



Lagos
Câmara Municipal

**CIVIL PROTECTION
AND FOREST DEFENCE SERVICE**

GOOD PRACTICE GUIDE

**PREVENTION STARTS WITH YOU.
YOUR ATTENTION CAN SAVE LIVES.**



INTRODUCTION

The Good Practice Guide to Civil Protection brings together practical, accessible information on the risks present in the municipality and across the country.

This is a public awareness and information document, produced to promote prevention, safety and the adoption of self-protection behaviour in the face of different risk and emergency situations.

Prevention is everyone's responsibility. Being informed, prepared and alert to risks helps reduce accidents, protect people, property and the environment, and build a safer, more resilient community.

We are counting on everyone to help make Lagos a safer municipality, today and in the future.



CARE



PREVENT



COOPERATE



TAKE PART

IN THIS GUIDE YOU WILL FIND ADVICE ON:



**BATHING
AREAS**



CLIFFS



**EARTHQUAKES
AND TSUNAMIS**



**FLOODING /
URBAN FLASH
FLOODING**



WILDFIRES



**FUEL
MANAGEMENT**



**EMERGENCY
KIT**



**FAMILY
PLAN**



**AED
PROGRAMME**



**IN AN EMERGENCY
CALL 112**

CIVIL PROTECTION AND FOREST DEFENCE SERVICE

The civil protection and forest defence service of the Municipality of Lagos works daily to protect people, property, animals and the environment.



FRAMEWORK

Civil protection prevents risks, prepares responses and acts in situations of serious accident or disaster, ensuring the safety of the community.



Assesses risks and vulnerabilities and draws up municipal emergency plans.



Coordinates assets and resources, working alongside the civil protection agencies.



Monitors risk conditions and promotes prevention and preparedness activities.



Informs and raises awareness in the community about self-protection behaviour and good practice.



SERIOUS ACCIDENT

An event with effects limited in time and space, which may affect people, property or the environment.



DISASTER

A large-scale event causing extensive material and human losses, severely affecting living conditions and the socio-economic fabric, across parts or the whole of the country.



THE MUNICIPAL CIVIL PROTECTION SERVICE (SMPC) IS RESPONSIBLE FOR

Ensuring that the municipal civil protection bodies function properly, and centralising, processing and disseminating all information received relating to Municipal Civil Protection.

CIVIL PROTECTION COVERS **FOUR DOMAINS**



PREVENTION AND ASSESSMENT OF RISKS AND VULNERABILITIES

Identifies and analyses risks in order to prevent accidents and reduce impacts.



PLANNING AND SUPPORT FOR OPERATIONS

Plans, coordinates and supports emergency and rescue operations.



LOGISTICS AND COMMUNICATIONS

Ensures effective communications and management of available assets and resources.



PUBLIC AWARENESS AND INFORMATION

Informs and raises awareness in the community about safe behaviour and risk prevention.



CIVIL PROTECTION AGENCIES

The following are civil protection agencies, each with its own specific duties:



FIRE AND
RESCUE
SERVICES



SECURITY
FORCES



ARMED
FORCES



MARITIME AND
AERONAUTICAL
AUTHORITY



INEM AND
OTHER HEALTH
SERVICES



FOREST
FIREFIGHTING
CREWS



PORTUGUESE
RED CROSS

MUNICIPAL EMERGENCY AND CIVIL PROTECTION CENTRE



**DID YOU SEE SOMETHING THAT COULD PUT PEOPLE,
PROPERTY OR ANIMALS AT RISK?**
Call. Report. Help protect.



Environment

Fallen trees, pollution,
damage to nature or
green spaces.



Water

Burst pipes, flooding,
unauthorised discharges
or water wastage.



Structuras

Walls, buildings or
other structures that
are damaged or at
risk of collapse.



Public highway

Potholes, landslips,
damaged road surfaces
or other hazards on the
public highway.



Animals

Injured, lost or
in danger.



Signage

Traffic lights or other
road signs that are
faulty or damaged.



282 768 008

MUNICIPAL PROGRAMME FOR AUTOMATED EXTERNAL DEFIBRILLATION

The Municipality of Lagos has a network of Automated External Defibrillators (AEDs) to help save lives in the event of cardiac arrest.



**AN AED CAN
SAVE A LIFE.
EVERY SECOND COUNTS!**



AIM



Increase survival rates in cases of cardiac arrest, through accessible equipment and a rapid response.



