pynlong ia ki jingkhong jong ka Kiei kiei kiba myntoi, kiei kiei kiba pynmynsaw bad kiei kiei kiba lah ban kiar na ka jingleh donbor.



**Kaei kaba dei ban leh ha ka por ba iaid cycle:**

- To sngap jar, wat sngew lyngngoh.
- Pynngam bha ia ki jingkhang bad ki jingkhang bad sah hapoh iing.
- Pynkhih ia ki kot kiba jrong ne tap ha ki jingkhang jong ki jingkhang khnang ba phin ym shah pynmysaw lada ka glass kan bthei.
- Pynkhreh ia ka um, ka jingbam bad ki jain kiba shngain ha ki pla ba lah ban rung um ne polythene.
- Pynlong beit ia ka kit ba kyrkieh.
- Pyndonkam ia ki jain kiba rkhiang na ka bynta ka jingsuk.
- Wat leit sha duriaw satia.
- Pyniaid bad ka iing jong phi sha ka iing kaba shngain bad kaba neh kaba phi la ithuh lypa.
- Pynduh noh ia baroh ki jingkylla elektrik.
- Pynduh noh ia ka knob jong ka gas.
- Pynlip ia ki ding kiba plie mardor.
- To nang sngap ia ki jingtip jong ka sorkar na ka por sha ka por lyngba u battery ba la pyntreikam da ka radio ne u nongpynkylla .



**Kaei kaba dei ban leh hadien ka eriong:**

- Ha ka ding, pyrshang ban pynsangeh noh mardor.
- Ha ka jingtuid gas, sangeh noh mardor ia ka jingpynmih gas.
- Wat pyntreikam ia ki tiar elektrik haduh ba ka rukom pyndonkam bording kan da long kaba shngain pura.
- Ka jingwad ia ki briew kiba la jah ne kiba la mynsaw.
- Ai jingiarap nyngkong ia ki briew kiba la mynsaw bad rah mardor ia ki sha hospital lada donkam.
- Iarap ia ki pulit, ki shipai bad ki heh kiba trei ha ka kam ai jingiarap.
- Wat ju pynphriang ia kano kano ka jait khubor lamler ne ngeit ha ki .



**Ki Jingdon kam ba kongsan ha Iing**



Hadien ka jingjia ba sngewsih, ki bor synshar shnong bad ki nongtrei ba ai jingiarap kin poi ha katei ka jaka, hynrei ki lah ban ym lah ban poi sha baroh ki briew kiba shah ktah mardor. Ka lah ban shim por katto katne kynta ne wat sngi ban ioh jingiarap ban poi. Kumta, hato ka longiing jong phi ka la pynkhreh ban iadei bad ka jingeh haduh kata ka por?



Phi dei ban buh hynriew tylli ki tiar ba kongsan ha iing jong phi: ka um, ka bam, ka tiar ai jingiarap nyngkong, ki jain bad ki jingthiah, ki tiar, bad kiwei kiwei ki tiar ba donkam kyrkieh, bad buh ia ki tiar kiba phi lah ban rah da kaba suk ha ka por ba pynkynriah:

1. First aid kit: Keep the following items for immediate treatment.
2. Roller Straps.
3. Cotton (cotton packet).
4. Small scissors.
5. Antiseptic solution (such as Dettol, Savlon).
6. Antiseptic cream (such as Soframycin, Neomycin).
7. Oral rehydration solution (CA).
8. Triangular bandage.
9. Small and large bandages (in the form of splints made of bamboo or wood).
10. Painkiller tablets (such as paracetamol).
11. Necessary personal medicines.
12. Chlorine tablets (to purify drinking water).



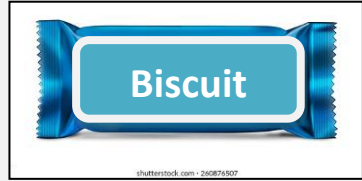
2 Baroh shi katta ju buh ia ka um dih ha ki bilor ba khuid, ba la tap ne ki khiew. Pynbeit shai ia ka tarik jong ka jingpyndap ne pyndap biang ia kawei pa kawei ka bilor ne ka jingbuh. Man la ka saw bnai, pyntuid ia ka um kaba rim bad pyndap da ka um kaba thiang ban pynthikna ba kan sah ha ka met .



3. Jingbam: Jied ia ki jingbam kiba long.

Kim dei ban donkam ban maramot ne pynkhriat than. Kine ki tiar ki dei ban long kiba jem, kiba tei met, kiba neh slem, bad kiba suk ban kit.

Nuksa :-  
 -Ki biskit, ki jingbam jem.  
 -Ki jingbam ba la pynkhreh ban bam.



-Ki jingbam ba la tyrkhong, kum u sohjew, ki soh ba la tyrkhong, u gram, u sattu, u khaw ba la puh (muri), bad kiwei kiwei.  
 -Ka shini, ka umsoh.  
 -Ki jingdih ba ai bor kum ka glucose.  
 -Ka kophi kaba shet, ki jingbam sha

4. Ki tiar bad ki jingdonkam:-  
 -Ki pliang bad ki spun ba lah ban pyndonkam tang shisien.  
 -Ka radio kaba pyndonkam da ki battery.  
 -Torch ba ka batri ba lait.  
 -Ka wait pyndonkam (ka wait kaba treikam bun jait).  
 -Ki sharak bad ki diengpyngkiang (lane kiba kham pynmeh).  
 -Ka sabon, ka um sait jain.  
 -Ka thri bad ka sniehdoh.  
 -Whistel.  
 -Ka sla plastik.  
 -Ka khuri plastik



5. Ki jain bad ki juti: .  
 -Ym duna ia ka 1 set ki jain bad ki juti na ka bynta uwei u briew.  
 -Ka jainkup bad ka jain thiah.  
 -Ki juti canvas kiba khlain (kham bha ban rung um).  
 -Ka Pani Palla (ka jain plastik/jain slap) bad ka jain slap



6. Ki jingbam ba kyrpang na ka bynta ki khyllung:  
 -Ka dud powder (ka dud khyllung).  
 -Ki jain (diaper).  
 -Ki dawai ba kongsan (ki dawai ba man ka por ba la bthah da u doktor).



7. Ki jingthoh ba kyrpang jong ki rangbah/kiba la san:-  
 -Ki dawai kiba donkam na ka bynta ka jingpang dohnud bad ka jingpang snam.  
 -Ki injek insulin na ka bynta ki nongpang shini.  
 -Ki jingpeit khmat na ka bynta ki khmat.



8. Ki kot ki sla ba kongsan jong ka longiing (buh ia baroh ki jingthoh ha ka folder lane file Whatsuf) .  
 -Ki Will, ki insurance, ki kontrak, ki deed, ki stock-bond, bad kiwei kiwei.

-Ki kot pynshisha kum ka ID nongthep vote, ka kot reshon, ka passport.  
 -Ki kot ki sla kiba iadei bad ka Bank (ka passbook, ka ATM card, ki jingtip jong ka account bad kiwei kiwei).  
 -Ki kot pule bad kiwei kiwei kum ka kot kha, shongkha bad iap.  
 -Ka thup jong ki nombar phone ba kyrkieh (ka longiing, ka bor synshar shnong, ka hospital, ki pulit, bad kiwei kiwei).



**Kynmaw:**  
 -Pynsah ia ka kit ha ka jaka kaba lah ban ioh bad kaba shngain ha iing bad pynthikna ba baroh ki dkhot jong ka iing ki tip shaphang jong ka.  
 -Pynthymmai (pynkylla) ia ki jingbam bad um ba la buh ym duna ia ka man la ka 4 bnai.  
 -Peit bniah ia ki jingdon jong ka kit bad ki jingdonkam jong ka iing ka sem shisien shisnem bad pynthymmai katkum ka jingdonkam.  
 -Pynsah bha ia ki tiar baroh ha ki plastic khnang ba kin sah rkhiang bad kin long kiba koit ba khiah.



**Ki kurom iada na ka jing shlei um**

**Ka jingpyniaid ia ki jingjia ba sngewsih**  
 'Ka dei ka science ba la pyndonkam kaba treikam lyngba ka jingpeit bad jingbishar bniah ia ki jingjia ba sngewsih ban pynbha ia ki lad ki lynti kiba iadei bad ka jingiada, ka jingpynkhreh, ka jingpynkhreh kyrkieh, bad ka jingpynbha pat.



**Ka jingpyniaid ia ka jingshlei um:-**  
 Ki jingjia ba sngewsih na ka jingshlei um ki pynmih shibun ki jingeh kiba jylliew. Ban pyllait im ia ki briew kiba sahkut bad ban pynpoi ia ki marbam kiba donkam bad ki jingiarap ha ka liang ka koit ka khiah ka donkam ia ki lieng um kiba bun, kum ki lieng, ki lieng rit, bad ki lieng rit, kiba bunsien kim ju lah ban ioh.  
 -Tin Raft – Ia kane ka jhad la shna da u tin bad u siej.  
 -La pyndonkam ia ka ban poi sha ka jaka kaba shngain ha ka por ba shlei um.  
 -Bunk Raft - Ia kane ka jhad la shna da ki bunk bad .



-La shna da ka tarpaulin, la pyndonkam ban poi sha ka jaka kaba shngain ha ka por ba shlei um.

-Bamboo Raft:- Ia kane ka jhad la pynkhreh da kaba teh ia u siej da u nar, uba lah ban pyndonkam na ka bynta ban pyllait im ha ka por ba shlei um.

-Barrel Raft- Ia kane ka jhad la shna da kaba teh ia kawei ne ar tylli ki barel da ki siej, kiba lah ban pyndonkam na ka bynta ban pyllait im ha ka por ba shlei um.

-Banana Tree Raft: Ia kane ka jhad la shna da ki dieng sohjew .

-La shna ia ka na ka tnat jong u dieng, da ka jingiarap jong u lah ban phet bad poi sha ka jaka kaba shngain ha ka por ba shlei um.

Tube raft:- Ia kane ka jhad la shna da ka tube kaba don ka lyer .

-La shna ia ka da kaba pyndap ia ka da ka um, da ka jingiarap jong ka lah ban lait bad poi sha ka jaka kaba shngain.

