

(Due to our readers' insistent requests, we are bringing you once again our Earthquake preparedness guide.)

# EARTHQUAKE PREPAREDNESS GUIDE

By PHIVOLCS (Philippine Institute of  
Volcanology and Seismology),  
Department of Science and  
Technology.

## Before

### THE KEY TO EFFECTIVE DISASTER PREVENTION IS PLANNING:

- ✓ Know the earthquake hazards in your area.
- ✓ Follow structural design and engineering practices when constructing a house or building.
- ✓ Evaluate the structural soundness of the buildings and houses; strengthen or retrofit if necessary.

### PREPARE YOUR HOMES, WORKPLACE OR SCHOOLS:

- ✓ Strap or bolt heavy furniture & cabinets to the walls.
- ✓ Check the stability of hanging objects like ceiling fans and chandeliers.
- ✓ Breakable items, harmful chemicals and flammable materials should be stored properly in the lowestmost secured shelves.

### FAMILIARIZE YOURSELF WITH THE EOT ROUTES.

Know where fire extinguishers, first aid kits, alarms, and communication facilities are located. Learn how to use them beforehand.

Prepare a handy emergency supply kit with first aid kit, canned food and can opener, water, clothing, blanket, battery-operated radio, flashlight and extra batteries.

Conduct and participate in regular earthquake drills.

## During

### STAY CALM.

When you are **INSIDE** a structurally sound building or home...**STAY THERE!**

- ✓ If possible quickly open the door for exit.
- ✓ Duck under a sturdy desk or table and hold on to it, or protect your head with your arms.
- ✓ Stay away from glass windows, shelves, cabinets and other heavy objects.
- ✓ Beware of falling objects. Be alert and keep your eyes open.

If you're **OUTSIDE**...move to an open area!

- ✓ Stay away from trees, powerlines, posts and concrete structures.
- ✓ Move away from steep slopes which may be affected by landslides.
- ✓ If you're near the shore and feel an earthquake, especially if it's too strong, move quickly to higher grounds. Tsunamis might follow.

If you're in a moving vehicle, **STOP** and get out! Do not attempt to cross bridges, overpasses, or flyovers which may have been damaged.

## After

BE PREPARED FOR AFTERSHOCKS. ONCE THE SHAKING STOPS, TAKE THE FASTEST AND SAFEST WAY OUT OF THE BUILDING.

### DON'T...

- ✓ use elevators.
- ✓ enter damaged buildings.
- ✓ use telephones unless necessary.
- ✓ PANIC.

### CHECK...

- ✓ yourself and others for injuries.
- ✓ water and electrical lines for damages.
- ✓ for spills of chemical, toxic and flammable materials.
- ✓ and control fires which may spread.

If you need to evacuate your residence, leave a message stating where you are going and bring your emergency supply kit.

Keep updated on disaster prevention instructions from battery-operated radios.

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PHILIPPINE INSTITUTE OF VOLCANOLOGY AND SEISMOLOGY  
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# Emergency Planning Manual And Workbook Your Earthquake Survival Guide

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## **Emergency Planning Manual And Workbook Your Earthquake Survival Guide:**

**My Earthquake Preparedness Guide** Jackie Kloosterboer, 2013-04-15 The time to prepare is now before the earthquake strikes Once the Big One hits it's too late I wish I had a crystal ball to predict when the next earthquake will strike I wish I could tell you what damage your home might sustain or how the earthquake will impact you your family and your pets But I can't give you these answers nobody can What I can tell you is this if you are prepared you will get through the disaster far better than those who are not Following the steps outlined in this guidebook will ensure that you have a Family Emergency Plan in place and that you have purchased and stored necessary supplies to survive the aftermath of a disaster Most importantly you will know what to do when the earth starts moving These are just a few of the valuable tips covered in the pages of this guidebook Best of all if you are prepared for an earthquake you will be prepared for any emergency or disaster that comes your way *Crisis Preparedness Handbook, 3rd Edition* Patricia Spigarelli Aston, Jack A. Spigarelli, 2020-09-08 The crises of 2020 impacted every single one of us Were you prepared Are you prepared for the next crisis This new updated third edition gives you the tools you need to ensure safety and survival so you can be prepared for any disaster that comes your way You'll learn how to Identify your crisis risk Create a customized preparedness plan Design a basic food storage system that's ideal for you Safely store water and fuel Tackle sanitation issues and communications breakdowns Protect your home and family This book also gives you unique benefits you won't see in other preparedness books such as 5 Things You Can Do Now Quick start ideas in each chapter to get you going Quick Checks Checklists that help you evaluate options Worksheets Planning tools to optimize your preparedness plan Resource Section Reviews of unique products that help you prepare Personally Speaking Patricia's tips insights and survival life lessons You'll love *Crisis Preparedness Handbook* because it gives you everything you need to confidently handle any crisis and feel the peace that comes with being prepared Get it now *Canadian Books in Print* Marian Butler, 2000 *Canadian Books in Print*, 2000

