

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.