ShakeOut Messaging: Protective Actions

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Great ShakeOut Earthquake Drills

• 2017: 58+ million people worldwide practicing earthquake safety

• Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans

• 2018 International ShakeOut Day: October 18

• Learn more and register: ShakeOut.org
Seven Steps to Earthquake Safety

1. **Secure Your Space**
2. **Plan To Be Safe**
3. **Organize Disaster Supplies**
4. **Minimize Financial Hardship**
5. **Drop, Cover, and Hold On**
6. **Improve Safety**
7. **Reconnect and Restore**

EarthquakeCountry.org/sevensteps
Step 5: Drop, Cover and Hold On

• When the earth shakes
• In most situations (see link below)
• Protection from falling objects

EarthquakeCountry.org/step5
Message Evolution

2008

Drop! Cover! Hold on!

2016

Drop! Cover! Hold on!

ShakeOut.org/graphics
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**  **COVER!**  **HOLD ON!**

Drop on to your hands and knees, where you are

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings
Know How to Protect Yourself

In *most* situations and building types:

- **DROP!**
- **COVER!**
- **HOLD ON!**

**Cover** your head and neck with one arm and hand.

- *If a sturdy table or desk is nearby*, crawl underneath it for shelter
- *If no table/desk*, crawl against a wall or next to low furniture for sideways protection

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings
Hold On to your shelter until shaking stops

- Be ready to move with your shelter
- *If not under a shelter*, hold on to your head/neck with both arms and hands

See EarthquakeCountry.org/step5 for advice for a variety of settings
Adapt Your Response

- If you can’t get back up, don’t get down
  - Bend over and cover your head and neck with your arms/hands

- Instruct others how to assist you

- Practice is key

- [EarthquakeCountry.org/disability](http://www.EarthquakeCountry.org/disability)
If you are at the beach or near the coastline and feel earthquake shaking:

- Drop, Cover, and Hold On

- As soon as you can stand and walk without being knocked down, move to high ground or inland.

- Do not return to the shore until advised that danger has passed.

Hold a drill: [TsunamiZone.org](http://TsunamiZone.org)
Earthquake Safety Video Series

- Separate short videos:
  - indoors, nearby table/desk
  - indoors, no table/desk
  - theater/stadium
  - near the shore
  - in a car
  - in bed
  - people with mobility disabilities

- View at Youtube.com/greatshakeout

- Download at www.ShakeOut.org/messaging
Protect Yourself During Earthquakes

1. Do not run or travel. There are many stories about people running to avoid injury, only to be caught in the debris. Stay where you are. The safest place is on the ground, away from windows, doors, and heavy furniture.

2. Avoid the doors or windows. While the shaking is intense, the doors and windows are often the weakest points of a building. Stay away from them.

3. Look up. If you are inside a building, look around to see if there are any objects that might fall on you. If you are in a high-rise building, quickly move down to a lower floor and find shelter.

4. Get under a table or desk. A sturdy table or desk can provide some protection during an earthquake. If there is no table or desk, lie on the ground near a doorway or against a wall.

5. Do not drive or travel. Driving is dangerous during an earthquake. If you are in a vehicle, move to an open area and stay there until the shaking stops.

6. Do not stand near a bridge. Bridges are prone to collapse during an earthquake. If you are near a bridge, move to a safe area away from it.

7. Do not stand near a window. If you are near a window, move to a lower floor and find shelter.

8. Do not stand near a doorway. Doors are prone to collapse during an earthquake. If you are near a doorway, move to a lower floor and find shelter.

9. Do not stand near a wall. Walls are prone to collapse during an earthquake. If you are near a wall, move to a lower floor and find shelter.

Do you know what to do, wherever you are, when the earth begins to shake?
Recommended Earthquake Safety Actions

Federal, State, and local emergency management experts and other official preparedness organizations all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes. Great ShakeOut Earthquake Drills (www.shakesout.org) are opportunities to practice how to protect ourselves during earthquakes.

You cannot tell from the initial shaking if an earthquake will suddenly become intense...so always Drop, Cover, and Hold On immediately!

In MOST situations, you will reduce your chance of injury if you:

**DROP** where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

**COVER** your head and neck with one arm and hand
- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no shelter is nearby, crawl next to an interior wall (away from windows)
- Stay on your knees; bend over to protect vital organs

**HOLD ON** until the shaking stops.
- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

If there is no table or desk near you, drop to the ground and then if possible move to an inside corner of the room. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms.

