Great ShakeOut Earthquake Drills

Drill Guidance for
Higher Education

(Distance Learning or In-Person)

Drill Leader Instructions: Content and Resources

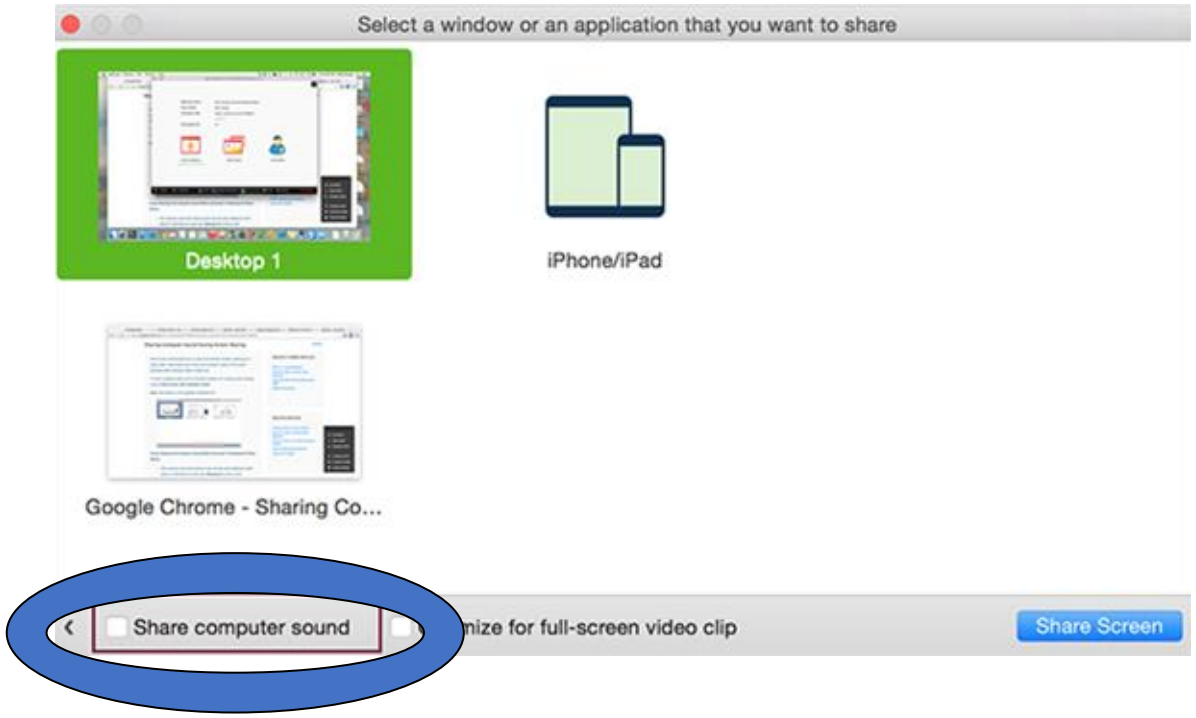
CONTENT:

- Drill Leader Instructions and earthquake safety resources
- Pre-Drill Discussion (optional)
- Great ShakeOut introduction
- Overview of Drop, Cover, and Hold On, and other protective actions
- Drill Narration options (narration audio files and text)
- Discussion for after drill (optional)

- Total time for the activity will depend on the content you choose to include; the shortest time might be 10 minutes, but with discussion could be up to 20-30 minutes.
- Delete or hide slides you will not use before your drill.
- Visit ShakeOut.org/resources and ShakeOut.org/highereducation for materials and activities for use before your drill.
- Visit EarthquakeCountry.org/step5 for self-protective guidance for various situations, and for why Drop, Cover, and Hold On is recommended.

Drill Leader Instructions: Audio Settings

- This PowerPoint includes a video and an audio recording of the ShakeOut "Drill Broadcast" narration.
- For distance learning, when you share the slides, you may need to set the option to "share computer sound" (this depends on your video conferencing service).
- You should practice this in advance



Settings for Zoom to share computer sound; other services may have similar settings.

