

Nuclear War Survival Skills or NWSS, by Cresson Kearny, is a civil defense manual. It contains information gleaned from research performed at Oak Ridge National Laboratory during the Cold War, as well as from Kearny's extensive jungle living and international travels.

Russian official policy holds that civil defense is feasible even in a nuclear war. American official policy, or at any rate the implementation of that policy, is based on the assumption that civil defense is useless. The Russians, having learned a bitter lesson in the second world war, have bent every effort to defend their people under all circumstances. They are spending several billion dollars per year on this activity. They have effective plans to evacuate their cities before they let loose a nuclear strike. They have strong shelters for the people who must remain in the cities. They are building up protected food reserves to tide them over a critical period. All this may mean that in a nuclear exchange, which we must try to avoid or to deter, the Russian deaths would probably not exceed ten million. Tragic as such a figure is, the Russian nation would survive. If they succeed in eliminating the United States they can commandeer food, machinery and manpower from the rest of the world. They could recover rapidly. They would have attained their goal: In the American view the Russian plan is unfeasible. Those who argue on this side point out the great power of nuclear weapons. In this they are right. Their argument is particularly impressive in its psychological effect. But this argument has never been backed up by a careful quantitative analysis which takes into account the planned dispersal and sheltering of the Russian population and the other measures which the Russians have taken and those to which they are committed. That evacuation of our own citizens can be extremely useful if we see that the Russians are evacuating is simple common sense. With the use of American automobiles an evacuation could be faster and more effective than is possible in Russia. To carry it out we need not resort to the totalitarian methods of the iron curtain countries. It will suffice to warn our people and advise them where to go, how to protect themselves. The Federal Emergency Management Administration contains the beginnings on which such a policy might be built. The present book does not, and indeed cannot, make the assumption that such minimal yet extremely useful government guidance will be available. Instead it outlines the skills that individuals or groups of individuals can learn and apply in order to improve their chances of survival. This book is not a description of civil defense. It is a guide to "Stop-gap" civil defense which individuals could carry out for themselves, if need be, with no expenditures by our government. It fills the gap between the ineffective civil defense that we have today and the highly effective survival preparations that we could and should have a few years from now. However, if we go no further than what we can do on the basis of this book, then the United States cannot survive a major nuclear war. Yet this book, besides being realistic and objectively correct, serves two extremely important purposes. The second purpose is to show that with relatively inexpensive governmental guidance and supplies, an educated American public could, indeed, defend itself. We could survive a nuclear war and remain a nation. This is an all-important goal. Its most practical aspect lies in the fact that the men in the Kremlin are cautious. If they cannot count on destroying us they probably will never launch their nuclear arsenal against us. Civil defense is at once the most peaceful and the most effective deterrent of nuclear war. Some may argue that the Russians could evacuate again and again and thus, by forcing us into similar moves, exhaust us. I believe that in reality they would anger us sufficiently so that we would rearm in earnest. That is not what the Russians want to accomplish. Others may say that the Russians could strike without previous evacuation. This could result in heavy losses on their part which, I hope, they will not risk. Civil defense as here described will not eliminate the danger of nuclear war. It will considerably diminish its probability. This book takes a long overdue step in educating the American people. It does not suggest that survival is easy. It does not prove that national survival is possible. But it can save lives and it will stimulate thought and action which will be crucial in our two main purposes:

Chapter 2 : Ch. 6: Ventilation and Cooling of Shelters - Nuclear War Survival Skills

Free online book Nuclear War Survival Skills Updated and Expanded Edition &, Hebrew KF Nuclear War Survival Skills Updated and Expanded Edition Cresson H. Kearny With Foreword by Dr. Edward Teller.