THE CHAIN OF SURVIVAL



RECOGNISE
AND ALERT



RESUSCITATE
WITH AN AED



STABILISE



RECOVER

..... EVERY LINK IN THE CHAIN MATTERS

BASIC LIFE SUPPORT



SAFETY FIRST

Check whether the casualty is conscious and responsive.



CALL 112 ON SPEAKERPHONE

Call 112 and keep the phone on speakerphone.



OPEN THE AIRWAY

Open the airway and check whether breathing is normal.



LOOK, LISTEN AND FEEL (10 SECONDS)

For 10 seconds, look, listen and feel for signs that the casualty is breathing.



START BLS

If breathing is not normal, start Basic Life Support.



30 COMPRESSIONS

Give 30 firm, fast compressions in the centre of the chest.



2 RESCUE BREATHS

Give 2 rescue breaths.



IN CASE OF EMERGENCY

1



Check if the person is responsive and breathing. If not, call 112.

2



Start Basic Life Support (30 compressions and 2 rescue breaths).

3



Ask someone to get the nearest AED and turn it on.

4



Follow the AED instructions. It will guide you step by step.

5



Continue BLS until emergency services arrive.



TRAINING AND AWARENESS



The Municipality promotes Basic Life Support training and the use of AEDs, aimed at operational staff, organisations and the general public.

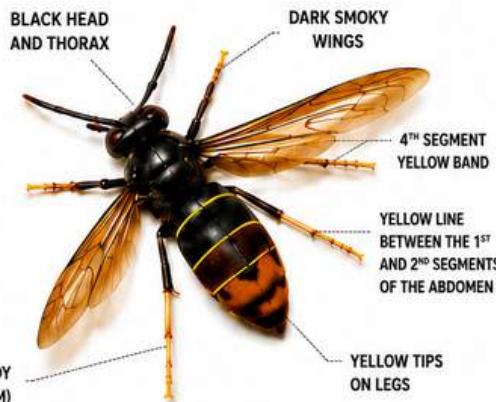
**GET INFORMED.
BE PREPARED.
YOU CAN MAKE THE DIFFERENCE!**



ASIAN HORNET (*VESPA VELUTINA*)

KNOW TO DETECT AND PREVENT

An invasive exotic species that threatens biodiversity, beekeeping, agriculture, and public health.



LIFE CYCLE



SPRING

The queen emerges from hibernation and builds the primary nest (in sheltered places).



SUMMER

The colony grows rapidly. It builds larger secondary nests (in trees, buildings, or other structures).



AUTUMN

The colony reaches its maximum size. It produces reproductive females and males.



WINTER

New queens are fertilized and seek shelter to hibernate. The rest of the nest is abandoned.

SPECIES THAT CAN BE CONFUSED WITH ASIAN HORNET COMPARE BEFORE YOU ACT!

ASIAN HORNET (*Vespa velutina*)



Up to 3.5 cm
Black thorax
4th segment yellow band
Yellow-tipped legs

EUROPEAN HORNET (*Vespa crabro*)



Up to 4 cm
Reddish-brown thorax
Yellow abdomen with dark markings

GERMAN WASP (*Vespula germanica*)



1.3 – 2 cm
Yellow and black pattern
Slimmer body

HONEY BEE (*Apis mellifera*)



Hairy and robust body
Transparent wings
Not a predator

HELP PROTECT OUR BIODIVERSITY!



To report a sighting or help with identification, visit
stopvespa.icnf.pt
or call

800 200 520

HOW TO REPORT



Take a photo of the wasp or the nest



Indicate the location (more details, better)



Provide the date and time



Send the information via the website stopvespa.icnf.pt or the STOPVespa app

protecao.civil@cm-lagos.pt

282 768 008



**YOUR COLLABORATION
MAKES A DIFFERENCE!**

Detect early.
Protect everyone.

DANGERS IN BATHING AREAS

SAFE BEACH, GUARANTEED FUN!

Prevention starts with you.
Quick action saves lives.



CURRENTS

Pay attention to rip currents.

Swim sideways to get out
of the current.

Ask for help, waving your arms.



SUN



Avoid sun exposure between
11 a.m. and 4 p.m.

Use sunscreen.

Wear a hat, sunglasses and
suitable clothing.

Drink water regularly.

DROWNING

Respect the flags and the lifeguards'
instructions.

Do not underestimate the sea
behaviour.

Keep an eye on children.

In case of emergency, call **112**.



CHILD SUPERVISION

Always keep children within
arms' reach.

Choose supervised areas
with lifeguards.

Explain to children the beach
safety rules.