-Water Bottle Raft:- Ia kane ka jhad la shna da ka um.

-La shna na ki bilor, ka raft ka ailad ia u briew ban jngi sha ka jaka kaba shngain ha ka por ba shlei um.

-Ka jaket pynim: Kane ka jaket La shna na ka jain bad ka thermocol, ka ailad ia u briew ban jngi sha ka jaka ba shngain ha ka por ba shlei um.

Lait na kane, lada ym don jaket, te da kaba teh ia ki sla thermocol ha khmat bad shadien jong ka met, lah ban jngi sha ka jaka kaba shngain ha ka por ba shlei um



**Kiei kiei kiba dei ban buh ha ka jingmut haba iarap ia u briew uba ngam jyllop:**

- Wat leit shajan than jong u briew uba ngam jyllop ha ka um.
- Ai da u tyllai, dieng bad kiwei kiwei ia u briew uba ngam jyllop .
- Pyrshang ban kem ia ka.
- Tang lada la hikai ia phi ban jngi phi dei ban jngi ban pynim ia u briew uba ngam jyllop.
- Wat khang ia ka shyntur bad ka lynti ring mynsiem jong u nongpang.
- Ai jingpynhiar mynsiem da ki briew ia u nongshah pynhiar mynsiem katkum ka jingdonkam.
- Pynbeit ia u nongshah pynmysaw ha ka jaka ba un ioh jingkoit jingkhiah.
- Pynduh ia ki jain kiba sngem.
- Ka jingpynlong ia u nongshah pynshitom.
- Pynbeit ban leit rah ia u sha hospital kloj katba lah.

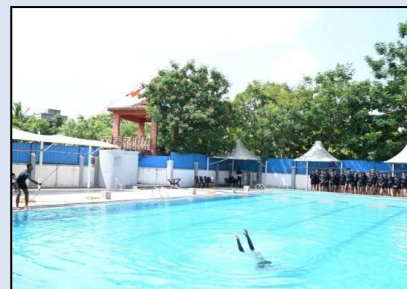


**Ki lad pynim ia ka jingim:**

Ki lad pynim ki dei kiba la pyndonkam da ki briew ban pynim ia u briew uba ngam jyllop.

**1. Ka jingpyllait im**

- Ka rukom leit shajan: Kane ka dei na ka bynta u nongpyllait im.
- Ka rukom leh kaba kham bha bad kaba shngain tam, kaba dei ban buh hakmat eh ha kano kano ka jingjia ba kyrkieh, ka long ban thiah ha ka shyntur jong phi ha madan ban pynneh ia ka jingshong shngain bad pyrshang ban poi sha u briew uba ngam jyllop.
- Pyndonkam da ka lynti ne dieng ban pynjlan ia ka jingpoi jong phi.
- Ka rukom Wad:- Ha kane, u nongpyllait im u pynhiar ia ka met shapoh um.
- U leit sha ka jaka kaba um lah ban ngam jyllop bad da kaba poi katba lah, da ka jingiarap ki dieng, ki lynti bad kiwei kiwei, la pynpoi ia uta uba ngam jyllop sha rud duriaw.
- Ka rukom Shro - kane ka long kaba treikam bha bad .
- La shim ba ka dei ka rukom kaba shngain bad ka kynthup ia ka jingtheh ia ka lifebuoy ban pyllait



im ia u nongshah pyniap.

Ka rukom raw:- Na ka bynta ban pynim, la pyndonkam da ki lifebuoy etc. ha kata ka rukom ba ia u briew uba ngam jyllop lah ban kem bad rah da kaba suk sha rud duriaw da kaba jngi.

## 2. Ka jingpyllait im

Ka rukom iakynduh

-Ka jingkem da ka kti.

-Kyrshan toe.

-Kaba bat ia ka tyrpeng da ka kti.

-Kaba bat ia ka tyrpeng da ka khlieh

-Ka jingkem skhem ia ki kjat

Kaei ka BD (Ka jingpynhiar mynsiem)?

Ka jingpynkylla ia ka dohnud ka dei ka rukom sumar kaba kyrkieh kaba la leh haba ka jingring mynsiem bad ka jingkhieh jong u briew ka sangeh kynsan. Ka jingthmu jong ka ka long ban pynphai biang ia ka snam kaba la don oxygen sha ka dohnud bad ka jabieng.

Kumno ban ai ia ka ktien? (na ka bynta ki rangbah)

1. Peit bniah

2. Pynkhieh ia u briew da kaba jem bad pynmih sur .

3. "Hato phi sngewthuh?"

4. Peit bad pynhiar mynsiem (haduh 10 sekhn).

2- Khot

-Khot 112 ne ki jingshakri ba kyrkieh tam.

-Kylli ia u briew ban wanrah ia ka AED (Ka Jingpynbna ba shabar) lada don.

3- Ai ia ka jingpynhiar ia ka shyntur

• Buh ia ka kjat jong kawei ka kti ha pdeng jong ka shyntur.

• Buh ia kawei pat ka liang ha jrong bad pynkhieh ia ki kti.

• Pynkhieh ia ka shyntur ha ka dor kaba 100 haduh 120 sien ha ka shi minit (kumba 5 cm ka jingjylliew).

• Ai ba ka shyntur kan kylla biang pura hadien kawei pa kawei ka jingpynhiar mynsiem.

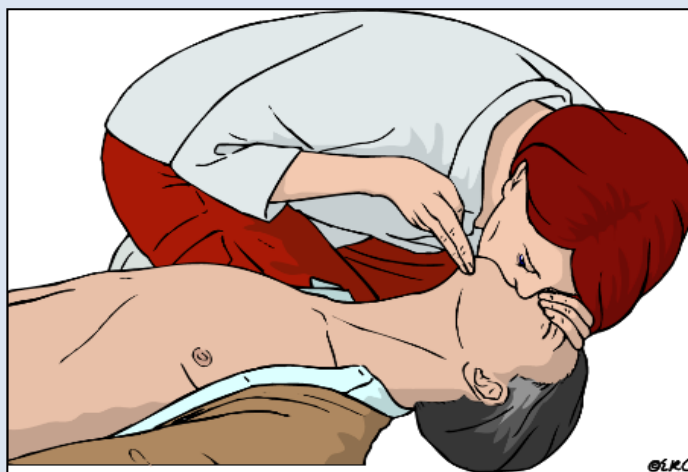
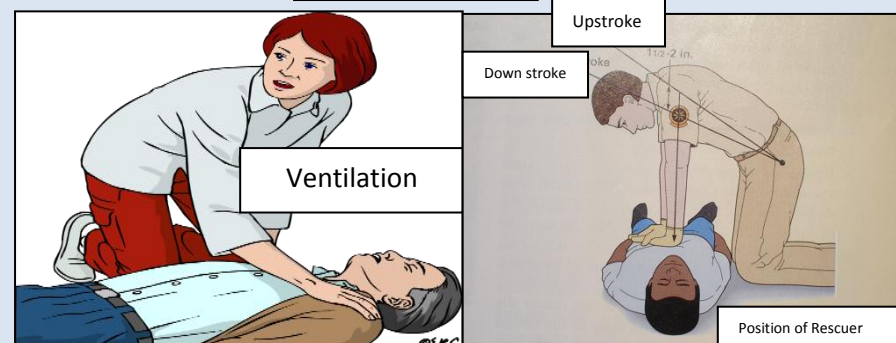
4- Ai ia ki jingpynhiar mynsiem (lada la hikai)

• Pynduh ia ka khlieh shadien bad rah ia ka shyntur.

• Pynkhieh ia ka shyntur bad ai 2 tylli ki jingpynhiar mynsiem kumba



30 Compressions



shi sekhn.

- Hadien 30 tylli ki jingpynhiar, ai 2 tylli ki jingpynhiar mynsiem (katta 30:2).

5- Bteng haduh ba ka CPR kam donkam shuh .

- Bteng haduh ban da poi ka jingiarap kyrkieh.

- Bteng haduh ba u briew un sdang ban ring mynsiem hi dalade.

- Lada phi la thait, uwei pat u lah ban shim ia ka bor.

Ki sienjam ban pyndonkam ia ka AED:

1- Pynkylla ia ka .

- Pynkhih ia ka AED bad bud ia ki jingpynkylla

– "Hato phi sngewthuh?"

-Peit bad pynhiar mynsiem (haduh 10 sekhn).

Iathuh ia u briew (lada u sngewthuh).

3- Ai ia ka jingpynhiar ia ka shyntur:

- Pynduh ia u briew uba jem ha ka tyrpeng jong u ha ka jaka kaba skhem.

- Buh kawei ka kjat jong phi ha pdeng jong ka shyntur jong u briew.

- Pynkhih jur ha ka dor kaba 100 haduh 120 sien shi minit (kumba 2 shi sekhn).

- Ailad ia ka shyntur ban leit phai biang sha ka jaka ba man ka por hadien ba la pynkhih.

- Pynduna 4 tylli ki jingpynhiar mynsiem lada la hikai.

- Ai 2 tylli ki jingpynhiar hadien kawei pa kawei ka jingpynhiar mynsiem (katta 30:2).

5- Bteng CPR:

- Bteng haduh ba u briew un ioh biang ia ka jingsngewthuh.

- Bteng haduh ban da poi.

- Peit bha la u briew u jubab ne em. Pynbud ia ki step jong ka CPR katkum kata.

1- Pynlong ia ka jingkhot:

- Khot ia ka jingiarap mardor bad pyntip – "Hato phi la bha?"

