



# BE PREPARED FOR AN AVALANCHE



An **avalanche** is a large movement of snow and debris **moving quickly down slope**.



Can be caused by people, fresh snowfall, and wind



Can move at speeds of 90–120 kph



Peak season is December through March

The Northern Areas of Pakistan lie in the **Mountainous Hindukush-Karakorum-Himalayan (HKH)** Ranges which features mostly highly glaciated and avalanche fed terrain.

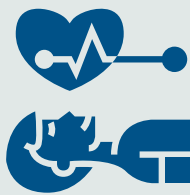
## People Caught in Avalanches may Suffer from



Hypothermia



Frost Bite



Cardiac Arrest



Trauma



Suffocation



Internal injuries

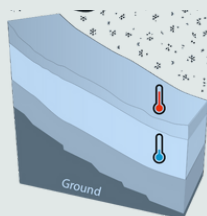
## How to Spot an Avalanche Risk

Dramatic change in weather.



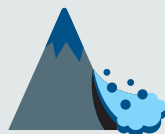
Pay attention to even slight snow movement.

snow texture & unstable snow conditions.



Snow on Rocks on big open slopes

Cracks in snow cover.



Rapidly increasing temperatures.

## In Case of Emergency Contact



GBDMA

05811 922 030

Rescue 1122 KP

SDMA

05822 921 536

Rescue 1122 GB

PDMA KP

1700

Rescue 1122 AJ&K

# 1122



# Essential Safety Guidelines



## Prepare Now



Check on **weather forecast**.



Learn how to use **safety and rescue** equipment.



Take **first aid training** for hypothermia



Travel with a **guide**



Ask **Local community** for avalanche prone areas.



Always travel in **pairs**.



Follow avalanche **warnings** on paths and roads.

## Survive During



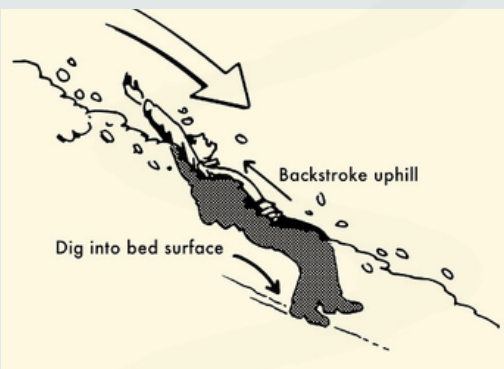
Wear a **helmet** and use **torch** to help u in case of an emergency.



Use an **avalanche airbag**.



If possible, grab onto a **tree or rock** to anchor yourself.

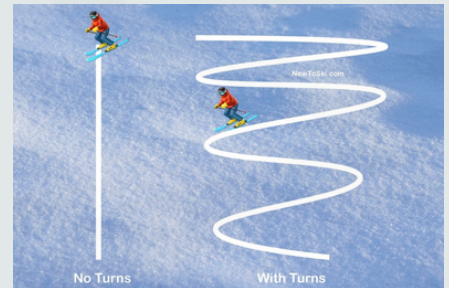


**Swim** to stay atop the avalanche **using arm and leg motions**.



**Signal for help** by yelling or making noise.

## Recognize & Respond



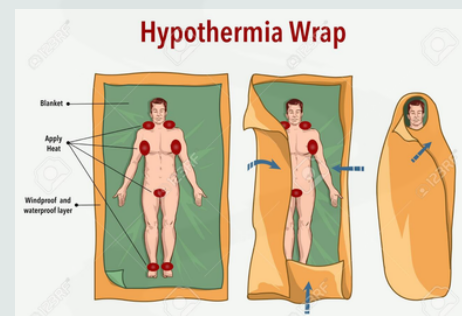
**Survive** an avalanche by moving **diagonally** to the side, not straight down.



**Cup hands over mouth** to create an air pocket, if buried.



Before initiating search, call **Rescue 1122**, then proceed.



Treat others for **suffocation, hypothermia, injury, or shock**.



# Mitigation and Prevention



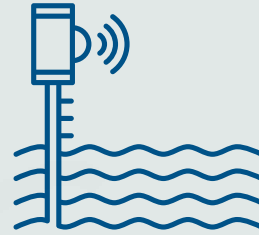
Construct **avalanche dams and fences** in vulnerable areas.



Utilize **explosives, artillery, Gazex** for controlled avalanche.



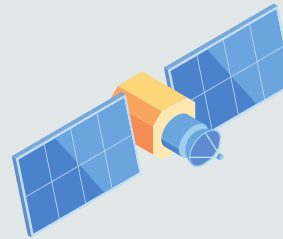
Install avalanche **warning signs** and information boards.



Install automated **snowpack sensors**.



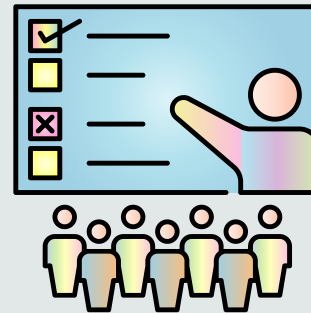
Enforce **zoning regulations** in tourist areas.



Regular **Satellite monitoring** of snow cover in high risk areas.



**Public awareness campaigns**



**Training programs for professionals.**



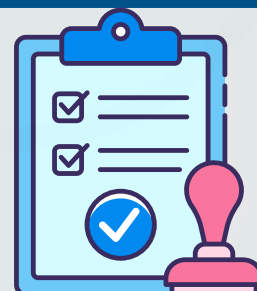
Develop **emergency response plans**.



Integrate **avalanche-resistant designs** in high-risk zones.



Establish effective communication channels for timely alerts.



Enforce **permits** for activities in avalanche-prone zones.

**For Additional Guidance, Please visit NDMA's Website and Adhere to NDMA's Plan for Winter Contingencies and Tourist Guidelines**





# Avalanche Resilient Structures







# Intervention for Control Avalanche



**For Additional Guidance, Please Watch**

<https://www.youtube.com/watch?v=R9qqA3whv7E>  
<https://www.youtube.com/watch?v=cII4VD2GxPg>

