

## ECA's Safer at Home Webinar Series

### Step 6: Improve Safety (After Earthquakes)



**Earthquake  
Country  
Alliance**  
*We're all in this together.*



**Shake  
Out**<sup>TM</sup>

[EarthquakeCountry.org/step6](http://EarthquakeCountry.org/step6)

[Terremotos.org/paso6](http://Terremotos.org/paso6)

3

## Earthquake Country Alliance

- 3000+ *Public-Private-Grassroots* leaders
- Statewide *Sector-based committees* and *Outreach Bureaus* develop resources and deliver programs
- Local *Regional Alliances* organize meetings and outreach activities
- California's Office of Emergency Services provides FEMA funding for ECA activities
- USC's Southern California Earthquake Center administers ECA



Join Us: [EarthquakeCountry.org/alliance](http://EarthquakeCountry.org/alliance)

4



5

Safer at Home Webinar Series	
Step 1 – Secure Your Space:	June 30
Step 2 – Plan to Be Safe:	August 19
Step 3 – Organize Disaster Supplies:	September 2
Step 4 – Minimize Financial Hardship:	September 23
Step 5 – Drop, Cover, and Hold On:	September 30
Step 6 – Improve Safety:	October 28
Step 7 – Reconnect & Restore:	Mid-November
<a href="http://EarthquakeCountry.org/SaferAtHome">EarthquakeCountry.org/SaferAtHome</a>	

6

## Step 6: Improve Safety Webinar Team

### Host

- **Janet Ruiz** (Director – Strategic Communications, Insurance Information Institute & Media Bureau Coordinator, Earthquake Country Alliance Bay Area)

### Presenters

- **Margaret Vinci** (Manager, Caltech Office of Earthquake Programs & Chair, Earthquake Country Alliance Southern California)
- **Morgan Page** (Research Geophysicist, USGS)
- **Glen Granholm** (Vice President, Safe-T-Proof)
- **Scott O'Connell** (Regional Disaster Officer, American Red Cross Central California Region)
- **Yvette LaDuke** (Tsunami Planning Coordinator, California Governor's Office of Emergency Services)

### Moderators

- **Mark Benthien** (Associate Director, So. California Earthquake Center (SCEC) @ USC & Executive Director, Earthquake Country Alliance)
- **Sharon Sandow de Groot** (Director for Strategic Partnerships, SCEC @ USC & Deputy Director, ECA)
- **Jason Ballmann** (Communications Manager, SCEC @ USC & Media/Participation Bureaus Liaison, ECA)

7

## Step 6 Webinar Agenda

1. Personal and Neighborhood Safety
2. Communicating and staying informed
3. Being alert for aftershocks (and what to expect)
4. If, when, and how to evacuate:
  - a) Due to damage/fire or as an element of safety plans
  - b) When shaking is felt near the coast, or if there is a tsunami warning
5. Helping the injured
6. Preventing further injuries or damage

8

## After an Earthquake...



Phones



Power



Water

**Utilities may not work**

9

## After an Earthquake...



**Roads may be  
impassible**



**Transportation  
unavailable**

10

## After an Earthquake...



Grocery stores,  
pharmacies,  
banks, etc.  
may be closed

Getting accurate  
information  
will be difficult



11

## Staying Safe After the Earth Shakes



Margaret Vinci

Manager

Caltech Office of Earthquake Programs  
& Chair, ECA SoCal

Caltech

12

## Disaster Supplies Checklist

- Choose where you want to store your supplies:
  - Under-Bed bag?
  - Go-Bag?
  - Home?
  - Work?
  - Car?
- What personal items do you need?

**Earthquake Country Alliance**  
Step 3: Organize Disaster Supplies  
of The Seven Steps to Earthquake Safety  
EarthquakeCountry.org/step3

It may be easier and cheaper than you think to organize disaster supplies in convenient locations. This is not just about "having a kit." Include supplies specific to you, such as medications, eyeglasses, clothing, shoes, toiletries, and more. This is in addition to the basic supplies everyone should have (water, food, first-aid, flashlight, radios, etc.).

The chart below can help you customize your supplies for when and where you need them: under-bed bag (immediate supplies), evacuation "Go-bag" - 3 days, home (2 weeks), and perhaps at work and in your car. Choose what makes the most sense based on your needs and budget.