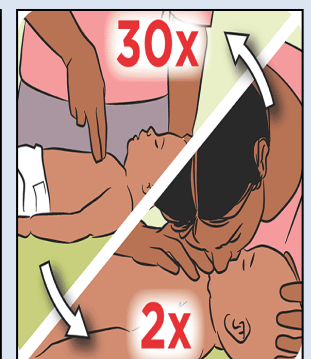
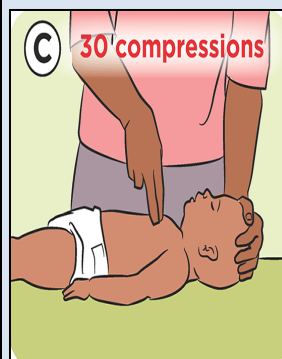
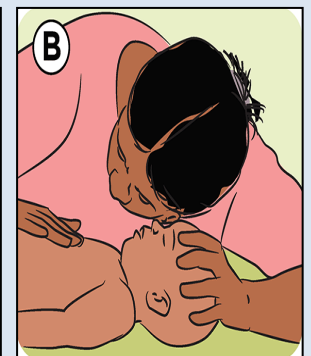
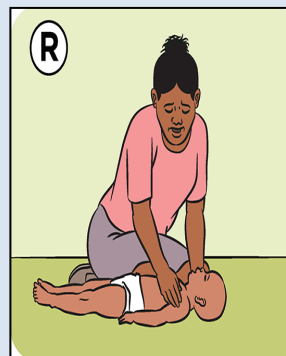
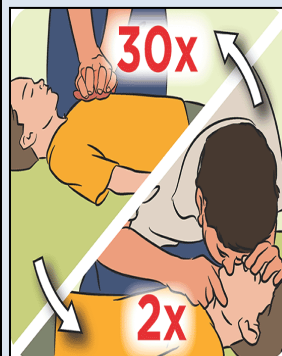
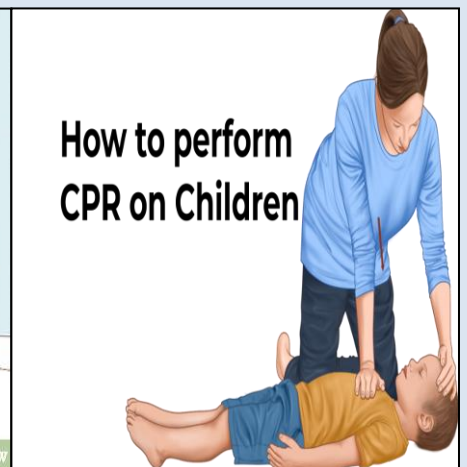
- Pyntreikam ia ka jingpynhiar ia ka shyntur bad ka jingpynhiar mynsiem (haduh 10 sien).

2- Ai jingiarap:

- Khot 112 lane u nombar ba kyrkieh ha ka jaka.

- Lada don, ioh ia ka AED (Ka Jingpynkylla ba shabar).

3- Ai ia ka jingpynhiar ia ka



shyntur:

• Pynduh ia u briew uba jem ha ka jaka kaba skhem.

• Buh kawei ka kjat jong phi ha pdeng jong ka shyntur jong u briew.

• Pynkhih jur ha ka dor kaba 100 haduh 120 sien shi minit (kumba 2 shi sekhon).

1. Naduh ki lynnong 3 & 4, kynmaw ia ki jingmut ba la ai da u nonghikai.

2. Pynbeit 4 tylli ki nuksa ha kaba kut jong ki lynnong (lada la batai).

3. Ai jinghikai thoh man ka por na ka bynta ban pynbeit thymmai.

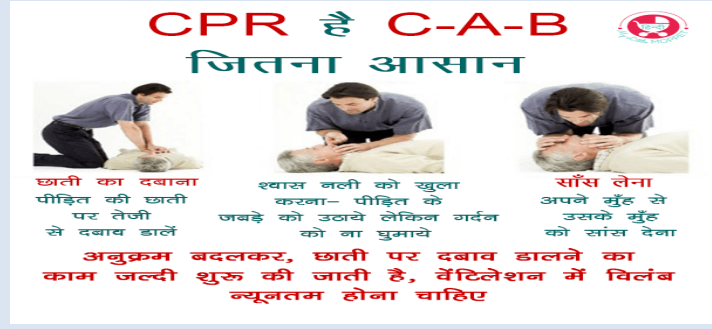
4. Pynkhreh 2 tylli ki jingkylli kawei pa kawei na ka nuksa bad ka jinglehkai.

5. To pyrkhath bha ha ka por ba leh ia ka CPR.

6. Shim ia ka jingsngewtynnath ha kaba pule.

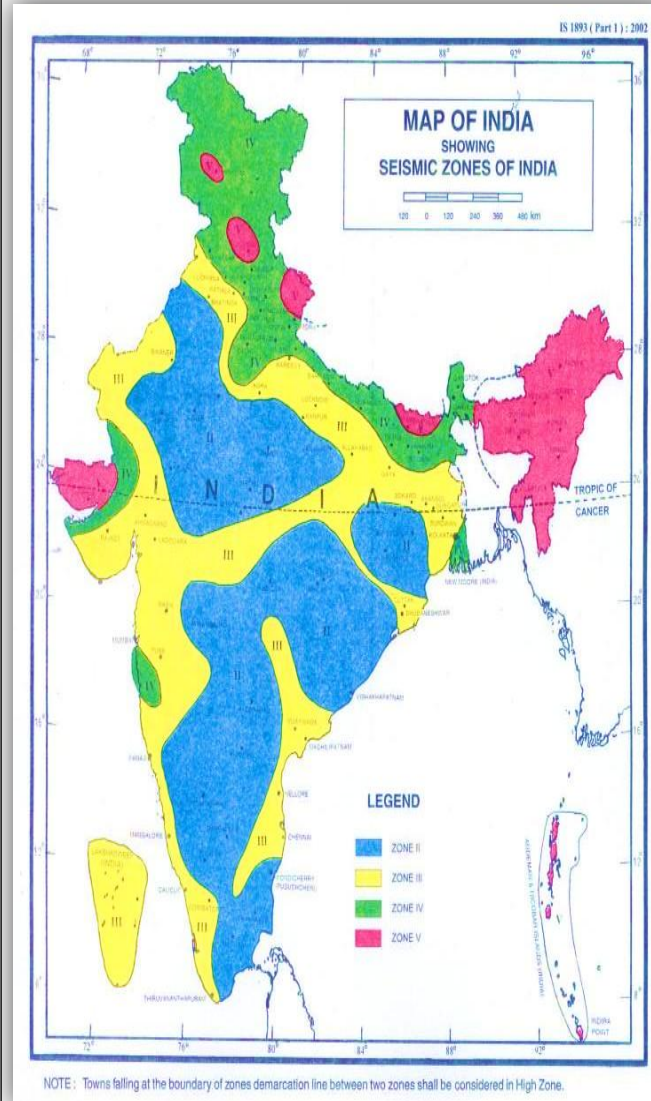
7. Iashim bynta ha ki kam klas.

8. Sngewthuh la phi la sngewthuh ne em.





**JUMAI**



### Hadien ka jingkhynñiuh jumai:

- Wat nym tieng, pynneh ia ka jingsuk bad wat sngap ne pynphriang ia ki khubor lamler.
- Pynkhreh ia ka jingkhieh kaba ar kaban wan hadien kaba nyngkong.
- Iarap ia ki brierw kiba mynsaw bad kiba sahkut, ai jingiarap nyngkong ia kito kiba donkam.
- Iarap ia ki khunlung ba dang kha, ki kynthei, ki tymmen bad ki brierw kiba duna dkhot met.
- Pynjngai na ki jingtei kiba la shah pynjlor.
- Kiar na ka ding, wat pyndonkam da ki sharak bad ki sharak, pyndonkam da ka jingshai torch.
- Ithuh ia ka iing kaba la twa bad wat leit shajan jong ka ne ailad ia kiwei pat ban leit shajan jong ka.
- Sngap ia ka radio ban tip ia ki jingtip ba thymmai. Ka jingjia ba kyrkieh ba thymmai
- Leit sha la iing tang ynda la pynbna paidbah ba ym don jingma mynta.
- Pyndonkam ia ka telephone tang na ka bynta ki jingshakri ba kyrkieh.
- Peit bha ia ki tiar elektrik, lada don kano kano ka jingsuba ba ki don jingsniew, weng noh ia u main fuse.
- Bud ia ki kyndon jingiada paidbah

## Kaei ka jingkhynñiuh jumai?

- Ia ka sla jong ka Pyrthei la pynlong da ki plate kiba bun. Haba namar ki daw jong ka khyndew, ki jingkhieh ba mih na ka jingkhieh bad jingkhynñiuh jong ki plate hapoh ka Pyrthei ki saphriang sha baroh ki liang ha kajuh ka por, ka mih ka jingkhieh ne jingkhieh kaba jur jong ka khyndew, kaba ki khot ka jingkhieh jumai.
- Ki jingkhynñiuh jumai kim lah ban tip lypa.
- Namar ka jingktah jong u jumai, ka don ka jingduhnong ha ki mynsiem briew bad ki mar ki mata.

## Ka jingpynkhreh shwa ban khynñiuh jumai:

- Phi dei ban shim ia ki lad jingiada na ka bynta lade ha ka por kaba biang, bad pyrkhath ia kine ki lad jingiada harum:
- Pynkhreh beit ia ki tiar kiba donkam (bilor um, jaggery rashon ba la rkhiang, gram, sboh dieng, ki tiar ai jingiarap ba nyngkong, jingshai torch, radio bad battery, bad kiwei kiwei) ha iing jong phi bad buh ia ki ha ka pla.

- Hikai ia baroh ki dkhot jong ka iing kumno ban pynduh ia ka bording bad gas haba donkam.
- Ithuh ia ka jaka kaba shngain ha iing kaba lah ban ai jingiada ia phi ha ka por ba khie jumai.
- Pynthikna ba phi don u bahaiing hasem ne u paralok shabar jong ka nongbah jong phi uba lah ban pyntip lada jia ba don ka jingjia ba kyrkieh.

Pynlong ia ka iing jong phi ban shna ha kata ka rukom ba kan wanrah ia ka jingjulong kaba duna eh namar ka jingkhynñiuh jumai.

