

(Due to our readers' insistent requests, we are bringing you once again our Earthquake preparedness guide.)

# EARTHQUAKE PREPAREDNESS GUIDE



By PHIVOLCS (Philippine Institute of Volcanology and Seismology),  
Department of Science and Technology.

## Before

### THE KEY TO EFFECTIVE DISASTER PREVENTION IS PLANNING:

- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

### PREPARE YOUR HOMES, WORKPLACE OR SCHOOLS:

- ✓ Strap or bolt heavy furniture & cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowestmost secured shelves.

### FAMILIARIZE YOURSELF WITH THE EOT ROUTES.

Know where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlight and extra batteries.

Conduct and participate in regular earthquake drills.

## During

### STAY CALM.

When you are **INSIDE** a structurally sound building or home...**STAY THERE!**

- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

If you're **OUTSIDE**...move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis might follow.

If you're in a moving vehicle, **STOP** and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.

## After

BE PREPARED FOR AFTERSHOCKS. ONCE THE SHAKING STOPS, TAKE THE FASTEST AND SAFEST WAY OUT OF THE BUILDING.

### DON'T...

- ✓ use elevators.
- ✓ enter damaged buildings.
- ✓ use telephones unless necessary.
- ✓ PANIC.

### CHECK...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.

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# Emergency Planning Manual And Workbook Your Earthquake Survival Guide

**Jackie Kloosterboer**



## **Emergency Planning Manual And Workbook Your Earthquake Survival Guide:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Emergency Planning Manual And Workbook Your Earthquake Survival Guide** . This emotionally charged ebook, available for download in a PDF format ( \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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