Under-Bed?	Go-Bag?	Home?	Work?	Car?	Item:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Clothing, shoes, hard hat / helmet, gloves
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Whistle
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight / headlamp
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dust mask and goggles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glasses / contacts
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Tools (saw, wrench, shovel, crowbar, knife)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Contact lists (in-state, out-of-state)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Copies of ID / important documents
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Batteries, battery pack, & charging cables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications / Copies of Prescriptions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First aid supplies and emergency blanket
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Water and food (long shelf-life)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Portable radio
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Toiletries (sunscreen, tissue, hygiene items)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Cash (small bills)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Maps (local and regional)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Pet supplies (food, water, toys, leashes)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Litter / sand (spills, traction)
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Jumper cables, spare tire, inflator, jack
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flares / road hazard lights
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Personal item

Choose... what makes sense for YOU and where to keep it!

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[EarthquakeCountry.org/step3](https://EarthquakeCountry.org/step3)

13

## Under-Bed Bags

Purpose: prevent injury and improve safety immediately after shaking



- Cut feet and hands
- Tripping over objects
- Open jammed doors
- Help injured



**Earthquake Country Alliance**  
Step 3: Organize Disaster Supplies  
of The Seven Steps to Earthquake Safety  
EarthquakeCountry.org/step3

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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Flashlight / headlamp
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Dust mask and goggles
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Glasses / contacts
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<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Batteries, battery pack, & charging cables
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	Medications / Copies of Prescriptions
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	First aid supplies and emergency blanket
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Choose... what makes sense for YOU and where to keep it!

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14





## Under-Bed Bags

**Essential Items:**

- Sturdy shoes
- Flashlight/batteries or miners light
- Work gloves
- Glasses

**Secondary Items:**


- Hard Hat w/ miners light
- Protective clothing
- Crow Bar
- Whistle
- First Aid Kit
- Water
- Face Mask










15

## How to Signal Rescuers

- Teach everyone in your household to use emergency whistles and/or to knock three times repeatedly if trapped.
- Rescuers searching collapsed buildings will be listening for sounds.
- Keep one in every room of the house, car, pocket, etc.

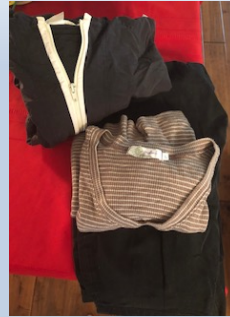




16

## Immediately After an Earthquake

- Put on protective clothing
  - Long pants, long sleeved shirt
- Check for injuries – help others
- Smell gas – turn off
- Turn off water to the house
- Place Help or OK sign in the window



- **Grab “Go Bag”** and take to neighborhood meeting place
- If near water, go to high ground

17

## Remain Connected: Personal Support Team

### **AT LEAST 3 PEOPLE**

Who can come to your assistance immediately

### **Practice:**

- How to assist you
- Use of assistive devices
- Evacuating you with your supplies
- Emergency Drills/Exercises



18



## Keep Exits and Pathways Clear

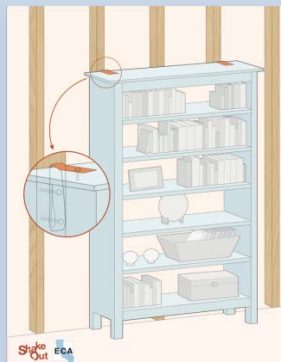


Ridgecrest Earthquake, 2019

Secure Furniture, TVs, and other Objects to Prevent Damage, Injury, and Blocked Exits

19

## Secure Furniture (In advance!)



Use flexible nylon straps (adhesive with Velcro or fasteners)

20

## Seniors and People with Disabilities Resources

- Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs
- Adapts messaging from ECA's *Seven Steps to Earthquake Safety*
- [EarthquakeCountry.org/disability](https://EarthquakeCountry.org/disability)

### Earthquake Preparedness Guide for Seniors, People with Disabilities, and Others with Access and Functional Needs (AFN)



Seniors, People with Disabilities, and others with Access and Functional Needs (AFN) may have additional needs before, during and after an earthquake.

#### Questions to consider:

- What can you do independently and where may you need assistance?
- Will your regular sources of assistance be available after a disaster?
- 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 needs?

This guide follows the Seven Steps to Earthquake Safety ([EarthquakeCountry.org/sevensteps](https://EarthquakeCountry.org/sevensteps)) with content adapted for Seniors, People with Disabilities and AFN, as well as their caregivers.

Additional resources, including this guide, are at [EarthquakeCountry.org/disability](https://EarthquakeCountry.org/disability).