Providing Improved Ventilation and Light Means for Providing Improved Natural Ventilation and Daylight to a Shelter with an Emergency Exit THE NEED Survivors in areas of heavy fallout can greatly reduce the radiation doses that they will receive, and thus decrease their risks of contracting cancer, if they sleep and spend many of their non-outdoor-working hours inside good shelters during the first several months after an attack. Gant and Conrad V. Chester, Health Physics, September A permanent family shelter can serve quite well for months as a post-attack temporary home if it is designed to provide adequate natural ventilation most of the time, to have adequate and easy forced ventilation by a KAP when forced ventilation is needed, and to have daylight illumination, A shelter dependent on ventilation laboriously pumped through pipes and on artificial lights even during daytime is much less practical for use as a post-attack home. The following instructions should enable a family having an earth-covered shelter with an emergency exit to make it much more livable for months-long occupancy. F,1 and detailed in Fig. Plated screws and waterproof adhesives are used to assure sturdiness and durability. Photograph The adjustable top of this exit housing measures 4 x 4 x 1 feet, and can be tilted to make different sized ventilation openings in any of four directions. The top also can be raised straight up to make various sized openings all the way around, or it can be completely closed - as explained by Fig. These guides are needed so that the top can be tilted in the position desired, merely by using a stick to raise it from below. To hold the top in a tilted or raised position, spacer boards are placed between the raised top and the upper edges of a wall or walls, as illustrated by Fig. The top is shown supported in a tilted position by two 6-inch-wide boards placed between a wall and the top. Photograph The illustrated housing over a vertical exit provides: This natural ventilating airflow, often inadequate, is increased if the adjustable top of the exit housing is not simply raised 6 inches on all four sides, but is tilted as shown in Fig. Then a north wind striking the north wall produces increased air pressure over and above this wall, forcing more air into the exit and on through the shelter. And if the adjustable top still is tilted open to the north as illustrated, then reduced air pressure over and above the downwind north wall will "suck" an increased airflow out of the exit and through the shelter. The measured increases in airflows through a small shelter resulting from the top of this exit housing being tilted were only cfm when an mph breeze was blowing. These rather small increases in airflow, however, often would make it unnecessary to supply forced ventilation to a family shelter by intermittently operating a KAP. Thus the top serves as a large ventilation hood over the exit, preventing rain, snow, and larger dust and fallout particles from entering while ventilation is continuing. To prevent entry of flies and mosquitoes, an insect screen panel, made to fit over the bottom of the emergency exit, should be kept stored in the shelter until needed. A screen door for the inner entry doorway also should be stored. Remember that installing screens greatly reduces natural ventilation airflows. In an installation test, dirt was dug away to expose the upper 12 inches of the emergency exit shaft. Then in just 8 minutes the author and a boy carried the 5 parts of this exit housing 80 feet, positioned its four walls around the already exposed upper 12 inches of the reinforced concrete emergency exit, nailed its walls together, and placed its adjustable top in the tilted position pictured in Fig. These 4 pieces can be tied quickly with their attached nylon cords to inner parts of the two 2 x 6-foot steel entryway doors, which are pictured in their opened, upright positions. The lowermost of the 4 chipboard pieces has a groove near each end. The grooves are each made of 2 nailed-on lengths of 1 x 2 lumber spaced apart to fit the lower ends of the doors and hold them in their upright positions 4 feet apart. The upper edge of this lowermost piece is 8 inches below the lower raised corners of the doors, so that an 8 x inch ventilation opening is assured when the lower of the two large covering pieces pictured being held open rests on the doors. This step-over piece of chipboard illustrates a way to reduce the quantity of larger fallout particles that will be blown into many types of shelters, because most sandlike particles and coarse dust are blown along close to the ground. They are not blown upward and over a vertical obstruction by most winds. If an entryway has an inner, ordinary doorway, even more fallout particles can be

