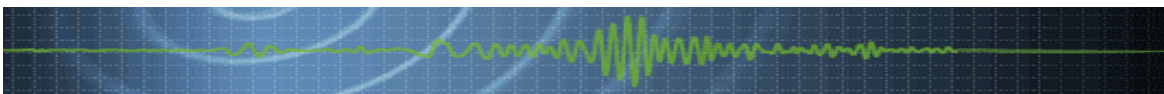


How to Stay Safe During an Earthquake

It is not earthquakes you need to protect yourself from, it is the buildings and other man-made structures that crumble, break and fall all around you (and hopefully not on top of you). Here's how to stay safe during an earthquake, indoors and out.

Indoors

1. Plan ahead. Put together a disaster-preparedness kit complete with a portable battery-operated radio, flashlights, extra batteries, and enough food and water to last a few days. Keep all of your heavy objects as close to the floor as possible so they won't fall during an earthquake and hit you in the head.
2. Crawl under a sturdy piece of furniture, like a desk or dresser, to stay safe during an earthquake. Tables work great too as long as there's no glass on top. Hold on to the piece of furniture with one hand, prepared to move with it if necessary. Use your other hand and arm to cover your neck and head to protect yourself from any falling objects.
3. Keep away from windows. If and when they shatter, you want to be as far away from the broken, falling shards of glass as possible.
4. Stay inside as you are safer there. Leaving a building during an earthquake only makes you vulnerable to any crumbling walls and shattered glass falling to the ground. Plus, the shaking ground could cause you to lose your balance and hurt yourself.
5. Avoid using your gas and electricity until you know it's safe to do so. If you suspect a problem, shut them off until a professional can assess the situation.



Outdoors

1. Move as far away from buildings and power lines as possible to stay safe during an earthquake.
2. Stop your car if you are driving and wait it out. But first, pull as far away from traffic as you can.
3. Do not stop underneath or beside a bridge, tree, light post, power line, sign, cliff with loose rocks or anything else that could fall on top of you.

When we share the responsibility for safety in the workplace, everyone wins!!