

Earthquake Preparedness for Everyone, with Everyone

Pacific ADA Center Webinar
January 09, 2020



Earthquake
Country
Alliance

We're all in this together.

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EarthquakeCountry.org



Earthquake
Country
Alliance

We're all in this together.

What We Will Cover Today

- Available educational tools and resources for earthquake preparedness outreach, exercises, and drills
- How to modify earthquake preparedness and safety steps for people with Disabilities or other Access and Functional Needs
- A best practice model for Train-The-Trainer earthquake trainings

Whole Community



From Partnerships to Relationships

Emergency Managers: Do you know your community?

Community Members: Do you know your emergency managers and first responders?

Build relationships long before the disaster.

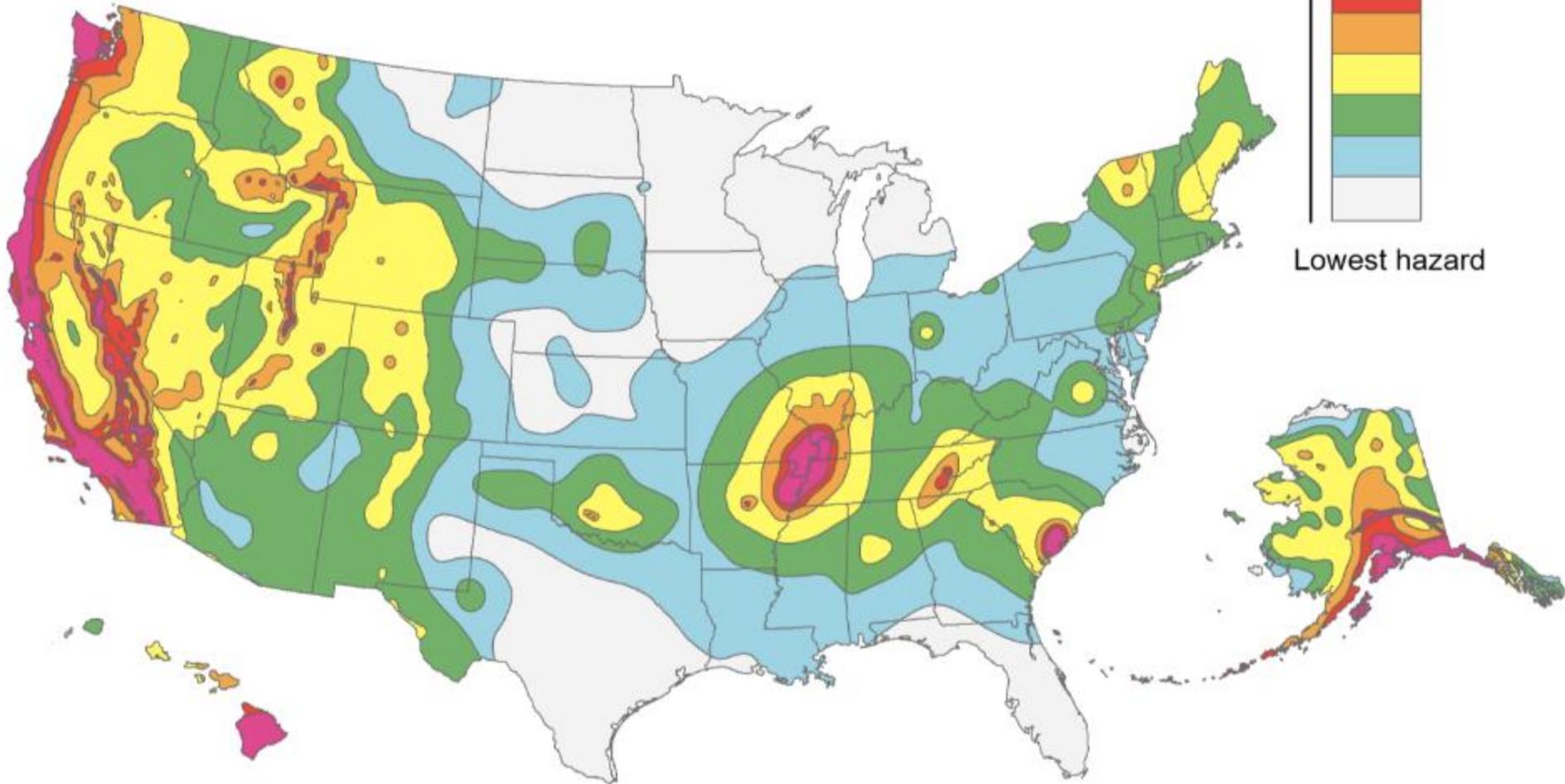
Have you considered...