- Lada don ki jingtwa ha iing jong phi, pynbha ia ki.
- Pynlong ia ka tank um kaba don ha tnum jong phi kaba skhem bad kaba skhem khnang ba kan ym hap shapoh.
- Pynthikna bad pynkhuid ia ki jaka mih kyrkieh ha iing.
- To nang pynmlien ia ki rukom lait na ka jingkhieh jumai man ka por khnang ba kan kham suk ban shim khia ha ka por ba khie jumai.
- Ha ka por ba khie jumai:

Lada hapoh:

- Wat nym tieng, to sngap jar bad to sah hapoh.
- Pynsah hapoh ka miej ne ki tiar kiba skhem bad bat skhem ia ki khat jong kata ka tiar.

- Lada ym don kum kita ki tiar ha iing, te shong ha madan da kaba pynshong ia ki khat jong phi ha ka jingkhong kaba skhem bad buh ia ki kti jong phi ha madan.
- Wat ieng hajan ki jingkhong, ka jingshah shoh kaba jur ka lah ban pynpra ia ka jingkhong bad pynmynsaw ia phi.
- Pynjngai na ki jingkhong, ki jingkhong rong, ki almari kiba heh bad ki show case.
- Lada phi don ha ka iing dewbilat, te mih noh mardor na kata ka iing.
- Wat pyndonkam da ka lift ne lift, leit hiar sha ki step.

### b) Lada shabar:

- To jngai na ki iing, ki dieng light bad ki wire elektrik.
- Wat sah ha ka jaka ba don ki wire elektrik kiba thylli.
- Wat ieng hapoh u dieng uba heh.
- Wat pyrshang ban rung ha ka iing kaba la shah pynjulong.

### c) Lada ha ka kali:

- Leit sha ka jaka kaba plie bad kaba shai, kaba jngai na ki iing, ki dieng bad ki lain bording, bad pynsangeh ia ka kali jong phi bad sah hapoh.
- To husiar haduh ban da sangeh ka jingkhynñiuh jumai.

# PYNTREIKAM IA KA JINGSHNGAIN NA KA DING BAD LADA IA KA IMLANG SAHLANG JONG PHI.



# FIRE

**"Fire is Fire.....  
Friend or Foe, We Decide."**



Ki jingai jingmut ba kyllum shaphang ka jingshngain bad jingiada na ka ding:

- Pynthikna ba baroh ha ka iing ka sem jong phi ki tip aiu ban leh lada jia ba mih ding. Pynlong ia ka plan jong baroh ki lynti phetwir.
- Ka plan ka dei ban kynthup ia ki jingtip kiba kongsan kum ki jingkieng, ki lynti ia bad ki jingkhang kiba lah ban pyndonkam kum ki lynti ban phet krad na ka ding.
- Pynthikna ba ki jingkhang bad ki jingkhang kin plie suk. Pynthikna ba phi don ka jaka phet ding kaba shngain na ka bynta man la ka jinglong.
- Jied ia ka jaka iakynduh kaba shngain shabar iing jong phi na ka bynta ki bahaiing jong phi ban ia lum lang lada jia ba don ka jingjia ba kyrkieh.
- Pyntreikam ban pyntip ia kiwei pat ki dkhot jong ka iing. Baroh shi katta dei ban buh ia ka bell bad ka sharak ha man la ka kamra thiah.
- Baroh shi katta to thiah da kaba khang ia ka jingkhang jong ka kamra thiah jong phi. Kane kan pynlong ia ka jingshit bad ka lyer kaba pyniap ban mih na ka kamra thiah bad kan ai por ia phi ban mih shabar.
- Pyni ia ka lad ba baroh ha ka iing kin pynsawa ia ka jingsawa, kum ka jingpyrta, ka jingsawa ha ki jingkhang, ka jingsawa, bad kiwei kiwei Pynmlien ban pyrta "Ding, ding, ding!"
- Ka por ka long kaba kordor. Wat pynlut por ban riam, ban wad ia ki mrad ba ri, ne ki tiar kiba kordor. Tang shu mih noh!

To long kiba la pynkhreh – plan lupa

- Pynlong ia ka plan ban phet krad na ka bynta ka iing, skul, seng ne ophis jong ph
- Pyntreikam ban pynkynriah ia kawei ka iing man ka por katba dang tap ia ki khmat. Ha ka jingjia jong ka ding kaba shisha, ka lah ban long kaba eh ban iohi namar ka jingbun ka lyer kaba mih na ka ding.
- Pyntreikam ban sah rit khyndiat sha khyndew haba pynkynriah jaka. Baroh shi katta to sah rit lada jia ba mih ding, namar wat tang shisien ring mynsiem ia ka tdem ne ki gas ka lah ban pyniap.
- Peit bha ia ki jingkhang da ka tyrpeng jong ka kti shwa ban plie ia ki. Lada ka jingkhang ka shit, mih noh na kawei pat ka liang.
- Pyntreikam ia ka rukom sangeh, pynhap bad pynher na ka bynta ban pynlip ia ka ding jain.
- Pynthikna ba ki tiar pynlip ding kiba biang la buh ha baroh ki jaka ba kongsan bad ki don ha ka jinglong kaba treikam.

Kiwei pat ki jingai jingmut na ka bynta ka jingshngain na ka ding:

- Pyndait ia ki tiar wad tdem ban wad ia ka tdem bad ka ding. Test ia ki tiar wad tdem shisien shibnai bad bujli ia ki battery la kumno kumno shisien shisnem. Ki tiar wad tdem ki wad ia ka tdem kaba pher ne ki lyer thang kiba ym lah ban iohi ha ka suinbneng.
- Ai jingiarap nyngkong, ha kaba donkam, hadien ka jingjia ba kyrkieh jong ka ding. Ki briew kiba la mynsaw jur ki dei ban leit wad jingsumar mardor na ki doktor kiba tbit.
- Baroh shi katta dei ban jngai na ki jingtei kiba la shah pynjolor. Pynphai biang tang ynda ki nongpynlip ding ki ong ba ka la shngain. Pynjngai ia ki tiar pynkhluit ba lah ban rah bad ki tiar pynkhluit jaka ym duna ia ka 3 phut na kino kino ki tiar kiba lah ban kem ding. Wat ju iehnoh ia ka heater ha ka por ba phi don sha jngai na iing ne haba phi thiah. Pynjngai beit ia ki khynnah bad ki mrad na ki heater.
- Wat ju dih duma ha jingthiah ne haba thiah. Ki sikret/bidi kiba la bret khlem da pyrkhath bha ki dei ki daw bah jong ka jingiap na ka ding ha kylleng ka pyrthei.
- Pynjngai ia ka jaka shet na ki tiar kiba lah ban kem ding bad phong da ki jain kiba lyngkot ne kiba jem haba shet. Pynphai ia ki kti jong ki tiar jong phi shapoh khnang ba kin ym rkhiang. Lada ka umphniang ka kem ding, pynkhih bha ia ka jingtap halor ka pan bad pynlip ia ka ding, nangta pynlip noh ia ka ding. Ki match bad ki lighter ki lah ban long kiba ma ha ki kti jong ki khynnah. Pynsah ia ki ha ki jaka ba ym lah ban poi, bha ha ka jaka ba la khang. Hikai ia ki khynnah ba ki match bad ki lighter ki dei ki tiar bad dei ban pyndonkam tang da ki rangbah.
- Lada don kano kano ka tiar kaba dih duma ne kaba pynmih ia ka jingsma kaba pher, weng noh ia ka plug bad ai ba kin pynbha noh mardor. Pynkhih ia ki nar elektrik kiba la tyrkhong ne kiba la sniew bad kiar na kaba pynkit palat ia ki nar pynjlan. Wat pynher ia ki hapoh ki carpet. Wat ju pynthut ia ki synduk fuse ne pyndonkam ia ki fuse kiba bakla. Lada don kiba shah thang, pynher mardor ia ka jingthang hapoh ka um kaba khriat haduh 10 haduh 15 minit. Lada ka jingshah thang ka mih ki bniat ne ki jingmysaw, leit sha u doktor mardor. Lada phi don ki jingshai halogen, pynthikna ba kin jngai na ki jaka ba lah ban kem ding bad ki jaka ba don ki jingkhang kiba rit. Wat ju iehnoh ia ki haba phi mih na iing ne ophis jong phi. Na ka bynta ki jingtip ba kham bniat lah ban phone sha ka Directorate General of Civil Defence (Fire Brigade), Sorkar India, Ministry of Home Affairs,



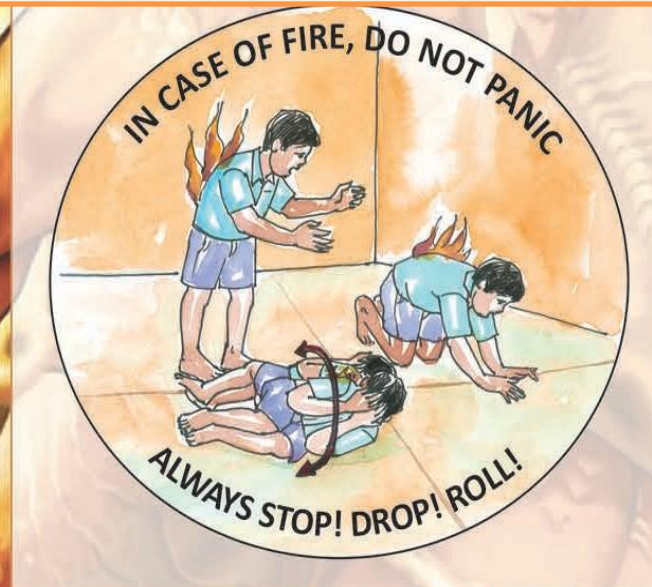
KI JINGAI JINGMUT BA KYLLUM  
SHAPHANG KA JINGSHNGAIN BAD  
JINGIADA NA KA DING

- Pynlong ia ka plan jong ka ding na ka bynta ka skul bad pynthikna ba baroh ki tip ia ka.
- Bud beit ia ki kyndon shna iing ban pynneh pynsah ia ka skul jong phi.
- Pynbeit ia ka alarm ding lada jia ba don ka jingjia ba kyrkieh (pyntreikam ia ka rukom pynbna da ka kti) bad pyntip ia baroh lada jia ba mih ding.
- Pynmien ban ia id ha ka lynti phetwir jong phi da kaba khang ia ki khmat ha ki por ba thikna.
- Baroh shi katta to buh khuid ia ki lynti phet jong phi khnang ban lait na kino kino ki jingkhnglad.
- Pynsah ia ki jaka buh bad ki jaka trei kiba lait na ki jaboh. Ki nongtrei ha ka jaka bam ki dei ban shim khia bha haba ki trei ha ka kamra bam.
- Don beit ka tiar ai jingiarap kaba la pynkhreh na ka bynta kano kano ka jingjia ba kyrkieh. Pynsah ia ka synduk ai jingiarap nyngkong ha ka jaka kaba lah ban ioh.
- Pynsah ia ki tiar kiba lah ban kem ding kum ka umphniang, ki tyndong gas bad kiwei kiwei ha ki jaka ba ki khynnah skul kim lah ban ioh.
- Lada jia ba kem ding, dei ban weng noh mardor ia ki tiar elektrik na ka jaka.
- Peit ia ki wire kiba la rim bad ki tiar elektrik kiba la jot ha ki por ba thikna.
- Pyntip ia kino kino ki jingma sha u nongtrei bording jong phi.
- Pynlong ia ki tiar pynlip ding ha ka jinglong kaba treikam bad nang kumno ban pyndonkam ia ki.
- Hikai ia ki khynnah ia ki kyndon ban iada na ka ding

