EARTHQUAKE PREPAREDNESS

How Ready Are We, Really?

Before the Shaking
Keep emergency supplies in a separate pack (eg: a back pack) stored under a desk or sturdy table in your workspace, ready to grab and go.

Suggested items include:
- Food and water for at least 72 hours.
- Gloves, heavy shoes, outdoor clothing.
- Flashlight, lithium batteries, crank radio.
- Dried fruit, nuts, canned meat/fish, protein bars, a non-electric can opener.
- One week of medical/rx supplies.
- Whistle to call for help if trapped.
- Sleeping mat, emergency blankets.
- Dustmask and eye protection.
- Money, especially coins.
- Hygiene items - wipes, toilet paper.
- Contact list of emergency numbers.

Check your workspace for potential risks:
- Secure top heavy items, water heaters and refrigerators to wall studs.
- Store heavy items, breakables, and chemicals on lower shelves. Fasten shelves securely to wall studs.
- Remove or isolate flammable materials and toxic chemicals.

During the Shaking
- Remain calm - Do Not Panic!
- Duck under heavy furniture, away from glass and windows and hold on.
- Cover your head, neck and torso.
- Outdoors, stay away from buildings, trees and powerlines.

After the Shaking
- Count to 60 before leaving your covered location. Take your emergency kit with you!
- Check yourself for injury and tend to yourself if needed.
- Protect yourself from further danger by putting on sturdy shoes.
- Exit the building carefully and do not use elevators.
- After you help yourself, help others.

- Stay calm and use common sense.
- Look for and extinguish small fires.
- Stay out of damaged buildings and expect aftershocks.
- Listen for updates on your radio and cooperate with emergency officials.

For more information please visit http://www.sfu.ca/ehs
For BC list of recommended supplies for home, office, and automobile visit http://www.pep.bc.ca/hazard_preparedness/prepare_now/prepare.html

Brought to you by SFU’s South East Campus Safety Committee