ShakeOut™

Great ShakeOut Earthquake Drills











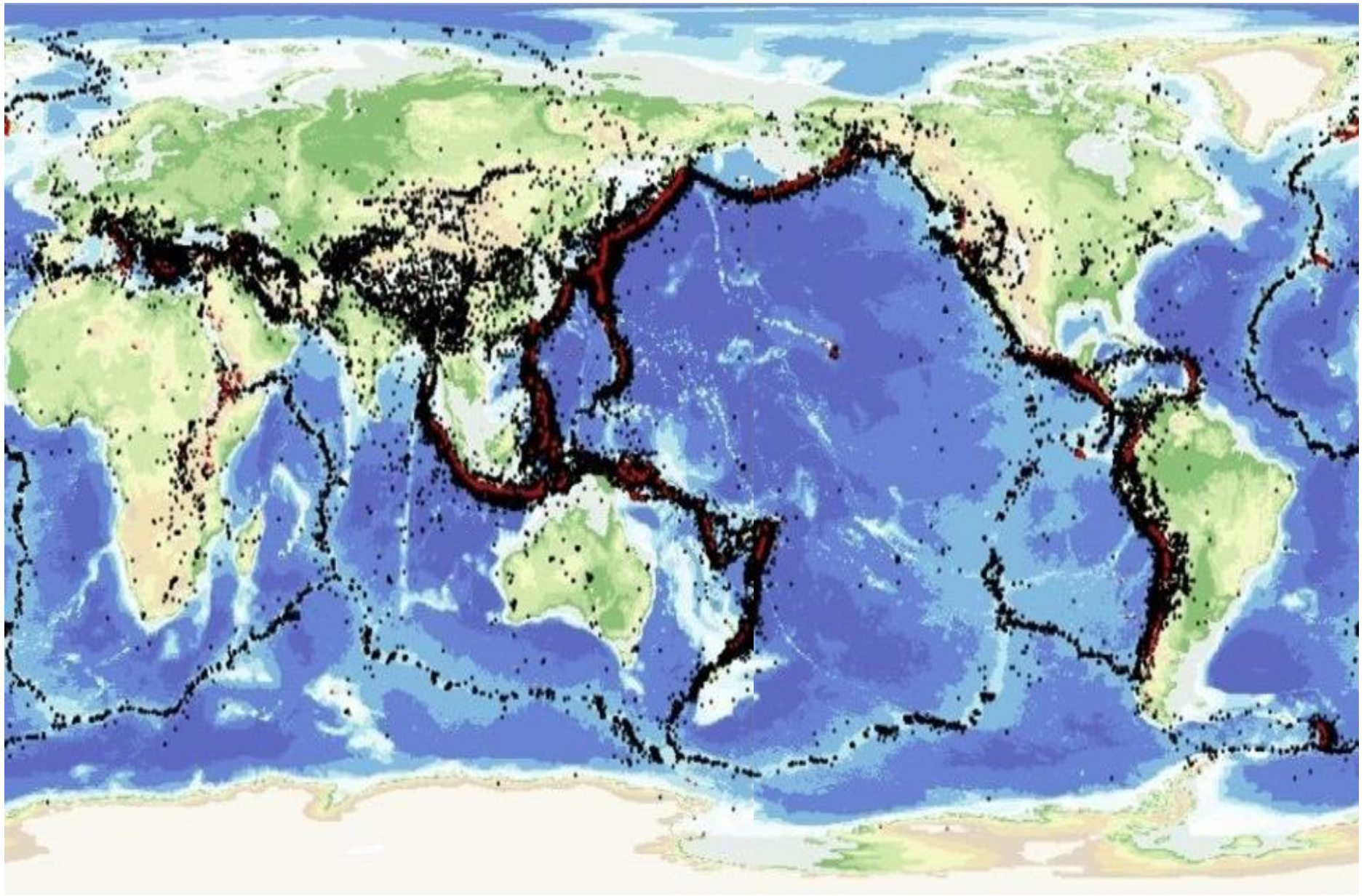




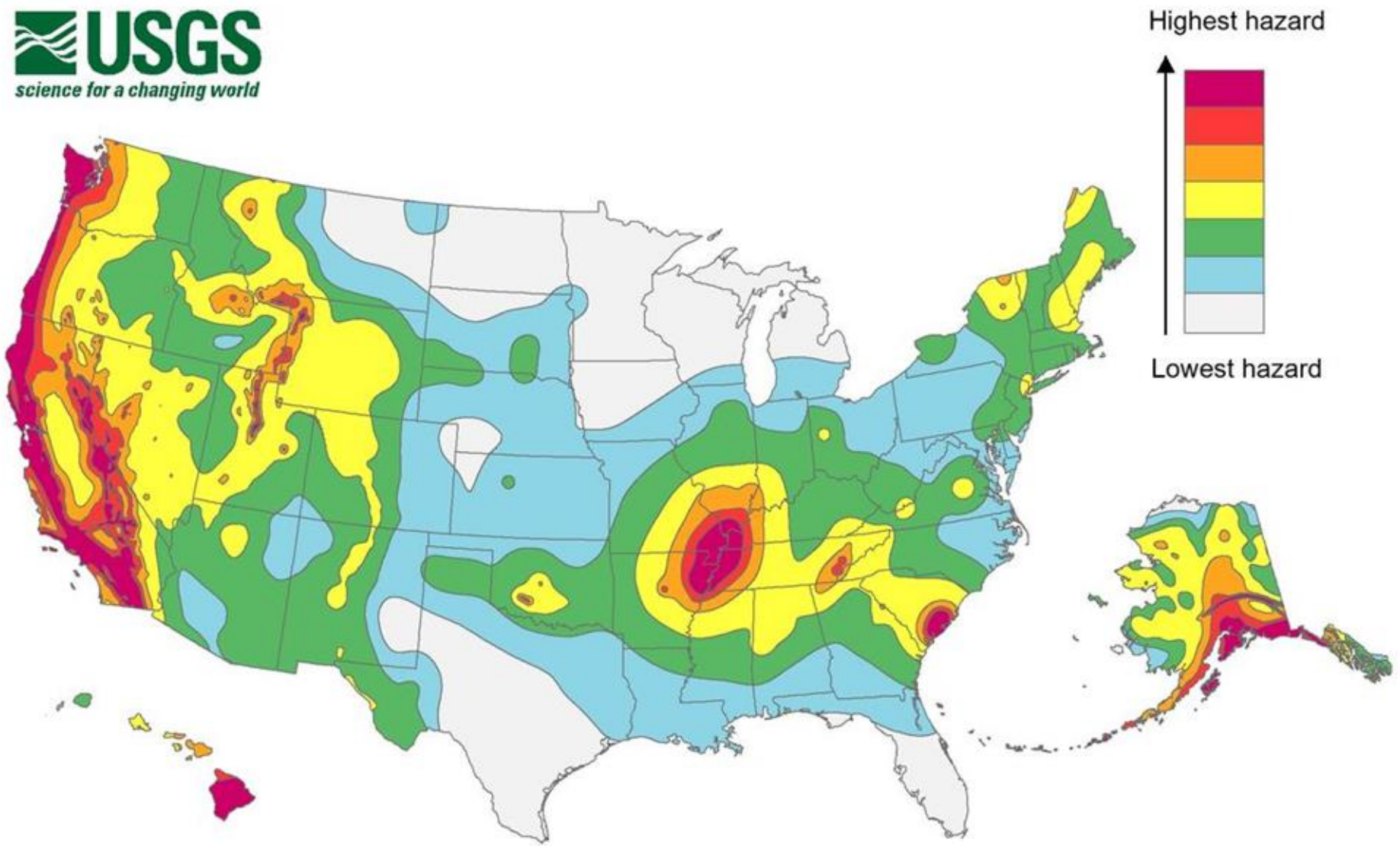
Earthquake Experience

- If you have felt an earthquake, what was it like?
- What do we normally do at school for earthquake drills?
- Why is practicing for earthquakes and other emergencies important?
- What can we do before earthquakes to be prepared?

Global Earthquakes



U.S. Earthquake Shaking Hazards



Great ShakeOut Earthquake Drill



Today we are joining millions of people who are practicing earthquake safety!

Earthquakes may happen anytime and almost anywhere.

Most injuries caused by earthquakes are from falling or flying objects.

It is important to practice how to be safe!

ShakeOut™

When Should You Protect Yourself?