- What if power, gas, and phone lines are not working?
- What can you do independently?
- With what do you need assistance?
- Will regular sources of assistance be available?
- What if roads and sidewalks are impassible?
- What if transportation is unavailable?
- How will you maintain supplies of water, food, medications, and other needs?

Who? You!

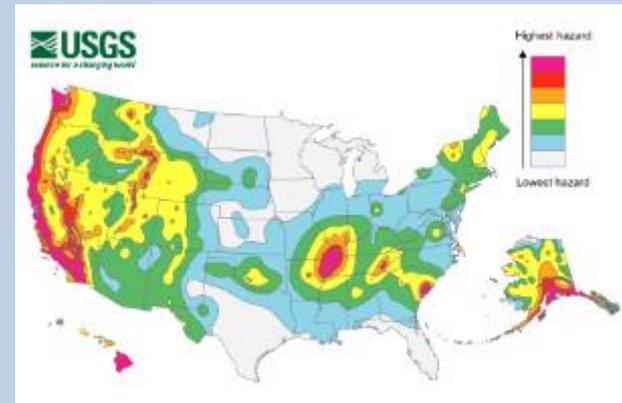
- YOU are the most qualified person to prepare yourself for disasters
- You know your disability and needs

Most States Have Earthquakes



“But We Don’t Have Earthquakes...”

- Everyone, Everywhere should know how to protect themselves during earthquakes
- Damaging earthquakes can happen at any time in most states of the Central U.S. and Southeast
- People may travel to earthquake prone areas and experience a major earthquake



Earthquake Country Alliance

California partnership of people, organizations, and regional alliances

Regional alliances plan activities and coordinate partnerships

Statewide committees identify sector-based needs and develop resources

Funded by FEMA and CalOES

www.EarthquakeCountry.org



ECA Committees & Bureaus

- Businesses
- **Seniors and People with Disabilities**
- EPIcenters
(museums, parks, libraries, etc.)
- Healthcare
- Non-Profits and Faith-Based Organizations
- Public Sector
(Government EM & Elected Officials)
- Schools (K-12)
- Schools (Higher Ed)
- Multicultural
- Media Bureau
- Events Bureau
- Participation Bureau

S/PWD Objectives

ECA Seniors and People With Disabilities Committee works to:

1. Engage Seniors/People With Disabilities and others with Access & Functional Needs to practice alternatives to “Drop Cover and Hold On”
2. Provide meaningful resources for the whole community
3. Increase the number of Seniors and People With Disabilities included in preparedness and outreach activities
 - Register individuals/groups in ShakeOut drills to quantify participation
 - Identify gaps in preparedness efforts

Seniors and People With Disabilities Resources

- *Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs*
- Organized according to *Seven Steps to Earthquake Safety*
- Also simple “Tips” document



Earthquake Preparedness Guide

for People with Disabilities and Other Access or Functional Needs

Think about What May Happen During and after an Earthquake or other Disaster:

Consider your daily activities; think about how a disaster will impact your life. Take into consideration what you do independently and where you may need assistance. Keep in mind that your regular sources of assistance may not be available after a disaster. Plan now for how you will meet your needs.

- What if power, gas, and phone lines are not working?
- What if roads and sidewalks are impassible or your means of transportation is unavailable?
- How will you maintain supplies of water, food, medications, and other critical needs?
 - *Right now:* Make a list of equipment and medication you may need if you had to leave your home. Store extras, labeled with your name and contact information, in your disaster supplies kit. (See Step 3, below)

This guide follows the **Seven Steps to Earthquake Safety**, featured in the *Putting Down Roots in Earthquake Country* series of publications at www.earthquakecountry.org/roots. The content has been specially adapted for people with disabilities and other access and functional needs.

STEP 1 – Secure Your Space, by identifying hazards and securing moveable items:

When you enter a room, look for safe places to “Drop, Cover, and Hold On” (see Step 5).

- Safe spaces are places where heavy or falling objects and breaking glass won’t injure you, such as under tables or desks, along inside walls, etc.
- The more limitations you have, the more important it is to create safe spaces for yourself - especially if you cannot Drop, Cover, and Hold On under a desk, table, etc.
- Create safe spaces by bolting heavy furniture to wall studs, moving heavy items to low shelves, securing hanging art to walls with closed hooks, or taking other measures found at http://www.daretoprep.org/secure_your_stuff.html
- Secure essential equipment such as oxygen tanks or other life support devices, so they won’t fall and be damaged or cause injury.
- When you are in public places, be aware of your surroundings and identify your safe spaces.



