



The First Ten Plays

Protection from Earthquake Injuries*

- **Face the reality: there can be an earthquake where you live. Prepare your home and office to reduce the types of damage likely where you live and travel. FEMA provides some very good basic information about costs of losses by U.S. region at: http://www.fema.gov/plan/prevent/hazus/hz_aelstudy.shtm**
- **If you are in a tall building get away from the windows, glass and large objects. Move to the floor and get under a sturdy desk or table. The American Red Cross recommends Drop, Cover and Hold On. Studies show that dust is a primary risk for those trapped in collapsed buildings. Pulling your shirt up over your face may help reduce some inhalation of dust if there is a structural collapse.**
- **If there are no furnishings to hide under then move to the closest interior wall and form a protective ball to protect your head and back.**
- **If you are in buildings that are made of un-reinforced materials, which may occur in countries that build with mud brick and stone, you should try to leave that building as soon as possible when you feel shaking.**
- **When the shaking stops, avoid rushing out of a tall building. Frieze work and glass may be falling, especially if there is an aftershock immediately after the main tremor. Remain where you are until you are sure you can safely exit.**
- **If you are on the street, get into a doorway to avoid falling debris. If you are in your car, pull to the side where you can avoid bridges and ramps, power lines, and other falling hazards. Then stay in your car until the shaking subsides.**
- **If you have a mobility limitation, protect your head with your arms, and lock wheel chairs if you have time. Stay off elevators after a quake.**
- **When you are in places with movable objects like bookcases, storage racks, appliances, heavy files, etc., move away from these objects.**
- **If in bed, stay there until shaking is over. Put on shoes with thick soles before trying to walk around. Use your nearby emergency flashlight if needed. (Should be near the bed and set to light during power outages.)**
- **If you smell natural gas and you know how to shut off the main valve, and you have a spark-proof wrench, then proceed to secure the line.**

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** These are not listed in order of importance but as a group of materials that will increase the possibility of positive outcomes.*