

EARTHQUAKE SAFETY AND PROTECTION

The dangers of earthquakes include falling debris, fire, broken glass, and obstacles. It is important to know what to do to prepare for an earthquake, and what to do in case of an earthquake.

Be Prepared

Plan ahead so if an earthquake does occur, you and everyone else in the building know what to do.

- Yell “EARTHQUAKE” repeatedly to let everyone around you know to get to safety.
- Stay in a safe place, minimize your movements to just a few steps toward a safer location. Research has shown that most earthquake related injuries are caused by people trying to move to a different location while an earthquake is taking place.
- If indoors, stay indoors until the shaking has stopped and you can proceed outdoors safely.
- If indoors, from to the ground and take cover under a sturdy table or other piece of furniture. If there is no furniture cover, crouch in the corner. Cover your face and head with your arms.
- Stay away from glass windows and potentially falling objects from shelving, artwork, light fixtures, or large furniture that could topple over.
- If you are in bed, stay there until the shaking stops. Cover your head with a pillow and your arms.
- If outdoors, stay outdoors and move away from buildings and trees, streetlights and power lines that may fall on you.
- Once safe, assemble at the predetermined meeting site and wait for help.
- If in a moving vehicle, stop quickly and safely and stay in the vehicle.
- If trapped under debris, do not light a match or move about to kick up dust. Cover your mouth with clothing and yell, tap on a pipe or wall, and wait for help to find you.

Be Preventative

- Make sure hanging light fixtures, large furniture, and large artwork is safely secured so it cannot fall or topple over.
- Know at least two safe escape routes to use once the earthquake shaking has stopped.
- Have a flashlight and shoes near your bedside in case utilities turn off.
- Know where to go and how to turn off gas lines, water lines, and electrical circuits.