- laid na ki klas khlem da sngewtieng bad shong shngain

HA KA JINGJIA JONG KA DING:

- lada ialade bad ia ki paralok jong phi – to sngap jar, wat nym tieng.
- Pynsawa ia ka alarm bad pyntip ia baroh.
- Pyndonkam ia ka lynti mih kaba jan tam ne kaba kyrkieh.
- Khang lut ia ki jingkhng bad ki jingkhng kiba don shadien jong phi.
- Pyndonkam ia ki step, wat pyndonkam ia ka lift.
- Wat ju ieng, hynrei to rung beit shapoh khyndew bad tap ia ka khmat jong phi.
- Khring ia ka jingpyrkhat jong ki nongpyllait im da kaba pynmih ia ka jingsawa kaba jam



LADA DON KIBA KEM DING:

- Baroh shi katta to sangeh(stop), pynhap(Drop), bad pynkhih (Roll) ha madan ban pynlip ia ka ding.
- Na ka bynta kano kano ka jingjia ba sngewsih ha ka ding, phone mardor ia ki bor pynlip ding ha u nombar 101, uba laitluid, bad kynmaw ia kine harum: To long kiba sngap jar haba pyntip ia ka jingjia sha ka tnad pynlip ding.
- Ai ia u nongkhot ia ka kyrteng bad ka jaka sah kaba dei.
- Ai ia u nombar ba iakynduh.
- Ai jingtip shaphang ka jait jingjia ba kyrkieh, ka jinglong jong ka ding bad ka tynrai jong ka.
- Ai jingtip shaphang ki jaka ba marjan.
- Ai jingtip shaphang ka lynti kaba lyngkot bad kaba suk ban leit sha ka jaka ba jia, ka ban iarap ia ki nongpynlip ding ban poi bad pyndep ia ka kam jong ki da kaba suk bad kaba paka.
- Pyni ia baroh ki nombar jingkyrshan ba kyrkieh bad buh ia ki map jong ka jingpynkynriah ha baroh ki mala bad ha ki jaka ba kongsan.
- To sumar bha ia lade, ia ki paralok bad ia ka skul jong phi.



## Flood Rescue Techniques



## Ka rukom Wad:-

Ha kane, u nongpyllait im u leit shapoh um katba lah ha kaba um lah ban ngam jylop bad da kaba poi hajan katba lah, lah ban pynpoi ia u briew uba ngam jylop sha rud duriaw da ka jingiarap jong ki dieng, nar bad kiwei kiwei.

### 1) Ka jingpyllait im:-

- a) Ka Rukom Reach: - Kane ka long kaba treikam bha bad .
- b) La shim ba ka long ka rukom kaba shngain ha kaba la pyllait im da kaba poi katba lah shajan u briew uba ngam jylop ha ka shyntur, ha kane la pyndonkam da u dieng ne ka lynti.
- c) Ka Rukom Throw: Ha kane ka rukom, u briew uba ngam jylop .

Ban pynim ia u briew, la pyndonkam da ki lifebuoy etc. ha kata ka rukom ba ia u briew uba ngam jylop lah ban kem bad rah sha rud duriaw da kaba jngi.

### 2) Ka jingpynim ia ka jingkhia: –

- Ka jingiada da kaba iakynduh.
- Ban bat bad tan da ki kti.
- Vice Grip Toe.
- Ka jingbat ia ka khlieh bad ka jingpynhiar.
- Ka jingpynhiar da kaba bat ia ka shyntur.

Ha ka por ba pyllait im ka long kaba donkam ban pynphai biang ia ka jingring mynsiem jong u briew uba ngam jylop

Ki jingshlei um ki wanrah ia ka jingeh kaba khraw bad ki pynmih ia ki jingeh kiba jylliew. Donkam shibun ki lieng ban pyllait im ia ki briew kiba sahkut ha ka jingshlei um bad ban pynpoi ia ki marbam bad ki tiar sumar sha ki. Lada ym don ki lieng, lah ban shna ia ki lieng ba la shna kyrpang na ki tiar kiba don ha ka

1) **Tin Raft**:- Kane ka dei ka lieng kaba la shna kyrpang na ki tin bad ki siej, kaba lah ban pyndonkam ban poi sha ka jaka kaba shngain ha ka por ba jur ka jingshlei um.



2) **Ka Raft charpai**:- Kane ka lieng charpai . Ka long ka lieng kaba la shna da ka tarpaulin, da ka jingiarap jong ka lah ban poi sha ka jaka kaba shngain ha ka por ba shlei um.



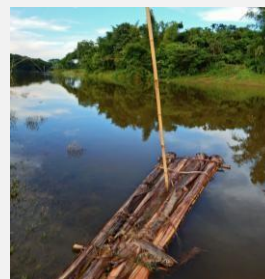
3) **Bamboo Raft**:- Kane Ka lieng ka dei ka jingtei thok kaba la shna da kaba teh ia u blang da ka lynti, kaba lah ban pyndonkam na ka bynta ban im ha ka por ba shlei um.



4) **Ka Raft barel**:- Ka lieng kaba la shna da kaba teh lang ia uwei ne ar tylli ki barel bad u blang ban ai jingiarap ha ka por ba shlei um.



5) **Ka Raft Dieng Kaid**:- Kane Ka long ka lieng kaba la shna na ka tnat jong u dieng kaid, da ka jingiarap jong ka lah ban phet bad poi sha ka jaka kaba shngain ha ka por ba shlei um.



6) **Tube Raft**:- Ka dei ka lieng kaba don da ki tube raft. Ka long ka lieng kaba la shna da kaba pyndap ia ka da ka Iyer, da ka jingiarap jong ka lah ban poi sha ka jaka kaba shngain.



7) **Ka Raft Bilor Um**:-

Kane ka dei ka lieng kaba la shna na ki bilor um, da ka jingiarap jong ka u briew u lah ban jngi sha ka jaka kaba shngain ha ka por ba shlei um.



8) **Improvised Life Jacket**:- Kane ka dei ka jaket ba la shna da ka jain bad ka long ka jaket ba la shna da ka thermocol, da ka jingiarap jong ka u briew u lah ban jngi sha ka jaka kaba shngain ha ka por ba shlei um.

Lait na kane, ha ka jingbym don jaket, lah ruh ban poi sha ka jaka kaba shngain da kaba jngi ha ka por ba shlei um da kaba teh ia ki sla thermocol ha ki bynta ba shakhmat bad ba shadien jong ka met.

9) **Kiei kiei kiba dei ban buh ha ka jingmut haba iarap ia u briew uba ngam jyllop ha ka um**:-

- Wat leit shajan than jong u briew uba ngam jyllop ha ka um.
- Ai ia u briew uba ngam jyllop ia ka lynti, dieng bad kiwei kiwei ban bat.
- Tang ban jngi ban pynim ia u briew uba ngam jyllop lada la hikai ia phi.
- Pynkhuid ia ka shyntur bad ka lynti ring mynsiem jong u nongshah pyniap.
- Pynduh ia ki jain kiba sngem.
- Ka jingpynlong ia u nongshah pynshitom.
- Pynbeit ban phah ia u sha hospital.

**Ki lad pynim ia ka jingim**:-

Ki lad pynim ki dei kiba la pyndonkam da ki briew ban pynim ia u briew uba ngam jyllop.



## Flood Security Measures



### Ki rukom iada:

Kaei kaba dei ban leh hadien ka jingshlei um: Kynmaw, ka iing jong phi ka shah iada na ka jingshlei um.

Wat hadien ba ki um ba tuid ki la nang hiar, phi dang donkam ban tip ia ki jingma kiba bun, kumta to buh ia kine harum ha ka jingmut:

- Pyntip ia ka jinglong nongialam bad ki para marjan jong phi shaphang ka rai jong phi ban leit phai biang bad ban iakren ia ka shwa ban shim ia ka rai kaba khatduh.
- Bun ki surok ki lah ban dang shah khang bad ki lah ban don ki um kiba tuid ha kiba bun ki jaka, kumta pyndonkam ia ka lynti da kaba buh ha ka jingmut ia ki dak jingmaham.
- To nang pynthymmai ia lade da ka jinglong kaba thymmai lyngba ki jingpynbna khubor. Ka lah ban don ka jingma jong ka jingshlei um kaba thymmai ne ka jingshlei um kaba thymmai.

Wat leit sha ki jaka ba shah ktah, namar ka jingshlei um phi lah ban shah pynmysaw ha kiei kiei kiba jur.

Pyndonkam ia ka net jong ki khniang katba dang thiah.

- To jngai na ki rud wah, ki jaka ba jylliew bad ki jaka kiba la shah pynkynriah namar ka jingshngain.
- Wat ailad ia ki khynnah ban rung ha ki iing kiba la shah ktah ha ka jingshlei um haduh ba kin da shah peit bniah ha ki rangbah.

