



## Civil Air Patrol, CAWG, Group 6 60-Second Safety Advisor, September 2006

### TEN TIPS FOR EARTHQUAKE SAFETY (There's a whole lotta shakin' gonna go on. ...)

*(Editor's note — We thank Lt. Col. Paul Shepard, Fresno SQ112, for bringing to our attention these earthquake safety tips from Doug Copp, rescue chief and disaster manager of the American Rescue Team International).*

- Almost everyone who “ducks and covers” when buildings collapse in an earthquake are crushed to death. People who get under objects like desks or cars also are crushed. Pets and babies naturally curl up in the fetal position. You should, too. It is a natural safety/survival instinct. You can survive in a smaller void. Get next to — but not under — a large bulky object like a sofa that will compress slightly but leave a void next to it.
- Wooden buildings are the safest construction to be in during an earthquake. Wood is flexible and moves with the force of the earthquake. If a wooden building collapses, large survival voids are created. Brick buildings will break into individual pieces that will cause many injuries, but fewer than concrete slabs.
- If you are in bed during an earthquake, simply roll off the bed. A safe void will exist around the bed. Lie on the floor next to the bottom of the bed during an earthquake.
- If an earthquake happens and you cannot easily escape by getting out a door or window, lie down and curl into the fetal position next to a sofa or large chair. Most people who get under a doorway when buildings collapse are killed. If you stand under a doorway and the doorjamb falls forward or backward you will be crushed by the ceiling.
- Never go to stairs if you can avoid it. Stairs and remainder of the building continuously bump into each other until structural failure of the stairs takes place. Even if stairs do not collapse in the earthquake, they may collapse later when overloaded by fleeing people.
- Get near the outer walls of buildings or outside if possible. It is much better to be near the outside of a building than inside. The further inside you are the greater the probability that your escape route will be blocked.
- People inside vehicles are crushed when objects fall in an earthquake and land on vehicles. People can survive by getting out and sitting or lying next to, but not under, vehicles.
- Paper does not compact. In offices large voids are found surrounding stacks of paper.

**Spread the word and save someone's life.**



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