Do not move to another location or outside. Earthquakes occur without any warning and may be so violent that you cannot run or crawl. You are more likely to be injured if you try to move around during strong shaking. Also, you will never know if the initial jolt will turn out to be just the beginning...and that’s why you should always Drop, Cover, and Hold On immediately!

These are guidelines for most situations. Read below to learn how to protect yourself in other situations and locations, or visit www.earthquakecountry.org/step5.

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Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, mirrors, tall furniture, large appliances, and kitchen cabinets with heavy objects or glass. However, do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to break away. If seated and unable to drop to the floor; bend forward, Cover your head with your arms, and Hold On to your neck with both hands.

**In a wheelchair:** Lock your wheels and remain seated until the shaking stops. Always protect your head and neck with your arms, a pillow, a book, or whatever is available. See EarthquakeCountry.org/disability for recommendations for people who use wheelchairs, walkers, or are unable to drop to the ground and get up again without assistance.

**In bed:** Do not get out of bed. Lie face down to protect vital organs, and Cover your head and neck with a pillow, keeping your arms as close to your head as possible, while you Hold On to your head and neck with both hands until shaking stops. You are less likely to be injured by fallen and broken objects by staying where you are.

**In a high-rise:** Drop, Cover, and Hold On. Avoid windows and other hazards. Do not use elevators. Do not be surprised if sprinkler systems or fire alarms activate.

**In a classroom:** Drop, Cover, and Hold On. Laboratories or other settings may require special considerations to ensure safety. Students should also be taught what to do at home or other locations.

**In a stadium or theater:** Drop to the ground in front of your seat or lean over as much as possible then Cover your head with your arms (as best as possible), and Hold On to your neck with both hands until shaking stops. Then walk out slowly, watching for anything that could fall during aftershocks.

**In a store:** Drop, Cover, and Hold On. Getting next to a shopping cart, beneath clothing racks, or within the first level of warehouse racks may provide extra protection.

**Outdoors:** Move to a clear area if you can safely do so; avoid power lines, trees, signs, buildings, vehicles, and other hazards. Then Drop, Cover, and Hold On. This protects you from any objects that may be thrown from the side, even if nothing is directly above you.
Recommended Actions for Parents and Care Providers of Young Children & Infants

How to Drop, Cover, and Hold On with an Infant

A parent or caregiver should carefully pick up the baby in their arms, holding the child against their chest, and carry them as they Drop, Cover, and Hold On. The adult will provide additional protection above and on either side of the child. This is a bit easier with infants who are not crawling yet, but the adult can still provide protection to an older child either by crouching over and therefore surrounding the child with their body or using an arm to pull the child up next to the adult, holding them in place.

Protecting One or More Children

The best protection for one or more children is to begin by looking around the room(s) to identify what overhead hazards may fall during an earthquake, then either remove the hazard or secure it using recommended practices. Hazards can be everything from potted plants on a windowsill, to tall bookshelves filled with books, a double-hazard due to the fact that not only the furniture may topple but the books may become projectiles during shaking and hurt anyone nearby. By taking a few measures to reduce the hazards, it will be easier to Drop, Cover, and Hold On safely when the shaking starts.

For daycare facilities or centers with multiple infants, the removal of hazards will be very important as babies may need to remain in their cribs as staff may not be able to move them all safely.

If there is no table or desk near you, either carry your children or direct them to drop to the ground and then, if possible and safe to do so, move to an inside corner of the room. You and your children should be in a crawling position to evacuate, carefully choose rehearsed methods to do so. For daycares, consider evacuation cribs for this purpose.

Evacuate or Not?

Many people are injured while trying to move DURING the shaking. It is safer to Drop, Cover, and Hold On until the shaking is over, then assess damage to the building, if any, to determine whether to evacuate. Remember, there may be additional hazards on the building exterior or outside. If you decide it is safer to evacuate, carefully choose rehearsed methods to do so. For daycares, consider evacuation cribs for this purpose.

Why Practicing with Your Children is Important

Like adults, children need to develop muscle-memory so they will react quickly and correctly when the ground starts shaking. Parents and caregivers should model Drop, Cover, and Hold On behaviors and practice with their children so they too will react appropriately. Practice these drill regularly and discuss them together afterwards.