

Key Earthquake Safety Accessibility Tips



When You Feel Shaking or Get an Alert, Protect Yourself from Falling Objects

If Possible

DROP where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.



COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter
- If no shelter is nearby, crawl next to an interior wall
- 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.



Or Adapt to Your Situation

If you have difficulty getting onto the ground, or cannot get back up again without help, then follow these recommendations:

- If you are in a recliner or bed: Cover your head and neck with your arms or a pillow until the shaking stops.
- If you use a cane: Drop, Cover, and Hold On or sit on a chair, bed, etc. and cover your head and neck with both hands. Keep your cane near you so it can be used when the shaking stops.
- If you use a walker or wheelchair: **LOCK** your wheels (if applicable). If using a walker carefully get as low as possible. Bend over and **COVER** your head/neck with your arms, a book, or a pillow. Then **HOLD ON** until the shaking stops.



Learn more at EarthquakeCountry.org/step5.



People who are Deaf or Hard of Hearing

Prior to an earthquake, identify and test multiple ways to receive warnings and evacuation information.

People who are Blind or have Low Vision

Earthquakes can cause items to fall and furniture to shift. Regular sound clues may not be available afterwards. Move with caution.

People with Developmental/Cognitive/Intellectual Disabilities

If you have difficulty understanding, remembering, or learning, keep a simple list of what to do and important information with you and in your kits. Practice your plan in advance. If you need help with your communication or use assistive technology, be sure to include this in your plan.

Additional Preparedness Recommendations

- Develop or update your individual and family plans, including your communication plans and important contacts.
- Make emergency go kits – one that you take with you, and perhaps other kits at home and work. Be sure to include batteries, lighting, water, essential personal supplies, and items for service animals and pets too. Your home kit might have more items.
- Label adaptive equipment or other devices with your contact information, and how to handle each item, in case they are separated from you.
- Create safe spaces by securing heavy furniture and other items that could fall, injure you, or block your way out.
- Build a Personal Support Team (PST) to check on you in case you need assistance. Include them in all phases of your planning.
- Get involved! Volunteer with your local Community Emergency Response Team (CERT) or similar organizations in your area.
- If you live near or visit the beach, be aware of tsunami evacuation routes and learn what to do to protect yourself. Practice tsunami evacuations with your care provider or support team.
- Hold drills at home, work, and in your community regularly. Invite your PST and care providers to join you.

Learn more: EarthquakeCountry.org/accessibility

Recommended Earthquake Safety Actions



Federal, State, and local emergency management experts and other official preparedness organizations agree that the actions described below will reduce injury and death during earthquakes.

In most situations, if you feel shaking or get an earthquake alert, immediately:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and 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 you are unable to drop to the ground, sit and bend over, covering your head and neck with your hands and arms. If you use a cane, keep it with you even if you go under a table to help you get back up. If you use a wheelchair or walker with wheels (a rollator), **LOCK** your wheels (or set the brake) and remain seated until the shaking stops. Always **COVER** your head and neck with your arms, a pillow, a book, or whatever is available and **HOLD ON** until shaking stops. For other accessibility recommendations see [EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility).

People in California are encouraged to download the MyShake app to receive earthquake alert messages on their cellphone.

A small jolt might turn out to be the start of a large earthquake, so always protect yourself immediately!



How to Protect Yourself in Various Settings

Indoors: Drop, Cover, and Hold On. Avoid exterior walls, windows, hanging objects, tall furniture, televisions, and cabinets with heavy objects or glass. Do not try to move more than 5-7 feet before getting on the ground. Do not go outside during shaking! (Exterior building materials and glass can fall and may hit you as you exit.) 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 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 multiple-floor building: 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 onto the bottom shelf of a large multi-shelf unit to provide extra protection from falling objects.



What NOT to do!

Many people still think "getting in a doorway" is safe, however this is out-of-date advice that should never have been recommended. We now understand that doorways: are not stronger than any other part of the house; do not provide protection from falling or flying objects; and will not be a safe space in the rare case of building collapse.

Outdoors: Move to an open space 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 through the air, even if nothing is directly above you.

Driving: Pull over to the side of the road, stop, and set the parking brake. Avoid overpasses, bridges, power lines, signs, trees 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.



Near the shoreline: Follow instructions for your setting described above. Then as soon as shaking reduces enough that you are able to stand, walk quickly to high ground or inland as a tsunami may arrive within minutes. Don't wait for officials to issue a warning. Walk, rather than drive, to avoid traffic, debris, and other hazards.



Below a dam or reservoir (water storage facility): Follow instructions for your setting described above. Large water storage structures can become damaged during a major earthquake. Catastrophic failure causing a large amount of water to be released and flow downhill is unlikely, but if you live downstream from a dam, you should know flood-zone information and have prepared an evacuation plan for getting to high ground.

WATCH "DROP, COVER, AND HOLD ON!" VIDEO

More information

[EarthquakeCountry.org/step5](https://www.earthquakecountry.org/step5) (additional guidance, videos, and images)

[EarthquakeCountry.org/accessibility](https://www.earthquakecountry.org/accessibility) (includes additional guidance for accessibility accommodations before, during, and after earthquakes)

[ShakeOut.org](https://www.shakeout.org) (Register to practice earthquake self-protection along with millions worldwide each year!)