CIVIL PROTECTION IN YOUR AREA



- ✓ Active and visible presence.
- ✓ Guidance and safety advice.
- ✓ Identification of risk situations.
- ✓ Quick support in emergencies.
- ✓ Promotion of safe and responsible behaviour.

ALERT FLAGS



GREEN FLAG
SAFE TO SWIM



YELLOW FLAG
CAUTION



RED FLAG
SWIMMING PROHIBITED



RED AND YELLOW FLAG
SAFE SWIMMING AREA



CHECKERED FLAG
TEMPORARILY
UNSUPERVISED

TAKE CARE NEAR CLIFFS

**CLIFFS ARE UNSTABLE.
THE DANGER MAY NOT BE VISIBLE.**

**PREVENTION STARTS WITH YOU.
YOUR ATTENTION CAN SAVE LIVES.**



**KEEP A SAFE
DISTANCE.
IT CAN SAVE
YOUR LIFE.**



ON TRAILS AT THE TOP OF CLIFFS

- ✓ Keep away from the edge of the cliff.
- ✓ Respect all signs and restricted areas.
- ✓ Use only marked trails and boardwalks.
- ✓ Do not climb fences or barriers.
- ✓ Be aware of unstable ground, with erosion, cracks or loose vegetation.
- ✓ Avoid walking in heavy rain and strong winds.
- ✓ Do not let children play near the edge.
- ✓ Bring water, sunscreen and suitable footwear.
- ✓ Plan your route and inform someone about your plans.



AT THE BEACH NEAR CLIFFS

- ✓ Avoid setting up near cliffs.
- ✓ Do not place towels, sunshades or belongings at the base of cliffs.
- ✓ Cliffs can collapse without warning, rocks and boulders may fall at any time.
- ✓ Move away immediately if you hear noises, see falling rocks or loose materials.
- ✓ Never stay in areas with recent rockfalls or debris.
- ✓ Choose supervised beaches whenever possible.
- ✓ Always keep children under supervision.



EARTHQUAKES

BE PREPARED.

Earthquakes can happen at any time.

Preparedness saves lives!



BEFORE



Secure furniture and heavy objects to the walls.



Identify safe places (structural doorways or sturdy tables).



Have an accessible emergency kit.



Stay informed about official alerts.



DURING



DROP, COVER AND HOLD ON
Stay calm and do not panic.



Stay away from windows and objects that may fall.



Do not use elevators.



Do not use your phone, except in emergencies.

1. DROP



2. COVER



3. HOLD ON



AFTER



Check for injuries and give first aid.



Turn off gas, electricity and water if necessary.



Check your home before going back inside.



Stay informed.
Follow the instructions from the authorities.

AVOID ADDITIONAL RISKS



TSUNAMIS

THE SEA CAN BE UNPREDICTABLE.

The occurrence of tsunamis is generally associated with underwater earthquakes or large-scale movements on the ocean floor.



BEFORE



Learn about risk areas and evacuation routes.



Identify the safest and highest places.



Stay informed about official alerts.



Have an accessible emergency kit.



DURING



If you feel a strong and prolonged earthquake, move away from the coast immediately.



Go immediately to higher ground.



Do not go to the sea and do not return to the coast.



Warn and help others to leave the danger area.



AFTER



Check for injuries and provide first aid.



Follow the instructions from the authorities.



Avoid contact with contaminated water.



FLOODS AND URBAN FLOODING

WATER CAN RISE RAPIDLY.

Information and quick action save lives!



BEFORE



Learn about the risk of flooding in your area.



Prepare your home: clean gutters and drains and protect doors and windows.



Have an emergency kit with water, food, flashlight, radio and medications.



Know your emergency plans and the shelter locations in your area.

AFTER



Only return home when authorities indicate that it is safe.



Check if water and food are safe for consumption.



Clean up safely: wear gloves and boots and avoid contact with contaminated water.



Document damage with photos and contact your insurance company, if applicable.



Support neighbors and people who may need help.

DURING



Stay away from flooded areas and move to safe places.



Do not cross streets or bridges that are flooded, water can sweep you away.



Avoid contact with electrical wires and damaged equipment.



Follow the information from authorities through official channels.



THE HYDROLOGICAL YEAR

**WATER IS LIFE,
PRESERVE IT TODAY
TO GUARANTEE TOMORROW.**



KNOW AND FOLLOW

- The hydrological year starts on 1 October;
- Stay informed about the water situation in your region;
- Monitor rainfall, river flows and reservoir levels;
- Check information published by official authorities;
- Accurate information helps you make better decisions.



