



➤ Earthquake Readiness

Did you know California averages 100 earthquakes a day? Nearly all of these are minor, but because of the elevated risk, everyone should know what to do in the event of an earthquake.

This Safety Talk reviews best practices to take before, during, and after an earthquake.

Source: [Earthquake Ready.gov](https://www.ready.gov)

WHAT'S YOUR RISK?

Let's first start with an understanding of your location-specific earthquake risk. Enter your work address in [California's Office of Emergency Services \(Cal/OES\) earthquake risk calculator](#) to discover the likelihood of an earthquake in your area.

The higher the risk, the more vigilance required.



BEFORE AN EARTHQUAKE

Most injuries and property damage occur when objects fall, tip over, or are shaken off shelves.



Reduce your injury risk by inspecting your work area to ensure:

- Shelves, bookcases, ladders, tools, equipment, and stored chemical products are secured or anchored. Pay special attention to items over 42" in height.
- Lips or seismic restraints are installed on open shelves containing chemical products, glassware, or other types of hazardous equipment.
- Emergency exit routes are kept clear with no combustible materials stored in the pathway (i.e., space under stairs).

Other risk mitigation best practices include:

- Knowing the location of gas shut off valves, first aid kits, and other emergency supplies.
- Ensuring fire extinguishers and emergency lighting are available and in good working condition.
- Reviewing your District's Emergency Action Plan.

DURING AN EARTHQUAKE



1. Wherever you are drop down to your hands and knees and hold onto something sturdy. If using a wheelchair, make sure your wheels are locked and remain seated.
2. If a sturdy table or desk is nearby, crawl underneath it for shelter. If no shelter is nearby, crawl next to an interior wall (away from windows). Crawl only if you can reach better cover without going through an area with more debris. Stay on your knees or bent over to protect vital organs.
3. If you are under a table or desk, hold on with one hand and be ready to move with it as it shakes. If seated and unable to drop to the floor, bend forward, cover your head with your arms and hold on to your neck with both hands.

Also...

- Stand away from windows and outside doors
- Do not use elevators
- Do not use matches, candles, or any flame as a gas leak precaution

If outdoors:

- Stand in the open; away from buildings, power lines, trees, and anything that might fall.
- If driving, stop the vehicle and stay inside until the shaking stops.



WHAT TO DO AFTER AN EARTHQUAKE

- Check yourself and others for injuries. Provide first aid, if trained.
- Expect aftershocks to occur. Be ready to once again Drop, Cover, and Hold On.
- If in a damaged building, go outside and quickly move away from potentially falling objects.
- Meet at your District's predesignated assembly area (refer to Emergency Action Plan).
- If trapped, send a text or bang on a pipe or wall.
- If you're able, check water, gas, and electric lines in your area for damage. If necessary, shut off valves.
- If a gas leak is detected, open all the windows and doors, leave immediately, and report to supervisor/authorities.

This *Safety Talk* provides awareness level training on what to do before, during, and after an earthquake. Refer to your District's Emergency Action Plan for additional information.

If this information is unclear or if you have any additional questions, please talk to your supervisor.