



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

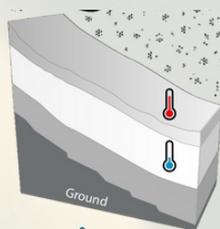
How to Spot an Avalanche Risk

Dramatic change in weather.



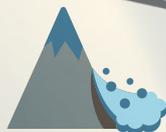
Pay attention to even slight snow movement.

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



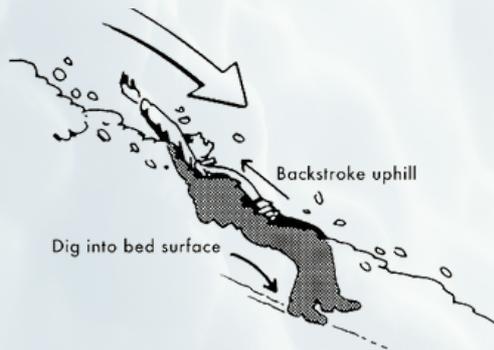
Wear a **helmet** and use **torch** to help u in case of an emergency.



Use an **avalanche airbag**.



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

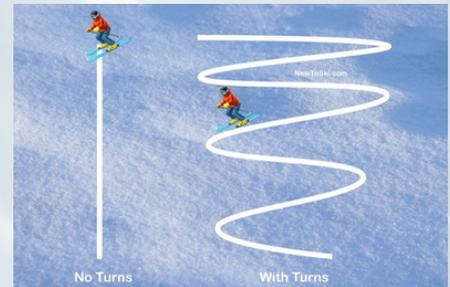


Swim to stay atop the avalanche **using arm and leg motions**.



Signal for help by yelling or making noise.

Recognize & Respond



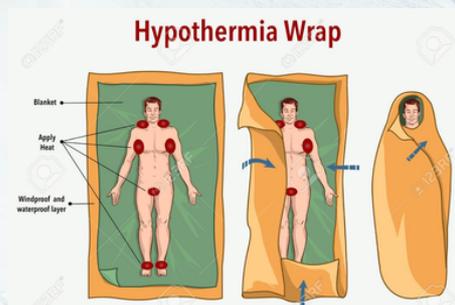
Survive an avalanche by moving **diagonally** to the side, not straight down.



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



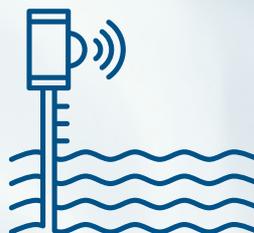
Construct **avalanche dams and fences** in vulnerable areas.



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



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



Install automated **snowpack sensors**.



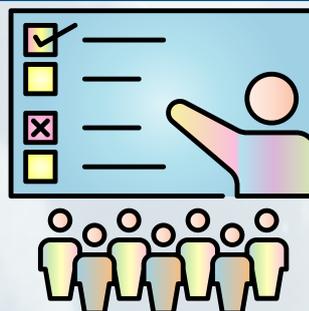
Enforce **zoning regulations** in tourist areas.



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



Public awareness campaigns



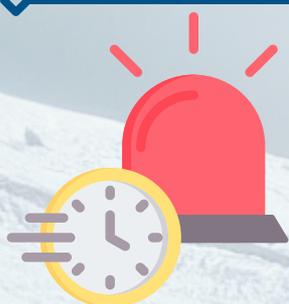
Training programs for professionals.



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