

Earthquake Safety Checklist

By John F. Smith

- ☐ How to Prepare
 - ☐ Become aware of fire evacuation and earthquake plans.
 - ☐ Pick safe places in each room of your home, workplace and/or school.
 - ☐ Each family member should know safe spots in each room.
 - ☐ Practice drop, cover and hold on in each safe place.
 - ☐ Make sure your home is securely anchored to its foundation.
 - ☐ Install strong latches or bolts on cabinets.
 - ☐ Learn how to shut off the gas valves in your home.
 - ☐ Keep and maintain an emergency supplies kit.
- ☐ If You're Inside
 - ☐ Drop, cover and hold on.
 - ☐ Move as little as possible.
 - ☐ If you are in bed when the earthquake strikes, stay there, curl up and hold on.
 - ☐ Stay away from glass, windows, outside doors and walls.
 - ☐ Stay indoors until the shaking stops.
 - ☐ Be aware that electricity may go out.
- ☐ If You're Outside
 - ☐ Find a clear spot and drop to the ground.
 - ☐ Move away from buildings, trees, streetlights, and utility wires.
- ☐ If You're in a Car
 - ☐ Pull over to a clear location and stop.
 - ☐ Avoid bridges, overpasses and power lines if possible.
 - ☐ If you are in a mountainous area be alert for falling rocks.
- ☐ If You're Trapped Under Debris
 - ☐ Do not light a match.
 - ☐ Do not move about or kick up dust.
 - ☐ Cover your mouth with a handkerchief or clothing.
 - ☐ Tap on a pipe or wall so that rescuers can find you.
- ☐ After an Earthquake
 - ☐ Remember the disaster may continue.

- ☐ Expect and prepare for potential aftershocks.
- ☐ Each time you feel an aftershock, drop, cover and hold on.
- ☐ Check yourself for injuries and get first aid.
- ☐ Put on long pants, a long-sleeved shirt, sturdy shoes and work gloves.
- ☐ Check the building for cracks and damage.
- ☐ Get everyone out if your home is unsafe.
- ☐ Keep a battery-powered radio with you for updated emergency information.
- ☐ If possible, put out small fires.
- ☐ Clean up spilled medications, bleach, gasoline or other flammable liquids immediately.
- ☐ Help people who require special assistance.
- ☐ Keep animals under your direct control.
- ☐ Stay out of damaged buildings.