#### STEP 1 – SECURE YOUR SPACE

[EarthquakeCountry.org/step1](https://EarthquakeCountry.org/step1)

Secure your space by identifying hazards and securing moveable items.

Earthquake shaking can move almost anything, even large or heavy items. Safe spaces are places where heavy or falling objects and breaking glass will not injure you, such as under tables or desks along inside walls. When you enter a room, look for safe spaces to protect yourself and identify emergency exits.

The more limitations you have, the more important it is to create safe spaces - especially if you cannot "Drop, Cover, and Hold On" under a desk or table. To create safe spaces in your home or office:

- Secure essential equipment such as oxygen tanks or other life support devices
- Secure furniture and electronics to wall studs
- Move heavy items to low shelves
- Hang mirrors and pictures with closed hooks
- Consider how to keep exit routes clear

Page 1 of 8 Earthquake Preparedness Guide for People with Disabilities/AFN © Earthquake Country Alliance 02/2020

21

## Communication - Let people know you are OK

- Register on the Red Cross "[Safe and Well](https://www.redcross.org/safeandwell)" website so people will know you are okay:
- Phone service may be out. When possible, text or call your out-of-area contact and tell them where you are, **THEN STAY OFF THE PHONE**. This will allow calls to be made for emergencies.



22

## Stay Informed

- Check your battery-powered radio for a news station that is on the air. Listen for announcements and alerts.
- Also, listen to your NOAA Weather Radio for emergency information.
- Sign up for city, county, and/or state emergency alert systems to receive information via text, or download apps that provide similar information. (California: [CalAlerts.org](http://CalAlerts.org).)
- Your smart phones and computers are a great resource for information, as long as you have power or can recharge your batteries.



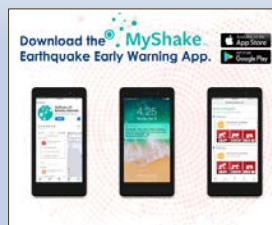
Ham Radio

23

## Earthquake Early Warning Options

Download from App Store:

- MyShake App
- ShakeAlertLA
- QuakeAlertUSA



[earthquake.ca.gov](http://earthquake.ca.gov)

Push Notification:

- Wireless Emergency Alerts (WEA)
- Google Android OS



ShakeAlert.org

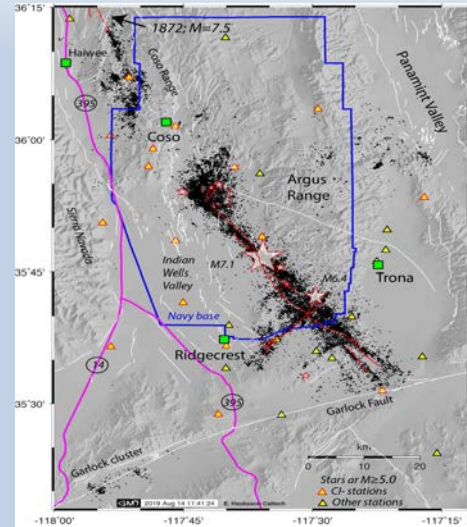
24

## Be Ready for Aftershocks!

Protect Yourself During Earthquakes!



[EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5)



Ridgecrest M7.1

25

## Q&A

Please type your questions into the “Q&A” tool.

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26



## After the Quake

### Understanding Aftershocks

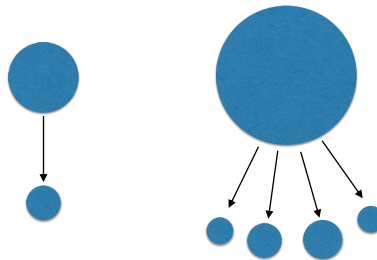


Dr. Morgan Page  
U.S. Geological Survey  
Pasadena CA

27

## How scientists model aftershocks (like epidemics!)

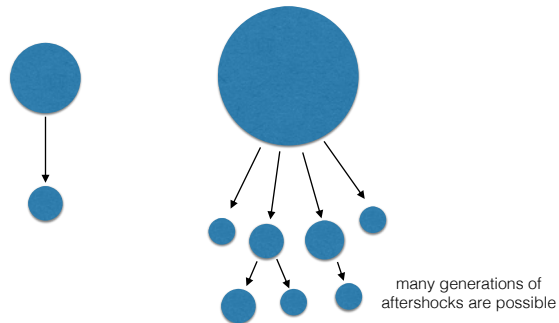
All earthquakes potentially trigger aftershocks, but big earthquakes trigger more



