

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

Estimated Completion Time

This presentation can be customized to fit your needs and time allowance. Ideally 30 minutes.

- 20 minutes of presentation and 10 minutes of questions
- 15 minutes of presentation and 15 minutes of questions

OBJECTIVES

At the conclusion of this presentation the audience will be able to:

- Teach audience about the importance of drop, cover, hold on.
- Provide information about advanced drop, cover, hold on techniques

The topics that will be discussed in this unit are:

- Importance of drop, cover, hold on.
- What to do during an earthquake

Setting the Stage

Alaska, Washington, Oregon and Idaho have the potential of being impacted by major disasters such as earthquakes. It is critical that everyone that lives in earthquake country understands what to do during and earthquake and practices the recommended earthquake safety action, which is drop, cover, hold on.

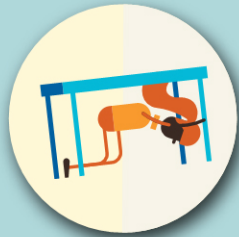
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Earthquake are no notice events that can strike at any moment. A person may have very little time to act and protect themselves during an earthquake. Practicing drop, cover, hold on helps people act quickly during an earthquake.

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Drop, Cover, and Hold On

Slide 1

- Introduce Self
- Describe your Agency
- Describe the goal of the presentation

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Drop, Cover, & Hold On



Conquering the instinct to run

- We learn to counter the human tendency to run by **practicing** doing the safe thing.
- Studies show that people tend to be hurt by falling objects, not collapsing structures.
- Facades of buildings or glass from windows can be falling and injure those running out during an event.



Slide 2

Quote “Everyone has a plan until they get punched in the face.” Mike Tyson

We must practice drop, cover, hold on if we expect to act when there is an actual earthquake.

The most common way people are injured by earthquakes in the U.S. is by being hit by falling objects. This is why we drop, cover, hold on.

In addition, during a strong earthquake you are not going to be able to walk or run. The earthquake is going to put you on the ground.

This is why drop, cover, hold on makes sense, Drop to the ground before the shaking throws you to the ground, find cover to protect yourself from falling objects, hold on to you head/neck and your cover until the shaking stops.

Further, lots of people trying haphazardly escape a building can create a dangerous situation where people get trampled.

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Outside may not be safer than inside during an earthquake. The facades of building, glass and falling trees are common during earthquakes.

In the United states it is rare for a building to collapse during an earthquake. They may be damaged badly but in most cases they do not collapse. If the building is not going to collapse there is no reason to try to escape. Just drop, cover, hold on.

Drop, Cover, & Hold On

- **DROP** — Where you are, onto your hands and knees.
- **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 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.) Drop, cover, hold on is the national standard for earthquake safety in our country.

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Slide 3

As soon as the shaking starts you should drop to the ground. Use every earthquake that you feel as an opportunity to practice drop, cover, hold on. Once on the ground you will want to move away from heavy objects that can fall like bookcases, refrigerators, ceiling fans and other potential falling hazards.

Next, find cover. A table or desk, under a bed, a counter top with an overhang, a sturdy chair. Really anything that will protect you from falling objects.

Finally hold on. Hold on to the back of your head and neck, hold on to the cover that is protecting

PREPARE IN A YEAR PLAYBOOK



PERSONAL PREPAREDNESS

you from falling objects, and hold on to one another. Earthquakes can be very frightening.

Drop, Cover, & Hold On

- DROP** — When you are, onto your hands and knees.
- 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, hand over to protect vital organs.
- HOLD ON** — Until 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.) Drop, cover, hold on is the national standard for earthquake safety in our country.

TIP: Visit dropcoverholdon.org to find advice for persons with access or functional needs.

LOCK!

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Slide 4

During an earthquake things can go from completely normal to violent shaking in a few seconds.

It is critical we all practice drop cover and hold on before an earthquake strikes. When we practice we are much more likely to perform drop, cover, hold on when things get crazy and the earth is shaking violently and things are flying around.

Any time there is a little earthquake drop, cover, hold on. If its just a tiny earthquake that's great! Nothing was damaged and you practiced drop, cover, hold on. It is a big earthquake you are protected.

You can also participate in the great shakeout. This is a drop, cover, hold on drill that is conducted each October, and other times around the world.

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	<p>Tens of millions of people practice drop, cover, hold on together on a specific time and day.</p>
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Drop, Cover, & Hold On 

If driving:

- Pull over to the side of the road, stop, and set the parking brake.
- Avoid overpasses, bridges, power lines, signs and other hazards.
- Stay inside the vehicle until the shaking stops, then proceed carefully by avoiding fallen debris, cracked or shifted pavement and emergency vehicles.
- If a power line falls on the car, stay inside until a trained person removes the wire.

TIP:
Three steps to take after an earthquake:
1. Check yourself for injuries.
2. Check the people around you for injuries.
3. Check your environment. Is it safe for you to stay where you are?

Near the coast:

- IF THE GROUND SHAKES...
- IF YOU HEAR A SIREN...
- IF THE OCEAN RECEDES FROM THE SHORELINE...
- TAKE YOUR PREPARED GRAB AND GO KIT,
- IMMEDIATELY - HEAD FOR HIGH GROUND!

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in a
Year 

There are a few situations that we should be aware of.

If we are driving, first pull over in a safe place. We need to be aware of falling objects like power lines, overpasses, large trees, or step areas that could produce falling debris.

Drop, Cover, & Hold On 

What If There's No Cover?



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Slide 6

Talk about your local resources as well as resources that are available on the internet.

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Drop, Cover, & Hold On



Use the Web
shakeout.org
dropcoverholdon.org
ready.gov

Local Resources
Contact local and state emergency
management offices for more
information

