



कार्यालय महाप्रबन्धक (कार्मिक), पूर्वोत्तर रेलवे/गोरखपुर-273012  
Office of the General Manager (P), N. E. Railway Gorakhpur-273012

क्रमांक-16

आर.बी.ई. सं.- NIL

**File No:** NER-HQ0PERS(POLI)/6/2023-O/o SPO/HQ/HQ/NER (**Computer No:** 86343) दिनांक 09.02.2024

सभी विभागाध्यक्ष

सभी मण्डल रेल प्रबन्धक

सभी कार्मिक अधिकारी

सभी मुख्य कारखाना प्रबन्धक

सभी अतिरिक्त मण्डलाधिकारी/स्थापना

पूर्वोत्तर रेलवे

विषय : Course on "First Responders during golden hour at Accident site" for Onboard Supervisors & Staff, from 11.03.24 to 15.03.24 at IRIDM/SBC.


सन्दर्भ :-रेलवे बोर्ड का पत्र सं. B/M/IRIDM/08/HOT-FR/Course/3/2024 दिनांक 31.01.2024

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रेलवे बोर्ड का पत्र सं B/M/IRIDM/08/HOT-FR/Course/3/2024 दिनांक 31.01.2024 की प्रतिलिपि सूचना, मार्ग दर्शन एवं आवश्यक कार्यवाही हेतु संलग्न कर प्रेषित की जा रही है ।

अतः उक्त पत्र के अनुसार विभाग से 02 कर्मचारियों को प्रशिक्षण हेतु दिनांक 11.03.2024 से 15.03.2024 तक भेजा जाना है ।

संलग्नक/यथोपरि

  
(गोपाल प्रसाद गुप्ता)  
वकाधि/मुख्या.  
कृते महाप्रबन्धक/कार्मिक

By Post

भारत सरकार / रेलमंत्रालय  
**GOVT. OF INDIA / MINISTRY OF RAILWAYS**  
 भारतीय रेल आपदा प्रबंधन संस्थान  
**Indian Railways Institute of Disaster Management**  
 बंगलोर / Bangalore - 560 074 (India)  
 Railway Phone No. 57006, 57010 & 57048, email:  
 dir.iridm@gmail.com

No. B/M/IRIDM/08/HOT-FR/Course/3/2024 Date: 31.01.2024

PCMEs of NR, NCR, NER, CR.  
 PCEEs of NR, NCR, NER, CR.  
 PCCMs of NR, NCR, NER, CR.  
 PCOMs of NR, NCR, NER, CR.

**Sub: Course on "First Responders during golden hour at Accident site" for Onboard Supervisors & Staff, from 11.03.24 to 15.03.24 at IRIDM/SBC.**

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**Objective of the course:**

The core group of onboard train staff of IR has a very important role & responsibilities in handling the real situation i.e. golden hour of different types of Train accidents. In this regard, IRIDM provides intensive training (theoretical & practical) on HOT- FRC i.e. Hands-on Training on "First Responders during golden hour at Accident site" to handle injured passengers during Golden hour at train accident site.

**The following topics will be covered in the training course -**

1. Introduction to Disaster Management.
2. Role & Responsibilities of on board staff during (Golden Hour) rescue.
3. Emergency provisions in the coaches for rescue activities.
4. Fire prevention & firefighting using different types of fire extinguishers.
5. Principles of first aid & function of circulatory, respiratory systems.
6. Asphyxia & shock, causes & its Management. First aid for unconscious & chest pain and CPR.
7. Hands-on practice on First aid activities, stretcher exercises on operational techniques and handling procedure of injured passengers.
8. Trauma care, general principles of first aid during golden hour.
9. Types of wounds, burns, fractures, its identification & its first aid.
10. Hands-on practice on immobilization techniques using splints, types of bandaging & slings.
11. Transporting techniques of the injured, do's & Don'ts etc.

**Target group of participants:** onboard staff including the supervisors & staff i.e. LP,ALP,TMR, CLI, TTE, C&W accompanying staff, AC mechanics, Power Car technicians. Only Addressed Zonal Railways are need to nominate the trainees and further nominations may be restricted to Max 2 participants for each Dept per Division of nominated Zonal Railways.

**Communication:**

Please communicate nominations to this office through email: dir.iridm@gmail.com so that necessary accommodation, and mess arrangements are made for the participants at IRIDM.

For any information, please contact: (Course Co-ordinator)  
 For training courses, **Shri Syed Khaja Hussain**, Sr. Instructor, 8431404300  
 For Hostel **Shri Arvind Kumar**, Sr. Instructor, 8431404294.

**How to reach IRIDM:** All the participants to arrive at Kengeri (KGI) railway station or Challaghatta Metro station and from there take 226N or 226M BMTC bus and get down at Christ University stop on getting down then cross the road opposite side. IRIDM is 500Mts away by walk.

IRIDM Location QR Code:



It is requested to advice the nominated participants to register in IRIDM portal i.e. [www.iridm.in](http://www.iridm.in) before arrival at the IRIDM/SBC

*(Signature)*  
**(V.V.S. SREENIVAS)**  
 Sr. Prof. and Director (IC) / IRIDM,  
 Bangalore.

Copy to: PCPO NR, NCR, NER, CR for kind information please.

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 5 pages  
 For mail  
 by 11/01/24  
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 SPO

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*(Handwritten signature)*  
 9.2.24