

HOW TO HOLD AN EARTHQUAKE DRILL

Step 1:

Let the group/class/office know that this is the week of the Great British Columbia ShakeOut earthquake drill. ShakeOut was created to help people understand how to protect themselves during an earthquake, but it also encourages people to be better prepared for emergencies.

Step 2:

Explain that during an earthquake it is important that people protect themselves from falling objects. The best course of action are these three simple steps: Drop, Cover, Hold On

1. **Drop:** Get down to the ground in a controlled way before the strong earthquake motion topples you from your feet. Stay away from windows or other objects that may fall on you.
2. **Cover:** Protect yourself by using a nearby object, such as a table or chair, as a barrier to prevent falling items from hitting you. If you have no objects nearby then put your hands or arms above your head to protect it from falling objects.
3. **Hold On:** Hold on to the object that is protecting you so it does not move away and stay there until after the shaking stops.

Step 3:

One of the best ways for our minds to remember something is to do it! We will now do a Drop, Cover, Hold On exercise. Earthquake, Earthquake, Earthquake. Please Drop, Cover and Hold On.

Step 4:

While people are in their Drop Cover and Hold On positions you could read the following. Once finished you can invite people to take their seats again.

Text to read during the Drop, Cover, Hold On:

Southern Vancouver Island has a one in three likelihood of a damaging earthquake occurring over the next 50 years. Many people know we live in an area that can have damaging earthquakes, yet some do not know what to do when an earthquake strikes, nor do they know how they can become personally prepared.

The Great British Columbia ShakeOut earthquake drill is part of an international effort to encourage people who live in seismically active areas to take simple steps to be better prepared for earthquakes. This preparedness saves lives, reduces suffering and aids in recovery.

You are encouraged to become prepared for earthquakes or other emergencies. Visit uvic.ca/shakeout for more information or attend an emergency preparedness workshop at UVic.

Thank you for participating in this earthquake drill.

Step 5:

If there are questions do your best to answer them. If you do not know the answer to a question related to emergency preparedness please contact the Manager, Emergency Planning at epmanager@uvic.ca