28

## How scientists model aftershocks (like epidemics!)

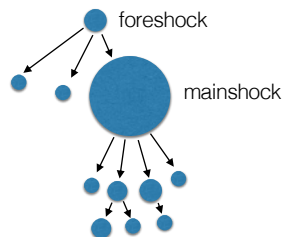
All earthquakes potentially trigger aftershocks, but big earthquakes trigger more



29

## How scientists model aftershocks (like epidemics!)

There is a small chance (~5%) that an earthquake will trigger an aftershock bigger than itself

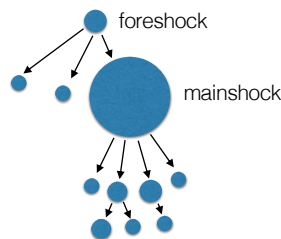


30



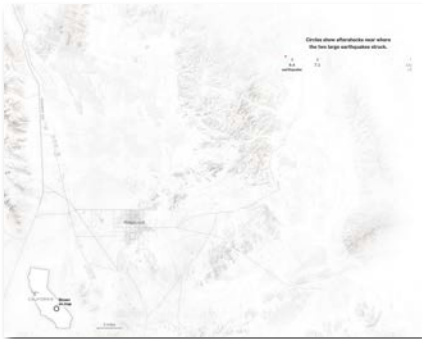
# How scientists model aftershocks (like epidemics!)

There is a small chance (~5%) that an earthquake will trigger an aftershock bigger than itself



A foreshock is just a mainshock whose aftershock is bigger than itself

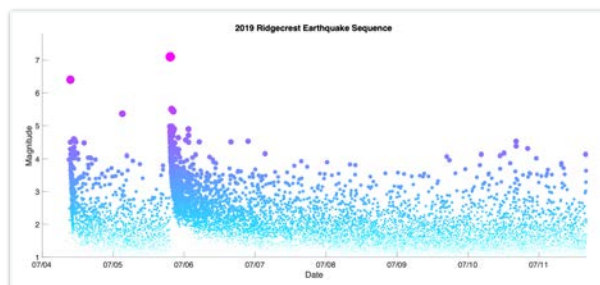
31



Graphic: NYTimes, Data: USGS

## 2019 Ridgecrest Earthquake Sequence

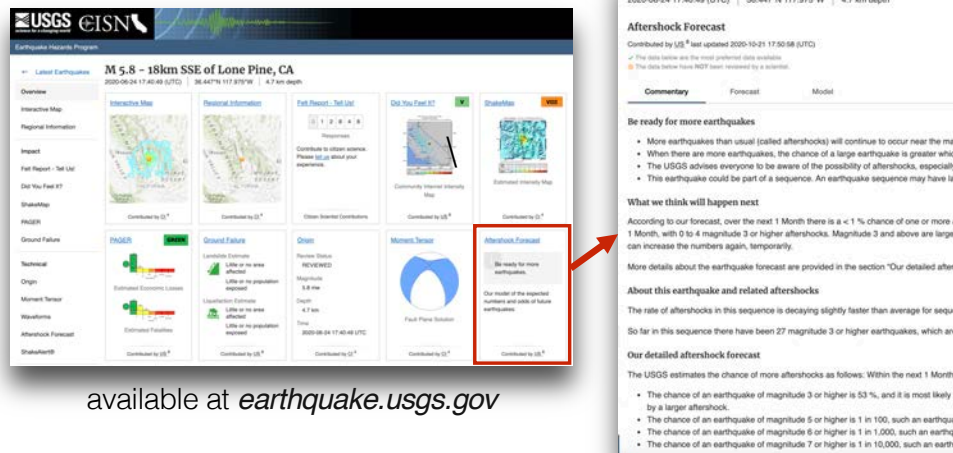
M6.4 preceded the M7.1 by 34 hours



- ★ Aftershocks become less numerous as time passes
- ★ Most aftershocks are close to the mainshock rupture area
- ★ Even late in the sequence, big aftershocks are possible

32

The USGS issues aftershocks forecasts after all  
M5+ earthquakes in the US



33

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34

# Is Evacuation Necessary?

How Do you Know if You Need to Go?



