SULTANATE OF OMAN
CIVIL DEFENCE AND AMBULANCE AUTHORITY



PRECAUTIONARY MEASURES

TO DEAL WITH WEATHER CONDITIONS

(Heavy rains, floods, hurricanes, thunderstorms, and strong winds)

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JUST A CALL AWAY , WE ARE THERE

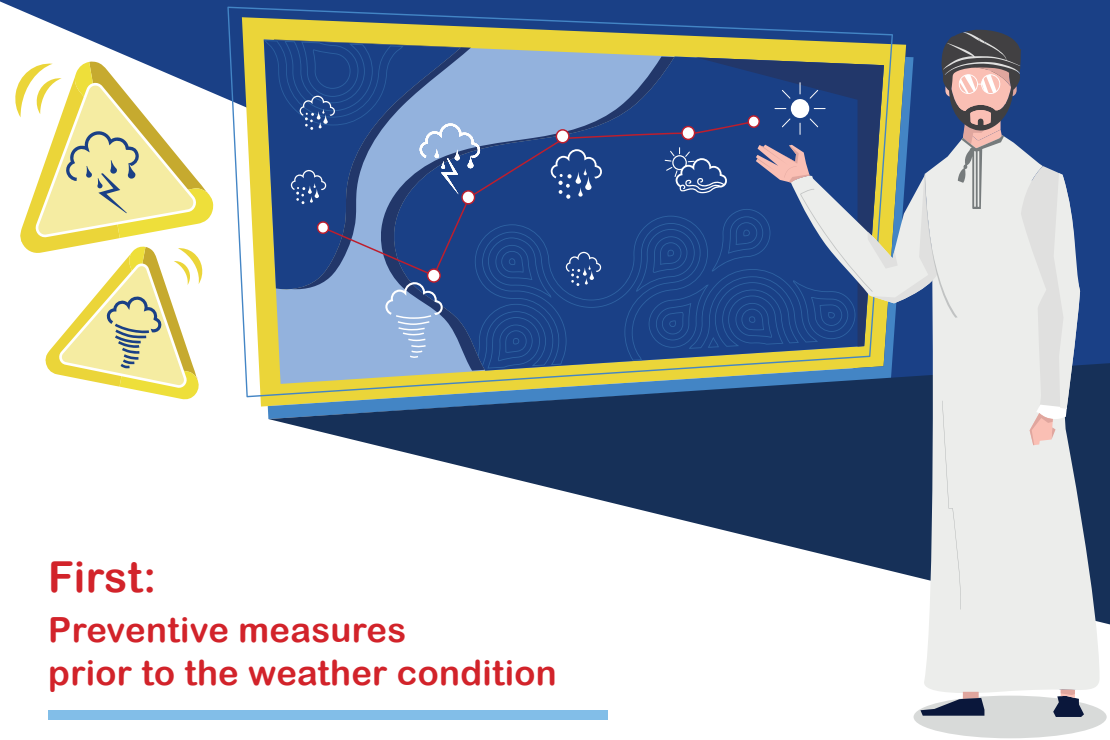




Introduction

Rough weather conditions may be accompanied by certain weather fluctuations that may be hazardous to public safety, including deep weather depressions, hurricanes causing heavy rain and floods, thunderstorms, and strong winds, and other various weather conditions that may cause heavy losses of lives and properties.

Currently, heavy rains and hurricanes are a real risk to lives and public and private properties. Accordingly, the Civil Defence and Ambulance Authority focused on disseminating awareness of preventive measures to deal with various weather conditions, to maintain public safety and avoid exposure to risk.



