

Great Shakeout Preparedness

When an earthquake hits and the ground and building starts shaking, your immediate reactions can be life saving and limit injuries from occurring. “Drop, Cover, and Hold On” has long been viewed as the best and safest practice during an earthquake and should be implemented over practices like: standing in a doorway, running to an open area, or the “triangle of life.”

Trying to move during shaking puts you at risk:

- Earthquakes occur out of nowhere, making it difficult to try to run for cover during the actual event
- With the ground shaking, attempting to run to a doorway or to an open space might result in a fall or tripping over moving items
- “Drop, Cover, and Hold On” provides a fast and safest option to protect yourself from falling objects or displaced furniture – but be sure to “Hold On” so that you move with your “shelter”

The greatest danger is from falling and flying objects:

- Studies have shown that the likelihood of a collapsed building are very low; you are more likely to be injured from falling or flying objects (TVs, lamps, glass, bookcases, etc.)
- Securing large loose objects also helps reduce the likelihood of injury from falling/flying objects
 - Secure top heavy furniture to walls with flexible straps.
 - Use earthquake putty or velcro fasteners for objects on tables, shelves, or other furniture.
 - Install safety latches on cabinets to keep them closed.



Building collapse is less of a danger:

- California has implemented strict building codes to diminish the likelihood of building collapse
- Images of collapsed buildings due to earthquakes are often from countries with less strict building codes
- Some older buildings or buildings made of unreinforced masonry still pose collapse threats
- The space under a sturdy table or desk is likely to remain even if the building collapses- pictures from around the world show tables and desks standing with rubble all around them, and even holding up floors that have collapsed

WHAT RESCUERS AND EXPERTS *DO NOT* RECOMMEND YOU DO DURING AN EARTHQUAKE

1. **DO NOT** run outside or to other rooms during shaking
2. **DO NOT** stand in a doorway (doors can swing during the shaking causing you injury)
3. **DO NOT** get in the “triangle of life”