Glen Granholm  
Vice President  
Safe-T-Proof



35

## Is it Safe?

**THE POWER IS  
OUT**

**I CAN'T SEE A  
DARN THING!**



36

## Cripple Wall Foundation Collapse



37

## Look for Cracks



**Should you get out?**

38

## Vulnerable Buildings



### 1989 Loma Prieta

6 of 7 collapsed buildings were four story corner apartments with first story parking

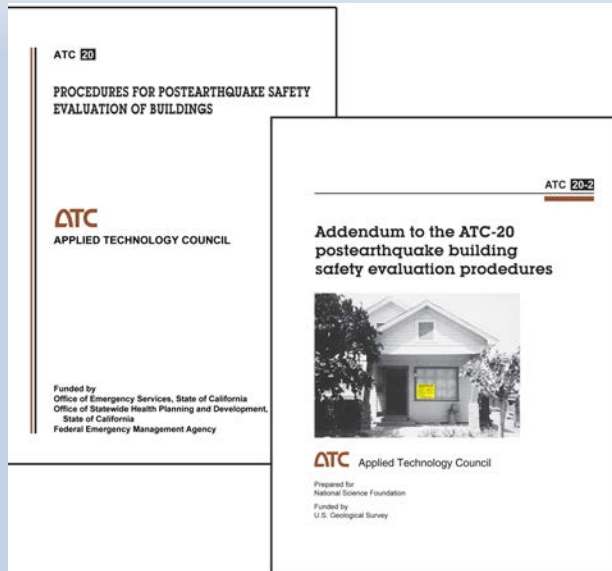


### 1994 Northridge

200 weak story buildings suffered damage or collapsed

39

## ATC Training-Tagging Your Building



40





41

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42



# Tsunamis: Are You in the Zone?

When to Evacuate, and Where to Go



Yvette LaDuke

Tsunami Planning Coordinator

California Governor's Office of  
Emergency Services



43

## What is a Tsunami?

### Origin:

Japanese

Tsu = Harbor

Nami = Wave

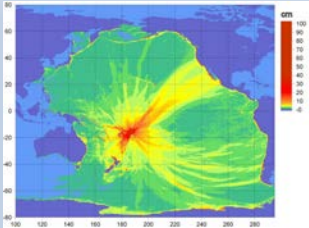


- A series of large ocean waves produced especially by submarine earth movement or volcanic eruption.
- Cannot be Surfed – No Face & Usually Debris-Filled

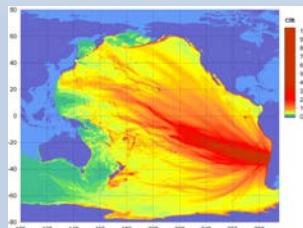
44

## Six Tsunamis in Nine Years!

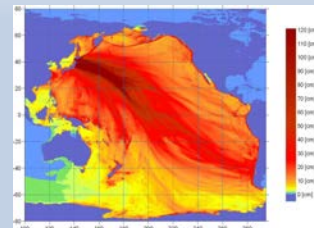
Samoa Sept 2009



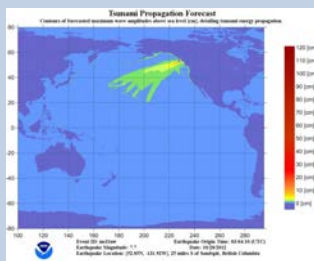
Chile Feb 2010



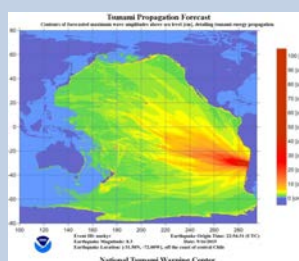
Japan March 2011



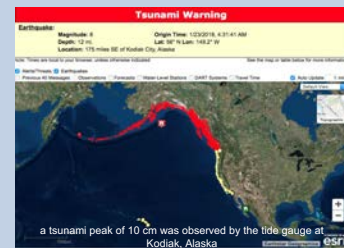
BC Canada Oct 2012



Chile Sept 2015



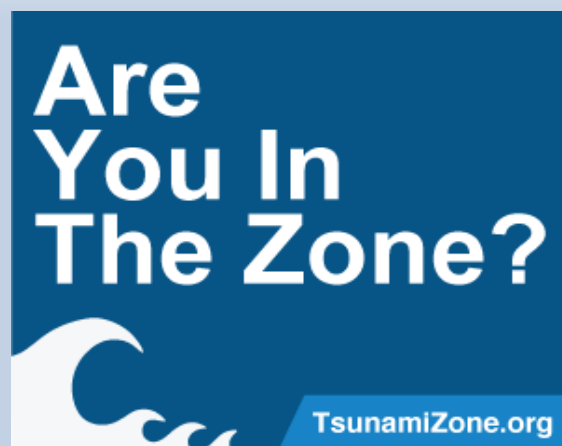
Alaska Jan 2018



45

## Where Are You?

- Do you live, work or play in a Tsunami Zone? ([tsunami.ca.gov](http://tsunami.ca.gov))
- Do you know what to do if you are near the ocean and you feel strong shaking?



