

FIRST 30 SECONDS AFTER AN EXPLOSION

Protect yourself first. Then move away from immediate hazards.

⚠ IMPORTANT
Do not rush to the window.
Do not go outside to look.

1 CROUCH AND PROTECT



Drop low immediately.
Crouch down and protect
your head and neck
with your arms.

2 MOVE AWAY FROM WINDOWS AND BROKEN GLASS



Stay low and move away
from windows, glass,
and anything that could
fall or break.

3 QUICK SELF-CHECK FOR SERIOUS INJURY



Check yourself and others.
Look for heavy bleeding
and breathing problems.
Get help if needed.

4 MOVE TO A SAFER INTERIOR SPOT



Move deeper inside
the building to a safer
spot away from windows
and exterior walls.

✓ DO THIS

- ▶ Protect head and neck.
- ▶ Move away from glass.
- ▶ Check breathing and major bleeding.

✗ AVOID THIS

- ▶ Do not stand up just to watch.
- ▶ Do not run toward the blast.
- ▶ Do not touch unstable debris or hanging wires.

i If you can move,
get low, think clearly,
and guide others.

AFTER THE BLAST, PROTECT YOURSELF FIRST.



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FIRST 5 MINUTES AFTER AN EXPLOSION

People first. Life threats first. Fire and collapse second.

! IMPORTANT

In the first 5 minutes,
do not panic and do not scatter.

1 ACCOUNT FOR PEOPLE



Call out. Look and listen for others. Check those near you.

2 CONTROL MAJOR BLEEDING



Apply direct pressure with a clean cloth or bandage. Keep pressure until bleeding stops.

3 CHECK FIRE / SMOKE



Look for fire, smoke, gas, or sparks. Feel doors for heat. Stop if it's getting worse.

4 CHECK STRUCTURE / EXIT ROUTE



Check for falling debris, cracks, or unstable parts. Identify the safest clear route.

5 MOVE OR WAIT BASED ON RISK



If it is safe to move, leave carefully. If staying is safer, shelter away from hazards.

✓ DO THIS

- ▶ Call out and locate everyone.
- ▶ Stop severe bleeding first.
- ▶ Leave if fire, smoke, or collapse risk is growing.

✗ AVOID THIS

- ▶ Do not return for possessions.
- ▶ Do not use damaged lifts.
- ▶ Do not crowd doors or windows.

SUMMARY



If the building is not safe, leave by the safest clear route. If outside is worse, move to the safest protected spot.

THE FIRST FIVE MINUTES DECIDE WHETHER CHAOS GROWS OR STOPS.



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WHY YOU MUST NOT GATHER TO WATCH

Curiosity creates casualties. Move away, not closer.

✗ CROWDING PUTS LIVES AT RISK



Do not stop to film.
Do not gather to watch.



MOVE AWAY TO STAY SAFE



SECONDARY STRIKE



BROKEN GLASS



UNSTABLE DEBRIS



FIRE AND HAZARDS



BLOCKS RESCUE ACCESS

1 CROWDS DELAY RESCUE.



Blocked access means lives are at risk.

2 VISIBLE CROWDS ATTRACT DANGER.



Enemies look for crowds. You become a target.

3 DEBRIS AND SECONDARY BLASTS STILL THREATEN.



What you see now can still kill you later.



DO THIS

► Move away from the scene.



► Warn others to keep moving.



► Keep routes clear for rescue.



AVOID THIS

► Do not crowd the blast area.



► Do not pick up fragments.



► Do not return for a better view.



REMEMBER

The danger is not over when the noise stops. Get out. Stay out.

DISTANCE SAVES LIVES. CROWDS COST TIME.



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FIRST AID PRIORITIES

Treat life threats in the right order: safety, airway, bleeding, breathing, warmth, help.



IMPORTANT

Do the most life-saving actions first.

1 SCENE SAFETY

- Check for danger to you, the patient, and others.



- ✓ Make the scene safe before you help.

2 RESPONSIVENESS

- Check if the person is awake and can respond.



- ✓ Tap their shoulder and call out. Look for any response.

5 POSITION & WARMTH

- Place in the recovery position if breathing. Keep warm.



- ✓ Supports the airway. Reduces choking. Prevents heat loss.



3 AIRWAY & BREATHING

- Open the airway and check breathing.



- ✓ Open the airway, look, listen, and feel for normal breathing.

4 SEVERE BLEEDING

- Control any heavy bleeding right away.



- ✓ Apply firm, direct pressure. Use a dressing or clean cloth.

6 CALL / GET HELP

Call for help early. Give clear information.

- 📍 Your location
- 🗨️ What happened
- 👥 How many injured
- 📞 What help is being given

- ✓ Stay with the patient and keep them updated.



DO THIS

- Make the scene safer first.
- Check breathing and major bleeding.
- Keep the injured person warm and observed.

AVOID THIS

- Do not give food or drink.
- Do not move the injured person without reason.
- Do not ignore signs of shock or airway trouble.

