

WITH CHILDREN

SPECIAL CARE

- When taking children to public spaces, ensure they have an identification tag with the name and contact details of the responsible adult.
- Be especially vigilant with children and, if possible, keep them by your side at all times.
- Teach children to seek help from staff or police if they get lost.
- If taking children to tiring events, remember they need to rest, eat, and drink water regularly.
- Never leave your children unattended. Accompany them even to the bathroom.

IN CASE OF EMERGENCY

- Calm the children in panic situations.
- If accompanying children, it is essential to keep them by your side in emergency situations.
- Never divert your attention from the children. In panic situations with constant pushing, children are at high risk of being crushed due to their smaller stature.

**...follow the
recommendations
in this leaflet
and share them.**

COLLABORATE CIVIL PROTECTION STARTS WITH YOU



USEFUL CONTACTS



PREVENT PLAN RESCUE

Municipal Civil Protection Service of Almada
Rua dos Lusíadas - Bairro do Matadouro
2800-221 Pragal
Tel.: 212 946 577
www.cm-almada.pt
pcivil@cm-almada.pt



Events
Self-Protection



CMA - CÂMARA MUNICIPAL DE ALMADA

SAFETY RULES

Large gatherings of people can pose threats that are exacerbated by incidents such as fires, earthquakes, structural collapses, or other accidents.

Panic and disorder in a crowd can lead to unexpected and violent reactions, with tragic consequences.

SAFETY RULES

- Find out about the safety measures of the venue, including its total capacity. If the conditions do not ensure your safety, leave the area.
- Pay special attention to people with motor, visual, or auditory difficulties.
- If you have motor, visual, or auditory difficulties, inform the organizers. There is likely a designated area adapted to your needs.



- When attending events, avoid places where your safety may be compromised.
- Never throw objects into the air during events.

- Always cooperate with authorities and remember that they are present in public spaces to ensure your safety.
- If you sense that a panic situation is imminent, move towards the clearly marked emergency exits.



When you are in a public space and accompanied, always establish two meeting points: one inside and one outside, in case the building or venue needs to be evacuated.



In an unfamiliar public space, memorize the location of emergency exits. You never know when you might need to use them.

IN CASE OF EMERGENCY:

- Stay calm and try to calm those around you.
- When you hear the alarm, leave the area in an orderly manner and do not run.
- Always use the stairs. If you are in an elevator, exit at the nearest floor.
- Remember that your life is the most important.
- If you must leave behind bags, backpacks, or other items, do so quickly and without hesitation.
- If you are seated in the upper levels of a stadium or arena and

are not in immediate danger, stay seated but plan to leave the venue.

- Do not rush to an emergency exit. Check for alternative exits that are clearly marked and less crowded.
- If you fall while in the middle of a crowd, try to get up as quickly as possible. If you cannot, protect your head with your arms and curl up.
- If you are being carried along by a crowd, move in the same direction but try to position yourself towards the side of the crowd. If possible, press against a side wall where you will be safer.



- Do not block doors or emergency exits. These must always be kept clear for use.
- If you witness an act of violence, leave the area and alert the appropriate authorities. Do not intervene in the situation yourself.
- Always follow the instructions of law enforcement officers and event staff.