Page 1 of 8 Earthquake Guide for People with Disabilities/AFN © 9/23/12 Earthquake Country Alliance

earthquakecountry.org/disability

Seven Steps To Earthquake Safety

BEFORE

1. Secure Your Space



2. Plan To Be Safe



3. Organize Supplies



4. Minimize Financial Hardship



DURING

5. Drop, Cover, and Hold On



6. Improve Safety



AFTER

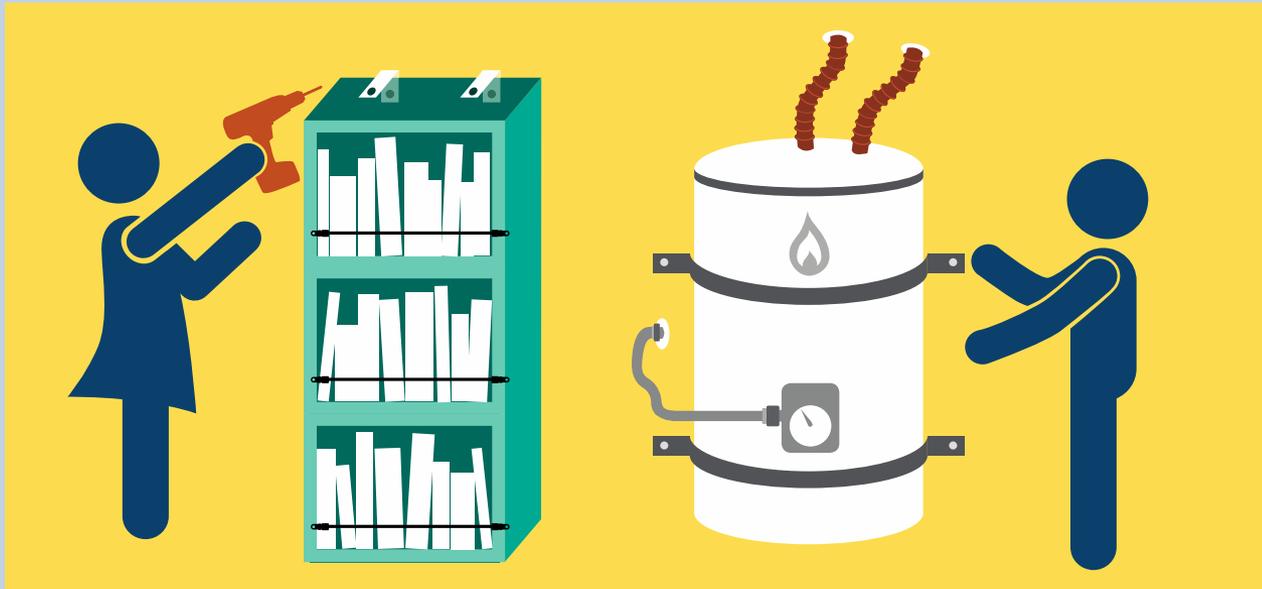
7. Reconnect and Restore



EarthquakeCountry.org/sevensteps

Step 1: Secure Your Space

- Identify hazards
- Secure moveable items
- Reduce Injuries and damage



EarthquakeCountry.org/step1

Top-Heavy Furniture

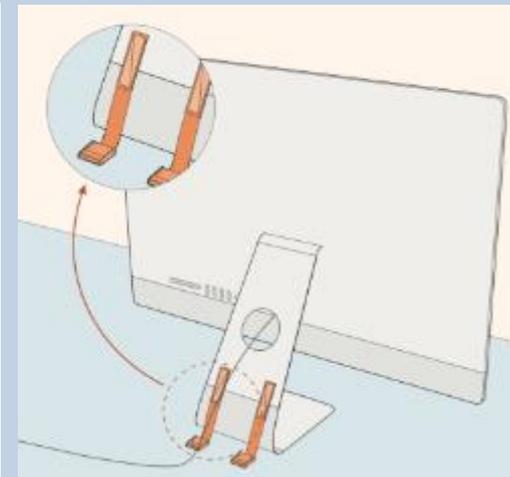
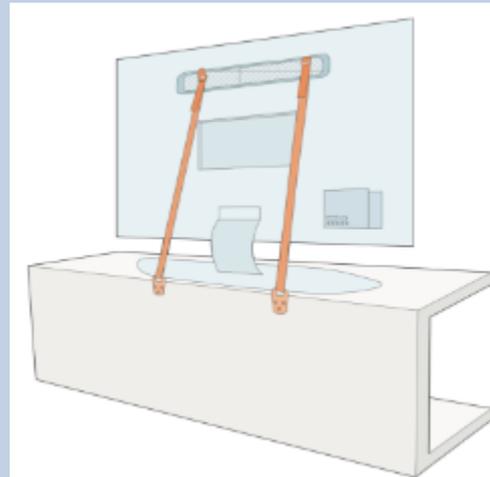


