



GetMyKit.ca

EMERGENCY PREPAREDNESS

YOUR STEP-BY-STEP
GUIDE TO BEING
EARTHQUAKE READY

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BEFORE AN EARTHQUAKE

1 MAKE A PLAN

- Educate your children about what to do in the event of an earthquake by conducting earthquake drills.
- Practice, practice, practice to be sure everyone knows the procedure.

BASIC EARTHQUAKE DRILL:

1. Callout "EARTHQUAKE!"
2. Allow family members time to react.
3. After the drill, discuss what each of you did to be safe, and what each could improve on.

2 GET YOUR EMERGENCY KITS

- **Home Emergency Kit**- Large enough for everyone in your household.
- **Vehicle Emergency Kit**- Emergencies don't just happen at home.
- **Emergency supplies for your furry family members** - We often forget that pets need supplies during disasters as well.

Once you have your emergency supplies, make sure you store them in an easy-to-access place so that everyone in your household knows where they are located. You don't want to waste valuable time searching for these items if a disaster is approaching.

3 SECURE YOUR HOME

Homes that are structurally sound with their internal contents properly secured, generally come through earthquakes with relatively little damage. But on the other hand, unprepared homes are

unsafe and their contents are vulnerable to the violent motion of major earthquakes. Go through our Earthquake Hazard Hunt well securing all furniture and appliances.

EARTHQUAKE HAZARD HUNT

Take **30 to 60 minutes** to walk through your home. Using this as your guide, identify the hazards that are in each room. Correct each hazard by following the instructions listed on your city's preparedness plan or in the installation guide for each item.

- Attach** a spare pair of glasses to your bed. During a quake, glasses will fall off the side table.

- Keep** a spare pair of shoes at your bedside. The #1 injury during and after an earthquake is from walking across broken glass, sharp wood and ragged metal.

- Identify** top-heavy, freestanding furniture that would topple in an earthquake. Likely pieces are tall bookcases, china cabinets, chests of drawers, shelving units, etc.

- Check** your water heater is properly secured top and bottom with plumbers tape or a nylon strap. Is the tape/strap directly secured to the studs behind the wall?

- Identify** heavy or breakable objects on high shelves in bookcases or cabinets, or on the top of dressers. Move these objects to lower locations.

- Identify** all pieces of electronic equipment (computers, stereos, televisions, etc), small appliances (microwaves, toasters, etc), and other types of equipment (sewing machines, answering machines, etc) that may slide off their cabinet or countertops. Secure these items to their countertops with Velcro.

- Identify** hanging plants, especially those in heavy baskets, and hanging lamps that are near windows. Ground movement may cause them to swing and fall and/or break the windows.

- Identify** mirrors and heavily framed pictures that are located above beds, couches, etc. Relocate these items or securely mount them.

- Identify** latches on kitchen, bathroom and workroom cabinets that will not hold their doors securely closed during heavy shaking. Secure these doors by replacing their latches.

- Identify** poisons, toxins or solvents in breakable containers that are located in high or dangerous locations. Move these items to lower locations. (Keep them away from your water and food storage, and out of the reach of children.)

- Identify** the locations of all utilities, and make sure all family members know their locations and how each is shut off.

- Check** the natural gas meter. Make sure it can be shut off. Secure the appropriate tool to shut it off.

- Check** the main water valve. Make sure it can be turned off. Secure the proper tool to shut it off.

- Locate** the electricity circuit box. Make sure you know how to shut off the main circuit breakers.

- Inspect** the foundation of your home. Make sure your home is properly bolted to the foundation, and that there are no exposed cripple walls.
BOLTED TO THE FOUNDATION YES NO **EXPOSED CRIPPLE WALLS** YES NO

- Inspect** your chimney and roof for loose bricks and tiles that may be jarred loose in an earthquake. Determine whether plywood should be added to the attic to protect your home in case your chimney falls in an earthquake.
CHIMNEY OK NEEDS WORK **ROOF** OK NEEDS WORK **ATTIC** OK NEEDS PLYWOOD

- In each room**, locate the safest place to be. This may be in a doorway (preferably one without a door; if it has a door, keep your fingers away from the hinged side, and be aware that the door may try to close), or under a sturdy table.



DURING & AFTER AN EARTHQUAKE



DURING AN EARTHQUAKE

- ✓ Immediately move to your safe place. Remember, don't run.
- ✓ Stay away from bookcases, glass, fireplaces, and windows – anything that may fall or break and hurt you. If you are unable to get to your safe place, then grab what you can to protect your head and face. Pillows, blankets, coats, etc. are better than nothing.
- ✓ Stay in your safe place until all ground movement stops.

