On Thursday October 15th at 10:15 am, the SFU community is encouraged to take part in the ShakeOut BC Earthquake Drill along with millions of others worldwide.

ShakeOut is a chance to practice being safer during big earthquakes using the Drop Cover Hold safety technique. The drill is set up to encourage you to review and update emergency preparedness plans, supplies and to secure your space in order to prevent damage and injuries.

ShakeOut is a great way for you to become better prepared to survive and recover quickly from big earthquakes. Take part in your home, office, classroom or join one of our ShakeOut Zones.
BEFORE AN EARTHQUAKE
Avoid storing heavy objects on high shelves. Secure cabinets, bookcases, and equipment.
If you work in a lab, use a risk assessment to determine your safety plan. Identify safe areas in your work space and hazardous areas to avoid during an earthquake.
Be familiar with emergency plans and procedures and make an emergency kit.
Practice earthquake response during drills such as ShakeOut BC. sfu.ca/shakeout

DURING AN EARTHQUAKE
Earthquakes occur with no warning. They may be so violent you cannot run or crawl; you may be knocked to the ground. Protect yourself as best you can where you are.

MOBILITY CHALLENGES
If you can, follow the Drop, Cover, Hold on procedure.
If you are in a wheelchair, move to an inner wall if safe to do so, lock the brakes and cover your head. If available, use a blanket or pillow to shield your face from falling debris/glass.
Arrange your favorite seating areas away from windows so you can stay seated and use seat cushions or pillows to shield yourself from falling debris and broken glass.

INSIDE
Stay inside.
Drop to the ground. Take cover: get under a sturdy desk or table, and hold on to it until the shaking stops. Count to 60 seconds before moving from your cover.
If you are in class, stay where you are and protect yourself: drop and get under cover or cover your head with your arms.
If you can’t get under something, drop to the ground and cover your head and neck; if possible crouch along an interior wall.
Stay away from windows and shelves with heavy objects.

OUTSIDE
Stay outside.
Go to an area away from buildings, glass and power lines. Do not re-enter buildings.

TRANSIT
If you are in a car, pull over. Avoid overhead structures. Set the parking break and stay in the car.
If you are on a bus, stay seated until it stops. Drop, Cover and Hold until the shaking stops. Stay in the bus if it is safe to do so.

AFTER AN EARTHQUAKE
After shaking stops, count to 60, and then move cautiously outside to an open area.
Expect aftershocks. Avoid broken glass or debris.
Avoid using elevators and telephones. Do not re-enter buildings.
Check in with your supervisor, instructor or emergency personnel before leaving the area so it is communicated that you are safe.