

# SAFETY UPDATE

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## “EARTHQUAKE PREPARATION & SAFETY”

### BEFORE AN EARTHQUAKE

1. Store heavy objects near ground or floor
2. Check to see that tall objects (like book cases) are secured to the wall
3. Secure gas appliances to prevent broken gas lines and fires
4. Learn where your exits, evacuation route, and meeting places are
5. Keep emergency items (flashlight, first aid kit, spare clothes) in your car or office
6. Keep an extra pair of shoes – and emergency clothing – under your bed
7. Store a 3-day supply of nonperishable food (non-electric can opener, essential medicines, cash and credit cards) and water in accessible locations
8. Store emergency supplies (flashlight, radio with batteries, heavy gloves, trash bags, tools, first aid kit and manual)
9. Maintain a complete, up-to-date list of children, emergency numbers, contact people and store with your emergency supplies
10. Practice “duck, cover and hold” earthquake drills under tables no less than 4 times a year
11. Identify safe places in each room of your residence (under sturdy furniture, against an inside wall, away from glass)
12. Identify safe places outdoors

### DURING AN EARTHQUAKE

1. If INDOORS – STAY IN the building
2. Take shelter under solid furniture (tables, desks)
3. Keep AWAY FROM overhead fixtures, windows, cabinets, bookcases
4. If DRIVING – STOP ... but stay IN the vehicle ... do not stop under trees, light posts, electrical power lines or signals
5. If OUTSIDE – STAY outside ... move to an open area away from buildings, trees, power lines and roadways ... STAY until the shaking stops

### AFTER AN EARTHQUAKE

1. Check for injuries
2. Check for safety hazards (fire, electrical, gas leaks, etc.)
3. Do not use telephones and roadways unless necessary – keep them open for emergency use
4. Be prepared for AFTERSHOCKS ... turn your radio to an EAS (Emergency Alert System) station
5. Evacuate to shelters as instructed
6. WHEN THE SHAKING STOPS ... proceed CAUTIOUSLY watching for fallen glass, bricks, power lines, buckled roads ... keep your eyes open for hazards