kept out of the shelter room if an 18 x inch ventilation hole is cut in the door near its top. The chipboard piece attached to the upper ends of the doors also has two 1 x 2 boards nailed near each end, forming grooves into which the upper ends of the doors fit. The doors are thus held in their upright positions and rain, etc. The uppermost of the two large covering pieces of chipboard or exterior plywood rests on the opened doors and is kept from slipping down by a 1 x 2-inch board nailed 4 inches from its upper end. This small board "hooks" over the upper edge of the piece of chipboard or plywood attached to the upper ends of the steel doors. See the drawing on the side of this column. This large piece of chipboard is securely tied to the doors. To keep the two large pieces from moving sideways, one 1 x 2-inch board is nailed near each of their side edges, spaced so as to lie against the outside of each opened, upright steel door. To strengthen the hingeline edge of the upper large covering piece, a 1 x 2-inch board is nailed along its lower edge. The lower of the two large covering pieces also has a reinforcing 1 x 2 nailed near its hinged edge. The most practical hinge that the author has devised is illustrated by the drawing. This flexible hinge is much less likely to be broken than are conventional hinges, and makes it easier to build the two large covering pieces to fit over the opened doors. Note that the upper edge of the lower large piece goes under the rainproofing, 6-inch-wide rubber flap, which is nailed only along the lower edge of the upper large covering piece. Then the two large pieces are held and hinged together by first stretching each of 2 strong, 2-inch-wide rubber bands or rustproof springs attached by cords to the upper large covering piece, and then hooking its attached bent-wire hook onto a nylon cord loop connected to the lower large covering piece. Each strong rubber band cut from a truck innertube and its attached hook and nylon cords is 5 inches from an opened door. Thus hinged, the lower large piece can be easily raised to permit a person to step out of or into the stairway entry. When this hinged lower large piece is closed and tied down, a 2. But if you own a permanent shelter your pre-crisis preparations surely should include making and storing ready-to-install entryway and exit coverings of whatever designs you decide will best meet your anticipated needs for high-protection factor sleeping and living quarters during weeks or months following a nuclear attack.

Chapter 3 : Free online book - Nuclear War Survival Skills

A short discussion about the guide Nuclear War Survival Skills.

While evacuating and getting as far away from a nuclear disaster is always going to be our best bet, in some cases this becomes impossible. Officials overseeing the crisis may downplay the disaster or fail to alert local residents in time, or by the time the fallout area has been designated it may already be too late to get out. On top of that, any nuclear emergency evacuation alert will be met with mass panic and widespread traffic jams. We need only look at Hurricane evacuations to see how disorderly things can be. With most metropolitan areas having only a few key entry and exit points, there is simply no way to quickly and efficiently move millions of people out of a nuclear fallout zone. We simply cannot downplay the threat posed by nuclear power plants, especially considering the sheer number of plants in operation see map below. In fact, there are numerous nuclear alarms that go off weekly in the United States alone. The San Onofre plant in southern California was recently taken offline due to a catastrophic failure of its generators and other components – it is offline indefinitely. On top of that, we have the proliferation of thousands of nuclear weapons all over the world, with several accounts in recent history suggesting that rogue terror organizations may have deployed suitcase bombs or dirty bombs in the United States. Whether real or imagined, the fact is that an enemy of the people of the United States may have their hands on a nuclear weapon and when the time comes, they may very well use it. Understanding that the threat is real is the first step to preparedness. Learning what you can do in the event of a nuclear event is the next step – and the one that can keep you alive while millions of others panic without an idea of how to deal with the situation. Are You Ready Series: Nuclear Disaster Preparedness Since the dawn of nuclear weapons, we have always been weary of a trigger happy world leader hastily pushing a nuke detonator. However, according to history the two worst nuclear events that have occurred were accidental. Each day we are exposed to nuclear radiation, some naturally and some through un-natural means. Those of us who live close to nuclear power plants are exposed more than others. Those that live near nuclear power plants should be especially concerned with nuclear disaster preparedness; especially individuals who live in areas where natural disasters hurricanes, earthquakes and tornadoes could damage the nuclear facilities. The map below shows all of the nuclear power plants in the U. Many states are areas where natural disasters could quite possibly take out or damage a power plant. Are you ready for this? We Are Affected Globally by Radiation No matter where radiation leaks or disasters occur, they will affect us globally one way or another and we should be ready for them. Radiation tests conducted since the nuclear disaster in Japan have detected radioactive iodine and cesium in milk, beef and vegetables produced in California Source. Keep in mind that foods, especially seafood from the West coast will be the most effected by radiation. Clearly if the plant has taken in the radiation through the roots, it is irrevocably tainted. Fallout, however, can be dealt with. Washing your food in baking soda or peeling the skin off is a way to avoid ingesting radiation. Calcium bentonite clay is another natural substance that actually absorbs radiation. Interestingly, calcium bentonite clay has a uniquely strong negative ionic charge. When activated with water it works like a strong magnet, absorbing anything with a positive ionic charge. The clay captures these substances and removes them as it is eliminated or washed off. Mix 1 part Calcium Bentonite Clay to 8 parts of purified water in a large non-metallic bowl. Toss your produce in this clay water, making certain the produce is completely covered, and let it sit for 10 minutes. Rinse well with more purified water. Also, by adopting an anti-radiation diet can provide natural alternatives to assist the body in ridding itself from exposure. Foods such as kelp, rosemary, spirulina, miso soup and niacin all assist the body in fighting radiation damage. Other foods that may help in combating radiation sickness are foods that naturally detoxify the body. Foods that are high in potassium such as apples, oranges, pineapples and pomegranates are foods that are also good cancer fighters. Mushrooms are also a food source to add to your anti-radiation diet. Foods that are high in antioxidants will also assist your body in ridding itself of radioactive particles. Foods such as green and black teas make sure that your tea is not from Japan , garlic, cumin, nettles, dandelions, ginseng, lentils, collards and mustard greens are also suggested. Any food or water stored in sealed containers that have any fallout dust is safe to consume