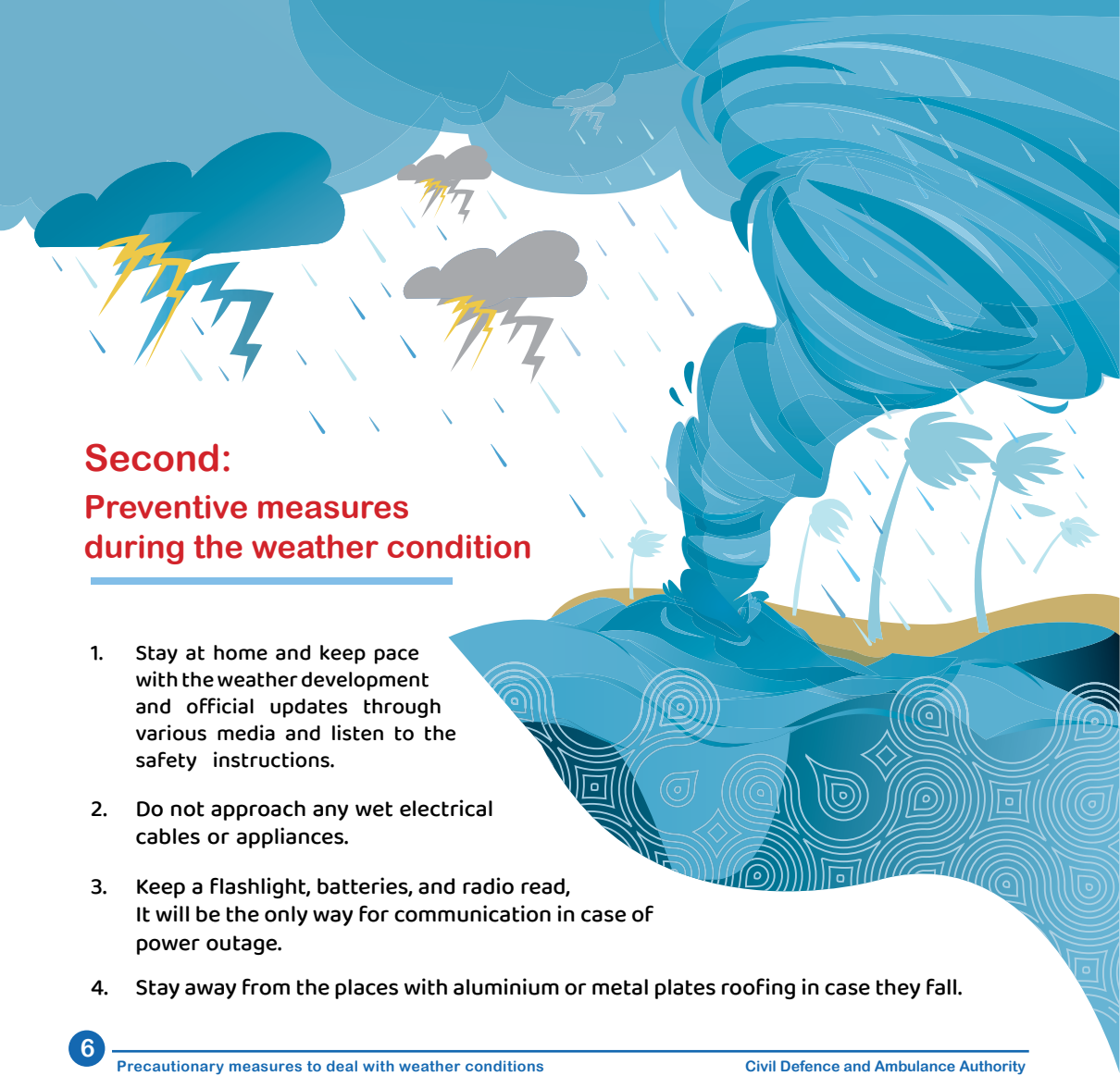
First:

Preventive measures prior to the weather condition

1. Be prepared with the required equipment at home, and check the first aid kit and emergency bag, and fire extinguishers.
2. Keep up with the latest updates and safety instructions, check for any warning or notices for the possibility of serious weather condition formations, like heavy rains or hurricanes, on the official social media, and CDAA website and various platforms.
3. Keep a list of emergency numbers.
4. Carry out regular maintenance for the electrical fixtures and water network and close the gas source properly.

