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, over passes, 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, over passes, 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

- **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.

**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.

**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.