Ka jingpyniaid ka dei ban bteng ia ka jingiakren bad ka jinglong nongialam jong ka imlang sahlang bad ka imlang sahlang haduh ba ka jingma kaba jur kan kut noh .

### **Ka jingshlei um:**

Ka jingshlei um jong ka Kuro ka dei ka jinglong kaba mih na ka jinghap slap kaba jur ne kaba slem ha ka jaka ba lum um jong ka wah lane na ka um kaba tuid sha ki thliew um jong ki wah, ki wahduid, ne kiwei kiwei ki um ha ka por ba la buh.

Ka jingma jong ka jingshlei um ka kham khraw ia ki nongshong shnong ha ki wah, ki wahduid, ki wahduid.

### **Ki daw jong ka jingshlei um:**

➤ Ka jingshlei um ka mih namar ka jingkhluit jong ka um, u slap uba jur bad ka jingbym don ka rukom pyntuid um kaba biang jong ka wah. > 40-million-hectare ka jaka ha ri India ka shah ktah ha ka jingshlei um.

➤ Ha ki jaka sor, ka jingeh ka mih namar ka jingbym biang ka rukom pyntuid um.

### **Kaei kaba dei ban leh lada la ai jingmut ia phi ban mih na iing?**

➤ Trei katkum ka action plan ba la pynkhreh kham mynshwa da u Amudraya

➤ Buh ia ki tiar ba kordor, ki kot ki sla bad kiwei kiwei ki tiar ba kordor jong phi ha ka jaka kaba shngain.

➤ Buh ia ki tiar bad kiwei kiwei ki tiar shimet ha jrong jong ka jingshlei um kaba lah ban jia.

➤ Pynlip noh ia ka bording bad ka um sha ka kamra shet jingshet.

➤ Baroh ki jingkhang bad ki jingkhang jong u Kuru ki la khang bha.

➤ Buh ia baroh ki tiar elektrik ha ka jaka kaba shngain kaba palat ia ka jingshlei um kaba la khmih lynti.

➤ Pynduh ia ka fridge, freezer bad pynduh ia ka jingpyniasoh bor.

➤ Puh ia ki jingkhang ha ki jingkhang.

➤ Ka leit sha ka jaka kaba kham heh da kaba pyndonkam ia ka lynti ban pynkynriah kaba shngain.

Ki tiar kiba kyrkieh:

➤ Ka radio kaba rit ka treikam bad ka jingshai bad ki battery kiba rben.

➤ Ka shong bad ki jingialehkai kiba lah ban rung um.

➤ Ka um bad ki jingbam.

➤ Ki dawai kiba khriat na ka bynta ka jingkhriat, ka jingsma, ka jingsma, ka jingpang khlieh bad ka jingshit.

### **Ki juti kiba khlain bad ki rubber ki rben lada lah.**

➤ Ka pla kaba lah ban rung um na ka bynta ban buh ia ki rekod, ki dor bad ki jain.

➤ Ka bucket ne ka tin, haba ym don.

➤ Ki nombar bad ki jaka sah.

➤ Pynkhreh shwa ban shlei:

➤ Pynthikna ba ki shnong bad kumjuh ruh ki dkhot jong ka longiing kiba im ha ki jaka ba jylliew bha ki tip shaphang ki jingma kiba mih na ka jingshlei um.

➤ Khmih bniah ia ki jingtip shaphang ki jingshlei um kiba mynshuwa ha ka jaka jong phi bad buh jingthoh ia ki jaka kiba heh.

➤ Ha ka jinghap slap kaba jur ne kaba jrong, sngap bha ia ki jingmaham ba la pynphriang da ki lad pyniaid bad jingtip ha ka thain bad bud ia ki.

➤ To buh ia ki tiar kiba donkam bha bad phi.

➤ Ka jingiakren bad kiwei pat ki dkhot jong ka imlang sahlang ka jinglong kaba lah ban mih namar ka jingshlei um.

➤ Ithuh ia ki jaka kiba lah ban shah ktah na ka jingshlei um hapoh ki jinglong ba man ka sngi.

➤ Ha ka jingjia jong ka jingshlei um, ka long kaba donkam ban don ka plan ban pynkynriah shwa. Uwei pa uwei u dkhot jong ka longiing u dei ban don ki jingkitkhlieh bad ki jingbthah ba la buh lypa ha ka jaka haba mih ka jinglong jingman kaba la nang mih.

### **Kaei ban leh ha ka por ba shlei um**

➤ Wat bam ia ki jingbam kiba la iakynduh bad ka um kaba tuid.

➤ Kiar na kaba bam ia ki jingbam ba la tyrkhong na shabar. Ki khniang jingpang kiba mih ha ka ki lah ban pynpang ia phi.

➤ Wat pyndonkam ia ka doh jong ki mrad bad ki sim kiba la iap kum ka jingbam. Ka lah ban long ba kine ki mrad bad ki sim ki lah ban iap namar katto katne ka jingpang.

➤ Khot bad pynkhluit ia ka um slap haduh ba phin da ioh ia ka um kaba khuid.

➤ To sumar ia ki khynnah, wat ai ba kin ialehkai ne jngi ha ka um.

➤ To long kiba husiar shaphang ki jingthaw kiba sniew kum ki bsein, ki khnai bad kiwei kiwei, ki lah ban wan hajan jong phi ban wad ia ka jaka kaba rkhiang bad kaba shngain.

➤ Lada phi don ha ka kjat, wat leit lyngba ka um bad shim jaka sah ha ka jaka kaba jrong kaba don hajan.

➤ To phai sha ki kot khubor ha ka jaka bad bud ia kino kino ki jingmaham bad ki jingai jingmut kiba la pynphriang.

➤ Lada phi sahkut ha ka um kaba tuid, iehnoh ia ka kali jong phi bad shim jaka sah ha ka jaka kaba kham heh.

➤ Ka jingpyniaid ka la nang iai bteng ban iakren bad ka jinglong nongialam jong ka



## Ka Jingshlei Um ba Kynsan



### Ki jingpynpaw ba kyllum

- Ki jingshlei um ki mih na ka jingjur jong u slap, ka jingbthei jong ki lyoh, ka jingtwa jong

ki dam ne ka jingkiew kynsan jong ka um ha ki wah.

- Ka wan ha ka jingstet kaba jur bha bad ka wanrah ia ka jingjulong kaba jur ia ka jingim bad ki mar ki mata.
- Ha kum kine ki jingjia, ka jinglong ba husiar man la ka minit bad ka jingshim rai kloï ka long kaba kongsan bha.

### Ki jingpynpaw ba kyllum

- Ka jingkiew stet jong ka um jong ki wah/ki wah hadien ba la bteng ne jur bha u slap.
- Ka jingtuid kynsan jong ka um kaba jur ha ka khyndew.
- Ka um kaba tuid halor ki nala um ne ki jingkieng.
- Ka jingpynpra ne jingsait kynsan ia ka jaka ba don harud wah.

### Pynsgewthuh bad iarap ia ka bor synshar:

- Pyntip mardor sha ka bor synshar bad ka kynhun ba peit ia ki jingjia ba sngewsih ha ka thain tang shu don ka jingma jong ka jingshlei um.
- Maham ia ki para marjan bad ka imlang sahlang.
- Bud ia ki hukum pynkynriah briew ba la ai da ka bor synshar.

### Jingpynkhreh na ka bynta ka jingshlei um

- Buh ia ki kot ki sla kiba kongsan jong ka iing, ka pisa bad ki tiar kiba donkam ha ka jaka kaba shngain bad kaba jrong.
- Pynkhreh beit ia ka um dih, ki jingbam ba rkhiang, ka torch, ka radio, ki tiar ai jingiarap nyngkong bad ki tiar ba kongsan.
- Pyntip ia kiba ha iing ha sem bad ki khun shaphang ki lynti iaïd kiba shngain.
- Pynlong khuid ia ki nala um bad ki lynti pyntuid um.
- Pynkhreh ban pynkynriah ia ki jingri bad ki mrad sha ki jaka kiba kham jrong.

### Ha ka por ba shlei um .

- Mar kumta hi leit sha ka jaka kaba kham jrong bad kaba kham shngain.
- Wat pyrshang ban iaïd lyngba ia ka um kaba tuid stet.
- Pynjingai na ki jingkieng, ki nala um bad ki rud wah.
- Pynjingai na ki dieng elektrik bad ki wire kiba la hap.
- Wat nym niah kali sha ka jaka ba la shlei um.
- To nang sngap ia ki jingtip ba iadei bad ka jingsynshar lyngba ka radio/mobile.

### Hadien Ka Jingshlei Um

- Wat leit phai biang sha ka jaka ba shah ktah tad haduh ba ka bor synshar kan pynbna ba ka long kaba koit ba khiah.
- Wat bam ia ki jingbam ne ki um dih kiba la ia kynduh bad ka um.
- Dih tang ka um ba la khleh ne ba la pynkhuid.
- Deng ia ki gloves bad ki juti haba weng ia ki sboh ne ki sboh.
- Ai jingsumar mardor ia ki briew kiba pang bad kiba mynsaw bad pyntip sha ka kynhun ai jingiarap.

### Kynmaw Beit

- To long kiba husiar beit ha ka por slap bad to sngap bha ia ki jingmaham jong ka tnad mariang.
- Kiar na kaba sah miet ha ki jaka ba rit bad ha ki rud wah.
- Kiar na ki khubor lamler bad bud tang ia ki jingbthah jong ka bor synshar.



## GLOF



### Jingpynithuh:-

Ki pung kiba mih ha ki glacier teng teng ki bthei bad ki pynlong ia ka jingshlei um kaba jur kynsan kynsan ha ki thain Himalaya. Ia kane la khot ka jingshlei um jong ka pung glacial. Ka wan kynsan kynsan bad ka wanrah ka jingjolor

kaba khraw ia ki shnong ki thaw, ki lyngkha, ki surok, ki jingkieng bad ia ka jingim paidbah.