Use flexible nylon straps (buckles or velcro)

TVs and Electronics



Straps and buckles secured with adhesive and bolted to anchor points



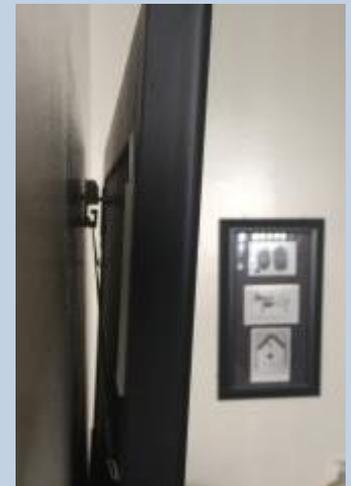
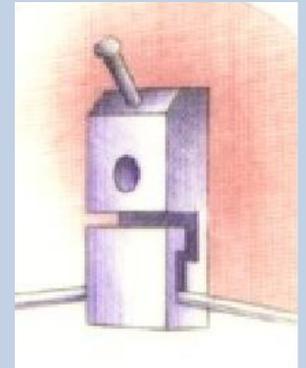
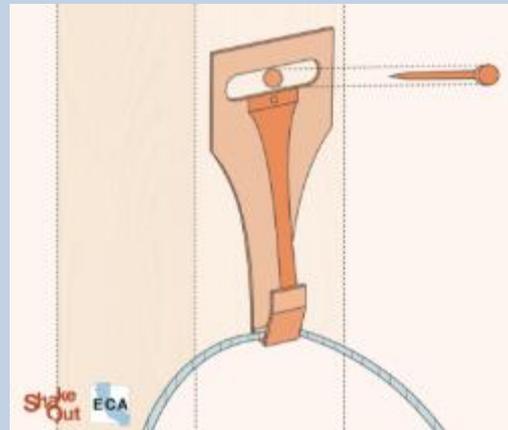
Essential Equipment

- Oxygen tanks
- Life support devices
- Lifts/hoists (placement)



Wall Hangings

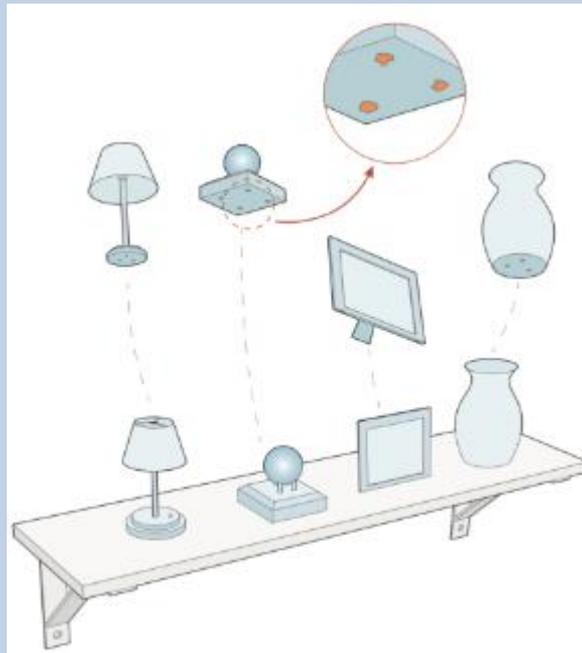
- No glass above beds
- Use closed hooks



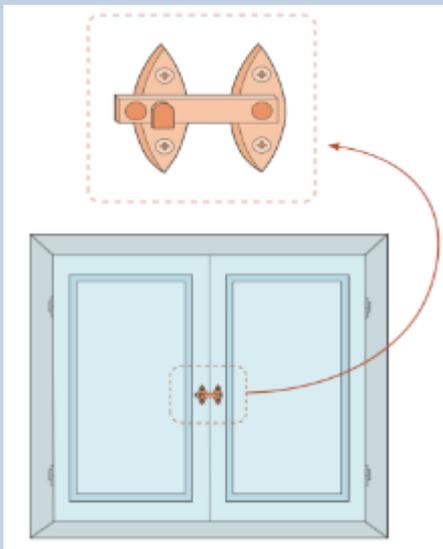
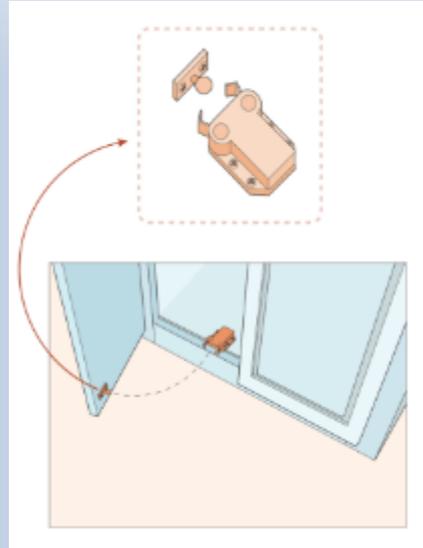
Smaller Items



