Emergency Action Plan

SAFETY TIPS & TRICKS

Presenting Safety Tips & Tricks, coming to you with some valuable tips to help you prepare for an:

EARTHQUAKE (at SON)

DURING AN EARTHQUAKE

The size, depth and length of an earthquake, combined with the type of structure involved, will all be factors for how you will respond. There is no way to prepare for every possibility, but there are basics you should follow:

- **DROP, COVER, HOLD ON.** Move as little as possible.
- Stay away from windows and glass doors to avoid being injured by shattered glass.
- Stay indoors until the shaking stops and you are sure it is safe to exit. If you must leave the building after the shaking stops, use stairs rather than an elevator in case there are aftershocks, power outages or other damage.

If you are outside when the shaking starts:

- Find a clear spot and drop to the ground. Stay there until the shaking stops (away from buildings, power lines, trees, streetlights).
- If you are in a mountainous area or near unstable slopes or cliffs, be alert for falling rocks and other debris. Landslides are often triggered by earthquakes.

SON BUILDING PROCEDURES

After the shaking has stopped, if the fire alarm is going off, please prepare to evacuate. The alarm may be going off from the earthquake or there may actually be a fire as a result of the earthquake. Be prepared to Drop, Cover, Hold On if there are aftershocks while you are evacuating.

If the fire alarm is not going off, please stay where you are while the SON EAP Team evaluates and receives instructions from the OHSU Emergency Operations Center.

AFTER AN EARTHQUAKE

- Follow instructions from the SON EAP Team (orange vests/yellow hardhats). They will receive instructions from the OHSU Emergency Operations Center and will help building occupants evacuate and/or shelter in place.
- Each time you feel an aftershock, drop, cover and hold on. Aftershocks frequently occur minutes, days, weeks and even months following an earthquake. Expect and prepare for potential aftershocks and landslides.
- If you have skills that could be helpful, please let an EAP Team member know.
- If you evacuated the building, you must wait until authorities have cleared you to re-enter.
- Open closet and cabinet doors carefully as contents may have shifted.
- You should only leave the area when authorities say it is safe to do so.
- Be careful when driving after an earthquake and anticipate traffic light outages, and damaged roads and bridges.

Did you know?

Doorways are no stronger than any other part of the structure. During an earthquake, get under a sturdy piece of furniture and hold on.

Let Your Family Know You're Safe

If your community experiences an earthquake, or any disaster, register on the American Red Cross Safe and Well Web site available through RedCross.org to let your family and friends know you're safe.
The Cascadia Subduction Zone is a 700 mile long fault, laying mostly offshore from northern California to southern British Columbia. This fault builds up stress as the Juan de Fuca, Explorer and Gorda plates push against the large North America Plate. Eventually, plates rip apart, creating some of the largest earthquakes and tsunamis on earth.

This fault has a history of rupturing along the entire subduction zone, resulting in massive M9 events all along the Oregon and Washington coasts.

The last such Cascadia full rupture earthquake was on January 26, 1700, and was a M9 event.

While precisely forecasting an earthquake is not possible, great subduction zone earthquakes are inevitable. This zone has over 300 years of strain built up and has a one in ten chance of unleashing a magnitude 9.0 in the next 50 years.

If this fault ruptures today we could anticipate the earthquake to last between four to six minutes.

This subduction is currently causing the land between the coast and the Cascade Mountains to bow upward; when a great quake hits, coastal areas could lose as much as 6.6 feet in elevation in less than five minutes, as the bow is released.

It's doubtful that FEMA is prepared for such an event. Individuals must be ready to take care of themselves and their neighbors.

In the event of an eruption, the results will continue to kill people days, weeks and perhaps months after the initial event by depriving them of shelter, food, water, medicine, heat, etc.

**HOW YOU CAN PREPARE**

- Pick a safe place at your workstation. A safe place could be under a piece of furniture or against an interior wall away from windows, other glass above or beside doors, bookcases or tall furniture that could fall on you.
- If possible, keep your workplace emergency preparedness kit in your safe place. In addition to your emergency blanket, whistle, poncho and personal hygiene products, you should have added a flashlight, sturdy shoes and other personal items, i.e. medication, extra contacts/eye glasses, comfortable clothes, etc.
- Practice dropping, covering and holding on. If you do not have sturdy furniture to hold on to, sit on the floor next to an interior wall and cover your head and neck with your arms.
- Make sure you have a 3 day supply of food (that does not need to be heated) and water at your desk. The SON has some water on hand but not enough to cover the recommended 1 gallon per person/per day. Consider having at least 2-3 gallons of water stored under your desk. Please maintain these supplies on a 3-6 month rotation.
- If you live across a river, be prepared to shelter in place. Bridges will likely be damaged and there will be limited ways for you to get home.
- Have a preparedness kit in your car. This will benefit you no matter where you are when an emergency strikes.

**TIP:**

Think about what you would need in your personal workplace preparedness kit if you were unable to leave for 1-3 days

Sources used in this Tips & Tricks:

http://www.dnr.wa.gov/publications/ger_1c16_csz_scenario_update.pdf

https://www.portlandoregon.gov/pbem/article/410079


http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240216_Earthquake.pdf