



Lead, Serve, Support

October 8, 2019

## EARTHQUAKE PREPAREDNESS

Earthquakes strike suddenly and without warning. Know what to do **before**, **during**, and **after** an earthquake to reduce the chance of being injured by broken glass, falling debris, or other hazards. Earthquake "drills" are now mandated by the WA State Legislature!

### BEFORE

- Prepare and maintain an emergency "Go Kit".
- Keep a current attendance list in an easily accessible location.
- Teach staff and students now - what to do during & after the earthquake.
- Develop and drill procedures to help those with special/functional needs, i.e., how to evacuate those with mobility issues from upper levels, etc.
- Conduct hazard assessments periodically to ensure items are properly secured so they won't fall over, cause injuries, block exits, start fires, etc.

### DURING

#### If inside:

- **Drop, Cover, and Hold On...** until the shaking completely stops.
- If you have difficulty getting on the floor: Get as low as possible and cover your face, head, and neck.
- For those in wheelchairs: Lock the wheels, stay possible and cover your face, head, and neck with your arms, a pillow, book, or anything else that's available.
- If cover is not available: Drop down and cover by an interior "weight bearing" structural wall.
- Stay away from windows and overhead or unsecured heavy objects.

#### If outside:

- Move away from buildings, trees, and powerlines.
- Drop down to the ground and stop from falling and protect your face/head/neck.

### AFTER

- Follow your procedures for:
  - Student/staff accountability, including reporting missing and injured persons to admin/office staff.
  - Administering first aid as needed.
- Calm/reassure frightened staff and students.
- EVACUATE slowly, but immediately when/if life safety is threatened or instructed to do so.
  - Take your class list and "Go Kit" with emergency supplies; to include first aid supplies if possible.
  - Use the Buddy System: Partner with another teacher or assign 2 responsible monitors to lead the way while you bring up the rear to ensure sure everyone stays together.
  - Remind students of the rules: **Don't talk! Don't push! Don't run! Don't turn back!**
  - Watch for hazards, i.e., broken glass, dangling debris, wires, ceiling struts, slippery floors, etc.
  - Do NOT use elevators.
- Be prepared for aftershocks... and to Drop, Cover, and Hold On again!
- Once out, do NOT re-enter the building until notified it is safe to do so.

### PARTICIPATE IN EARTHQUAKE DRILLS

- How you train and drill affects how you'll respond to a real emergency!
- For more information visit <https://www.shakeout.org/washington/>



**OCTOBER 17, 2019**

**@ 10:17 a.m.**

Join us for the largest statewide  
Earthquake Drill & Tsunami Siren Test



[Click here](#) or google  
"Earthquake Safety Video Series"  
to view short YouTube videos  
on staying safe in a variety of  
situations during an earthquake.

**SAFETY MATTERS**