

Earthquake Safety Checklists

Checklist 1. Have on Hand for Any Emergency Ideas for Home, Workplace, and Car

Because you don't know where you will be when an earthquake occurs, prepare a Disaster Supplies Kit for your home, workplace, and car.



Food.

- Choose salt-free crackers, whole grain cereals, and canned goods with high liquid content.
- Stock foods that do not require refrigeration, cooking, water, or special preparation.
- Remember to include foods for infants and those with special dietary needs.



Flashlights and spare batteries. Keep a flashlight beside your bed, at your place of work, and in your car. Do not use matches or candles after an earthquake.



Water. Store at least 4 liters of water per person per day and be prepared for at least a 72-hour period. A normally active person needs at least a ½ gallon of water daily just for drinking.



Portable, battery-powered radio or television and spare batteries.



First aid kit and manual.



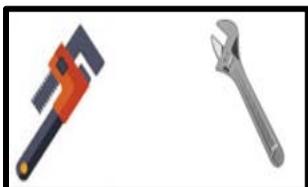
Fire extinguishers. Keep a fire extinguisher at home and in your car.



Special needs. Keep a supply of special needs items, such as medications, extra eyeglasses, contact lens solutions, hearing aid batteries, items for infants (formula, diapers, bottles, and pacifiers), sanitation and hygiene items (moist towelettes and toilet paper), and any other items unique to your family's needs.



Prepare customized emergency plans for people with disabilities in advance.



Tools. In addition to a pipe wrench and crescent/adjustable wrench (for turning off gas and water valves), you should have a lighter, a supply of matches in a waterproof container, and a whistle for signaling rescue workers.



Important papers and cash. Be sure to have a supply of cash for use if ATMs, banks, and credit card systems are not operating.



Clothes. If you live in a cold climate, you must think about warmth because you might not have heat after an earthquake. Think about your clothing and bedding supplies.



Pet needs. Identify a shelter area for your pet, gather the necessary supplies, ensure that your pet has proper ID and up-to-date veterinarian records.

Checklist2: When the Ground Stops Shaking



Check for Injuries.



Check for fires, if possible, put out small fires.



Check electrical power, if there is damage to your home's electrical wiring, **switch off electrical power.** If the situation is unsafe, leave your home and seek help.



Check the building for cracks and damage, particularly around chimneys and masonry walls.



Check to see that water and sewage lines are intact before using the toilet. Plug bathtub and sink drains to prevent sewage backup.



Check closets and cupboards. Open doors cautiously. Beware of objects tumbling off shelves.