[YouTube.com/greatshakeout](https://www.youtube.com/greatshakeout) (Look for the *Earthquake Safety Video Series* Playlist)

EARTHQUAKE SAFETY TRAINING

OLIVE VIEW - UCLA MEDICAL CENTER



EARTHQUAKE SAFETY ACTIONS



[CLICK HERE TO WATCH THE VIDEO](#)

IF YOU ARE INDOORS...

- STAY INDOORS AND DO NOT ATTEMPT TO EXIT THE BUILDING.
- MOVE AWAY FROM WINDOWS, MIRRORS, GLASS DOORS, SHELVING OR OTHER FURNISHINGS THAT MAY FALL ON YOU.
- DROP DOWN, TAKE COVER UNDER A HEAVY TABLE, DESK, OR BED; AND HOLD ON!
- DO NOT USE ELEVATORS.
- IF YOU ARE IN AN ELEVATOR, EXIT THE ELEVATOR AS SOON AS POSSIBLE. IF THE CAR BECOMES DISABLED, PUSH THE "ALARM" BUTTON AND USE THE PHONE TO SUMMON HELP.

WHEN THE SHAKING STOPS...

- SURVEY IMMEDIATE SURROUNDINGS TO DETERMINE INJURIES AND DAMAGE.
- CHECK FOR FIRE OR FIRE HAZARDS. DO NOT LIGHT MATCHES, CANDLES, OR CIGARETTE LIGHTERS. IF FIRE IS DISCOVERED REFER TO YOUR AREA EMERGENCY FIRE PROCEDURE (SAFE).
- IF TELEPHONES ARE WORKING, ONLY USE TO ALERT AN EMERGENCY OR TO COMMUNICATE WITH THE HOSPITAL COMMAND CENTER. USE PERSONAL CELL PHONES TO COMMUNICATE WITH FAMILY MEMBERS AT HOME, SCHOOL, OR WORK.
- CHECK THE CONDITIONS OF PATIENTS AND FELLOW CO-WORKERS.

- PATIENT CARE PROVIDERS: START IMMEDIATELY TO PROVIDE FOR THE SAFETY AND COMFORT OF PATIENTS. IF THE HOSPITAL HAS NOT BEEN RENDERED UNTENABLE, IT IS ADVISABLE TO KEEP PATIENTS INSIDE AND, IF POSSIBLE, IN THEIR ROOMS.
- IF YOUR AREA HAS SUSTAINED MINIMAL DAMAGE, PREPARE TO RECEIVE EVACUATED PATIENTS FROM OTHER PARTS OF THE HOSPITAL.
- IF YOUR AREA HAS SUSTAINED MAJOR DAMAGE AND EVACUATION IS NECESSARY, REFER TO YOUR AREA EVACUATION PROCEDURE, PREPARE PATIENTS AND VISITORS FOR EVACUATION, NOTIFY THE HOSPITAL COMMAND CENTER AND RECEIVE EVACUATION RELOCATION INSTRUCTIONS.
- LISTEN FOR IMPORTANT OVERHEAD ANNOUNCEMENTS AND INSTRUCTIONS.

IF YOU ARE OUTDOORS...

- IF YOU ARE OUTDOORS, STAY OUTDOORS AND DO NOT ATTEMPT TO ENTER THE BUILDING.
- MOVE TO AN OPEN AREA OF THE GROUNDS.
- KEEP AWAY FROM BUILDINGS AND OVERHEAD POWER LINES.

IF YOU ARE DRIVING...

- DRIVE CLEAR OF OVERHEAD BRIDGES, POWER LINES, AND STOP VEHICLE.
- REMAIN IN THE VEHICLE UNTIL ALL MOTION HAS STOPPED.
- WATCH FOR DOWNED POWER LINES.
- WHEN INITIAL SHOCK HAS ENDED AND REASONABLE INTERVAL HAS PASSED WITH NO FURTHER AFTERSHOCKS, PROCEED TO DRIVE USING EXTREME CAUTION.
- WATCH FOR ROAD HAZARDS, OPENINGS IN THE ROADWAY, OR COLLAPSED BRIDGES.

EQUIPMENT RESOURCES

- EQUIPMENT FOR SEARCH AND RESCUE PURPOSES CAN BE FOUND AT THE FOLLOWING LOCATIONS:
- **HOSPITAL:** SEARCH & RESCUE KITS ARE LOCATED ON EACH FLOOR, ADJACENT TO THE SERVICE ELEVATOR, INSIDE WALL CABINETS LABELED "S&R". THESE KITS ARE FOR EMERGENCY USE ONLY, WHEN NEEDED, BREAK THE BLACK PLEXIGLASS PANEL OF THE CABINET DOOR AND REMOVE APPROPRIATE ITEMS. NOTE: KEYS TO ACCESS THE SEARCH AND RESCUE CABINETS ARE LOCATED IN THE ADMINISTRATIVE NURSING OFFICE (ANO), ROOM 2C210.
- **EMERGENCY DEPARTMENT:** A DISASTER CART IS LOCATED IN THE EMERGENCY ROOM (2E) AND THE TB UNIT (2F), INSIDE A YELLOW/BLACK ROLLING BIN LABELED "DISASTER CART".
- **OVMC GROUNDS:** ADDITIONAL TOOLS, EQUIPMENT, AND SUPPLIES ARE LOCATED AT FACILITIES AND ENVIRONMENTAL HEALTH & SAFETY OFFICE.