

Earthquake Preparedness Tips

Before an Earthquake

- Know alternative routes between home and work.
- Carry a disaster supplies kit in your car or a compact kit on public transportation. Visit the [Red Cross website](#) to see a detailed list of what you should have in your [disaster supplies kit](#).
- Prepare a home earthquake plan and eliminate hazards around your home and office--workplace preparedness begins at home.
- Be familiar with the [RSCCD emergency preparedness flip chart](#) and the [Emergency Response Plan](#) which are both available in the Safety and Environmental Health section of the RSCCD intranet or by clicking on the links above.
- Check your work area for hazards, such as heavy plants on high shelves.
- Know the locations of emergency equipment and exits.
- Store a few emergency supplies in your desk, including a flashlight with extra batteries, small first aid kit, storable nutrition, needed medications and flat shoes.
- Get first aid training and get your family prepared.

During an Earthquake



▶ DUCK - Duck or drop down on the floor.



▶ COVER - Take cover under a sturdy desk, table or other furniture. If that is not possible, seek cover against an interior wall and protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture.



▶ HOLD - If you take cover under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. Hold the position until the ground stops shaking and it is safe to move. Do not evacuate until you are told to do so by an authority or your workspace appears unsafe.

After an Earthquake

- Expect aftershocks. Each time you feel one, DUCK, COVER, AND HOLD ON!
- Check yourself for injuries.
- Check others for injuries. Report any injuries to your supervisor or emergency personnel and give first aid if possible.
- Inspect your workspace for hazards and tell your supervisor or emergency personnel about them.
- Follow any evacuation orders. If none come, remain in place unless you know there is an immediate hazard—fire or gas leak. You are safer indoors and in place if shaking continues.
- If you do evacuate, do NOT use elevators. Go to an open area, away from buildings or other objects that may fall.
- Use the telephone only to report life-threatening emergencies.

For more information on emergency preparedness, visit www.redcross.org.

Are you prepared?
[Take the Earthquake Preparedness Quiz](#)