46

## Tsunami Hazard Signs



47

## Public Evacuation



48

## Local Tsunami Threat

### Natural Warning Signs

- **Feel** – Strong Earth Shaking
- **See** – Water Receding, Exposing Sea Floor
- **Hear** – Loud Ocean Roar



If one or more natural warning signs occurs – go immediately to high ground or inland and stay there.

You may only have minutes before a tsunami arrives!

49

## Earthquakes Near the Ocean



50



## What Should I Do?

- Be Informed
- Be Prepared
- **Sign-up for Local Emergency Notifications**
- Listen to Instructions from Local Emergency Responders
- Walk the Evacuation Route if Possible (practice walking route)
- Last Resort: If You Cannot Evacuate the Area, Go to the Fourth or Higher Floor of a Sturdy Concrete/Steel Building
- If You Are Outside the Tsunami Hazard Zone – Take No Action / Stay put

51

## More Information – TsunamiZone.Org

The screenshot shows the TsunamiZone.org website. The header includes navigation links: Home, TsunamiZone Regions, Other Languages, Contact Us, Search, and Login. Below the header is a banner image of a person running on a beach. The main content area is titled "REGISTER YOUR TSUNAMI PREPAREDNESS ACTIVITIES" and includes links for "ESPAÑOL" and "FRANÇAIS". It lists instructions for new and returning users, and provides a link to submit event details to the TsunamiZone calendar. On the right, a "BENEFITS" section lists advantages of registering, such as being counted as a participant, being listed with other participants, and receiving updates and preparedness tips. At the bottom, there are two columns: "REGISTERING FOR THE FIRST TIME?" with a "BEGIN Your Registration" button, and "REGISTERED IN PAST YEARS?" with a "LOGIN to Renew Your Registration" button. Below these are input fields for "Who are you registering?" and "Enter your e-mail address:".

Home   TsunamiZone Regions   Other Languages   Contact Us   Search   Login

**The TsunamiZone**

Register Here   Know Your Zone   Who is Participating?   How to Participate?   Resources   News & Events   Partners & Sponsors

**REGISTER YOUR TSUNAMI PREPAREDNESS ACTIVITIES**

[ESPAÑOL](#) | [FRANÇAIS](#)

- If you have never registered with TsunamiZone.org, please use the form on the left.
- If you have previously registered with TsunamiZone.org, please login to your TsunamiZone profile using the form on the right.
- If someone else has registered your organization in the past, but you will be the registrant this year, please create a new registration using the form on the left.

Event Organizers: [Submit your event details](#) to the [TsunamiZone calendar](#).

**REGISTERING FOR THE FIRST TIME?**  
**BEGIN Your Registration**

Who are you registering?

**REGISTERED IN PAST YEARS?**  
**LOGIN to Renew Your Registration**

Enter your e-mail address:

**BENEFITS**

By registering tsunami preparedness activities, you or your organization will:

- Be counted as a participant on the TsunamiZone website!
- Be listed with other participants in your area (Optional)
- Be an example that motivates others to participate & prepare
- Be updated with TsunamiZone news and preparedness tips
- Have **peace of mind** that you, your family, your co-workers and millions of others will **be better**

52

# Q&A

Please type your questions into the “Q&A” tool.

We will try to answer all questions, either in writing or via discussion “live”

The recording of today’s webinar will be available by early next week at:

[EarthquakeCountry.org/SaferAtHome](https://EarthquakeCountry.org/SaferAtHome)

53

## Helping the Injured After Earthquakes



Scott O'Connell  
Regional Disaster Officer  
American Red Cross  
Central California Region



54



## First things first

Who is the most important person on this call?

YOU ARE

55

## First steps

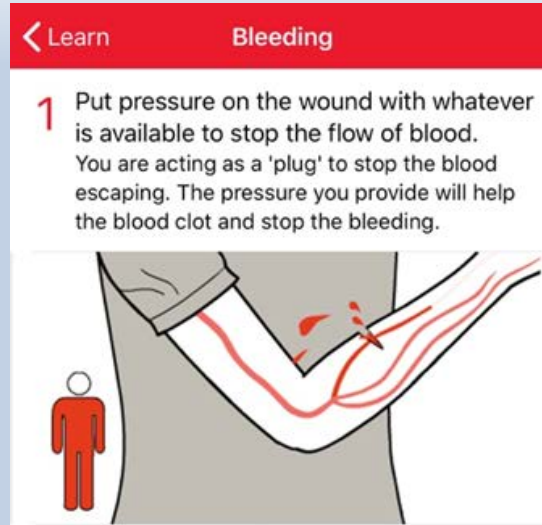
- Get medical help for serious injuries.  
Call 9-1-1 if available
- Do not move seriously injured persons unless they are in immediate danger of further injury.