as long as the fallout dust is brushed or rinsed off the outside of the container. Take caution not to allow the fallout dust to get inside the container. If you are concerned about your water sources, use filtered water in everything, including brushing your teeth and sponge bathing. Purchase a reverse osmosis water filter with extra filtration cartridges. Remember, it is important to replace your filters after multiple uses. Baking soda and water is another option as it also flushes radiation and cleans the stomach lining. This plant naturally has very dark purple flowers and when they are exposed to radiation or near an area where radiation is high, the flowers turn pink. Planting these in your yard will be a great way to know if you are taking in excess radiation. Radioactive ionic particles attach themselves to dust floating in the air. Therefore, it can be ingested, inhaled or absorbed through the skin. If you are told to evacuate or bug in due to a nuclear disaster, keep the following points in mind: If you are driving, keep the car windows and vents closed, and use recirculating air. Due to the fear of panic and gridlock that will ensue from mass evacuations, most governments will delay mandatory evacuations until the last minute. This will only cause mass confusion and chaos at gas stations, grocery stores and on the streets. The best way to prevent this, is to stay ahead of the crowd and prepare ahead of time. If told to stay indoors, turn off the air conditioner and other air intakes and go to a basement. Seal basement windows and entrances to prevent fallout from getting inside. If you go outside, you will need to remove your outer clothing before coming inside the shelter. Likewise, creating a sealed area near the entrance of the shelter will prevent fallout dust from entering. Seal the entryway with blankets, bubble wrap or plastic sheeting to prevent the dust from coming in. Have water and baby shampoo near the entrance to wash and thoroughly rinse any exposed skin and hair. Some experts suggest having a rain poncho to take on and off when you go outside. To go a step further, covering the windows wood, then sandbags followed by masonry bricks will create a multi-layered protection against you and radioactive particles. If you find yourself outdoors when a nuclear blast occurs, duck and cover for 2 minutes. You will first see a blinding light followed by tornado force winds and dangerous. When all danger is gone, seek shelter immediately. Remove your clothing at the door and place in a sealed plastic bag. Showering immediately following exposure is another way to remove the remaining particles. If you have signs of radiation on skin soak in a tub of equal parts baking soda, apple cider vinegar and epsom salt. An unused vegetable brush would be very helpful with this process. Getting caught out in the rain can also cause you to have more exposure to radioactive particles. If you do have to go out in the rain, completely cover yourself. Experts are suggesting that if your clothes get wet to take them off and seal them in a plastic bag, immediately shower and change clothing. The detox bath solution and skin brushing would be good here. If radioactive materials get on your skin, burns and blistering can occur. If you are exposed to radioactive particles, you will also need to get your urine tested for traces of cesium at your local medical center. When fallout is first anticipated, but has not yet arrived, anyone not already sheltered should begin using their N95 particulate respirator masks and hooded rain ponchos. Everyone should begin taking Potassium Iodide KI or Potassium Iodate KIO₃ tablets for thyroid protection against cancer causing radioactive iodine, a major product of nuclear weapons explosions. If no tablets are available, you can topically on the skin apply an iodine solution, such as a tincture of iodine or Betadine, for a similar protective effect. Absorption through the skin is not as reliable a dosing method as using the tablets, but tests show that it will still be very effective for most. Do not use if allergic to iodine. If at all possible, inquire of your doctor NOW if there is any reason why anybody in your household should not use KI or KIO₃ tablets, or iodine solutions on their skin, in a future nuclear emergency, just to be sure. For adults, paint 8 ml of a 2 percent tincture of Iodine on the abdomen or forearm each day, ideally at least 2 hours prior to possible exposure. For children 3 to 18, but under pounds, only half that amount painted on daily, or 4 ml. For children under 3 but older than a month, half again, or 2 ml. For newborns to 1 month old, half it again, or just 1 ml. When you know that the time to take protective action is approaching, turn off all the utilities into the house, check that everything is sealed up and locked down, and head for the shelter. You should also have near your shelter fire extinguishers and additional tools, building supplies, sheet plastic, staple guns, etc. Your basement should already be very well sealed against fallout drifting inside. Do not use the telephone unless absolutely necessary. Staying on the phone will congest phone lines making it impossible for others in your area to make or receive calls. Symptoms of Radiation Sickness Include: Bleeding from the nose, mouth, gums, and rectum

