



AOU
الجامعة العربية المفتوحة
Arab Open University
Lebanon



AOU Safety Guide

Your safety is our top priority, and knowing how to respond to potential risks is a crucial life skill.

This safety poster is your guide to navigate **three key emergency scenarios:**



**Attacks
or War Risks**



Fires



Earthquakes

With the right knowledge and preparation, when faced with security issues, fires, or earthquakes, it's essential to act sensibly. This not only keeps you safe but also helps streamline rescue efforts.

Learn, prepare, and be ready to protect yourself and others.

Stay Safe. Be Prepared.

Emergency Support



Emergency Services:



Red Cross 140



Fire Department 175

AOU Safety Officer:



81 - 976 200

Safety Guidelines for

Riots – Military Risks – War Risks

Follow these Vital Instructions

Get Acquainted with Your Environment



Familiarize yourself with your surroundings to identify safe locations, such as parking lots and basements. Always stay alert to potential risks. Be proactive and prepared in advance.

Secure Your Position



Stay away from windows and vulnerable areas. Prioritize your own safety before assisting others.

No Open Flames



Refrain from lighting any flames, as these can escalate the danger.

Avoid Unfamiliar Objects



Do not touch foreign objects, which may pose unforeseen risks.

Choose Stairs, Not Elevators



Opt for the stairs instead of elevators to move within the building.

Seek Lower Ground



Head to lower floors, preferably basements or underground levels.

Try to remain Calm



Although your natural instinct may be to flee, doing so can endanger yourself and others. Maintain your composure and adhere to the emergency plan.

Use your Phone Wisely



Call your parents for essential communication. Avoid unnecessary calls to prevent overloading the phone network.

Offer Emotional Support



Provide psychological support to individuals who may be sensitive to the situation.

Remain in Your Shelter



Do not venture outside without official instructions. Stay in your shelter until it's deemed safe.

Be Prepared for Evacuation



Depending on the evolving situation, if staying indoors is no longer sufficient to ensure physical safety, be prepared for evacuation. The AOU Safety officer will issue evacuation orders and provide instructions on exit routes.

Safety Guidelines for



Fire Emergency

IF YOU ARE INDOORS

- Stay Calm and Keep your composure.
- Notify AOU safety officer
- Follow Evacuation Plan: Stick to the evacuation plan or follow arrows leading to the stairs.
- Use Stairs, Not Elevators
If you are close to the fire, try to protect your head and face with a damp cloth.
- If you are locked in, place towels or a damp cloth under the door to keep smoke out.
- Stay low if there is smoke around
- Shut doors and windows in empty rooms to prevent the fire from spreading.
- Head to an open-air location, preferably the designated assembly point, away from building.

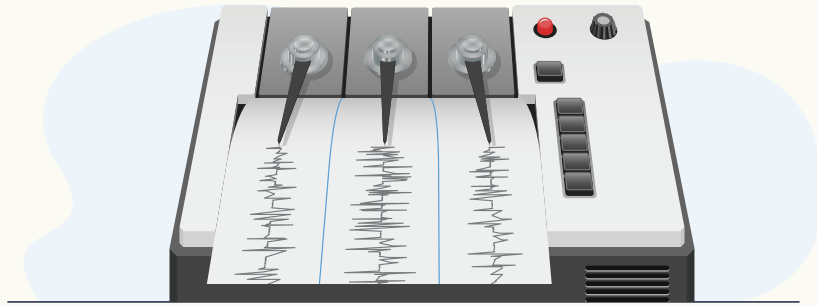


**When Possible,
Evacuate as Fast as you can**

Handling Small Fires

If the fire is small and manageable, take quick and appropriate action to suppress it until campus staff or the fire department arrives. Do not take unnecessary risks. Make sure you know the location of fire extinguishers and fire alarms and how to use them correctly

Safety Guidelines for



Earthquakes

DURING AN EARTHQUAKE

- If you are indoors. Do not rush outside.
- Take cover under a table, desk or any other solid piece of furniture and hold onto it.
- If you are in a hallway, crouch down along an internal wall.
- Protect your head and face.
- Stay away from windows, bookcases, tall furniture and light fixtures.
- Stay in a protected place until the shaking stops.

AFTER AN EARTHQUAKE

- Remain calm.
- Check that you and others around you are unharmed. In case of injury, administer first aid.
- Do not take the elevator, use the stairs.
- Head for an open area away from buildings.