Classroom Instruction Guide

Thank you for playing your important role in teaching or reminding our students how to be safe during major earthquakes. This may be the first time some of our students have ever participated in an earthquake drill, and it may be their only opportunity to practice what to do to protect themselves ("Drop, Cover, and Hold On") before our next major earthquake.

Instructions:

1. **Prior to** the start of the drill (10:15am), let students know that class will be participating in the Great ShakeOut drill, then read the following:
   - Earthquakes are unpredictable and may happen where you live, work or travel.
   - Most injuries in earthquakes are from falling or flying objects.
   - Today we are joining millions of people worldwide who are practicing how to be safe during earthquakes.

2. Depending on your location, read the content about protective actions during earthquakes:
   a. ***Classroom or auditorium***:
      - **Drop** to the floor. Do not try to exit during shaking.
      - **Cover** your head and neck with one hand and seek shelter under your desk or table as best as possible. If in an auditorium with no tables, take cover between the rows of chairs.
      - **Hold on** to the leg of the desk/table with your other hand.
   b. ***Laboratory or other room with no tables/shelter***:
      - Step back from the lab table.
      - **Drop** to the floor on your knees next to a wall, away from glass and other hazards if possible.
      - **Cover** your head and neck with your hands and arms.
      - **Hold On** to something sturdy during the shaking
   c. **After the shaking stops**, look around for hazards, including behind you, before getting up. Carefully exit the building as instructed.

3. **At 10:15am**, a UW Alert will be sent out to will announce the start of the earthquake simulation. During the simulation, faculty, staff and students should drop, cover and hold on. Those in wheelchairs or using walkers should lock, cover with their arms and hold on.

4. It will be announced that shaking has stopped. At this time, buildings should be evacuated with occupants assembling at their designated Assembly Point (see map).

5. A final announcement will be made at the Assembly Points when the drill is over.

6. Once the drill has ended and students return to their seats, you can hold an optional brief discussion. Possible topics:
   - If you were at home during an earthquake, what might fall on you? Can you move those items or secure them so they won't cause injury?
   - Do you always keep your cell phone and computer charged? If you have a car, do you always keep the gas tank at least half full?
   - How would you contact your family in case of an emergency? Do you have a plan for checking in with one another and responding to emails/texts/etc.?
   - ATMs may be offline after a major earthquake. How long can you live on the money you have right now?