

April 2008

Emergency Preparedness Pointers

Keep Yourself Safe When The Earth Shakes

The recent 6.0 magnitude earthquake in Wells, Nevada sent Idaho a strong reminder that this is earthquake country. Earthquakes cannot be easily predicted and most often strike without notice. For this reason, it is important to know and practice the following personal safety tips.

Falling objects, not building collapse, are the main cause of earthquake-related deaths and injuries in the United States, so when the earth shakes, be sure to ...

DROP

Drop down to the floor. Stay away from windows, bookcases, mirrors, hanging plants and other heavy objects that may fall.



COVER

Cover yourself under a sturdy desk or table. If it's not possible to take cover under a desk or table, seek protection up against an interior wall. Protect your head and neck with your arms.



HOLD

Hold on to the piece of furniture where you took cover. Be prepared to move with it. Hold on until the shaking stops and it's safe to move. Be prepared for aftershocks.



You may not be at home, work or any place that is familiar to you when an earthquake occurs. Here are some more tips based on different locations and situations that will help keep you safe. If you are ...

◆ in a **HIGH RISE BUILDING**, follow the Drop, Cover and Hold procedures. Glass windows can dislodge and broken glass can fly hundreds of feet. Alarms may sound and the fire sprinkler system may come on. After the quake has stopped, do not use the elevators when exiting the building.

◆ **OUTDOORS**, get to a clear area that is away from buildings, signs, trees or electrical wires and poles.

◆ on a **SIDEWALK NEAR BUILDINGS**, cover your head and duck into a doorway to protect yourself from falling bricks, glass, plaster and other debris.

◆ **DRIVING**, pull over to the side of the road and stop. Keep away from overpasses and power lines. Stay inside your vehicle and wait for the shaking to stop.

◆ in a **CROWDED STORE OR OTHER PUBLIC PLACE**, do not run for the exits. Get away from displays, shelves and racks that have objects that could fall on you.

◆ in a **WHEELCHAIR**, stay in it and move to cover or a doorway if possible. Make sure to lock the wheels and protect your head and neck with your arms.

◆ in a **THEATER OR STADIUM**, stay in your seat and protect your head and neck with your arms. **DO NOT** try to leave or rush for the exits. Once the shaking has stopped, exit in a calm, orderly manner in order to avoid injury.

◆ in the **KITCHEN**, take cover away from the refrigerator, stove and any overhead cupboards. Potential injuries can be reduced by installing security latches on cupboard doors and securing heavy appliances before an earthquake happens.



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