

(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

**M Woodhall**



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

## **Emergency Planning Manual And Workbook Your Earthquake Survival Guide** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Emergency Planning Manual And Workbook Your Earthquake Survival Guide**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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

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