

EARTHQUAKE SAFETY

PREPARE BEFORE A QUAKE

1. **Plan an escape route and an alternate to use after an earthquake.** Locate the stairwell exit nearest you and an alternate in case the first is blocked..
2. **Keep personal supplies in your car or desk.** A change of clothing, shoes, medication, water, and blanket are just a few things to have available. Keep a flashlight handy
3. **Secure tall furniture to the wall.** Keep heavy items on the bottom of shelves. This applies to both home and work.
4. **Store chemicals properly.** Separate incompatible chemicals and keep them on shelves with protective barriers or behind cupboard doors that lock.
5. **Learn First Aid & CPR.**

DURING A QUAKE - TAKE COVER

DUCK



Indoors:

Stay indoors and take cover where you are. **Duck, Cover, and Hold On.** Get under a strong desk or table, if one is nearby. If you are not near a strong table or desk, drop to the floor against an interior wall and cover your head and neck with your arms. Avoid windows, hanging objects, mirrors, tall furniture (filing cabinets and bookshelves), large appliances and cabinets filled with heavy objects. Encourage others to follow your example. Do not run outdoors during the shaking - falling debris or electrical wires may hit you or you may be knocked to the ground because of the shaking.

COVER



Outdoors:

Avoid high buildings, walls, power poles, and other objects which could fall. Do not run through streets. If possible, move to an open area away from all hazards. Protect your head and neck.

HOLD



In Your Car:

Stop in the safest place available, preferably an open area.

If in an Elevator:

If power fails, elevators will stop and lights will go off. Be patient. Emergency personnel will rescue you as soon as possible.

AFTER A QUAKE.....

- Check yourself and others for injuries. Report any injuries to supervisor or emergency personnel.
- Assess your surroundings, check for damage and hazardous conditions. Report them to supervisor or emergency personnel.
- DO NOT EVACUATE AUTOMATICALLY. Outdoor hazards may be greater than indoor hazards.
- If asked to evacuate to assembly areas, move swiftly. Grab keys, personal items and emergency supplies only if convenient and safe to do so. DO NOT USE ELEVATORS.
- Phone systems may be severely impacted. Limit phone use to emergency calls only.
- Expect aftershocks over the next hours or days
- Follow directions of emergency responders

STUDENTS WITH DISABILITIES

- Make a list of any special needs, medications, or equipment that you have. Always keep an updated copy of the list with you.
- Know how to take cover during a quake. If you are in a wheelchair, lock the wheels once you are in a protected location and cover your head.
- Arrange to have "buddies" help you during an emergency.
- Call for help if you need it