

rYf krws iqAwr rho

ik` t r` Ko [XojnW bxWvo [sUicq rho [

bh~uq zrUrI hY muSikIW Aqy durGtnwvW leI iqAwr rihxw [kudrqI jW mn~uKI ibpqw kdy vI, ikxy vI vkq swnuU Gyr skdI hY [iqMn hI kMm kr ky AsIN AijhIAW GtnwvW iv`c Prk pw skdy hW...

rYf krws iqAwr hox leI cy~kilst:

- mYMnU jwxkwrI hY ik myrI kimXUintI iv`c ikho ijhIAW GtnwvW ho skdIAW hMn [
- myry prIvwr ny AijhIAW GtnwvW leI XojnW bxwvW hY Aqy AsIN ausnUM AwzmwieAw hY [
- mY sMkt dy leI pihly hI ik` t bxwvW hY [
- myry pirvwr dw ie`k ivAkqI sI-pI-Awr/ey-eI-fl (CPR/AED) leI isiKAq hY [
- mMY myrI kimXUintI nUM iqAwr hox cy md~d kIQI hY [

ik` t r` Ko



G` t qoN G` t hyT il~iKAW vsqUAW Awpxy kol r` Ko [ieh vsqUAW ikxy iejo ijhI ik~t iv`c r` Ko jo ik Awp Gr iv~cviesqymwl vI kr sko Aqy nwl vI r~K sko jykr quhwnUM jldI E~QyM inklxw pvY [

• pwxI-- 1 gYIn-ie~k jIv -1 idMn leI (3-idMn dI s~plweI jykr ikqy jwxw pvY - 2-h&qy dI s~plweI jykr Gr irhxw pvY [] • KwxW-- ^rwb nw hox vwI ANw vsqW- bxMx cy sOKI AW- (3-idMn dI s~plweI jykr ikqy jwxw pvY - 2-h&qy dI s~plweI jykr Gr irhxw pvY [] • twre • bYtrI vwlw jW h`Q nwl c~lx vwlw ryfIE [(jykr ho sky qW AYn Ao ey ey mOsm ryfIE) • vwdU bYtrIAW [• Prst eyf ik` t • dvweIAW (7-idMn dI s~plweI) Aqy hor zrUrI fwktrI smwn • mltIprp`s AOjwr (ijs iv`c cwK U, plws Awid hox) • swP sPweI dw smwn (br`S, swbx Awid) • zrUrI kwZzwq (dvweIAW dy nwm, zrUrI fwktrI Aqy myfkl irkwrI, pqy dw sbUq, pwsport, Gr dy kwZzwq, jnm dw srtPIkyt-pRmwx-p`qr, ienSorYNs dy kwZzwq) • sYI Pon Aqy cwrjrz • pirvwr dy Pon nMbr • vwdU kYS pYsy • grm kMbl • Awly duAwly dw nkSw, Sihr dw nkSw

swry pirvwr dI zrUrQ dy muqwibk ik~t iv~c hor smwn r~Ko [hor zrUrI smwn vI ijvyN:

• fwktrI s~plweIAW (suxn vwI kMn dI mSIn vwdU bYtrIAW nwl, • AYxkW, • sirMjW, c~lx iv`c shwieK sotI, • b`icAW dw smwn (du~D dIAW boqlW, b~icAW dw KwxW, fwiepr,) • b~icAW dy Kyf~x dw smwn, • pwlqU jIvW dw smwn (p~tw, r~sI, AweI fl, Kwxw, b~gI, BwMfy) • do rwhI ryfIE, • kwr Aqy Gr dIAW vwdU cwbIAW, • h`Q nwl kYn KolHx vwlw AOzwr [

ies qoN ielwvW, quhwfy AyrIAY cy Awaux vwIAW muSkIW dy muqwibk Gr cy jW ik~t cy hor smwn r~K skdy ho jIvYn :

• sItI, • AYn95 jW swH dy leI mwsk (fwktrI nkwb) • mwics • bwrS leI C`qrI jW hor bcw dw smwn • qOliAY • kMm krX vwly dsqwny •Gr nU suriKAq r~Kx vwlw smwn •vwdU k~pVy, topI, bUt •plwsitk dI cwrdr •fk` t typ •kYnCl •Awm vrqoN dw blIc •mnorMjn dw smwn •kMbl jW sIipMg bYg [

plYn bxwAo



- ij~Qy Awp rihudy ho jW kMm krdy ho-auQoN dy muSikI hwlwq dw swmHxw krX dI
- iqAwrI qy auhnW nUM kIvYn jb~x dI slhw kro [
- pirvwr dy hr ivAkqI nMU iJMmydwrI sOMpo, Aqy ie`k ju~k ho ky AOKy smYn dw swmHxw kro [
- jy koeI pirvwr dw bMdw imltri dI ifaUtI qy bwhr hovy qW jugq bxwAo ik ikMj quMsl aus dI gYr hwzrI iv`c muSkIW nwl jUJxw hY [