56

## First Aid

- Check your first aid kit for detailed instructions on first aid measures (or install the Red Cross First Aid App if you have service).
- If a person is bleeding, put direct pressure on the wound. Use clean gauze or cloth, if available.



57

## Hands only CPR

- If a person has no pulse, begin [Hands Only CPR](#) (cardiopulmonary resuscitation).

**BE READY TO  
SAVE A LIFE**  
with  
Hands-Only CPR

58

## American Red Cross Trainings

- Take a Red Cross first aid and CPR training course.
- Take a disaster preparedness class
- Donate Blood
- Download our Emergency App



[www.redcross.org](http://www.redcross.org)

59

## Know Your Neighbors

- Work with your neighbors to identify who has skills and resources that will be useful in an emergency.
- Learn who may need special attention (children, elderly, disabled, etc).



60

## Take CERT Training

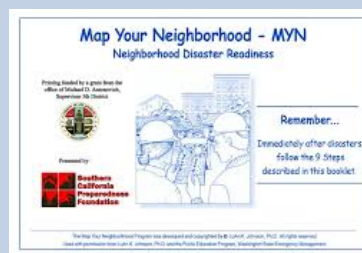
- Check with your city or county to see if there is a Community Emergency Response Team (CERT) in your area.
- If not, ask how to start one.



61

## Neighborhood Programs

- Learn about neighborhood preparedness programs such as:
  - Ready Your LA Neighborhood
  - Map Your Neighborhood
  - Neighborfest



