

Safety News

**WORK SAFE INFO
FROM THE
SNOHOMISH COUNTY
SAFETY OFFICE**

APRIL, 2011

Seven Steps to Earthquake Safety

Step 1: Secure it now!

Identify potential hazards in your home, workplace or school and begin to fix them. Example: securing furniture, bookcases, unstrapped water heaters, etc.



Step 2: Make a plan

Create a disaster preparedness plan complete with evacuation and reunion plans; your out-of-state contact person's name and number; the location of emergency supplies, and other pertinent information.

Step 3: Make disaster kits

Everyone should have disaster supply kits stored in accessible locations at home, at work and in your vehicle. Do not count on others to have supplies for you. Your disaster supplies kit should include food, water, flashlight, portable radio, batteries, a first aid kit, cash, extra medications, etc.

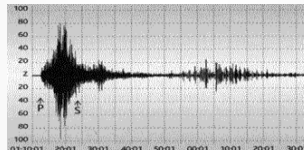


Step 4: Is your place safe?

Identify your home's potential structural weaknesses and begin to fix them.

Step 5: DROP, COVER, and HOLD ON!

Protect yourself during earthquake shaking by taking cover under a sturdy desk or table, and holding on to it firmly.



Step 6: Check it out!

After the earthquake check for injuries and damage that need immediate attention. You should be able to administer first aid and be able to identify hazards such as damaged gas, water, sewage and electrical lines.

Step 7: Communicate and recover!

Following a major disaster, communication will be an important step in your recovery efforts. Turn on your portable radio for information and safety advisories.



www.ready.gov

www.citizencorps.gov

www.fema.gov

The information in this newsletter is from materials created by the Southern California Earthquake Center and their handbook, *Putting Down Roots in Earthquake Country*.

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