

What to do During an Earthquake

Make sure your employees are trained, and an emergency card for guests and vendors exists for ***What to Do During an Earthquake***. When earthquake shaking begins, it is time for employees to immediately apply what they have learned. Reacting promptly and safely reduces your chances of being injured.

IF YOU ARE:	THEN:
INDOORS	<p>DROP to your hands and knees.</p> <p>COVER your head and neck with your arms. This position protects you from falling and provides some protection for vital organs. Because moving can put you in danger from the debris in your path, only move if you need to get away from the danger of falling objects. If you can move safely, crawl for additional cover under a sturdy desk or table. If there is low furniture, or an interior wall or corner nearby and the path is clear, these may also provide some additional cover. Stay away from glass, windows, outside doors and walls and anything that could fall, such as lighting fixtures or furniture.</p> <p>HOLD ON to any sturdy shelter until the shaking stops.</p> <p>DO NOT run outside! STAY where you are until the shaking stops. DO NOT get in a doorway as this does not provide protection from falling or flying objects and you likely will not be able to remain standing.</p>
IF YOU ARE:	THEN:
OUTDOORS	If you can, move away from buildings, streetlights and utility wires. Once in the open, Drop Cover and Hold On. STAY THERE until the shaking stops. This might not be possible in a city, so you may need to duck inside a building to avoid falling debris.
IN BED	If you are in bed, STAY there and COVER your head and neck with a pillow. At night, hazards and debris are difficult to see and avoid; attempts to move in the dark result in more injuries than remaining in bed.
IN A MOVING VEHICLE	<p>It is difficult to control a vehicle during shaking so stop as quickly and safely as possible and stay in the vehicle.</p> <p>Avoid stopping near or under buildings, trees, overpasses and utility wires. Proceed cautiously once the earthquake has stopped. Avoid roads, bridges or ramps that the earthquake may have damaged.</p>