When You Feel Earthquake Shaking



When You Get an Earthquake Alert



(West Coast)

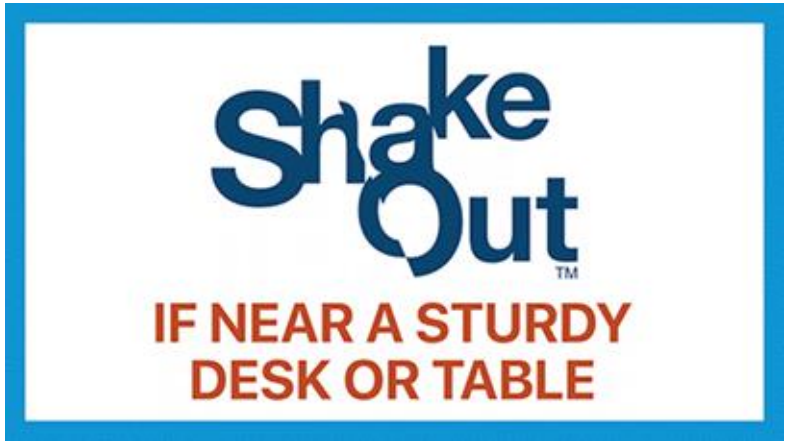
When You Do an Earthquake Drill



If a Table or Desk is Nearby



Drop where you are,
onto your hands and knees.





Cover your head and neck
with one arm and hand.

- Then crawl underneath the table or desk for additional shelter.
- Stay on your knees and bend forward to protect vital organs.



Hold On to your shelter with one hand.
Keep covering your head/neck with your other hand.

If There is Nothing to Get Under



Drop where you are,
onto your hands and knees.



Cover your head and neck
with one arm and hand.

- Then crawl next to a wall,
  away from any windows.
- Stay on your knees and bend forward
  to protect vital organs



Hold On to your shelter with one hand.
Keep covering your head/neck with your other hand.



If in a Classroom, Auditorium or Laboratory

In a CLASSROOM OR AUDITORIUM:

- **Drop** to the floor where you are.
- **Cover** your head and neck with one arm/hand.
- Nearby tables or desks: crawl underneath and **Hold On** to your shelter with your free hand.
- Rows of chairs: get between the rows and **Hold On** to a chair with your free hand.
- Alternative: get next to a wall with no windows and cover your head and neck with both arms/hands.