USE WATER RESPONSIBLY

- Save water every day, at home and at work;
- Repair leaks and avoid waste;
- Only use the water you really need;
- Choose efficient equipment and sustainable practices;
- Every drop counts, today and in the future.



PREPARE FOR CHANGES

- Be aware of periods of drought and heavy rainfall;
- Know the risks in your residential area;
- Follow the recommendations of the authorities;
- Have a family emergency plan;
- Preparedness and prevention reduce impacts and save lives.



PROTECT OUR WATER RESOURCES

- Protect rivers, lakes and reservoirs;
- Do not pollute water or natural areas;
- Preserve vegetation along riverbanks and springs;
- Take part in cleaning and conservation actions;
- Caring for water is caring for everyone's future.

WILDFIRES IN RURAL AREAS

**PREVENTING IS PROTECTING.
TOGETHER WE ALL COUNT.**

**Information and quick
action save lives!**

PREVENT



Do not light fires or burn vegetation.



Do not throw cigarette butts, matches or litter on the ground.



Avoid using machinery that may cause sparks.



Keep land clean and with little vegetation.



Respect access restrictions and signage.

WHAT TO DO



If you see a fire, call 112 immediately.



Give the exact location of the fire.



Do not approach the fire.



Move away in the opposite direction of the wind.



Follow the instructions of the authorities and operators.

PROTECT YOURSELF



Stay informed through official channels.



Have a family emergency plan.



Prepare an essential emergency kit.



In case of evacuation, take only what is essential.



Take care of yourself, your loved ones and help those in need.

IN CASE OF WILDFIRE



Keep doors and windows closed.



Protect openings with wet towels.



Remove flammable items from around the house.



If your safety is at risk, evacuate immediately.



After the fire, only return when it is safe to do so.

IN CASE OF FIRE, CALL



NEW FUEL MANAGEMENT RULES

Around buildings and other structures



0-2 m

IMMEDIATE
ZONE



No vegetation
(trees or shrubs)



Clean soil or
paved surface



Remove branches
and weeds



2-10 m

NEAR ZONE



Distance between tree crowns ≥ 4 m



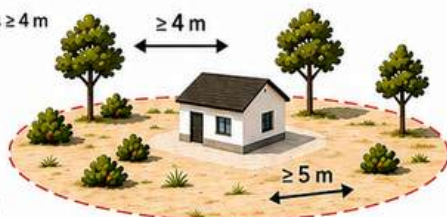
Prune up to 4 m
(trees < 8 m height)
or 50% of total height



Low and well-spaced shrubs



Trees ≥ 5 m from the building



**10-50 m
/ 100 m**

EXTENDED
ZONE



Reduce dense vegetation



Prune up to 4 m
(trees < 8 m height)
or 50% of total height



Vegetation with
discontinuity



No firewood
or combustible materials



PREVENT RISKY BEHAVIOR



Do not light fires
without authorization.

.....



Never throw cigarette butts
on the ground.

.....



Avoid using machinery
that may cause sparks on
high-risk days.

.....



Do not have bonfires
outside authorized areas.

.....



Follow the instructions
from the authorities.

.....



If in doubt,
do not take risks.

**A SMALL CARELESS ACT
CAN CAUSE A BIG WILDFIRE.**



PREPARE AN EMERGENCY KIT

Keep a kit accessible and ready to go.

In case of a fire, you may need to leave your home quickly. This kit can make a difference.



WATER AND FOOD



- Water (min. 3 litres per person)
- Non-perishable food
- Manual can opener



LIGHTING AND ENERGY



- Flashlight
- Extra batteries
- Power bank



COMMUNICATION AND INFORMATION



- Portable radio
- Mobile phone
- Emergency contacts on paper



PERSONAL HYGIENE



- Basic hygiene items
- Toilet paper



DOCUMENTS AND MONEY



- Copies of important documents
- Cash in small bills



CLOTHING AND PROTECTION



- Suitable clothing
- Thermal blanket



FIRST AID KIT



- Bandages and compresses
- Adhesive tape
- Scissors
- Saline solution
- Thermal blanket



TOOLS AND UTENSILS



- Multi-purpose knife
- Adhesive tape



SPECIFIC ITEMS



- Products for babies, elderly people or pets

MAKE AN EMERGENCY PLAN

A PREPARED FAMILY IS A SAFER FAMILY!

A well-prepared plan can save lives. Follow these guidelines and protect those who matter most.



