



Community Awareness And Preparedness



EARTHQUAKE

Presented by

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Preparation for earthquake safety.

- ◆ Ensure that each family member is aware of do's and don'ts during earthquakes.
- ◆ Identify specific safe place in each room of house and every member of the family should know the said place.
- ◆ Do practice for safety and also safety of your head to avoid injuries.
- ◆ Identify dangerous places in house and be at a distance during earthquake.
- ◆ Identify safe place outside house where you and your family member can take shelter.
- ◆ Ensure there is no obstruction en-route of escape/stairs to the said safe place.
- ◆ Ensure member of the family must know where to be collected after earthquake.
- ◆ Ensure each member of family has knowledge about first-aid and always keep some medicine.
- ◆ Ensure almirah & other heavy luggage are tightened properly to avoid fall and head injuries.
- ◆ Ensure heavy luggage if any be kept in the bottle rack of almirah.
- ◆ Don't store in excess cooking gas, petrol, k/oil and other inflammable materials inside house.
- ◆ Ensure heavy hangings articles are hanged away from sleeping/sitting place.
- ◆ Keep cotton on the windows located near beds.

- ◆ Ensure technique of earthquake protection and materials as well as other safety measures are used during construction of new house.
- ◆ Have your house/buildings assessed by qualified engineers and also ensure regular renovation and repair of many crack in house/building to avoid fall during earthquake.
- ◆ Keep eye on unnatural panic, barking and other activities of animals as some of these indicate early warning of forthcoming disaster.

MEASURES DURING AN EARTHQUACK Inside House

- ◆ Remain calm, stay where you are, and do not get panic as it could be dangerous.
- ◆ Be away from articles likely to fall.
- ◆ Be away from windows, mirrors/book cases and unsecured heavy objects articles to avoid injuries.
- ◆ Don't stand in doorways as violent motions may cause doors slam and cause injuries, flying objects may also injure you.
- ◆ In case being inside old & weak structure/house/buildings, take fastest and safest route to get out.
- ◆ Don't use elevators/lift, but take staircase to reach in open space.
- ◆ Take cover under strong table or other sturdy furniture, hold its legs so that it does not move away and wait there till shaking stops.

- ◆ In case non availability of study furniture/ table/cover, kneel and sit close to the floor near structurally strong wall and maintain balance.

Be prepare to protect face and head with your

- ◆ hands to avoid head injuries from any object.

Outside house

- ◆ Move out to the open space, away from buildings, electric poles/lines and trees.
- ◆ Be at distance from landslides, boulders, big buildings/structure and loose electrical wire.
- ◆ Don't touch metallic objects which are either in touch with or likely to be contacted by loose electric.
- ◆ Do not re-enter your house if damaged an also avoid visiting damaged building/structure, unless properly inspected.

Precaution while in moving vehicle

- ◆ Stop while moving in vehicles, but stay inside till earth shaking is over. However, insure vehicle is stopped in open space away from trees/building/overbridge/electric wire/poles etc.
- ◆ Proceed to journey carefully taking care of bridges/roads which might have damaged due to earthquakes.

Measures after the earthquake

Do's

- ◆ Ensure safety and security of every member of the family.
- ◆ Don't panic, remain calm and don't listen or spread rumors.
- ◆ Help injured or trapped person and provide first-aid.
- ◆ Take extra care to those who required special assistance like infants, elderly, ladies & disabled.
- ◆ Check for fire hazards, broken articles/glasses and take precautions against injuries/further damage.
- ◆ Clear the routes to maintain speedy movements of essential services & supply of articles.
- ◆ Mark the places where the victims are suspected/reported to be trapped and inform search and rescue team immediately.
- ◆ Switch off the cooking gas, electricity, and switch on only after ensuring that there was no leakage.
- ◆ In case any inflammable liquid like K/Oil, petrol etc. is spread on the floor, clean it properly to avoid fire and do not use match box before cleaned.
- ◆ Avoid prolonged use of telephone to facilitate others to use the services.
- ◆ Be calm and listen to radio and help others as help from outside might be delayed due to disturbance or road/line communication etc.
- ◆ Return home only after confirmation that house is safe.

- ◆ Be prepared to face frequent shocks for some time after earthquakes and enter the house only after determining that house are strong enough to sustain after shocks.

Don'ts

- ◆ Don't enter any damaged building/structure/house immediately as unstable house/structure may collapse after shock.
- ◆ Don't allow seriously injured to walk.
- ◆ Don't allow crowd near damaged structure/buildings.
- ◆ Don't waster portable water.
- ◆ Don't repair your house without proper structural inspection.
- ◆ Don't spread rumors and also do not listen rumors.
- ◆ Don't use elevators's/lift until/unless checked/found and declared serviceable.

