



How prepared are you?




Earthquake Safety

1. Drop, cover and hold on. Get under a table or bench, hold on to one of the legs and close your eyes.
2. If there is no table or desk, sit against a wall away from things that might fall on you and away from windows, bookcases or tall, heavy furniture.
3. Wait in your safety spot until the shaking stops and then check to see if you are hurt. Check others around you too. Move carefully and look out for fallen things.
4. There may be aftershocks - smaller earthquakes quiet soon after - so be prepared to return to your safety spot.
5. Be on the lookout for fires. Even if there isn't a fire, alarms and sprinklers may go off! If you have to leave the building after the shaking stops, use the stairs - NEVER use lifts!

If you are outside:

If you are outside...stay outside and move away from buildings, trees, lights and power lines.
Crouch down and cover your head!





Tsunami Safety


If you feel an earthquake and you are near the sea or ocean you may need to do the following:

DURING

1. Listen to a radio or television to get the latest emergency information, and be ready to evacuate if asked to do so. If you hear an official tsunami warning or detect signs of a tsunami, evacuate at once. Climb to higher ground. A tsunami warning is issued when authorities are certain that a tsunami threat exists.
2. Stay away from the beach. NEVER go down to the beach to watch a tsunami come in. If you can see the wave you are too close to escape it!
3. Return home only after authorities advise it is safe to do so. A tsunami is a series of waves. Do not assume that one wave means that the danger over. The next wave may be larger than the first one. Stay out of the area!

AFTER

Stay tuned to a battery-operated radio for the latest emergency information. Help injured or trapped persons. Give first aid if you can. Do not move seriously injured persons unless they are in immediate danger of further injury. Call for help!



Volcano Safety

1. Listen for radio or TV advisories when an eruption occurs. When a volcano erupts, immediately tune in to determine if you are in immediate danger where you are and also to find out what is happening around you.
2. Leave the area promptly if told to do so.
3. Get to high ground away from the volcano. Lava flows, lahars, mudflows, and flooding are common in a major eruption. All of these can be deadly, and all of them tend to travel in valleys and low-lying areas. Climb to higher ground, and stay there until you can confirm that the danger has passed.
4. Avoid breathing poisonous gases. Volcanoes emit a number of deadly gases, and if you are close to one when it erupts, these gases could kill you in less than a minute. Breathe through a respirator, mask, or moist piece of cloth. Do not stay low to the ground, as some of the most dangerous gases are heavier than air and accumulate near the ground.
5. Get and stay inside. Unless you need to evacuate, the safest place you can be is inside a strong structure. Close all the windows and doors to protect yourself from ash and burning cinders.
6. Receive medical treatment promptly for burns, injuries, and gas/ash inhalation.



TORNADO SAFETY

In a house:

1. Stay away from windows.
2. Go to the lowest floor to hide.
3. Hide in a closet or bathroom that is in the middle of the home.

In a car:

1. If you cannot easily drive away from the tornado, then lie down flat in a ditch and cover your head.
2. Think about your safety first, not your car's.

In a mobile home:

1. Leave your mobile home and go to a storm shelter.



Flash Flooding Safety

Before

1. If it is raining heavily, or you are in a mountainous area, it's a good idea to keep listening to **local** radio or television stations. You may hear about a flash flood watch for your area, keep your eye on the weather.
2. If you hear about a flash flood warning, climb to higher ground immediately. A warning means that flash flooding is actually taking place somewhere in the area covered by the warning.
3. Leave your car, camping gear, or other belongings where they are. You may have only minutes to escape the path of the flood.
4. Flash floods can happen **without warning**. If you hear a rumbling sound, if animals are running away from where you are, or if you feel the ground shaking, climb to higher ground immediately.

During/After

1. **Do not** try to walk or swim through swiftly flowing water.
2. Do not drive through flooded areas.
3. Stay away from power lines and electrical wires. Just because power lines are broken or lying on the ground does **NOT** mean they are safe! Keep a radio on for news and updates, and use those travel routes recommended by local authorities.
4. **Do not** return to the disaster areas until authorized to do so.



Hurricane Safety

Before:

1. The time before a Hurricane arrives, its direction is often monitored. This is called a **hurricane watch**. During a hurricane watch it is important to listen regularly to the radio or television to listen for instructions. This may also be a good time to make up a **disaster supply kit**, if you do not already have one!
2. If officials announce a hurricane warning, they may ask that people leave their homes as soon as possible to be safe. You and your family need to find out where the shelter is and go to it. You may have to cut your holiday or visit short!
3. **REMEMBER** to call remind the adults with you to call relatives or friends and let them know where you are going!

After:

- Beware of loose or dangling power lines. Many lives are lost through electrocution!
- Walk or cautiously - watch out for snakes!
- Do not use water until you receive word that it is safe!



Avalanche Safety

Before

1. Before crossing a slope where there is any possibility of an avalanche, fasten all your clothing securely to keep out snow. Loosen any packs so that you can slip out of it with ease and remove your ski pole straps. Make sure that your avalanche beacon is **on** and switched to **"transmit"** rather than "receive." Cross the slope one at a time to minimize danger.

During/After

1. Yell and let go of ski poles and get out of your pack to make yourself lighter.
2. Use "swimming" motions, thrusting upward to try to stay near the surface of the snow.
3. If you are fortunate enough to end up near the surface (or at least know which direction it is), try to stick out an arm or a leg so that rescuers can find you quickly.
4. If you are in over your head (not near the surface), try to maintain an air pocket in front of your face using your hands and arms, punching into the snow.
5. When an avalanche finally stops, you will have from one to three seconds before the snow sets. Creating an air space is one of the most critical things you can do so take a deep breath to expand your chest and hold it; otherwise, you may not be able to breathe after the snow sets. To preserve air supply, yell or make noise only when rescuers are near you.
6. Above all, **keep calm**. Keeping your breathing steady will help preserve your air and extend your survival chances. If you remain calm, your body will be better able to conserve energy.

Lightning Safety

Before:

PLAN in advance your evacuation and safety measures.

During:

When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle.

IF OUTDOORS... Avoid water, high ground & open spaces & all metal objects including electric wires.

Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. If possible, find shelter in a substantial building or in a fully enclosed metal vehicle with the windows completely shut.

Do not touch the sides of the car!

Sit with your hands in your lap until the storm has passed.

If lightning is striking nearby when you are outside, you should:

A. Crouch down, feet together & hands over ears to protect from thunder.

B. Avoid proximity (minimum of 15ft/4m) to other people.

IF INDOORS... Avoid water. Stay away from doors and windows.

Do not use the telephone. Take off head sets. Turn off, unplug, and stay away from electrical appliances, computers, & TV sets.

After:

INJURED PERSONS: Treat the apparently dead first. Immediately use CPR to restore breathing. Eighty percent of lightning strike victims survive the shock. Lightning strike victims **do not** retain an electric charge and are safe to handle.

Call for an ambulance!



Emergency Travel Kit Checklist:

- * 1 Battery Powered Flashlight or torch with batteries
- * 1 Battery Powered Radio with batteries
- * 1 Emergency Blanket (the lightweight aluminium foil ones!)
- * 3 Food Bar (2,400 calories each)
- * 1 Breathing Mask (in case it is dusty!)
- * 1 Rain Poncho
- * 1 Personal First Aid Kit
- * 1 Personal Supplies Kit (washcloth, comb, soap, toothbrush/paste, shampoo/body wash and more!)
- * 2 Water Bottles (16oz each)
- * 1 Whistle
- * Pack of Cards
- * Notebook and Pencil/pen
- * Forms of ID

