



At 10:19 a.m. on October 19, 2017, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the state’s largest earthquake drill ever! All local governments and their agencies are encouraged to participate in the drill (or plan a more extensive exercise). Major earthquakes may happen anywhere you live, work, or travel. The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent a major earthquake

from becoming a catastrophe for you, your organization, and your community. Why is a “Drop, Cover, and Hold On” drill important? To respond quickly you must practice often. You may only have seconds to protect yourself in an earthquake before strong shaking knocks you down, or something falls on you.

Millions of people worldwide have participated in Great ShakeOut Earthquake Drills since 2008. The Great California ShakeOut is held on the third Thursday of October each year. Everyone can participate! Individuals, families, businesses, schools, colleges, government agencies and organizations are all invited to register.

HOW TO PARTICIPATE

Here are a few suggestions for what local governments and agencies can do to participate in the ShakeOut. More information is at ShakeOut.org/california/howtoparticipate.

Plan Your Drill:

- Register at ShakeOut.org/california/register to be counted as participating, get email updates, and more.
- Download a Drill Broadcast recording from ShakeOut.org/california/drill/broadcast.
- Have a “Drop, Cover, and Hold On” drill at 10:19 a.m. on October 19. You may also want to coordinate an exercise of your emergency plan.
- Discuss what you learned and make improvements.

Get Prepared for Earthquakes:

- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Learn about CISN software at www.cisn.org

- Inspect your facilities for items that might fall and cause injury, and secure them.
- Encourage employees to prepare at home.
- Provide first aid and response training for employees.

Share the ShakeOut:

- Encourage employees to ask their friends, families, and neighbors to register.
- Agencies with outreach roles can include ShakeOut messaging in their routine activities.
- Find posters, flyers, and other materials for promoting the ShakeOut at ShakeOut.org/california/resources.
- Share photos and stories of your drill at Shakeout.org/california/share.



WHY SHOULD YOU PARTICIPATE?

While some areas of California are more likely to have earthquakes than others (see below), *all* of California is at higher risk compared to the rest of the country. You could be anywhere when an earthquake strikes: at home, at work, at school, or even on vacation.

What we do now will determine our quality of life after our next big earthquake. Are you prepared to survive and recover quickly?

The Great California ShakeOut is an annual opportunity to practice how to be safer during big earthquakes: "[Drop, Cover and Hold On](#)." The ShakeOut has also been [organized](#) to encourage [you, your community, your school, or your organization](#) to review and update emergency preparedness plans and supplies, and to [secure your space](#) in order to prevent damage and injuries.

Registration totals from Great ShakeOut Earthquake Drills across the U.S. are also included in [America's PrepareAthon!](#) participation totals.

BENEFITS

Register today so that you or your organization will:

- Be [counted](#) in the largest-ever earthquake drill in California!
- Be [listed](#) with other participants in your area (Optional)
- Be an [example](#) that motivates others to [participate & prepare](#)
- Be [updated](#) with ShakeOut news and preparedness tips
- Have **peace of mind** that you, your family, your co-workers and millions of others will **be better prepared to survive and recover quickly** from our next big earthquake!

SHAKEOUT RESOURCES

The materials on this page are available to you or your organization to support your participation in the ShakeOut and to promote awareness and preparedness.

[Drill Manuals and Safety Action Guides](#)

[Multimedia](#)

[Posters/Flyers](#)

[Additional Flyers](#)

[Web and Social Media Banners](#)

[Messaging Resources](#)

[ShakeOut Shop](#)

[Earthquake Science Education](#)

DRILLS MANUALS AND SAFETY ACTION GUIDES

Workplaces

ShakeOut Drill Manual for Businesses ([PDF](#))

ShakeOut Drill Manual for Non Profits and Other Organizations ([PDF](#))

Countdown to ShakeOut for Organizations ([PDF](#))

Benefits to Participating Businesses ([PDF](#))

[ResilientWorkplace.org](#)

- Seven Steps to a Resilient Workplace
- Disaster Resilient Business Toolkit
- QuakeSmart Community Resilience Program

Government

ShakeOut Drill Manual for Government Agencies and Facilities ([PDF](#))

Options for Government Agency Participation and Outreach ([PDF](#))

Healthcare

ShakeOut Drill Manual for Healthcare ([PDF](#))

[Resources for Healthcare Entities Participating in the Great California ShakeOut Drill](#) includes ShakeOut materials and other information developed by member organizations of the Earthquake Country Alliance Healthcare Committee.

