



Drop, Cover, and Hold On **Drill Manual for People with Access and Functional Needs**

Are You Ready to ShakeOut?

The central United States is earthquake country. A large earthquake could become an unprecedented catastrophe, affecting multiple states and have a devastating impact on the national transportation system, electric power grid, and economy. With earthquakes as an inevitable part of our future, businesses of all sizes *must* make plans and take actions to reduce the consequences of these disasters. What we do now will determine what our lives will be like afterwards. With this in mind, the Central United States Earthquake Consortium and its Member States created the Great Central U.S. ShakeOut (www.shakeout.org/centralus), an earthquake drill and preparedness activity which allows everyone to participate.

One of the key activities of the ShakeOut is that participants are asked to perform the recommended action during an earthquake: ***Drop, Cover, and Hold On***. Federal, state, and 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. It is the safest action to take during ground shaking. There are 3 steps:

- ***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.



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If there isn't a table or desk near you, drop to the ground and then if possible move to an inside corner of the building. Be in a crawling position to protect your vital organs and be ready to move if necessary, and cover your head and neck with your hands and arms. Do not try to run to another room just to get under a table - you are more likely to be injured if you try to move around during strong shaking.

Earthquakes occur without any warning and may be so violent that you cannot walk, crawl or steer a wheelchair; you therefore could likely be knocked to the ground where you happen to be. You will never know if the initial jolt will turn out to be start of a large earthquake.

*If you cannot **Drop, Cover, and Hold On**, there are modified actions you should immediately take to protect your head and neck.*

These are general guidelines for most situations. Depending on where you are (in bed, driving, in a theater, etc.), you might take other actions. The main point is: Immediately protect yourself as best as possible where you are.

INDOORS: If you are *able*, "**DROP** to the ground immediately; take **COVER** by getting under a sturdy desk or table; **HOLD ON** to it until the shaking stops. If you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck with a pillow or your arms, and bend over to protect yourself if you are able.

IN BED: Stay there and try your best to hold on, protecting your head with a pillow, until the shaking stops.

HIGH-RISE OR A PUBLIC BUILDING: If you are *able*, **Drop, Cover, and Hold On** or protect your head and neck as best possible. Do not use elevators. If you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck your arms, and bend over to protect yourself if you are able. When the shaking subsides move to the designated zones for evacuation and wait for assistance by first responders.

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OUTDOORS: Move to a clear area away from wires, buildings, and anything else that could fall and hurt you, *but only if you can safely do so*. Otherwise stay where you are. If you are *able*, ***Drop Cover and Hold On*** or protect your head and neck as best possible. If you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck your arms, and bend over to protect yourself if you are able. Stay where you are until the shaking stops. Only move indoors when it is clear that it is safe to do so.

STADIUM OR THEATER: If you are *able*, ***Drop Cover and Hold On*** or protect your head and neck. Protect your head and neck with your arms as best possible. If you use a wheelchair or have other mobility impairments and cannot Drop, Cover, and Hold On, protect your head and neck your arms, and bend over to protect yourself if you are able. Don't try to leave until the shaking is over.

DRIVING: Pull over to the side of the road, stop, and set the parking brake. Avoid bridges and overhead hazards. Stay inside the vehicle until the shaking is over.

WHAT NOT TO DO: If your mobility is limited, it is particularly important that you **DO NOT** try to get to a "safer place" or get outside. Movement will be very difficult. Most injuries and deaths caused by earthquakes in the U.S. occur from falling or flying objects hitting you (TVs, lamps, glass, bookcases, etc.) than from collapsed buildings.

GET READY BY SECURING YOUR SPACE: There are simple actions you and your support team can take today that will protect you in your home if an earthquake happens tomorrow. **START NOW** by moving furniture such as bookcases away from beds, sofas, or other places where you sit or sleep. Move heavy objects to lower shelves. Then begin to look for other items in your home that may be hazardous in an earthquake. Some actions may take a bit longer to complete, but all are relatively simple. Most hardware stores and home centers now carry earthquake safety straps, fasteners, and adhesives. Additional information on securing items around your home can be found at www.earthquakecountry.info .

ShakeOut Drill Instructions on the Next Page

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How you can participate in the Great Central U.S. ShakeOut

- ***Before The Drill***

- *Log onto ShakeOut.org/centralus and click the “Register Now” button to enter in your information and pledge your participation. This will also enable you to receive email updates about the ShakeOut and other resources*
- *Review the different methods in this guide for protecting yourself during an earthquake, and practice them ahead of time*
- *Find out if a radio or TV station in your area will be broadcasting the drill, and make sure to tune to that station on drill day (local listings are found in the Media Center section of the ShakeOut website)*

- ***During the Drill***

- *On the date and time of the drill (as listed on the ShakeOut website):*
 - *Turn on your radio or TV and listen for the drill broadcast*
 - *Depending on your location and abilities, perform one of the protective actions described on the previous pages*
 - *Think about what types of things may fall and hurt you if this were a real earthquake, and hold your position for at least one minute, or until the drill broadcast is complete*

- ***After the Drill***

- *Go to the ShakeOut website and take a Post-ShakeOut Survey*
- *Begin preparing for disasters by creating or updating your family or personal disaster plan, making an emergency supply kit, and learning about other risks in your area*
- *Remember, disasters can occur at any time, so **Be Ready!***