- Earthquake Putty
- Microcrystalline Museum Wax

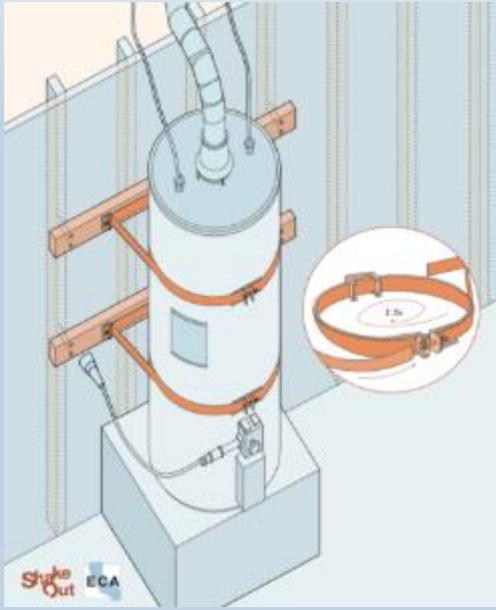


Kitchen Cabinets

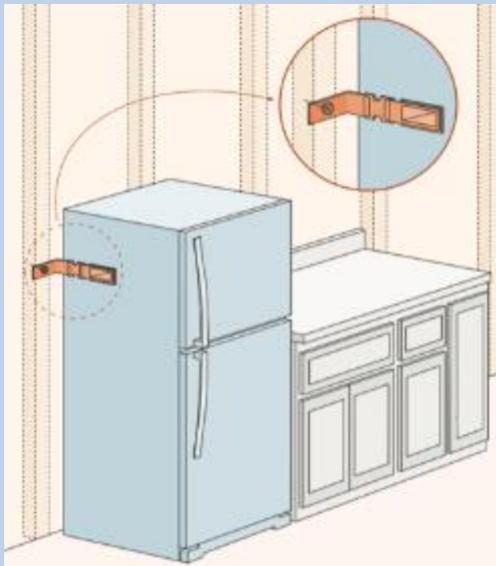


Many options available at hardware stores and online

Water Heaters and Large Appliances



- Use flexible stainless-steel gas connectors
- Secure large appliances to wall studs



Begin to *Secure Your Space*:

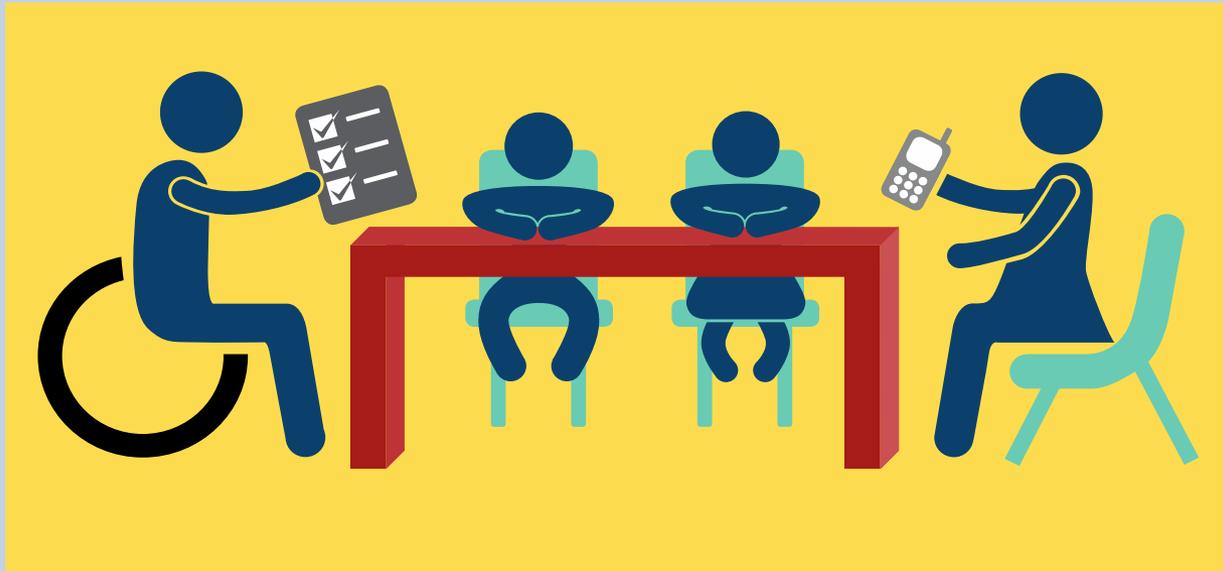
TODAY:

Move a heavy object to a lower location

- Review EarthquakeCountry.org/step1
- List potential hazards to be secured
- List what to buy (online or at hardware stores)
- Secure everything in a weekend, or over time
- Show your friends, family, neighbors (even better... help each other!)