### Ki jingpynpaw ba kyllum

- Ka jingkiew kynsan jong ka um jong ka pung ne wah.
- Ki jingtwa ne jingtuid um kiba lah ban iohi sawdong ka pung.
- Ka jingbun bym thikna jong ka sboh, ki maw ne ki dieng kiba tuid ha ka jingtuid.
- Ka jingsngap ia ka jingsawa kaba jam (jingsawa/jingsawa) na jrong.

### Pynsngewthuh bad iarap ia ka bor synshar

- Lada don kano kano ka jingbym thikna ha ka um jong ka pung ne wah, pyntip mardor sha ki bor pyniaid.
- Maham mardor ia ka shnong/ka imlang sahlang.
- Bud ia ki jingbthah bad ki hukum ban pynkynriah jaka ba la pynmih da ka bor synshar/ka kynhun pyniaid ia ki jingjia ba sngewsih.

### Ka jingpynkhreh shwa ka GLOF .

- Tip beit ia ki jaka ba jrong kiba shngain bad ki lynti ban phet krad.
- Pynlong bad pyntreikam ia ka plan kyrkieh bad ka iing ka sem.
- Pynkhreh ia ka kit jong ki tiar kiba donkam (um, jingbam ba rkhiang, torch, radio, jingiarap nyngkong, ki kot ki sla kiba kongsan).
- Kiar na kaba shna iing ha ki rud wah ne ha ki jaka ba rit.
- Pynlong ia ka kor jingmaham (siren/bell/khubor) kaba treikam ha ka shnong.
- Mar kumta hi leit sha ka jaka kaba kham jrong bad kaba kham shngain.

- Wat sangeh hajan ki wah, ki nala bad ki jingkieng.
- Pynkynriah tang lyngba ka lynti ba la pyni da ki bor synshar/ki bor pahara.
- Ialam ia ki khynnah, ki tymmen bad ki masi sha ka jaka kaba shngain.
- To nang sngap ia ki jingtip ba thikna bad ki jingmaham ha ki mobile/radio.
- Bun ki jingpang kiba ju jia ki don ki dak kiba kum kita, wat shim ba kano kano na kine ki jingpang ka dei ka jingmih na ka jingpynbna ba la pynbna ia ka jingeh ha ka met.
- Wad jingmut na ki doktor lada phim thikna.

### Hadien ka jingduh.

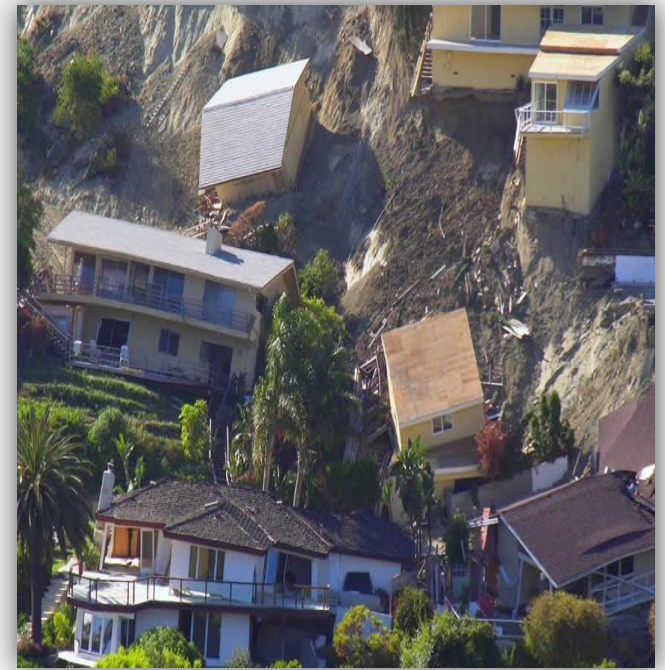
- Pynphai biang sha ka jaka ba shah ktah tang ynda ka bor synshar ka la pynbna ba ka long kaba koit ba khiah.
- Ka um shlei um ka lah ban long kaba jakhlia ne kaba jakhlia, kumta dih ia ka um tang hadien ba la pynkhluit ne pynkhuid ia ka.
- Wat pyndonkam ia ki jingbam bad ki um kiba la buh ha ki jaka ba lait.
- Lada ki lain bording ki sniew, to jngai na ki bad pyntip sha ka tnad bording
- kynhun pynlait im shaphang ki briew kiba sahkut ne kiba mynsaw.

### Kynmaw beit

- To long kiba husiar beit ha ki jaka ba don ki glacier bad ki pung.
- Kiar na kaba sah miet ha ki jaka ba rit bad ha ki rud wah.
- Pynneh ia ka jingsuk, iehnoh ia ki khubor lamler bad bud tang ia ki jingbthah jong ka bor



## Ka Jingtwa Khyndew



### **Kaei ka jingtwa khyndew**

Ka jingtwa jong ki lum khamtam namar ka jingkhia jong ki hi, ka jingkylla jaka jong ki lum ba la shna da ki maw bad khyndew bad kiwei kiwei ha ka jingheh kaba heh shapoh la ju khot kyllum ka jingtwa khyndew.

### **Ki daw jong ka jingtwa khyndew:-**

a) Ka jinglah ban kit jong ki lum ka nang hiar katba nang kiew ka jingjrung jong ki lum namar ka jinglum lang jong u slap.

b) Ki jingkhynñiuh jumai bad ki jingbthei ki lah ban pynmih ia ka jingtwa khyndew.

c) Ka slope ka nang kiew da ka jingpom pathar ia ki khlaw, ka jingtwa khyndew da ki wah, ki wah bad ki wahduid, bad ka jingtih mawshun.

d) Ka jaka kaba lait.

e) Ka jingpom ia ki lum kiba jrung na ka bynta ban shna ia ki lynti rel, ki surok bad ki iing.

### **Ka jingktah jong ka jingtwa khyndew: -**

- Ka jingpynlut kai ia ka pisa paidbah.
- Ka jingpynjot ia ki jingtei kum ki surok, ki lain um, ki lain bording, ki lain telephone bad kiwei kiwei.
- Ka jinghiar ka jingmih ha ka rep ka riang bad ka khlaw. Ka jingkhang surok ka pynlong ia ka jingduna ha ka jingpynpoi ia ki marbam ba kongsan.

### **Ki lad jingiada shwa ka jingtwa khyndew**

- Ithuh ia ki slope kiba don ha ka jingma na ka jingtwa khyndew bad shim ia ki lad ki lynti ban pynduna ne iada na ka jingbym iahap.
- Pyrkhath ia ka histori jong ka jingtwa khyndew jong ka jaka. Pynbeit bad pynbeit ia ki jaka shong jaka sah kiba rit paid. Pynrung biang ia ka jingpynlong khlaw.
- To long kiba husiar beit ha ki surok lum bad buh jingkyndew ia ki jingtwa ha ki jaka ba jrung jong ka surok.
- Wat shna iing hajan (hapoh) ki lum kiba jrung, hajan ki wah, ki them ba la pynlong da ka jinglong ka suinbneng, bad kiwei kiwei.
- Pynlong ia ki jingker ha ki jaka ba jrung. Pynkhlain ia ka jingthung khlaw ha ki jaka ba lah ban twa khyndew.
- Tei ia ka kynroh ban pynkylla ia ka jingtuid jong ki sboh.

### **Ki lad jingiada ha ka por ba twa khyndew:-**

- To long kiba husiar na ka bynta u slap uba jur bad uba jur hadien ba la slem bha u slap bad ka jinglong ka suinbneng kaba slap.
- Sngap ia kino kino ki jingsawa kiba pher, kum ka jingtuid jong ki tdem, ki dieng kiba hap, lane ki maw kiba ia tyngkhuh iwei ia iwei pat.
- To long kiba husiar ia ki jingkylla kynsan ha ka jingtuid ka um bad ki jingkylla ha ka um kaba khuid

Lada phi iohi ia ki jaboh, ki tiar kiba la pra, ki dewbilat bad ki maw ha ka wah kiba tuid harud surok, te to long kiba husiar.

### **Kaei kaba dei ban leh lada phi sngew ia ka jingma jong ka jingtwa khyndew?**

- Khot sha ka kamra pyniaid jong ki pulit lane dial 100.
- Pyntip sha ki brieve kiba don hajan shaphang ki jingma kiba lah ban mih khnang ba ki jingim kin lah ban lait im.
- Ka lad kaba bha tam ka long ban pynkynriah ia ki jaka shong jaka sah kiba wan ha ka lynti jong ka jingtuid jong ki sboh.
- Lada ym lah ban mih na ka lynti jong ka jingtuid jong ki sboh, shim ia ka jaka kaba rit tam bad iada ia ka khlieh jong phi.

### **Ki lad jingiada hadien ka jingtwa khyndew:**

- Wat leit sha ki jaka ba lah ban twa khyndew.
- To pyrkhath bha ia ki jaka ba shah shlei um hadien ba la twa ka khyndew.
- Sumar bha ia kiba mynsaw bad mynsaw khlem da rung sha ki jaka ba twa khyndew.
- Iarap ia ki brieve kiba donkam jingiarap kyrpang kum ki khynnah, ki tymmen bad kiba duna dkhot met.
- Pynbha ia ka jaka ba la shah pynjulor ban iada ia ka na ka jingshlei um bad ki jingtwa khyndew ha ki por ban wan

# Ka jingshit: lada ialade da ki lad jingiada kiba suk

Ka jingshit ka lah ban long kaba ma. Ban pynduna ia ka jingktah jong ka, ban kiar na ki jingpang kiba jur, bad ban iada na ka jinglot, shim ia kine ki lad jingiada harum:

## Tiar Jingshngain

- ✓ Kiar na kaba shah ha ka jingshai jong ka sngi kaba jur katba lah, khamtam ha ka por ba bun briew. Dih bun ka um man ka por, wat lada phim sngew sliang. Baroh shi katta dei ban rah ia ka um dih haba leit jingleit.
- ✓ Haba leit shabar ha ka sngi, deng da ki jain kiba rong saw bad kiba jem, deng ia ki jingda khmat kiba iada, tap ia ka khlieh da ka hat ne ka jain lyngkhuid, bad deng beit ia ki juti ne ki sandal.
- ✓ Haba ka jingshit shabar ka long kaba jur, kiar na kaba leh ia ki kam kiba eh ha ka sngi kaba shit.
- ✓ Lada phi hap ban trei shabar, pyndonkam da ki jain kiba sngem ne da ka ryndang.
- ✓ Bam ia ki jingbam kiba jem bad ki soh kiba don bun ka um, kum ki sohjew, ki sohjew bad ki sohjew.
- ✓ Kiar na ki jingbam kiba bun ka protein kum ka doh bad ki soh, kiba pynkiew ia ka jingshit jong ka met.
- ✓ Pyndonkam ia ki jingdih ba la shna ha iing kum ka umsohjew, ka umsohjew bad ka umsohjew.
- ✓ Wat ju iehnoh ia ki khynnah ne ki mrad marwei ha ki kali kiba ieng.
- ✓ Pynsah ia ki mrad ha ka jingdum bad pynbiang ia ki ia ka um kaba biang.
- ✓ Pynkhriat ia ka iing jong phi, pyndonkam da ki jingtap, ki jingkhang, ne ki jingtap sngi, bad kiwei kiwei Plie ia ki jingkhang ha ka por miet ban pynneh ia ka lyer kaba biang.
- ✓ Sngap ia ki jingkhein jong ka suinbneng ha ka thain bad to tip ia ki jingkylla ka jingshit jingkhriat ki bym iahap.
- ✓ Ha ka jingpang bad jingbym sngewthuh jingmut, leit sha u doktor/wad jingiarap mardor



Kaei kaba dei ban leh lada don ka jingshit .