5. If you are walking or driving on the road, leave the place early to avoid roadblock due to floods or landslides.
6. In case of weather condition warning, postpone any road and sea outings until after it has cleared.
7. Fix any outdoor item that may get loose under strong winds like umbrellas, and on the roof like metal plates and TV antennas, etc.
8. Don't go to the beach or for a swim, and if you have a boat, secure it properly and head home or to a safe place before the storm starts.
9. Close all the window tightly, or tape it with a tape to prevent water leaking into the house and causing damage.
10. Get familiar with the high places and safe roads in case of the need to leave the house.
11. In case of announcing evacuation through any of the official or security media, turn off the energy sources (gas, electricity, water) and evacuate promptly, while maintaining your safety and the safety of your family.





Second:

Preventive measures during the weather condition

1. Stay at home and keep pace with the weather development and official updates through various media and listen to the safety instructions.
2. Do not approach any wet electrical cables or appliances.
3. Keep a flashlight, batteries, and radio read, It will be the only way for communication in case of power outage.
4. Stay away from the places with aluminium or metal plates roofing in case they fall.

5. Do not allow the children to play outdoor during unusual weather condition.

6. During thunderstorms, avoid working or standing on high ground, or the roof of under construction buildings, and avoid standing under high and solitary trees and electric poles.

7. Strong thunderstorms can sometimes be accompanied by hailstorms, so avoid open spaces when they fall, and if you are outside stay in your car or immediately head to the nearest building for a safe refuge.

8. Strong thunderstorms may be accompanied with hail, and during the storm avoid open places. If you were outdoor, stay in your vehicle or head immediately to the nearest building for shelter.

9. In case of emergency, call (9999) or (24343666).





In case you were outdoor during sudden change of weather condition

1. Be careful and avoid walking near low areas, wadies, or dams.
2. Stay in your traffic lane and use safe roads as recommended by the competent authorities, and do not risk crossing any wadi.
3. Be very careful when passing near the mountains, or while on mountainous roads, and watch for falling rocks and landslides.
4. Be very careful of any change on the road resulting from the sudden weather change.
5. While driving under heavy rain, it is preferable to use the hazard lights and headlights, reduce your speed, do not overtake other vehicles, and leave sufficient distance between the vehicles if needed, stop your vehicle on the road shoulder.
6. Drive carefully on the roads and be careful in case of landslide, or the disappearance of landmarks, or limited horizontal visibility.
7. In case of car breakdown, leave the car and head to high and safe place, the rushing water may sweep away the vehicle and its passengers.

Third: Preventive measures after the weather condition



- Stay away from the wadies and water collections and ponds.
- Keep updated with the news and various media and weather reports to know when the weather condition is over.
- Immediately call the competent authority for help if you see anyone in need of assistance (drowning or stuck).
- Don't touch or move any fallen object and hanging electrical wired and cables.
- Ensure the safety of the electrical fixtures and disconnect the electric current in case of any short in the electrical circuits.
- Ensure that there is no gas leak before using it.

Remember that raining on the mountains & hills, even for a short period, is followed by floods and landslides.

Avoid swimming in the ponds, wadies, and dams.

Stay away from the areas damaged by the weather condition to avoid exposing yourself to risk and hinder the efforts of the rescue teams.

When encountering any hazard, contact the emergency number (9999) or (24343666).





Preventive measures for driving in the fog

Use the fog light

In its low position it is directed straight ahead for the longest possible distance.

Be patient and focused

Don't use the phone and don't listen to music, and don't get distracted. Stay focused on the road.

Reduce the speed to the minimum

Leave safe distance between your car and other cars on the road.

Avoid lane changing

Drive in the low-speed lanes, and if the visibility is very poor, consider stopping your car until the fog lifts.

Turn on the car heater

It will help you remove the fog from the windows and will make the vision much better.

Open the window slightly

The visibility is limited to your surrounding environment, and to hear any person trying to warn you or ask you to stop.



