



Bakersfield Composite Squadron #121



60-Second Safety Advisor #39

The Triangle of Life

A significant amount of research has been done to determine the safest place to be in an earthquake or building collapse. While most of us have been taught to "duck and cover" by hiding under objects, the research suggests that crawling under objects may put you at a higher risk of being crushed.

The research indicates that the safest place to be is curled up in the fetal position next to a sturdy object, rather than under it. While the object may be crushed to some extent, it should leave a void right next to it with room for survival. This void is referred to as the triangle of life. Investigations of collapsed buildings typically reveal these triangle shaped voids along-side most of the sturdy objects throughout the building.

While in many cases it may be safer to get out of the building, if you find yourself in a building during an earthquake or building collapse, stay toward the outside perimeter of the building and remember the triangle of life.