- ✓ Ialam ia u briew shapoh iing ne sha ka jaka kaba khriat/ba dum, bad ai ba un thiah da kaba pynkiew khyndiat ia ki kjat jong u.
- ✓ Pynkhuid ia ka met da ka jain kaba sngem lane synreit um kaba khriat ha ka sniehdoh. Ai ia u briew ia ka ORS/um lemon/ka umsoh-shini lane ka umsoh ban pynkhluit ia ka met.
- ✓ Wat ai ei ei ia u briew ban bam ne dih haduh ba un da sngewthuh pura.
- ✓ Lada ki dak ki shin kim kham bha hapoh shi kynta, rah ia u briew sha ka jaka sumar kaba jan tam.

# Ka Jingkhriat (Ki lad jingiada)



- Shong ha iing katba lah.
- Sngap ia ki radio ba marjan na ka bynta ki jingtip shaphang ka suinbneng.
- Bam ia ka jingbam kaba biang ban pynshit ia ka met bad dih ia ki jingdih ba khlem kyiad ban lait na ka jingduna um.
- Ha ka jaka ban phong tang kawei ka jain kaba khia, phong katto katne ki jain kiba jem bad kiba rkhiang. Ki jain ba shabar ki dei ban long kiba la shna bha bad kiba lah ban rung um.
- Ka jingsah kaba rkhiang. Pynkylla man ka por ia ki jain kiba sngem khnang ban iada na ka jingduh jingshit jong ka met.
- Pynbiang ia ka jingpynhiar mynsiem kaba biang haba pyndonkam ia ka umphniang sharak, ki heater ne ki tiar pynkhluit dewiong khnang ban lait na ka jingring mynsiem ia ki lyer kiba sniew.
- Lada ym don jingpynkhluit, leit sha ka jaka paidbah ha kaba la pynkhluit da ki bor synshar.
- Pynkhuid ia ka khlieh, namar ba bunsien ka jingshit jong ka met ka mih lyngba ka tduh jong ka khlieh, bad tap ia ka shyntur ban iada ia ki snier jong phi.
- Kiar na kaba trei palat ia lade. Ka jingtrei palat ia lade ka lah ban wanrah ia ka jingpang klongsnam.



## Ka jingshah ktah ha ki bsein bad ka jingiada

Kham bunsien, haba iohsngew ia ka kyrteng jong u bsein, u briew u sngew tieng. Hynrei lait na kane, ka long ruh kaba shisha ba ki briew ki ju im bad ki bsein naduh ki por hyndai, kumta ka don ka jingngeit ha ki bsein bad kumjuh ruh ka jingsngewthuh bakla bad ka la nang long kaba shisha ba u bsein u dei u paralok jong ki briew ym u nongshun, u bsein u dei u jingthaw uba tieng, u bam ia ki briew tang ha ka jinglong kaba shyrkhei. Ki bsein ki kham iaid ha ka por lyiur bad por slap, ki jingjia shah ktah ha ki bsein ki kham bun ha ki shnong haba ianujor bad ki sor. Ha ka jingialang, ki don ar jait ki bsein.

- Ka bih jong u khnai ka ktah ia ka sniehdoh.
- Ka kynhun jong ki viper ka leh

### 2) Poisonous snakes:

- a. Rattle snake.
- b. Coral snake.
- c. Copper snake.
- d. Water Moccasins.
- e. Tree Viper.
- f. Russell Viper.

### Kiei ki dak jong ka jingshah ktah ha u bsein uba don bih?

- Hadien katto katne por ba la biah, ka jaka ba la biah ka sdang ban tyrkhong bad teng teng ki bniat ruh ki mih.
- Ka jingsngew jynjar bad jingsngew jynjar.
- Kham bunsien la lap ar ne lai tylli ki dak bniat.
- Ka umsoh kaba rong saw stem ka mih na ka jaka ba la ktah.
- U nongpang um lah ban plie ia ki khmat bad ka shyntur la slem.
- U nongpang um lah ban shong katto katne por hadien ba u la shah ktah.
- Suki suki ka don ka jingeh ban ring mynsiem.
- Namar ka jingduna ka oxygen, ka don ka jingeh ban ring mynsiem bad ka khmat ka kylla rong saw bad khatduh u briew u iap namar ka jingkhlanglad ban ring mynsiem.

Kaei kaba dei ban leh bad kaei kaba ym dei ban leh hadien ba la shah ktah ha u bsein:

Kaei kaba dei ban leh :-

- Khnang ban pynduna ia ka jingma ban shah ktah biang, rah ia u nongshah ktah sha ka jaka kaba shngain kaba jan tam.
- Lada lah, lum jingtip shaphang ki jait bsein.
- Pyntngen ia u nongshah pynshitom.
- Pynduh noh ia ki jain jong u nongshah pyniap, ring bad peit.
- Sait ia ka jingmysaw da ka um sabon
- Pynkiew ia ka bynta jong ka met kaba la shah ktah ha u bsein.
- Wat ailad ia u nongshah lehbein ban leh ia kano kano ka kam met.
- Wat ai kano kano ka um ban dih ia u nongshah lehbein.

Ki bsein ha ka jinglong kyllum kim ju pynmynsaw ia ki briew. Ki long kiba myntoi ia ki nongrep namar ki bam ia ki khniang, ki khnai, ki eit sim rit, bad ki rat kiba pynsniew ia ki jingthung jingtep.

Ia ki kyrteng jong ki katto katne ki bsein bym don bih bad kiba don bih la ai harum:

(1) U bsein bym don bih:-

### Anaconda



### Boa



### Garter Snake



### Kaei ka sienjam kaba dei ban leh lada jia ba shah ktah ha ki bsein?

- Pyntngen ia u briew uba shah ktah ha u bsein khnang ba ka jingshlur jong u kan nang kiew bad iathuh ia u ba u briew um ju iap namar ka jingshah ktah ha u bsein bad pynlong ia ka jinglong kumba ym shym la jia ei ei.
- Peit bniah mardor ia ka jaka ba la bit. Lada ka don ha ka kjat, teh ia ka halor ka kjat, lane lada ka don ha ka kti, teh ia ka halor ka kjat da ka rubber band ne ka lynti kaba jem. Pyndait ia ka lynti ha ka rukom kaba ailad ia ka pensil ban iaaid suk. Hadian 15-20 minit, pynlait ia ka tourniquet shi minit ne ar minit khnang ban pynneh ia ka jingtuid ka snam.
- Wat ai sikret, um, kyiad, sha bad kiwei kiwei ia u nongpang, sait ia ka jaka ba la ktah da ka sabon bad ka um, wat pyndonkam da ka um kaba shit.
- Lada u nongpang u sngap jar, dei ban pynlong ia u ban thiah khmat shapoh khnang ba kan ym don ei ei kaba sahkut ha ka thliew lyer namar ka jingsma.
- Pynbeit ban rah mardor ia u sha hospital bad ban ai dawai pyrshah ia ka bih.

Ki lad ban iada na ka jingshah ktah ha ki bsein:

- Pynkhuid ia ka iing jong phi katba lah.
- Wat buh ia ki kti jong phi ha ka jaka kaba dum ha ka jaka kaba lah ban shah ktah ha ki bsein.
- Katba lah, wat thiah ha madan. Lada phi leh kumta, te thikna ba pyndonkam da ka jingtap khniang.

### Kaei kaba dei ban leh :-

- Wat pynkhih ia u nongshah lehbein ne ailad ia u ban iaaid kai.
- Wat pynlong kano kano ka jait jingmynsaw ha ka jaka ba la ktah da u bsein.
- Wat pyrshang ban kem ia u bsein.
- Wat ai kano kano ka jingdih buaid ia u nongshah lehbein.
- Wat leit sha khlaw ne khlaw ban leit pyntuid.
- Pyndonkam da u dawai khniang ban khanglad ia ki khniang ban rung shapoh iing jong phi, namar ki khniang ki lah ban ialam sha ki bsein ban rung shapoh iing jong phi.
- Lada don ka thliew ha ka iing dewbilat, khang ia ka thliew da kaba theh ia ka Gamexene.
- Wat shna sem syiar/sem hajan ka kamra thiah bad wat buh ia ki kti ha sem syiar bad set sem ha kaba dum.
- Tih ia ka thliew ba la bam ki bsein sawdong ka iing bad synreit da ka phenol, ka dawai pynkhuid bad ka dawai gamexene.
- I Deng hadien ba la dep sait ia ki shniuh bad kiwei kiwei.
- Wat ailad ia u briew uba shah ktah ban thiah.
- Ka jingpynlong ia u nongshah pynshitom.
- Pynbeit ban phah ia u briew uba mynsaw sha hospital.