

## WEEKLY SAFETY TIP – 3/14/11 – 5 QUICK EARTHQUAKE PREP TIPS

The recent massive 8.9 earthquake in Japan, with resulting tsunami was tragic. Each day the death toll increases. The destruction of property is astounding to those of us watching news and youtube reports. Our hearts go out to the nation. If you would like to make a donation to assist in the recovery, there are a number of worthy causes listed on this site offered by Yahoo:

[http://news.yahoo.com/s/yblog\\_newsroom/20110311/wl\\_yblog\\_newsroom/japan-earthquake-and-tsunami-how-to-help](http://news.yahoo.com/s/yblog_newsroom/20110311/wl_yblog_newsroom/japan-earthquake-and-tsunami-how-to-help)

The time to prepare for any emergency is before it happens. Below are 5 quick tips for earthquake preparation. Many of them are not specific to an earthquake, but are good preparation tips for flooding, wildfires, tornadoes or any disaster. For more disaster preparation information, we have posted a Quake Handout on our website Industry News page. You can download it for free here: [http://www.scm-safety.com/industry\\_news.html](http://www.scm-safety.com/industry_news.html)

### **1 HAVE AN OUT-OF-TOWN CONTACT**

- ✓ Ask a friend or relative who is at least 100 miles away from you to be the person you will contact after a disaster and program in their phone numbers
- ✓ Tell your family and friends to call your “Contact” for information about you following an earthquake or other disaster

### **2 MAKE SURE YOUR FAMILY WILL BE SAFE**

- ✓ Review and practice with your family what to do during and after an earthquake
  - Duck, cover and hold
  - Report in if not together – call the out of area contact
- ✓ Select a meeting place for your local family to gather after an earthquake if evacuating is necessary

### **3 TAKE A PRE-EARTHQUAKE WALK AROUND YOUR HOME**

- ✓ Locate shut off valves for water and gas
- ✓ Secure shelves, cabinets, things that could fall and/or cause injury

### **4 PREPARE AN EMERGENCY SUPPLY KIT**

- ✓ Fire extinguishers and flashlight
- ✓ Gloves and sturdy shoes
- ✓ Eye Glasses (old prescriptions are better than none)
- ✓ Medical prescriptions
- ✓ Blankets
- ✓ Comfort food

### **5 PUT SENSIBLE SHOES AND A FLASHLIGHT IN A ZIPLOCK PLASTIC BAG. STORE UNDER YOUR BED AND IN YOUR CAR**

One additional note – keep your cell phone charged and ready to go.

Paul and Ron Gantt will be presenting a session on the Myths of Disaster Psychology at the ASSE Professional Development Conference on June 15<sup>th</sup> in Chicago. This will one session you will not want to miss. Mark your calendars!