**Building an Emergency Plan**, 2000-02-03 Building an Emergency Plan provides a step by step guide that a cultural institution can follow to develop its own emergency preparedness and response strategy This workbook is divided into three parts that address the three groups generally responsible for developing and implementing emergency procedures institution directors emergency preparedness managers and departmental team leaders and discuss the role each should play in devising and maintaining an effective emergency plan Several chapters detail the practical aspects of communication training and forming teams to handle the safety of staff and visitors collections buildings and records Emergencies covered include natural events such as earthquakes or floods as well as human caused emergencies such as fires that occur during renovation Examples from the Barbados Museum and Historical Society the Museo de Arte Popular Americano in Chile the Mystic Seaport Museum in Connecticut and the Seattle Art Museum show how cultural institutions have prepared for emergencies relevant to their sites collections and regions *Resources in Education*, 1994 **An Ounce of Prevention**

Johanna Wellheiser, Jude Scott, Canadian Archives Foundation, 2002-02-11 An Ounce of Prevention is a comprehensive and practical guide to the process of disaster planning This completely revised and expanded publication builds on the strengths of its award winning predecessor Used as a planning tool it will help you develop strategies for effective disaster prevention and recovery *Comprehensive Guide to Emergency Preparedness and Disaster Recovery* Frances C. Wilkinson, Linda K. Lewis, Nancy K. Dennis, 2010 **Federal Register Index**, Monthly Catalogue, United States Public Documents, 1985 *Federal Register*, 1995 *Monthly Catalog of United States Government Publications* United States. Superintendent of Documents, 1978 February issue includes Appendix entitled Directory of United States Government periodicals and subscription publications September issue includes List of depository libraries June and December issues include semiannual index Big Book of Self-Reliant Living Walter Szykitka, 2009-10-14 Rural homesteaders and urban apartment dwellers alike will find a mother lode of practical information packed into this completely revised and updated edition of the ultimate how to handbook for all generations A selective compendium of public domain documents it brings together in one volume a wealth of knowledge and useful instruction on just about every imaginable aspect of self sufficiency from building a dwelling and growing food to raising children using tools of all kinds and yes getting more mileage out of your car Readers will learn how to build a greenhouse administer first aid stock an emergency shelter survive in the wilderness at sea and in the city plant buy farmland grow plants indoors and out read architect s drawings care for household pets repair clothing hunt trap and fish repair a screen or leaking faucet butcher and store big game kill relieve allergy symptoms control insects stay safe during storms and floods can and freeze fruits and vegetables take your own blood pressure and much much more Praise for a previous edition How we have survived this long without this book I don t know The concept is brilliant and simple If we had lived in a rural community a century ago much of the knowledge gathered here would have been in our bones Harper s When Technology Fails Matthew R. Stein, Matthew Stein, 2008-03-27 Matthew Stein s comprehensive guide to sustainable living skills gives you the tools you need to fend for yourself and your family in times of emergency or disaster It also goes a step further giving sound instructions on how to become self reliant in seemingly stable times and for the long term by adopting a sustainable lifestyle Cover p 4 **Disaster Planning** Deborah D. Halsted, Richard P. Jasper, Felicia M. Little, 2005 A how to to it manual for librarians with planning templates on CD ROM **When Disaster Strikes** Matthew Stein, 2011-11-16 Disasters often strike without warning and leave a trail of destruction in their wake Yet armed with the right tools and information survivors can fend for themselves and get through even the toughest circumstances Matthew Stein s When Disaster Strikes provides a thorough practical guide for how to prepare for and react in many of life s most unpredictable scenarios In this disaster preparedness manual he outlines the materials you ll need from food and water to shelter and energy to first aid and survival skills to help you safely live through the worst When Disaster Strikes covers how to find and store food water and clothing as well as the basics of installing back up power and lights You ll learn how to

gather and sterilize water build a fire treat injuries in an emergency and use alternative medical sources when conventional ones are unavailable Stein instructs you on the smartest responses to natural disasters such as fires earthquakes hurricanes and floods how to keep warm during winter storms even how to protect yourself from attack or other dangerous situations With this comprehensive guide in hand you can be sure to respond quickly correctly and confidently when a crisis threatens

The Free American! ,1999      *Disaster Preparedness Workbook for U.S. Navy Libraries and Archives* Lisa L. Fox,1998

**Robert Kirkman** Terrence R. Wandtke,2021-07-29 Robert Kirkman b 1978 is probably best known as the creator of The Walking Dead The comic book and its television adaptation have reinvented the zombie horror story transforming it from cult curiosity and parody to mainstream popularity and critical acclaim In some ways this would be enough to justify this career spanning collection of interviews Yet Kirkman represents much more than this single comic book title Kirkman s story is a fanboy s dream that begins with him financing his irreverent independent comic book Battle Pope with credit cards After writing major titles with Marvel comics Spider Man Captain America and X Men Kirkman rejected companies like DC and Marvel and publicly advocated for creator ownership as the future of the comics industry As a partner at Image Kirkman wrote not only The Walking Dead but also Invincible a radical reinvention of the superhero genre Robert Kirkman Conversations gives insight to his journey and explores technique creativity collaboration and the business of comics as a multimedia phenomenon For instance while continuing to write genre based comics in titles like Outcast and Oblivion Song Kirkman explains his writerly bias for complex characters over traditional plot development As a fan turned creator Kirkman reveals a creator s complex relationship with fans in a comic con era that breaks down the consumer producer dichotomy And after rejecting company ownership practices Kirkman articulates a vision of the creator ownership model and his goal of organic creativity at Skybound his multimedia company While Stan Lee was the most prominent comic book everyman of the previous era of comics production Kirkman is the most prominent comic book everyman of this dynamic evolving new era

The Municipal Year Book, 1996 City Management Intl,1996-04

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