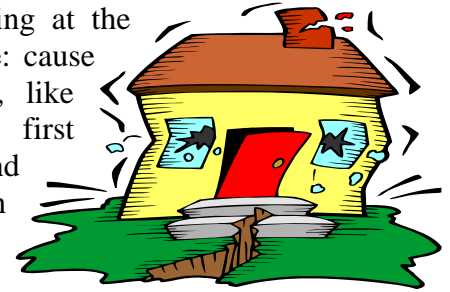


## Wellness Program Newsletter/October 2008 (3 pages)

### Surviving Tips to an Earthquake

Earthquakes are natural phenomena that cause vibration and shaking at the earth's surface. They can cause damage to property and infrastructure: cause fires, landslides, tsunamis and deaths. Unlike other natural events, like hurricanes and thunderstorms, earthquakes are unpredictable. The first indication of an earthquake may be a sudden violent jolt and a shaking and moving of objects. Earthquakes are a particular concern for schools with their large concentrations of children in confined spaces. To minimize the risks we need to be prepared. Preparations will include reducing hazards, being aware of places in the classroom that are deemed safe to be in when earthquakes occur and practicing the ***Drop, Cover and Hold On Method*** recommended by the American Red Cross.



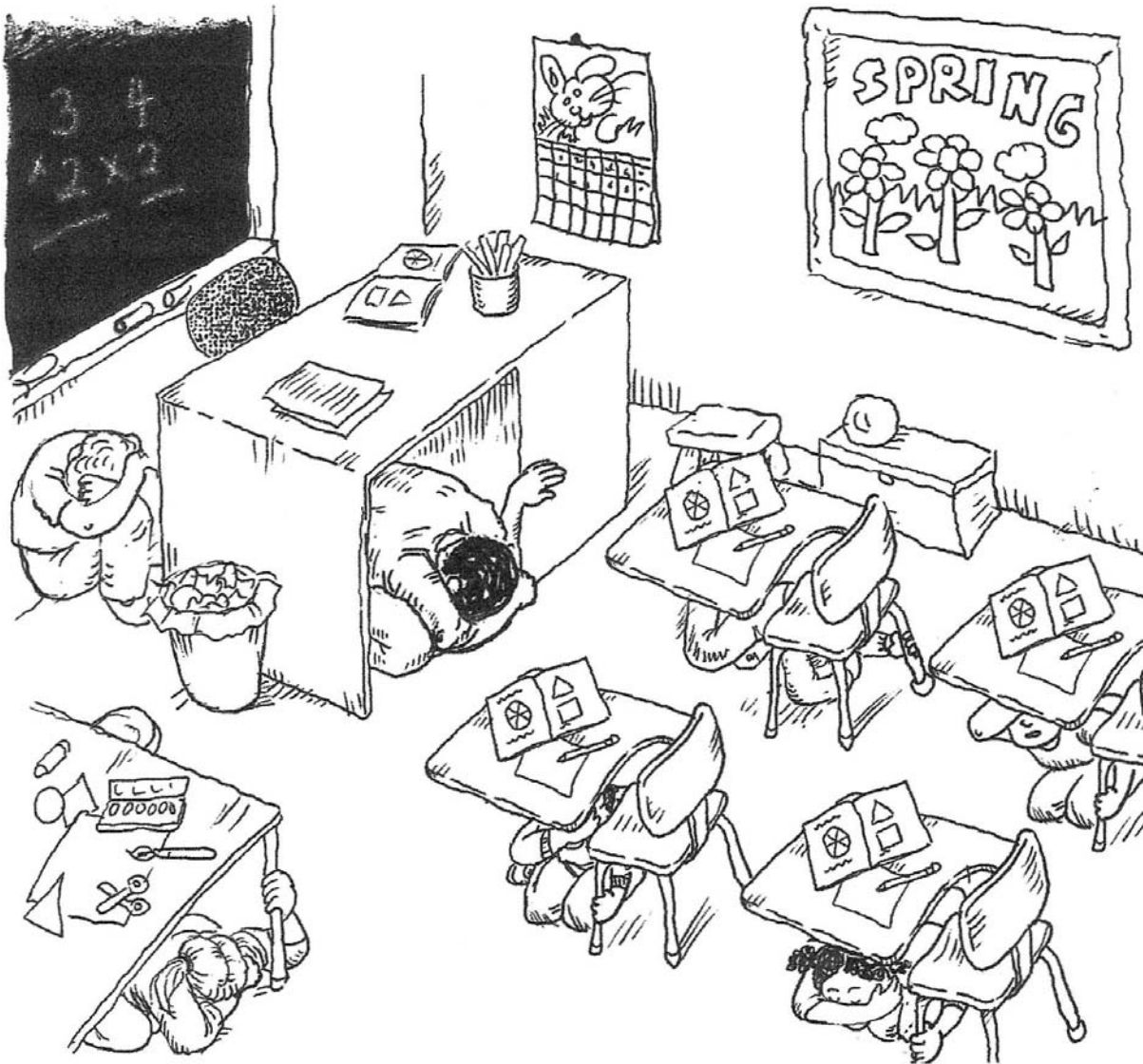
### Before the Earthquake: Reducing Hazards

- Identify the items that can cause injury and damage and try to fix them up. Anything that can move, fall, break or cause a fire is a potential hazard.
- Fasten shelves and bookcases securely.
- Place large, heavy objects on lower shelves.
- Hang mirrors and pictures with heavy frames away from students' desks.
- Report cracks in ceilings or foundations and be sure they were mended.
- Store flammable products like paints, away from heat sources
- Arrange the students' desks as far as you can from glass windows, bookcases and shelves.
- Appoint two student monitors in case you are injured
- Prepare class lists and identification tags with name, address, phone number, age, and medic alert information.
- The noises of building movement, windows breaking, and objects falling, that accompany an earthquake, can cause emotional stress and panic. Students should be prepared for this by classroom discussion.
- Practice the ***Drop, Cover and Hold on Method*** at least two times during the year. The point of this procedure is to take cover immediately in the closest safe place during the shaking of an earthquake.



**The Drop, Cover and Hold on Method consists of three steps:**

1. **Drop** to the floor and get under a table or desk
2. **Cover** yourself by positioning as much of your body as possible under the table or desk. Protect your eyes by leaning your face against an arm.
3. **Hold on** to a leg of the table or desk.



**If you cannot get under a desk or table, go to the nearest wall of the room away from windows and bookcases. Kneel with back to wall. Place head close to knees, clasp hands behind neck, and cover side of head with arms. The American Red Cross does not recommend using a doorway for earthquake protection. In addition, the Red Cross strongly advises not try to move (that is, escape) during the shaking of an earthquake. The more and the longer distance that someone tries to move, the more likely they are to become injured by falling or flying debris, or by tripping, falling, or getting cut by damage floors, walls, and items in the path of escape. Exit only after shaking has stopped.**

**During the earthquake, the teacher should:**

- Issue the *Drop, Cover and Hold on* order
- Also Drop, Cover and Hold
- Talk calmly to reassure students
- Instruct students to evacuate when all shaking has stopped
- Lead class to the designated assembly area
- Be prepared to choose alternative escape route in case of fire or exit blockage
- Take class list and first aid kit
- Give first aid, if necessary
- Do not re- enter the building unless instructed by the principal

**Students should**

- Follow teacher's instructions
- Drop, Cover and Hold
- Evacuate the building in single file when instructed by the teacher or monitor
- Keep calm
- Do not use the elevator
- Do not re-enter school without permission
- Do not go home without permission

