

## Why You Should Participate

We need to be better prepared for major earthquakes, and know how to protect ourselves when they happen. The purpose of the ShakeOut is to help people and organizations do both.

While potential earthquake hazards depend on your location, no place has zero hazards. On January 26, 1700, a magnitude 9 earthquake (similar to the 2011 Tohoku earthquake off the coast of Japan) shook the entire province as well as Washington, Oregon, and California, and it generated a massive tsunami. If shaking persists for more than one minute, it is best to evacuate the coast.

[shakeoutbc.ca](http://shakeoutbc.ca)

## How to Participate

On the 3rd Thursday of every October a locally-driven, province wide “Drop, Cover, and Hold On” drill will take place called **The Great British Columbia ShakeOut**. All residents, agencies, businesses, and organizations across British Columbia are encouraged to take part in the largest earthquake drill in Canadian history! Following the instructions on the website can assist those wishing to coordinate a drill for their respective agency, business, organization and/or group. For future drills, you can customize and build a drill that suits your specific needs. For those who want a greater challenge at additional drill options [www.shakeoutbc.ca](http://www.shakeoutbc.ca).

## Be a Part of the ShakeOut

**Register Now!**

[shakeoutbc.ca/register](http://shakeoutbc.ca/register)

**As a registered ShakeOut participant you will:**

- Be counted as participant in your area.
- Be an example that motivates others to participate and get prepared.
- Be updated with ShakeOut news and information about earthquakes and preparedness.



Join Us On

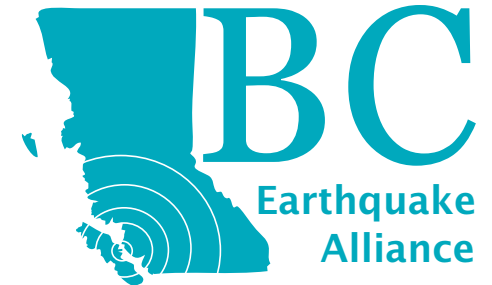


Check out the website at [www.shakeoutbc.ca](http://www.shakeoutbc.ca) to see the growing list of participants.



The Great  
British Columbia

**Shake  
Out**™



On the 3rd Thursday of every October British Columbians will “**Drop, Cover, and Hold On**” in The Great British Columbia ShakeOut. Be part of the largest earthquake drill in Canadian history!

[shakeoutbc.ca](http://shakeoutbc.ca)



## DROP COVER AND HOLD ON

Federal, provincial, and local emergency management experts as well as other official preparedness organizations all agree that “Drop, Cover, and Hold On” is the appropriate action to reduce injury and death during earthquakes. The ShakeOut is our opportunity to practice how to protect ourselves during earthquakes.



## PROTECT YOURSELF

Official rescue teams who have been dispatched to the scene of disasters around the world continue to advocate use of the internationally recognized “**Drop, Cover and Hold On**” protocol to protect lives during earthquakes:

- ✓ **DROP** to the ground (before the earthquake topples you!)
- ✓ Take **COVER** by getting under a sturdy desk or table, and
- ✓ **HOLD ON** to it until the shaking stops.

If there isn't a table or desk near you, cover your neck and head with your arms and crouch in an inside corner of the building. Do not try to run to another room just to get under a table.

The main point is to try not to move and **immediately** protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you will most likely be knocked to the ground wherever you happen to be. The initial jolt may turn out to be start of the big one, so prompt efforts on your part to protect yourself are crucial. You should **Drop, Cover, and Hold On** immediately!

In addition, studies of injuries and deaths caused by earthquakes in the U.S. over the last several decades indicate you are much more likely to be injured by falling or flying objects (TVs, lamps, glass, bookcases, etc.) than to die in a collapsed building. **Drop, Cover, and Hold On** offers the best overall level of protection in most situations. As with anything, practice makes perfect. To be ready to protect yourself, practice Drop, Cover, and Hold On as children do in school at least once a year.

## WHAT NOT TO DO

### DO NOT get into a doorway!

An early earthquake image from California showed a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake, however doors may slam violently. In modern houses and buildings, doorways are not safe, and do not protect you from flying or falling objects. Get under a table instead!

### DO NOT run outside!

Trying to run in an earthquake is dangerous, as the ground is moving, and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.