Step 2: Plan to Be Safe

- Create a disaster plan
- Decide how to communicate in an emergency



EarthquakeCountry.org/step2

Personal Support Team (PST)

- At least 3 people
- Home, work, recreation
- Know your unique needs and plan
- Able to assist after earthquake



AFN Planning for Individual Needs:

- Label adaptive equipment
- Transportation plan
- Care plan for service animals



Step 3: Organize Disaster Supplies

- At home, work, and in your car
- Copies of prescriptions, extra glasses, etc.
- Essentials for 3 days, ideally 2 weeks



EarthquakeCountry.org/step3

DAFN Considerations

- Medications (prescription, over-the-counter medications)
- Medical supplies
- Medical/Health information
- Medication list
- Copy of prescriptions
- Communication supplies



Supplies for Specific Needs:

- Hearing aid batteries
- Eye glasses
- Walking stick
- Oxygen or nebulizer supplies
- Blood glucose tester
- Hygiene Equipment
- Catheter supplies
- Feeding equipment
- Hygiene Supplies
- Soothers/calmers



Service Animal Supplies

- License and ID tags
- copies of service animal documentation
- Immunization records, medications, and veterinarian's contact information
- extra animal food, water, and bowls
- Extra harness and/or leash
- Booties (practice using them!)

Step 4: Minimize Financial Hardship

- Organize important documents
- Strengthen your property
- Consider insurance



EarthquakeCountry.org/step4

Additional AFN Considerations

- Health care power of attorney
- Advance directives
- Social security documentation

Step 5: Drop/Lock, Cover and Hold On

- When the earth shakes, act immediately
- Protect yourself from falling to the ground, or from falling objects



EarthquakeCountry.org/step5

Why *Drop/Lock, Cover, and Hold On?*

- Prevents being thrown to the ground
- Reduces injury from falling or flying items
- Increases chance of surviving collapse



Classroom in Calexico, CA

April 2010, M7.2

Drop

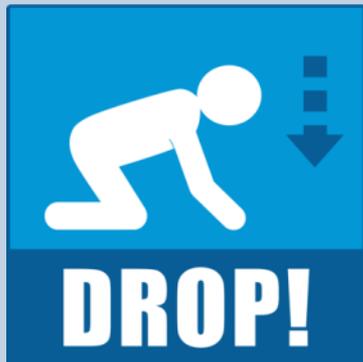
If possible:

- Drop on to your hands and knees, where you are



Cover

- Cover your head and neck with one arm and hand.
- If a sturdy table or desk is nearby, crawl underneath it for shelter
- If no table/desk, crawl against a wall or next to low furniture for sideways protection



Hold On

- Hold On to your shelter until shaking stops
- Be ready to move with your shelter
- If not under a shelter, hold on to your head/neck with both arms and hands



Adapt Your Response

- If you can't get back up, don't get down
 - Bend over and cover your head and neck with your arms/hands
 - If you can't cover head and neck, cover torso
- Instruct others how to assist you
- Practice is key

Protect Yourself During Earthquakes!

IF
POSSIBLE



USING
CANE



USING
WALKER



USING
WHEELCHAIR



Using a Cane



DROP!



COVER!



HOLD ON!

Using a Walker/Rollator



LOCK!



COVER!



HOLD ON!

Using a Wheelchair



LOCK!



COVER!



HOLD ON!

Earthquake Safety Video Series

Separate short videos:

- People with mobility disabilities
- Indoors, nearby table/desk
- Indoors, no table/desk
- theater/stadium
- Near the shore
- In a car
- In bed

View at

[Youtube.com/greatshakeout](https://www.youtube.com/greatshakeout)

Download at

www.ShakeOut.org/messaging

Step 6: Improve Safety

- Connect with PST
- Evacuate if necessary
- Help the injured
- Prevent further injuries or damage



EarthquakeCountry.org/step6

Service Dog Considerations

- Service animal may be frightened or injured
- May not be able to work immediately
- Increased risk of injury to paws from broken glass or debris on the ground
- Be prepared to use alternate equipment if your animal cannot provide its normal services.