DRIVERS AWARENESS

Every 12 minutes someone dies in a motor vehicle crash, every 10 seconds an injury occurs and every 5 seconds a crash occurs. Many of these incidents occur during the workday or during the commute to and from work. Employers bear the cost for injuries that occur both on and off the job. Whether you manage a fleet of vehicles, oversee a mobile sales force or simply employ commuters, by implementing a driver safety program in the workplace you can greatly reduce the risks faced by your employees and their families while protecting your company's bottom line.

Seat Belt Use

Seat belts are the single most effective means of reducing deaths and serious injuries in traffic crashes. As the most effective safety device in vehicles, they save nearly 12,000 lives and prevent 325,000 serious injuries in America each year. During a crash, anyone not wearing a seat belt will slam into the steering wheel, windshield, or other parts of the interior, or be ejected from the vehicle.

Distracted Driving

Distracted driving is a factor in 25 to 30 percent of all traffic crashes. With hectic schedules and roadway delays, many employees feel pressured to multi-task just to keep up with their personal and work-related responsibilities. More time on the road means less time at home or at work but "drive time" can never mean "down time." Since drivers make more than 200 decisions during every mile traveled, it's critical for employers to stress that when driving for work, safe driving is their primary responsibility.

Alcohol and Drug Impaired Driving

Alcohol use is involved in 40 percent of all fatal motor vehicle crashes, representing an average of one alcohol-related fatality every 30 minutes. It is estimated that three in every 10 Americans will be in-

involved in an impaired driving-related crash some time in their life. Alcohol, certain prescription drugs, over-the-counter medications, and illegal drugs can all affect a person's ability to drive safely due to decreased alertness, concentration, coordination and reaction time. Businesses pay a high price for alcohol and drug abuse; alcohol is a contributing factor in 39 percent of all work-related traffic crashes.

Fatigued Driving

Fatigued or drowsy driving may be involved in more than 100,000 crashes each year, resulting in 40,000 injuries and 1,550 deaths. Sadly, these numbers represent only the tip of the iceberg since these crashes are seriously under-reported. These days, it's more important than ever for employees to be well rested, alert and sober on the road so that they are in a position to defend themselves from drivers who do not make the same choice. Train employees to make smart decisions when they're behind the wheel, on a n d o f f t h e j o b .

Aggressive Driving

Employees commuting to and from work and traveling for work purposes often find themselves caught up in bottlenecks and traffic delays, wasting their time and reducing their productivity. These situations create a high level of frustration that can spark aggressive driving behavior. The roadway is one place that being aggressive never pays.

Aggressive driving acts include excessive speed, tailgating, failure to signal a lane change, running a red light and passing on the right. The best advice is to avoid engaging in conflict with other drivers and to allow others to merge.

Why is stretching important?

No matter how well a workstation is designed, problems may arise if attention is not paid to the way the work is done. Working at a computer often involves very few changes in body position. This lack of movement can lead to muscle pain and strain.

The good news is that moving or stretching is a buildable habit. For starters, you can set a timer to remind you to take a quick walk or stretch. If you're pressed for time, there are even certain stretches you can do at your desk. Scroll down for the tutorial on working out those computer kinks.

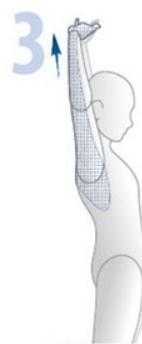
Remember to breathe normally throughout the stretches, and never hold your breath. With each stretch, you may find yourself more flexible. Don't go further than is comfortable.



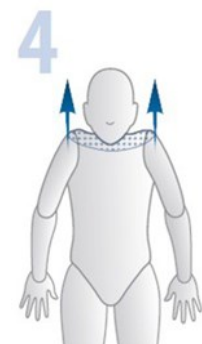
10-20 seconds, two times



8-10 seconds, each side



15-20 seconds



3-5 seconds, three times



10-20 seconds, each arm



8-10 seconds, each side



15-20 seconds



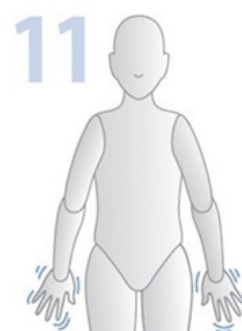
3-5 seconds, three times



8-10 seconds, each side



10-15 seconds, two times



Shake out hands, 8-10 seconds



If you're receiving treatment, have an injury or have any questions, you should check with your doctor or health professional before starting these exercises.