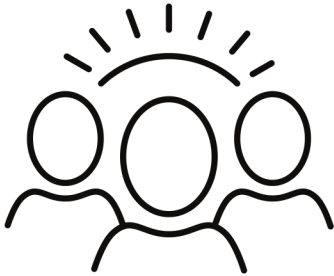
AFTER THE EARTHQUAKE IS OVER

- ✓ Remain calm. Take a few moments to collect yourself.
- ✓ Check your immediate area for dangers, including broken glass, spilled chemicals, or items that were shifted and may easily fall during an aftershock.
- ✓ Protect yourself with sturdy shoes, leather gloves, and a hard hat. A dust mask may also be a good idea.
- ✓ Use a flashlight. DO NOT use an open flame (such as a match or lit candle) or turn on the lights until you are sure there are no gas leaks.
- ✓ Check those around you for injuries. Provide first aid treatment where needed. Do not move the seriously injured unless absolutely necessary.
- ✓ Check for fires. Extinguish small fires, but do not try to put out ones that are too large – Evacuate immediately.
- ✓ Carefully check the natural gas, electricity, and water (sewer) utilities. Shut them off if necessary. Also, remember to turn off all your appliances.
- ✓ Listen to the radio for details.



NEIGHBOURHOOD MEETING PLACE & EMERGENCY RECEPTION CENTRES

ARRANGE A NEIGHBOURHOOD MEETING PLACE



Get to know your neighbours. We're all in this together so why not create a neighbourhood emergency plan? If there is a safe place for everyone to meet, designate it and ensure everyone knows how to get there. Find out what supplies are available from each house and have them in an accessible location.

EVACUATE TO CITY / TOWN EMERGENCY RECEPTION CENTRES

If you can stay in your home or location, it is highly recommended that you remain there as you do not know what you will encounter if you venture out. However, if your home or **location is not habitable** these centres are designed to provide basic necessities: food, water and shelter when large-scale evacuation of residents occurs due to emergency situations. Examples include, but are not limited to, displacement of residents due to fire, earthquakes and hazardous material spills.



Check your city or town's website for the location of your nearest Emergency Reception Centre.

SUGGESTED ADDITIONAL CONTENT

Everyone's situation is different. Below is a list of other things to include. Check the items off as you add them to your emergency supplies. Go through the list for each person who will be using the kit.

SUGGESTED ITEMS	PERSON ONE	PERSON TWO	PERSON THREE	PERSON FOUR
CASH IN SMALL DENOMINATIONS				
CONTACT LENS SOLUTION				
HEARING AID BATTERIES				
LARGE COLLAPSIBLE WATER BOTTLE				
PAINT BRUSH TO REMOVE GLASS SHARDS				
COPIES OF INSURANCE DOCUMENTS - HOME & AUTO				
EXTRA HYGIENE FEMININE PRODUCTS, MOIST TOWELETTES				
DRY GOODS (DEHYDRATED FOODS) ENSURE FOODS ARE NOT THIRST-PROVOKING - NO HIGH SALT OR SUGAR CONTENT POWDERED MILK, DRIED CEREAL, NUTS (UNSALTED), DRIED FRUIT, TEA BAGS, HOT CHOCOLATE MIX				
EXTRAS FOR INFANTS INFANT FORMULA AND/OR CEREAL, BOTTLES, PACIFIERS, DIAPERS, RASH CREAM				

SUGGESTED ADDITIONAL CONTENT CONT.

Everyone's situation is different. Below is a list of other things to include. Check the items off as you add them to your emergency supplies. Go through the list for each person who will be using the kit.

SUGGESTED ITEMS	PERSON ONE	PERSON TWO	PERSON THREE	PERSON FOUR
EXTRAS FOR PETS FOOD, WATER, MEDICATION, ID TAGS, LEASH, PICTURE, COPY OF VET RECORD				
CLOTHING - (1 CHANGE PER PERSON) SPORT MATERIAL IS WASHABLE AND FAST DRYING AND PACKS VERY SMALL				
• JACKET/COAT (WARM)				
• LONG SLEEVE SHIRT				
• LONG PANTS				
• HAT/MITTENS/GLOVES/SCARF				
• STURDY SHOES AND/OR WATER WALKERS				