Step 7: Reconnect and Restore

- Restore daily life
- Reconnect with others
- Repair damage
- Rebuild community



EarthquakeCountry.org/step7

Review Plan with PST

- Did the plan work?
- What needs to change for next time?
- What was forgotten?

Great ShakeOut Earthquake Drills

- Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans
- 2019: **66+ million** people worldwide;
10.9 million in California
- 2020 International ShakeOut Day:
October 15
- Learn more and register:
[ShakeOut.org](https://www.ShakeOut.org)

**Shake
Out**™



Everyone can ShakeOut!



Benefits of Registering

Be:

- Counted in the world's largest earthquake drill
- Updated with news and safety tips
- Listed with other participants
- An example that motivates others
- Better prepared to survive

Have peace of mind that you have taken action and helped others

The screenshot displays the Great California ShakeOut website. At the top, there is a navigation bar with links for Home, Other ShakeOuts, Other Languages, Contact Us, Search, and Login. Below this is a banner image of a city skyline with the text 'The Great California ShakeOut'. A secondary navigation bar includes 'Register Here!', 'Why Participate?', 'Who is Participating?', 'How to Participate', 'Resources', 'News & Events', and 'Partners & Sponsors'. The main content area is divided into two columns. The left column, titled 'LOCAL GOVERNMENT AGENCIES IN CALIFORNIA', provides statistics: 375,578 participants registered worldwide in 2013, 982 local government agencies; 249,627 participants registered for the 2013 California ShakeOut, with 172 local government agencies; and a note that 172 local government agencies agreed to be listed. The right column, titled 'OTHER LISTS', contains search filters for participants in other categories, local government agencies in other areas, and participation totals. Below these columns is a status bar showing '7.3 million registered' and '2 months, 16 days until ShakeOut on 10/17', along with social media icons. The bottom section, titled 'LIST', shows a list of participating agencies categorized by county: Alameda, Colusa, Contra Costa, Del Norte, Humboldt, and Imperial. Each category lists specific agencies and their locations.

Home Other ShakeOuts Other Languages Contact Us Search Login

The Great California ShakeOut

Register Here! Why Participate? Who is Participating? How to Participate Resources News & Events Partners & Sponsors

LOCAL GOVERNMENT AGENCIES IN CALIFORNIA

375,578 participants are registered for Great ShakeOut Earthquake Drills worldwide in 2013, by 982 local government agencies.

249,627 of these participants are registered for the 2013 California ShakeOut, by 172 local government agencies.

The local government agencies on the list below agreed to be listed when they registered. (Not listed?)

Names are linked if a website was provided during registration.

OTHER LISTS

Participants in other categories:
Select a category... Go

Local government agencies in other areas:
Select an area or county... Go

Participation totals:
Select an area or county... Go

7.3 million registered 2 months, 16 days until ShakeOut on 10/17

LIST

Page: 1 2 Next >

Alameda

City of Oakland, Keep Oakland Clean and Beautiful Division, Oakland
City of Oakland
Public Works Agency, Oakland
County of Alameda
Probation Department, Oakland
Hayward Area Recreation and Park District, Hayward

Colusa

Colusa County Sheriff's Office, Office of Emergency Services, Colusa

Contra Costa

City of Lafayette, Lafayette
Contra Costa County Vocational Services, Concord
County of Contra Costa
Office of the Sheriff, Emergency Services Division, Martinez
Moraga-Orinda Fire District, Moraga

Del Norte

Big Rock Community Services District, Crescent City
County of Del Norte
Department of Health and Human Services, Mental Health Branch, Crescent City
Del Norte Local Transportation Commission, Crescent City

Humboldt

County of Humboldt
County Administrative Office Team, County Administrative Office, Eureka
Department of Health and Human Services Social Services Branch, DR Collections Unit, Eureka
Humboldt County Public Works, Roads Division, Eureka
Humboldt County Public Works Department, Public Works, Eureka
Humboldt County Risk Management, Risk Management, Eureka

Imperial

County of Imperial
Imperial County Public Health Department, Imperial County EMS Agency, El Centro
Imperial County Medical Reserve Corps, El Centro
Imperial County Office of Emergency Services, Heber

Kern

ShakeOut Drill Manuals

- **Level 1:**
Drop, Cover, Hold On drill
- **Level 2:**
Drop, Cover, Hold On, then evacuation, search/rescue
- **Level 3:**
Adds Continuity Planning



ShakeOut Drill Manual For Government Agencies and Facilities

Are You Ready to ShakeOut?

