



The Great British Columbia ShakeOut

Drop! Cover! Hold On!

Federal, provincial, local emergency management experts and 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. This page explains what to do-- and what not to do.



Protect Yourself. Spread the Word.

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 drops 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 face 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. You will never know if the initial jolt will turn out to be start of the big one. 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 in 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. In modern houses and buildings, doorways are no safer, and they 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.

DO NOT believe the so-called "triangle of life"!

In recent years, an e-mail has circulated which has recommended potentially life threatening actions, and the source has been discredited by leading experts.