

What to do during an earthquake ?

When a strong shaking starts

- Protect yourself.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as lighting fixtures or furniture.
- Get under a sturdy table/desk and do the **"DUCK, COVER and HOLD"**
- Stay inside until shaking stops and it is safe to go outside.



Remember :

1. Prepare a school earthquake evacuation plan.
2. Conduct school earthquake drills regularly.

As soon as the shaking stops

- Instruct the students to evacuate the building in single file.
- Lead class to designated assembly area



DO NOT RE-ENTER the building unless instructed by the principal.

KEEP CALM



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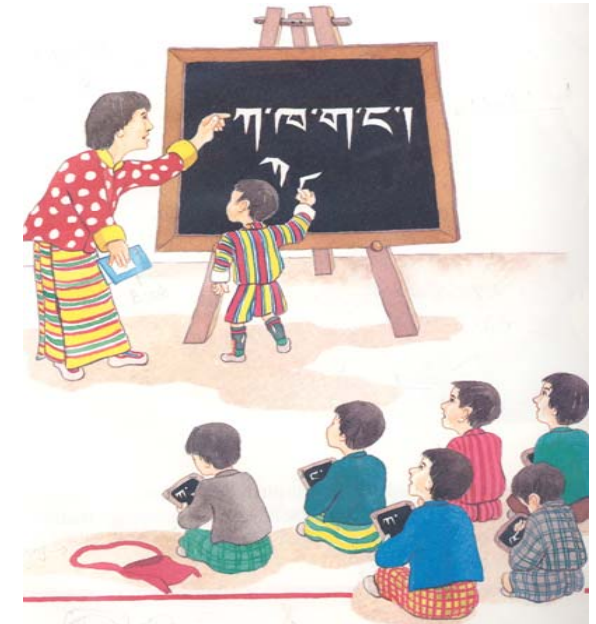
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Ministry Of Home & Cultural Affairs

EARTHQUAKE SAFETY IN SCHOOLS (A Primer For Teachers)



Department of Disaster Management

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What is earthquake?

An earthquake is a weak to strong shaking of the ground due to sudden movement or displacement of the rocks underneath.

What are the possible effects of an earthquake?

Strong ground shaking can cause injuries to the people due to broken glasses and fallen objects. Buildings maybe damaged. Buildings that are not properly constructed can collapse and can cause death.

Why do we need to prepare for an earthquake?

We need to orient the students. We do not know where and when exactly an earthquake will occur, but we can learn and teach the needed actions to avoid the possible effects and impacts that it can bring. School children spend most of their time in school. If an earthquake occurs during school time, as teachers you will have to respond and secure the safety of all your students.

What do we need to do during earthquakes?

We can observe safety measures to avoid the impacts of an earthquake. We need to familiarize ourselves and teach our students about school surroundings.

You can start by having class activities wherein you and your students can go around the school premises to be familiarized with the earthquake safe spots in your school (Open spaces, etc) and to identify unsafe practices, potential hazards, and danger zones in case of an earthquake.

Some possible hazards include :

- Large and heavy pieces of furniture that could topple, such as book cases and cabinets;
- Hanging flower pots and ceiling fans;
- Glass window panes and walls that could break;
- Heavy picture frames and mirrors;
- Latches on cabinets that will not hold cabinet door closed;
- Glass or other breakable objects that are kept on high and open shelves;
- Obstructions such as plant boxes, chairs and benches, bulletin boards, trash cans that may block exit points and corridors; and
- Elevated water tanks and electrical posts.

Explain to the class what to expect during an earthquake. This could be done through discussions about the common observations during earthquakes.

Get Children Ready

Children and adults should know how to duck and cover under sturdy pieces of furniture (tables or desks) for protection during earthquake shaking. Spend time explaining what you want them to do.

Have Frequent Drills to avoid or reduce physical injury, children must learn to respond almost automatically to your commands. Have duck and cover and/or evacuation earthquake drills at least once a month.

What to teach

You will feel.....

A weak or a very strong shaking during an earthquake. The shaking may start out gently and then it becomes stronger, enough to knock a person off his feet.

You will see.....

- Hanging objects like lamps, wall frames swing violently or may even fall down
- Bookshelves, cabinets, tables and chairs may move, be shifted and/or fall over
- Window panes may rattle and may even break.

You will hear....

Low and loud rumbling noises, followed by the sound of shaking, cracking and creaking wood, breaking glass and /or other falling objects.

Practice now so you can protect yourself without hesitation during a real earthquake