Preventive measures
during sand & dust storms

1. Continue listening to the latest news and the latest warnings on the sand and dust storms.
2. Close all the windows and doors tightly.
3. It is recommended not to go to open places during the dust waves.
4. Wear protective mask if you need to leave your house, and if not available, use a piece of wet cloth to reduce inhaling dust particles.
5. When exposed to dust, wash your face thoroughly and drink a lot of water to avoid dehydration.
6. Stay away from any temporary structure for it might get loose and hit you.
7. If you need to go out, wear goggles to protect your eyes, and avoid rubbing your eyes to prevent any infection, and avoid using contact lenses.
8. While driving in dust storm, ensure all the windows are tightly closed and use circulated feature for the car air conditioner.
9. For those suffering from respiratory diseases, better not to be directly exposed to dust, and take your prescribed medicines and inhaler on time.
10. After the sandstorms and dust waves, clean your house and air condition filters.





The first aid box is "very important"

Having first aid kits will help in directly assisting the injured person and prevent deterioration of the injury and avoid any resulting complication.

Always remember:

1. keep a first aid box in your home office, and car.
2. addition to a manual on how to use it, and to directly refill the material used. It is important to check the validity date regularly and replace any item that have expired.
3. First aid kit should be locked inside a box clearly marked and place in a clear and easily accessible place, while keeping it away from children.

First aid box contents



1. First aid guide.
2. Sterilized gauze.
3. Adhesive tape and tweezer.
4. Medical cotton.
5. Rubber bands and triangular bands.
6. adhesive pads of various sizes.
7. Sterilized wiper.
8. Disinfectant soap.
9. Anti-germs and antibacterial cream.
10. Disinfectant (i.e. hydrogen peroxide).
11. Pain reliever cream.
12. Skin smoothing cream.
13. Mild painkillers (paracetamol).
14. Instant cooling towels.
15. Plastic gloves.
16. Flashlight and additional batteries.
17. List of emergency phone numbers.
18. Small banket.
19. Eye cleanser and safety pins.

Emergency bag & important contents

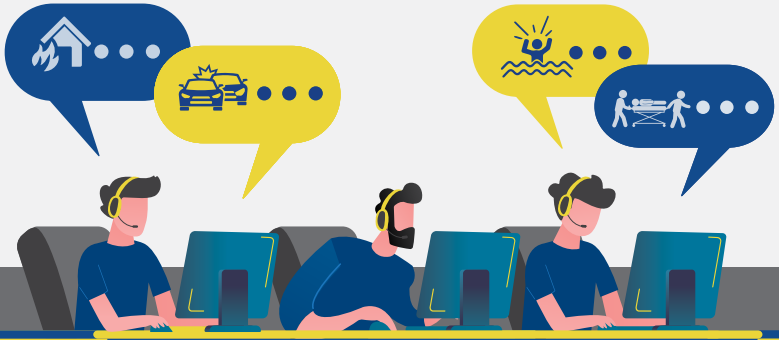
The emergency bag one of the precautions that assists in preparing for any exceptional condition and ensures having the basic essentials of supplies and other requirements, including medical and personal items, in case of immediate house evacuation is required.



1. Map for the area.
2. List of emergency numbers and the official and health information for yourself and your family members, and some cash amount.
3. Plastic cups and plates, knife, can opener, and matchbox or lighter.
4. Wrench or a spanner to close and lock the house facilities.
5. Personal care items (soap, toothbrush, etc.).
6. Additional sets of keys for the house and car.
7. Flashlights, hook, and suitable rope.
8. Small usable fire extinguisher.
9. First aid kit.
10. Tent, camping bed, and additional clothes.
11. Telephone (wireless communication tool).
12. Supply for three days of non-perishable food.
13. Duct tape for temporary shelter in emergency.
14. Battery operated radio and spare batteries.

FOR EMERGENCY CASES

CALL (9999)
or
(24343666)



24/7

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