Bloody stool.

Chapter 4 : Foreword - Nuclear War Survival Skills

Introduction to: Nuclear War Survival Skills by Edward Teller January 14, With the collapse of the Soviet Union, the unimaginable catastrophe of all out nuclear war has become truly im- probable. At the same time this unexpected event taught a lesson: being prepared for trouble may help to eliminate the source of trouble.

Chapter 5 : Ch. 8: Water - Nuclear War Survival Skills

DISINFECTING WATER. Water-borne diseases probably would kill more survivors of a nuclear attack than would fallout- contaminated water. Before an attack, if water from a municipal source is stored in expedient containers that could be unclean, it should be disinfected.

Chapter 6 : Anyone here heard of OISM? Oregon Institute of Science and Medicine? - Democratic Underg

This is important information for all, and if you want to read straightforward easy to read, not overly technical information on nuclear war survival, dispelling myths, and presenting info to survive.

Chapter 7 : Ch. 3: Psychological Preparations - Nuclear War Survival Skills

Radiation Protection - Protecting yourself from Nuclear and Dirty Bomb Radiation. There is a difference. There is a difference. Radiacwashâ,,ç (nuclear and dirty bomb) - Used for both Nuclear and Dirty Bomb radiation.

Chapter 8 : Nuclear War Survival Skills Buy Now | Survival Supplies Australia

The more one knows about the strange and fearful dangers from nuclear weapons and about the strengths and weakness' of human beings when confronted with the dangers of war, the better chance one has of surviving. Terror, a self-destructive emotion, is almost always the result of unexpected danger.

Chapter 9 : App. F: Providing Improved Ventilation and Light - Nuclear War Survival Skills

Nuclear War Survival Skills (updated and expanded edition) gives instructions that have enabled untrained Americans to make high-protection-factor expedient shelters, efficient air pumps to ventilate and cool shelters and other life-support equipment. These instructions have been developed by Oak Ridge National Laboratory civil defense.