THE RIGHT ORDER SAVES MORE LIVES.



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SEVERE EXTERNAL BLEEDING

Apply direct pressure fast. Life can be lost in minutes.

1 EXPOSE THE WOUND



Remove or cut away clothing to expose the bleeding area.

2 APPLY FIRM DIRECT PRESSURE



Place a clean cloth, dressing, or bandage on the wound. Press hard with both hands.

3 ADD MORE LAYERS



Add more pads or cloth on top without lifting the first pad. Keep steady, firm pressure.

4 SECURE PRESSURE BANDAGE



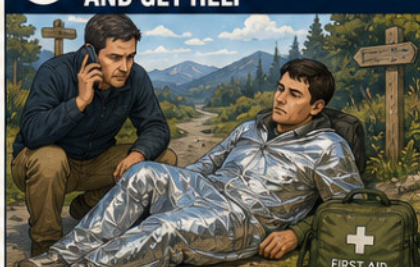
Wrap a pressure bandage tightly over the pad. Keep pressure firm and the bandage tight.

5 IF BLEEDING WON'T STOP: USE A TOURNIQUET



Apply a tourniquet high and tight on the limb, above the wound. Tighten until bleeding stops. Note the time it was applied.

6 MONITOR FOR SHOCK AND GET HELP



Keep the casualty warm and calm. Check their breathing and response. Call for urgent medical help.



IMPORTANT

Severe bleeding is a first-minute emergency.



DO THIS

- ▶ Press hard on the wound.
- ▶ Use clean cloth, dressing, or bandage.
- ▶ Keep pressure on and watch the casualty.



AVOID THIS

- ▶ Do not keep checking by removing the pad.
- ▶ Do not waste time on minor cleaning first.
- ▶ Do not use a tourniquet unless severe limb bleeding needs it.



**TOURNIQUET:
SEVERE LIMB
BLEEDING ONLY;
RECORD TIME IF USED.**



PRESSURE FIRST. CONTROL THE BLEEDING.



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BURNS, GLASS INJURIES, AND FRACTURES

Three common injuries. Three simple priorities.

BURNS



- 1** Cool with clean running water for 20 minutes.
- 2** Remove rings or tight items if easy.
- 3** Cover with a clean, non-stick dressing.

GLASS INJURIES



- 1** Control bleeding first.
- 2** Rinse only minor dirt if bleeding is controlled.
- 3** Cover the wound and protect it.

FRACTURES / SPRAINS



- 1** Keep still.
- 2** Support or splint as found if safe.
- 3** Use a cold pack over cloth if available.



IMPORTANT

Do not make a manageable injury worse.



DO THIS

- ▶ Cool burns.
- ▶ Control bleeding.
- ▶ Immobilize suspected fractures.



AVOID THIS

- ▶ Do not pop blisters.
- ▶ Do not pull out deeply embedded glass.
- ▶ Do not force a broken limb straight.



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COOL IT. COVER IT. KEEP IT STILL.

WHEN NOT TO MOVE AN INJURED PERSON

Movement can save a life — or worsen an injury. Move only for the right reasons.

REASONS NOT TO MOVE

unless there is immediate danger

✗ SUSPECTED SPINAL INJURY

Movement can cause further damage and paralysis.



✗ SEVERE PAIN ON MOVEMENT

Pain is a warning sign. Movement can make the injury worse.



✗ DEFORMED LIMB OR PELVIS

Movement can cause bleeding and more serious injury.



✗ ALTERED CONSCIOUSNESS

Do not move unless they are in immediate danger.



✗ TRAPPED UNDER UNSTABLE DEBRIS

Do not move unless there is immediate danger (e.g., fire).



IMPORTANT

If there is no immediate danger, protect and observe rather than drag.



WAIT FOR HELP

☎ Call emergency services.

🧑 Stay with the casualty and keep them calm.

✔ DO THIS

- ✔ Keep the head, neck, and body aligned.
- ✔ Control bleeding and keep warm.
- ✔ Move only if staying is more dangerous.

✗ AVOID THIS

- ✗ Do not pull by arms or legs.
- ✗ Do not sit the casualty up suddenly.
- ✗ Do not force someone to stand or walk.

REASONS TO MOVE IMMEDIATELY

for safety

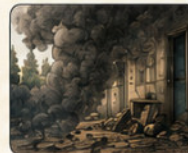
✔ FIRE

Move away from flames, heat, or risk of fire.



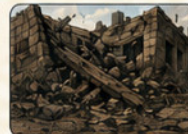
✔ SMOKE

Thick smoke can quickly cause unconsciousness or death.



✔ COLLAPSE

Risk of a building, wall, or structure collapsing.



✔ FLOODING

Rising water can trap or sweep you away.



✔ ACTIVE SHOOTING / EXPLOSION DANGER

Move to cover and get to safety.



MOVE FOR DANGER. OTHERWISE PROTECT IN PLACE.



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