

## BEFORE AN EARTHQUAKE

- Build your home in accordance with the recommended building codes. See your local disaster management office for details.
- Bolt heavy furniture, water tanks, water heaters, gas cylinders and storage units to walls or floor.
- Place largest and heaviest items on lower shelves.
- Emergency items and equipment such as canned foods, water, medication, flashlights, battery-operated radios, fire extinguishers and a First Aid kit should be readily available and working properly.
- All family members should know how to use this emergency equipment and should know how to turn off electricity, gas and water using safety valves and main switches.
- All family members should know what to do during an earthquake and should practice these safety tips through regular drills.



## DURING AN EARTHQUAKE

- **STAY CALM. DO NOT PANIC. BE ALERT.**
- If inside stay inside, do not run out of the building.
- If inside, stand in a strong doorway or get under a sturdy desk, table or bed and hold on.
- Do not use elevators or stairs.
- Move away from windows, mirrors, glass doors, pictures, bookcases, hanging plants and heavy objects.
- If outside and there are no obvious signs of danger nearby, stay there.
- If outside, stay away from glass buildings, electricity poles, and bridges.
- If in a vehicle, do not stop on or under a bridge.
- Always look out for falling plaster, bricks, lighting fixtures and other objects.



**STAY CALM – DO NOT PANIC**

## AFTER AN EARTHQUAKE

### DO

- Check for broken gas lines and fires.
- Check utilities and switch them off, if necessary.
- Check your house for serious damage and evacuate if the house seems likely to collapse.
- Be prepared for more earthquakes (aftershocks).
- Stay away from landslide-prone areas.
- Turn on transistor radio for emergency news.
- If possible, check the television or the website of the Seismic Research Unit at [www.uwiseismic.com](http://www.uwiseismic.com) for updates on the earthquake.

### DO NOT

- Do not light a match or turn on a light switch; Use a flashlight instead.
- Do not touch fallen power lines.
- Do not go sightseeing. Leave the streets clear for emergency and rescue vehicles.
- Do not attempt to move seriously injured persons unless they are in danger of further injury.



### What about the "Triangle of Life" ?

The "Triangle of Life" has not been scientifically tested and proven. This is a widely circulated suggestion which states that during an earthquake it is safer to curl up next to a desk or bed rather than to go under it. **We do not recommend** this practice for the following reasons:

- The "Triangle of Life" is not a scientifically tested and proven.
- It is unknown if during the earthquake these "Triangles of Life" – triangular spaces next to desks, beds etc. – are impacted in any way which may make them unsafe areas.
- In the Eastern Caribbean, "pancaking" or crumbling of buildings which would crush occupants as described in the "Triangle of Life", is not expected.

