

## Are you Ready to ShakeOut?

Inland Southern California is graced with spectacular scenery and diverse communities. Those lucky enough to live among the mountains, valleys, and deserts know how breathtaking the area can be. This region has been fashioned by tremendous geologic forces and, like all of California, is earthquake country. Understanding the risks and preparing to survive and recover can help keep your family safe.

Most people in Inland Southern California live less than 10 miles from a fault that can have a damaging earthquake and a large part of the population lives along the most potentially damaging fault of all - the infamous San Andreas. It slices through the region, and has the potential to produce a devastating earthquake. Nearby faults such as the San Jacinto fault create smaller, yet more frequent earthquakes

Yet while the San Andreas Fault is the longest and fastest moving fault in the state it is by no means the only one to be concerned with. Many other faults are found directly beneath our cities in some of the most densely populated areas. The San Jacinto Fault is the second fastest moving fault in California, and in combination with the San Andreas accommodates most of the relative movement along the plates in southern California.

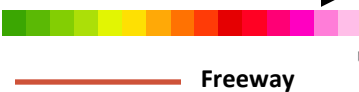
Also, the Eastern California Shear Zone in the Western portion of the Mojave Desert is an area of multiple faults that has produced large earthquakes, including the magnitude 7.3 Landers earthquake in 1992, and the magnitude 7.1 Hector Mine earthquake in 1999. Because of their location in a less populated part of San Bernardino county, they caused relatively little damage.

Many people cross the San Andreas fault when traveling between home and work. During a major earthquake freeways may be broken and take days or weeks to repair, making it difficult or impossible to return home.

In addition to damage caused directly by ground shaking and related ground failure, other hazards such as fires can easily start during and shortly after an earthquake. Fires may spread quickly in densely-built neighborhoods, enabling them to sustain for long periods, spread over large areas and, due to broken water pipes and the number of ignitions, simply overwhelm the abilities of firefighters to control them. On the other hand, earthquakes occurring during periods of heavy rain can produce destructive and life threatening slurry-like debris flows that originate on the steep slopes and gullies of the many rugged mountain areas and can flow into adjacent communities.

### Probability of Shaking

Increasing Intensity



## The Great Shake Out

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. ShakeOut is also a reminder for Californians to be prepared financially, such as by exploring earthquake insurance. The not-for-profit California Earthquake Authority offers earthquake insurance throughout California for homeowners, renters, mobilehome owners and condo-unit owners.

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

Learn more below, or read answers to frequently asked questions.

## October 18, at 10:18 a.m.

Conduct your drill. If you did not choose a drill from the *ShakeOut Drill Manual for Government Agencies and Facilities*, then follow these simple steps:

**1** **Drop, Cover, and Hold On:** Instruct everyone to **Drop** to the ground, take **Cover** under a table or desk, and **Hold On** to it as if a major earthquake were happening (stay down for at least 60 seconds). Practice now so your staff will immediately protect themselves during earthquakes! (See this page for what to do if outside, driving, in a tall building, or other situations.) For people with disabilities or access and functional needs, download our preparedness guide (661 KB) PDF.

**2** While still under the table, or wherever you are, look around and imagine what would happen in a major earthquake. What would fall on you or others? What would be damaged? What would life be like after? *What will you do before the actual earthquake happens to reduce losses and quickly recover?*

(Optional) Practice what your agency or facility will do after the shaking stops.

**3** After your drill is complete, have discussions about what was learned and incorporate these lessons into your disaster plan

Greek poet Archilochus once said "We don't rise to the level of our expectations, we fall to the level of our training." With this in mind, how prepared are you for emergency? Have you planned for it? Did you expect the unexpected? Did you have what you needed?




As a safety professional, for the past twenty-five years, I've noticed one thing; Safety means nothing until it means everything. I've actually been saying this for years. I feel most people have good intentions about safety but at times it is hard to put it to practice. I, like most people, go to Costco and see an emergency supply kit and think "90 bucks, nope I'll buy jerky instead." We see and/or read about bad things on the news. We talk about what we see, and that's great, but shortly, thereafter we stop talking about it and therefor stop thinking about it.

That's why I've come to believe that "Safety Means Nothing Until It Means Everything" So let's change that and put our safety brain to work! Let's train our mind to rise to the level of our expectation. Below is a scenario that, if you plan it in your head, you may be better prepared for the situation if it were to actually take place.

**Set your phone alarm (you always have your phone) to the time and date listed below. Name the alarm using the scenario name. When that day comes, read the alarm and react to it, think about it, make a plan and play it out in your head.**

Date	Time	Scenario
10/18/18	10:18 am	EARTHQUAKE

**Ground begins to shake what do you do**

 <p><b>DROP!</b></p>	<p><b>Drop:</b> where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.</p>
 <p><b>COVER!</b></p>	<p><b>Cover: your head and neck with one arm and hand</b></p> <ul style="list-style-type: none"> <li>• If a sturdy table or desk is nearby, crawl underneath it for shelter</li> <li>• If no shelter is nearby, crawl next to an interior wall (away from windows)</li> <li>• Stay on your knees; bend over to protect vital organs</li> </ul>
 <p><b>HOLD ON!</b></p>	<p><b>Hold On: until the shaking stops</b></p> <ul style="list-style-type: none"> <li>• Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts</li> <li>• No shelter: hold on to your head and neck with both arms and hands</li> </ul>

# Earthquake: What if your...

## Outside

If you are outside, stay outside, and stay away from buildings utility wires, sinkholes, and fuel and gas lines.

The area near the exterior walls of a building is the most dangerous place to be. Windows, facades and architectural details are often the first parts of the building to collapse. Also, shaking can be so strong that you will not be able to move far without falling down, and objects may fall or be thrown at you. Stay away from this danger zone—stay inside if you are inside and outside if you are outside.

The greatest danger from falling debris is just outside doorways and close to outer walls. Once in the open, get down low (to avoid being knocked down by strong shaking) and stay there until the shaking stops.

## Impaired mobility

If you cannot drop to the ground, try to sit or remain seated so you are not knocked down. If you are in a wheelchair lock your wheels. Protect your head and neck with a large book, a pillow, or your arms. The goal is to prevent injuries from falling down or from objects that might fall or be thrown at you. For more resources for people with impaired mobility and other access and functional needs, visit the [Earthquake Country Alliance](#).

## Crowded Indoor Public Place

Drop, cover, and hold on. Do not rush for the doorways. Others will have the same idea. Move away from display shelves containing objects that may fall. If you can, take cover and grab something to shield your head and face from falling debris and glass.

## Driving

If you are in a moving automobile, stop as quickly and safely as possible. Move your car to the shoulder or curb, away from utility poles, overhead wires, and under- or overpasses. Stay in the car and set the parking brake. Turn on the radio for emergency broadcast information. A car may jiggle violently on its springs, but it is a good place to stay until the shaking stops. If a power line falls on the car, stay inside until a trained person removes the wire.

When you drive on, watch for hazards created by the earthquake, such as breaks in the pavement, downed utility poles and wires, rising water levels, fallen overpasses and collapsed bridges.

## High-Rise Buildings

Drop, cover, and hold on. Move away from windows and outside walls. Stay in the building. The electricity may go out, and the sprinkler systems may come on. DO NOT use the elevators.

If you are trapped stay calm. Try to get someone's attention by tapping hard or metal parts of the structure. That may increase your chances of being rescued.

## Stadium or Theater

Stay at your seat and protect your head and neck with your arms, or any way possible. Do not leave until the shaking is over. Then walk out carefully watching for anything that could fall in the aftershocks.