

## Self-protection Measures – Risks

The entities that carry out awareness-raising activities regarding risks are the Municipal Civil Protection Service of Amadora and the Volunteer Firefighters of Amadora. The actions are taught in schools and institutions, always within the theme of risks, especially those that most affect the territory of Amadora.

The Municipal Civil Protection Service of Amadora has five awareness-raising actions for the school community, one of which is also given to technicians and employees of the institutions. The objectives of each action are:

- **“Educar para Prevenir”** – This action was born from a partnership with the Amadora Senior Civil Protection Academy Project and is aimed at pre-school students. Self-protection measures to be adopted at school and at home, in relation to risks that children are exposed to, are discussed in a playful way;



*Image 1 - Awareness raising action "Educar para Prevenir" at a school.*

- **“Viver sem Riscos”** - Awareness-raising action for children between 6 and 10 years of age. In this action, knowledge of safety and self-protection are transmitted in different physical spaces (house, street, etc.), in the event of an earthquake or urban fire. The objective is to promote, in a playful way, children's awareness of the issue of risk, encouraging the adoption of self-protection measures against them;



*Image 2 - Awareness raising action "Viver sem Riscos" at a school.*

- **“Exercício SOS Sismo”** – Awareness-raising action for children between 6 and 15 years of age. In this action, self-protection measures to be adopted in an earthquake scenario at school, at home and on the street and the procedures for action before, during and after an earthquake are transmitted. It also discusses what an Emergency Kit is and should contain;



*Image 3 - Awareness raising action "Exercício SOS Sismo " at a school.*

- **“Workshop Alterações Climáticas”** – Awareness-raising action for children between 12 and 18 years of age. This Workshop aims to discuss with students, in a playful and didactic way, concepts linked to climate change, and measures to mitigate them;



*Image 4 - Awareness raising action "Workshop Alterações Climáticas" at a school.*



- **“Procedimentos de Emergência em Acidentes Graves”** - Awareness-raising action for students, teachers, and school staff, as well as technicians and staff at institutions. This action aims to instruct people who have a “security” role in schools and institutions about the necessary and essential safety and self-protection measures in an adversity situation. Self-protection procedures and measures in case of earthquakes and urban fires are covered, as well as what an Emergency Kit is and should contain..



*Image 5 - Awareness raising action "Procedimentos de Emergência em Acidentes Graves" at a school.*

The Amadora Volunteer Firefighters have three awareness-raising actions for the school community. The objectives of each action are:

- **“Um Dia no Quartel”** - Awareness-raising action for children between 6 and 9 years old. To reduce vulnerability to serious accidents to which younger people are subject, this action aims to transmit self-protection measures and promote a culture of safety to students. Evacuation procedures in the event of an urban fire are covered, as well as the respective self-protection measures. At the end of the visit, students visit the interior of the Fire Station;



*Image 6 - Awareness raising action "Um Dia no Quartel" at the Fire Station.*



- **“Incêndios Urbanos”** – - Awareness-raising action for children between 9 and 15 years of age. In order to reduce the community's vulnerability to urban fires, this action aims to transmit self-protection measures and evacuation and first intervention procedures in the event of an urban fire, promoting a culture of safety;



*Image 7 - Awareness raising action "Incêndios Urbanos" at the Fire Station.*

- **“Incêndios Rurais”** - Awareness raising campaign for children between 9 and 15 years of age. To reduce the community's vulnerability to rural fires, this action aims to transmit self-protection measures and procedures for action and first intervention in the event of a rural fire, promoting a culture of safety.