HOW TO MAKE YOUR FAMILY PLAN

1

GATHER THE FAMILY



2

IDENTIFY THE RISKS



3

DEFINE MEETING POINTS



4

DETERMINE EVACUATION ROUTES



5

ASSIGN ROLES



6

PRACTISE



WHAT TO INCLUDE IN YOUR PLAN



EMERGENCY CONTACTS

Have a list of emergency contacts, family members and essential services.



EMERGENCY KIT

Have a prepared kit in an accessible place.



SPECIFIC NEEDS

Consider children, elderly people, persons with reduced mobility or specific needs.



PETS

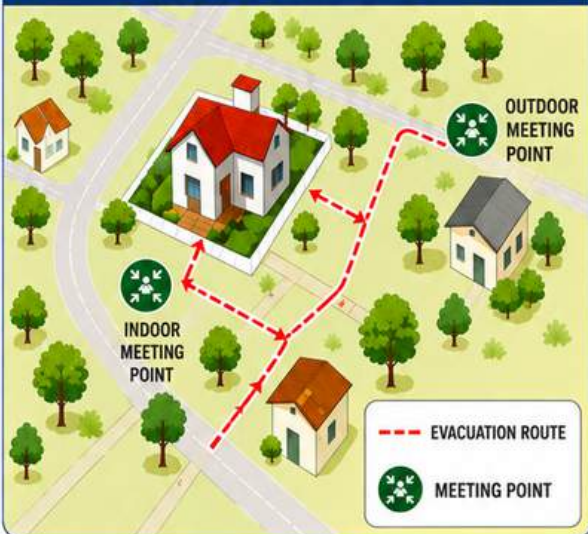
Include in the plan the care and safe place for your pets.



HOME PROTECTION

Take self-protection measures (clear vegetation, keep flammable materials away, etc.).

EXAMPLE OF A FAMILY PLAN



FAMILY TRAINING

A PLAN ONLY WORKS IF IT IS PRACTICED AND UPDATED!

Regular practice helps all family members know what to do and stay calm in an emergency.



HOW TO PRACTICE YOUR PLAN

1



CONDUCT REGULAR DRILLS

Run drills at least twice a year.
Choose different days and times.

2



PRACTICE EVACUATION ROUTES

Practice exiting your home
to the designated meeting point.

3



CHECK COMMUNICATION

Make sure everyone knows how
to communicate with each other
and how to contact family members
and emergency services.

4



CHECK YOUR EMERGENCY KIT

Check the items in your kit regularly,
check expiration dates and replace
anything missing or out of date.

5



INVOLVE ALL FAMILY MEMBERS

Make sure everyone understands the plan
and their role in each situation.
Include children according to their age.

PLAN CHECKLIST



All family members know the plan.

☐

Evacuation routes are defined
and clear.

☐

The meeting point is defined
and everyone knows where it is.

☐

Emergency numbers and important
contacts are up to date.

☐

The emergency kit is complete
and in good condition.

☐

Drills have been carried out
in the last 6 months.

☐

WHEN TO REVIEW YOUR PLAN



AT LEAST ONCE A YEAR

Review the entire plan as a family.



WHEN THERE ARE CHANGES IN THE FAMILY

(new members, change of home,
school or job).



WHEN THERE ARE CHANGES AT HOME

(renovations, new exits
or changes in the neighbourhood).



AFTER AN EMERGENCY OR DRILL

Evaluate what went well and
what can be improved.

IN CASE OF EMERGENCY CALL 112

FAST. SIMPLE. IT COULD SAVE LIVES.

WHEN TO CALL 112?



HEALTH
PROBLEMS



FIRES



ACCIDENTS



EMERGENCIES
AT SEA AND
ON THE BEACH



RISK
SITUATIONS



NATURAL
PHENOMENA

WHEN YOU CALL 112, INDICATE:



WHAT HAPPENED: describe the situation clearly and with precision.



WHERE IT HAPPENED: indicate the exact location (locality, street, beach, accesses, references).



WHICH PEOPLE ARE INVOLVED: in what appears to be involved.



OTHER RISKS: fire, traffic, leaks, instability at sea, etc.



YOUR NAME AND PHONE CONTACT: keep the line active until given contrary indication.



YOUR CALL MAKES THE DIFFERENCE.

KEEP CALM.

HELP THOSE WHO NEED IT.

CALL 112. IT COULD SAVE LIVES.





Lagos
Câmara Municipal

FOR A **SAFER** MUNICIPALITY



282 768 008



PROTECAO.CIVIL@CM-LAGOS.PT



WWW.CM-LAGOS.PT

