

Preparing for an Earthquake

Can Save Your Life



Earthquake Preparedness Guide

An earthquake is an unexpected, rapid shaking caused by the shifting of rock beneath the surface of the earth.

Earthquakes occur without warning, and they can strike any time. Because of the uncertain nature of this natural disaster, if you live in an area with an earthquake risk, it's important to understand and practice earthquake preparedness.

Before an Earthquake

Evacuation Safety

- > Know the evacuation routes and earthquake safety plans of places you occupy often.
- > Pick safe areas in each room of your home, workplace or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or furniture that could fall.
- > Rehearse “**Drop, Cover and Hold On**”.
- > Keep a flashlight and shoes by your bed in case an earthquake strikes while you are sleeping.

Home Safety

- > Make sure your home is securely anchored to its foundation.
- > Bolt and brace water heaters and gas appliances to wall studs.
- > Bolt heavy bookcases, china cabinets and other tall furniture to wall studs.
- > Hang heavy items away from beds, couches and anywhere people sleep or sit.
- > Brace all overhead light fixtures.
- > Install strong latches on cabinets. Large or heavy items should be closest to the floor.
- > Learn how to shut off the gas valves in your home and keep a wrench nearby.
- > Learn about your area's seismic building standards and land use codes before you begin new construction.
- > Keep and maintain an emergency supply kit in an easy-to-access location.

Emergency Supply Kit List

- > Water (one gallon per person)
- > Non-perishable food items (enough for 3 days or more)
- > Flashlight
- > Battery-powered radio
- > Extra batteries
- > First-aid kit
- > Multi-purpose tool
- > Cell phone charger
- > Emergency contact information
- > Maps
- > Emergency blankets
- > Medical supplies



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During an Earthquake

Drop, Cover and Hold On!

When you feel the initial shaking from an earthquake, immediately Drop, Cover and Hold On.

This Practice Can Save Your Life



Image Courtesy of the Great ShakeOut

DROP to the ground

COVER your head and neck with your arms and seek shelter under a sturdy piece of furniture

HOLD ON to your shelter and be prepared to move with it until the shaking stops

DO NOT

- > Stand in a doorway
- > Run outside
- > Stand near windows

After an Earthquake

- > Be prepared for aftershocks.
- > Check yourself for injuries.
- > Check others in your home for injuries.
- > Treat any injuries.
- > Be aware of broken objects in your home and assess the damage.
- > If your home is deemed unsafe, get everyone out of it.
- > Extinguish any small fires.
- > Avoid damaged buildings.
- > Return to your home only when authorities deem it safe to do so.

Arm yourself with the knowledge to prepare for an earthquake.

To learn more, visit www.icat.com or you can register to participate and practice earthquake preparedness with the **Great ShakeOut** drills all over the world at <http://shakeout.org/register/>.

Shake Out

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