

# Preparing for an Earthquake

## What to do at WORK

### BEFORE

#### Identify Safe Places Indoors & Outdoors

- ◆ Under sturdy furniture such as a heavy desk or table
- ◆ Against an inside wall
- ◆ Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over
- ◆ In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways
- ◆ Know evacuation routes
- ◆ Know who is building coordinator/ safety leader

#### Have Disaster Supplies on Hand

- ◆ Flashlight and extra batteries
- ◆ Portable battery-operated radio and extra batteries
- ◆ First aid kit and manual
- ◆ Emergency food and water
- ◆ Nonelectric can opener
- ◆ Essential medicines
- ◆ Cash and credit cards
- ◆ Sturdy shoes

<http://www.fema.gov/>

### DURING

#### Seek cover, tell others to seek cover and protect your head

##### **If you are indoors:**

- ◆ Stay there – get under a desk or table away from glass and heavy equipment.
- ◆ People in wheelchairs - move quickly toward cover between doorways, if possible, and lock your wheels.

##### **If you are outdoors:**

- ◆ Move to an open area away from falling hazards.
- ◆ Avoid utility lines – they may be energized.
- ◆ Be ready for more shaking.



### AFTER

#### Stay calm and evaluate your surroundings

- ◆ Evacuate as necessary (fire, gas leak, etc.), follow the direction of emergency personnel.
- ◆ Regroup and take roll – notify responding personnel of anyone missing or injured.
- ◆ Give first aid based on your level of training.
- ◆ Do not enter damaged buildings.
- ◆ Locate your Department Safety Leader for help or guidance.
- ◆ Remember as District employees you are Disaster Service Workers and can be called upon to assist.

<http://earthquake.usgs.gov/>



# Preparing for an Earthquake

## What to do at HOME

### BEFORE

#### Identify Safe Places Indoors & Outdoors

- ◆ Under sturdy furniture such as a heavy desk or table
- ◆ Against an inside wall
- ◆ Away from where glass could shatter around windows, mirrors, pictures, or where heavy bookcases or other heavy furniture could fall over
- ◆ In the open, away from buildings, trees, telephone and electrical lines, overpasses, or elevated expressways

#### Have Disaster Supplies on Hand

- ◆ Flashlight and extra batteries
- ◆ Portable battery-operated radio and extra batteries
- ◆ First aid kit and manual
- ◆ Emergency 3 day supply of food and water
- ◆ Nonelectric can opener
- ◆ Essential medicines
- ◆ Cash and credit cards
- ◆ Sturdy shoes <http://www.fema.gov/>

#### Be aware of hidden dangers around the house

- ◆ Make sure water heater has earthquake straps.
- ◆ Secure any large furniture or televisions with earthquake safety straps.
- ◆ Move heavy furniture away from beds, couches and other places where people sit or sleep.
- ◆ Locate and know how to shut off water and gas mains.
- ◆ Try and store hazardous materials (paints, thinners, etc.) in the garage in a cabinet on the floor to prevent spillage or fire hazard.

<http://quakeinfo.org/>

### DURING

#### Seek cover, tell others to seek cover and protect your head

##### **If you are indoors:**

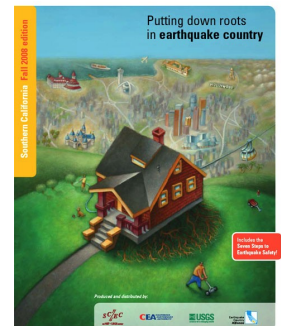
- ◆ Stay there – get under a desk or table away from glass and heavy equipment.
- ◆ People in wheelchairs - move quickly toward cover between doorways, if possible, and lock your wheels.

##### **In bed:**

- ◆ Hold on and stay there.
- ◆ Protect your head with a pillow.

##### **If you are outdoors:**

- ◆ Move to an open area away from falling hazards.
- ◆ Avoid utility lines – they may be energized.
- ◆ Be ready for more shaking.



<http://www.earthquakecountry.info/roots/cover.html>

### AFTER

#### Stay calm and evaluate your surroundings

- ◆ Evacuate as necessary (fire, gas leak, etc.), follow the direction of emergency personnel.
- ◆ Regroup and take roll – notify responding personnel of anyone missing or injured.
- ◆ Give first aid based on your level of training.
- ◆ Do not enter damaged buildings.
- ◆ Locate your Department Safety Leader for help or guidance.
- ◆ Turn off utilities if you have the tools and knowledge.