jugq bxwAo ik kI krXw hY jy AOKV vyly q~usIN Awpxy pirvwr qoN iv`CV jWdy ho

- imlx leI do QWvW inSicq kro :
 - Gr qoN bwhr jykr koeI sMkt ie~kdMm Aw jwvy ijvyN A`g
 - Awpxy gvwMf qoN bwhr jykr Awp nUM ikxy kwx Gr C`fxw pvY jW Gr nw mu~V sko [
- Awpxy AyrIAY qoN bwhr iemrjYNsI kntYkt eyx kro [ho skdw hY ik dUr rihx vwly pirvwr nUM snyhw Byjxw jW kwl krXl soKI hovy jykr Sihr iv`c AOKV kwxr Pon Krwb hox jW lweInW inrMqr kwtrjSII hox [s~B kol iemrjYNsI vyly Pon krX vwlw nbrM il~iKAw hoxW jW sYI Pon au`qy hoxw zrUrI hY [

jugq bxwAo ik kI krXw hY jy Awp nUM Gr KwlI krXw pY jwvy

- inrxw kro ik Awp ik~Qy jwvo gy Aqy ikhVw rwh lvo gy [jy loV pvY qW Awp hotl / motl ,Awpxy irSqydw jW dosq nwl ikxy sur~iKAq jgHw qy rih skdy ho jW Pyr SrxwrQI bxH skdy ho [
- Awpxy pirvwr nwl swl iv`c do vwr Gr KwlI krX dw AiBAws kro - cyx kI qy hoey rsqy qy g~fl clwkyy dyKo Aqy Awpxy nkSy au`qy dUsry rwh l`Bo, jykr auh rwh bMd hovy [
- Awpxy pwlqU jIvW vwsqy jugq bxwAo [Awpxy Pon cy pwlqU jIvW dy motl/hotl jW jwnvr GrW dw pqw r~Ko jo quhwfy rwh iv~c hox [

sucyq rho



Xwd r~Ko Awp dy AyrIey iv`c kyho ijhIAW AOKVW vwpr skdIAW hMn

[Awp Aqy Awp dy pirvwr au`qy vwpr skdIAW hn -ijvyN A`g jW fwktrI iemrjYNsI jW Awp dI swrI kimXUintI au~pr vwpr skdIAW hn - ijvyN Bucwl, jW hVH [

□ Snw^q kro ik srkwr Awp nUM AOKV vyly ikMj sucyq krygI Aqy Awp Ku~d nUM ikMj sucyq kr skdy ho [tYIvIjn jW AYn Ao ey ey (NOAA) rwhI, lokl ryfIE rwhI, mOsm ryfIE rwhI jW ikxy hor rwhI [

□ mOsm AlrtW iv~c Prk smJo ijvyN pihrw (vvc) jW Kbr (vwrinNg) [Aqy iehnW hwlqW iv~c kI krXw hY [

□ jwxo AOKV vyly AwpXw bcw kIvYn krnw hY jykr Awp nvyN Sihr iv`c hovo [ijvyN Awp Aijhy Sihr iv`c hovo ij~Qy Bucwl AwauNdy hox Awp nUM pqw hoxw cwhIdw hY ik Awp kI krogY ijkr Bucwl Aw jwvy [

□ AOKV qoN bwd Awp dI kimXUintI ie~kdMm bdl skdI hY [Awp dy ipAwrIAW nUM s~t v~j skdI hY Aqy iemrjYNsI shwieqW p`ujx iv`c dYrI ho skdI hY [pirvwr dy ie`k ivAkqI nUM Prst eyf Aqy sI-pI-Awr (CPR)zrUr AwauxI cwhIdI hY Aqy Aotomyit`f eykstrnl ifiPbirlytr (ey.eI.fl) (AED) nwl vI jwxkwrI hoxI cwhIdI hY [ieh jwxkwrI AOKV vyly kMm AwauNdi hY [

□ Awp nUM jo AwNaudw hY aus dI jwxkwrI Aipxy pirvwr qy gvwMfIAW nwl sWJ kro Aqy auhnW nUM vI jwxU hox leI pyRrxw dyvo [

Awpxy pirvwr dy sBnW lokW leI iemrjYNsI kontYk` t kwrf bxwvo:

Awpxy kwrf Ainlwien lAooN <http://www.redcross.org/prepare/ECCard.pdf>.

- Awpxy pirvwr dy hr mYNbr leI ie~k kwrf Cwpo [
- hr mYNbr dw Gr dw Pon nMbr, km dw Pon nMbr, skUl dw Pon nMbr, sYI Pon nMbr ilKo [
- kwrf nUM ies qrHwHN qih lgwAo ik auh prs, jW btuvy, jW jyb iv`c pUrI Aw jwvy [
- ieh kwrf Awpxy kol r` Ko qWkI loV vyly jW AOKV vyly kMm Aw sky [

Awpxy pirvwr nUM Awpxy sur~iKAq hox dw d~so [

Awpxy pirvwr nUM rYf krws dI "sur`iKAq Aqy qMdrusq" ("syP Aqy vYI") vYbswElt RedCross.org bwry dso ijQy Awp Awpxy Awp nUM rijstr kr skdy ho [ieH swiet Awpdy iemrjYNsI plYn nil juVI hoxI cwhIdI h [YAwP dy pirvwr Aqy im~qr ijnHW pws Awp dw pqw hovy jW Pon nM br hovy auh Awp dy sMdyS l~B ky pVH skdy hMn [jykr Awp kol ieptrnY~t nhIN hY qW Awp 1-866-438-4636 (1-866-GET-INFO) qy kwl kr ky Awpxy pirvwr jW Awp nUM rijstr kr skdy ho [