62

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63

## How to Prevent Further Injuries and Damage

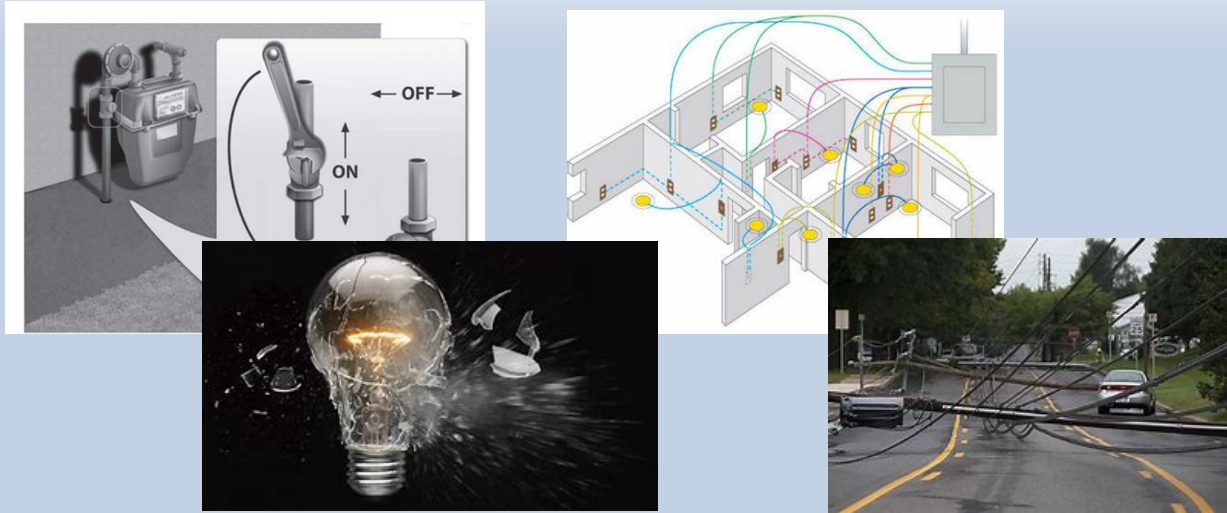


Glen Granholm  
Vice President  
Safe-T-Proof



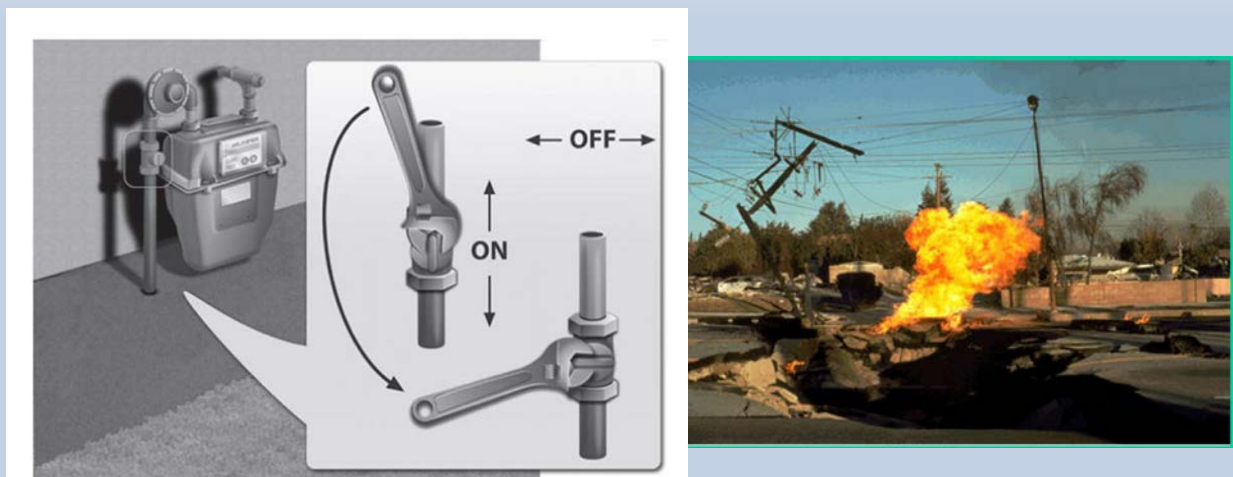
64

## Preventing Further Injuries and Damage



65

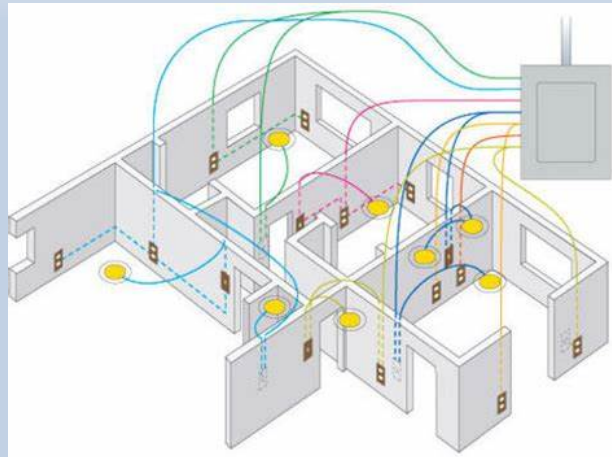
## Most People Have Gas



66



## Electrical Issues



67

## Electrical Issues



68

## Electrical Issues



69

## Dancing Fridge



70

## Fallen and Spilled Items



71

## Safe-T-Proof SeismoLatch



72

## Fallen and Spilled Items



73

## Damaged Chimneys, Walls, etc.



74

# Q&A

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75

## Emergency Financial First Aid Kit

- Build a Kit
  - Emergency Financial First Aid Kit (EFFAK)
  - Store the kit
  - Maintain the Kit

[ready.gov/financial-preparedness](https://ready.gov/financial-preparedness)



76



## Safer at Home Webinar Series

Step 1 – Secure Your Space:	June 30
Step 2 – Plan to Be Safe:	August 19
Step 3 – Organize Disaster Supplies:	September 2
Step 4 – Minimize Financial Hardship:	September 23
Step 5 – Drop, Cover, and Hold On:	September 30
<b>Great ShakeOut Earthquake Drills</b>	<b>October 15</b>
Step 6 – Improve Safety:	October 28
Step 7 – Reconnect & Restore:	Mid-November

**[EarthquakeCountry.org/SaferAtHome](https://EarthquakeCountry.org/SaferAtHome)**

77

## ECA's Safer at Home Webinar Series

### Step 6: Improve Safety (After Earthquakes)



# Thank you!



Please take our survey:

[surveymonkey.com/r/XNVKR2V](https://surveymonkey.com/r/XNVKR2V)

Questions?

[info@earthquakecountry.org](mailto:info@earthquakecountry.org)

Look for the Survey (now) and Webinar Recording (next week) at  
[EarthquakeCountry.org/SaferAtHome](https://EarthquakeCountry.org/SaferAtHome)

78