Major earthquakes can cause unprecedented catastrophes. With earthquakes as an inevitable part of our future, people should make plans and take actions to ensure that disasters do not become catastrophes. What we do *now*, will determine what our lives will be like *afterwards*. With this in mind, the Earthquake Country Alliance (www.earthquakecountry.org) created the ShakeOut, an earthquake drill and preparedness activity in which everyone can participate. In particular, government entities of all sizes can use the drill to get their citizens, employees, and other stakeholders involved and prepared for a big earthquake.

Government-level emergency management offices have frequent exercises that go beyond these guidelines, however, to ensure the continuity of vital civic functions, all public employees must be prepared and coordinated to survive a major earthquake. So it can be a good idea for non-emergency government entities to hold (simpler) drills to practice their response. Furthermore, the level of your staff's own personal and family preparedness will be key to their availability to support your agency's response and recovery efforts after a disaster.

Although they were created for the Great California ShakeOut (www.shakeout.org), the instructions on the following pages can be used or adapted for earthquake drills *anywhere and anytime*. They have been designed for non-emergency government agencies and personnel. To be flexible, three levels of drills (simple, basic, intermediate) are provided below, each with steps to be taken before, during, and after the drill. Each drill uses the general earthquake response of *Drop, Cover, and Hold On* (www.dropcoverholdon.org) as its foundation.

Drills for Government Agencies and Facilities

Level 1 – Simple: *Drop, Cover, and Hold On* Drill 2

This drill uses simple steps to inform all employees how to perform *Drop, Cover, and Hold On* – a quake-safe action designed to protect people from falling furniture and flying objects during ground shaking.

Level 2 – Basic: *Life Safety* Drill 3

This life safety drill is designed to engage employees to think through their emergency response actions during the drill, then afterwards to review and discuss what worked or what did not, in order to make improvements for the next drill or actual earthquake.

Level 3 – Intermediate: *Life Safety and Continuity Planning* Drill 5

This life safety drill is designed to engage employees to think through their emergency response actions during the drill, then afterwards to review and discuss what worked or what did not, in order to make improvements for the next drill or actual earthquake.

Develop Working Groups

- Get involved on planning committees – or create your own
- Know each other by name *before* incident

Questions:

1. What do responders need to know about the population you represent?
2. What assets does your organization bring to the table?
3. What tools should responders know about to assist the population you represent?

Building Relationships through Drills

- Invite/offer to participate in local drills
- Use the existing resource manuals



Accessible ShakeOut Events

- Select accessible locations
 - Parking
 - Event room
 - Restroom
 - Access to Public Transportation
- Contact info for interpreter or captioning requests
- Provide non-verbal information and large print materials

ECA at Abilities Expo



- ECA hosts preparedness booths and workshops each year in LA and the Bay Area
- Representatives from CalOES, FEMA American Red Cross, local governments, and other partners



www.Abilities.com

Promising Practice: PrepltForward

- ToolBoxes
- T-T-T Academy
- <https://prepltforward.com/>



PrepltForward

Great ShakeOut Course Overview

Topics:

- Meeting Everyone's Needs - DAFN
- Earthquake Awareness & Preparedness
- Drop/Lock, Cover & Hold On
- ShakeOut Resources
- ShakeOut Drill

This training provides basic knowledge and information needed to be prepared for, respond to, and recover from an earthquake at home, school, in the workplace and anywhere they find themselves during an earthquake.

Attendees also participate in an earthquake drill and debrief.

Train the Trainer Academy

The (3) day Train-the-Trainer Academy prepares trainers to effectively and efficiently utilize the DAFN ToolBoxes to facilitate standardized disability and access and functional needs inclusive disaster and emergency preparedness training and drills throughout an organization.

Learn more: prepitforward.com



Access to ToolBoxes

- Upon completion of the T-T-T Academy, you are certified to facilitate the Great ShakeOut training.
- Visit prepitforward.com to access the toolboxes via your desktop or mobile device.



Resources & Registration

- www.earthquakecountry.org/disability
 - *Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs (8 pages)*
 - *Key Earthquake Safety Tips for People with Disabilities and Other Access or Functional Needs (2 pages)*
- www.ShakeOut.org/register
 - Register as a “Disability/AFN” organization
 - Or for any category, indicate the number of seniors or people with disabilities when you complete the registration form.

Connect with ECA & ShakeOut

- 213-740-3262
- info@earthquakecountry.org
- info@shakeout.org

- [Twitter.com/eca](https://twitter.com/eca)
- [Twitter.com/shakeout](https://twitter.com/shakeout) #ShakeOut

- [Facebook.com/greatshakeout](https://facebook.com/greatshakeout)