

What To Do After The Shaking Stops!

If you feel an earthquake, protect yourself. **Drop** to the ground, take **Cover** under a table or desk, and **Hold On!** Once the shaking has stopped, assess the impact of the earthquake and consider the following questions before determining your next course of action.

No matter where you are:

- Wait for the shaking to stop and count to 60 to allow objects that may have shifted during the shaking to settle, cautiously come out of your safe DROP, COVER, HOLD ON location.
- When the shaking stops, it is important to stay calm and move cautiously, checking for unstable objects and other hazards above and around you.
- Check yourself and others for injuries and render first aid as needed. Note: Seriously injured people should not be moved unless doing so is the only way to avoid imminent danger of further injury.
- Monitor emergency media for damage and public safety information.
- Decide if it is safe to stay in your location or evacuate by checking for obvious structural damage and any resulting hazards such as:
 - Fires
 - Gas leaks
 - Exposed/arcing electrical components/wires
 - Leaking sewage
 - Broken water pipes
 - Dangling fixtures/furnishings
- Leave switches and valves as found unless a hazard exists. NEVER open a gas valve after a temporary shutoff. When it is safe to reactivate the gas supply, only a trained, fully qualified person should do so.
- Ensure telephones are not used for any calls, except for emergencies requiring immediate assistance. Replace all telephone receivers which have been dislodged.
- Conserve water, electricity and fuel as much as possible.
- Treat all downed electrical wires as live, unless confirmed by a representative of the electrical utility.

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WHAT TO DO IF YOU ARE AT WORK

Do not leave your work area unless you are clearly in danger where you are. Evacuation after an earthquake should never be automatic.

If evacuation is necessary, consider the following approach:

- Designate an outdoor assembly area. All employees should be informed of the assembly area locations.
- A roll call should be taken once employees have arrived at the assembly area. Compile a list of employees who are missing as well as a list of those who are present, including persons who are not normally part of the office group such as visitors or temporary employees. This list is useful for reporting on the status of employees and visitors to the authorities and to family members.
- Before employees leave their workplace, have them check in with their floor warden/supervisor to confirm they are safe and make arrangements for how you will be in touch.
- Do not re-enter buildings unless they have been deemed safe. Arrangements may need to be made with a professional structural engineer to inspect damaged offices and buildings following the earthquake in order to determine whether or not it is safe to re-enter or continue to operate within.

For more information on what to do after the shaking stops, please review the following resources:

- [7 Steps to an Earthquake Resilient Business](#). This resource can be accessed on the Earthquake Country website at www.earthquakecountry.info/
- [Earthquake Planning for Businesses: A guide for businesses in British Columbia](#). This resource can be accessed on the Institute for Catastrophic Loss Reduction website at www.iclr.org