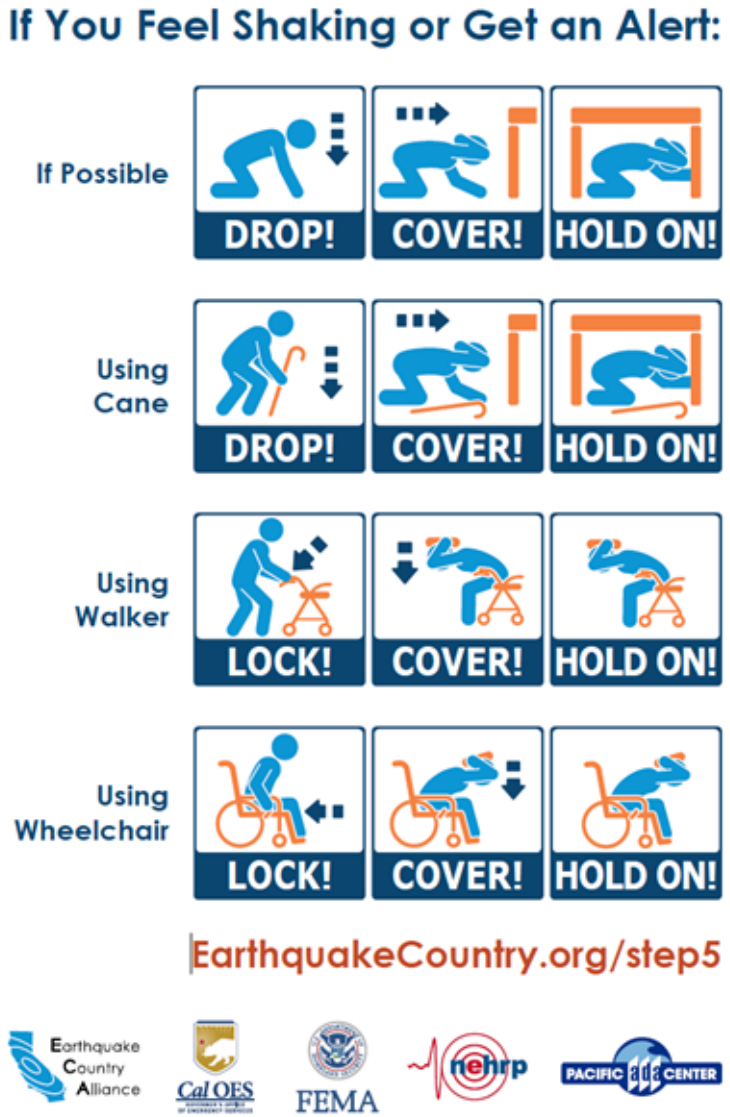


In a LABORATORY:

- 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 if possible.

Adapt for Your Situation

- If you cannot get back up again by yourself, do not drop to the ground.
  - If using a wheelchair or walker, **lock** the wheels (or set the brake).
- Bend over and **cover** your head and neck with your arms/hands. You can also **hold on** to a book or other object over your head.
- Instruct others how to assist you.



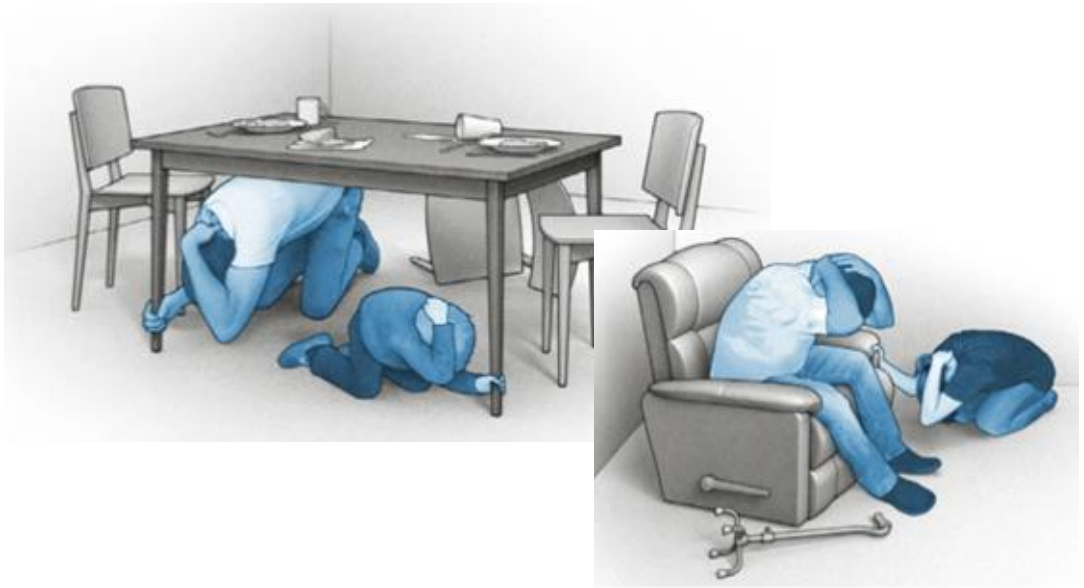
Drill Instructions

- Be careful: this is about practicing safety, **safely** – not about being fast.

- Distance Learning Drills:
  - Tell your family or others nearby that you will be doing an earthquake drill. Invite them to practice with you.

  - If you are using <u>wired</u> headphones, remove them now.

  - Make sure you can hear instructions from your computer or tablet speaker.





Disconnect wired headphones

Time to ShakeOut!



ShakeOut 60-second Drill Narration (with Sound Effects)

(Click speaker to Play)

Time to ShakeOut!



ShakeOut 60-second Drill Narration (no Sound Effects)

(Click speaker to Play)

Time to ShakeOut!

This is an earthquake drill. Right now, DROP, COVER, AND HOLD ON.

DROP to the floor now. During a large earthquake, the ground might jerk strongly and knock you down.

Take **COVER** under something sturdy, to protect yourself from objects that might be thrown across the room.

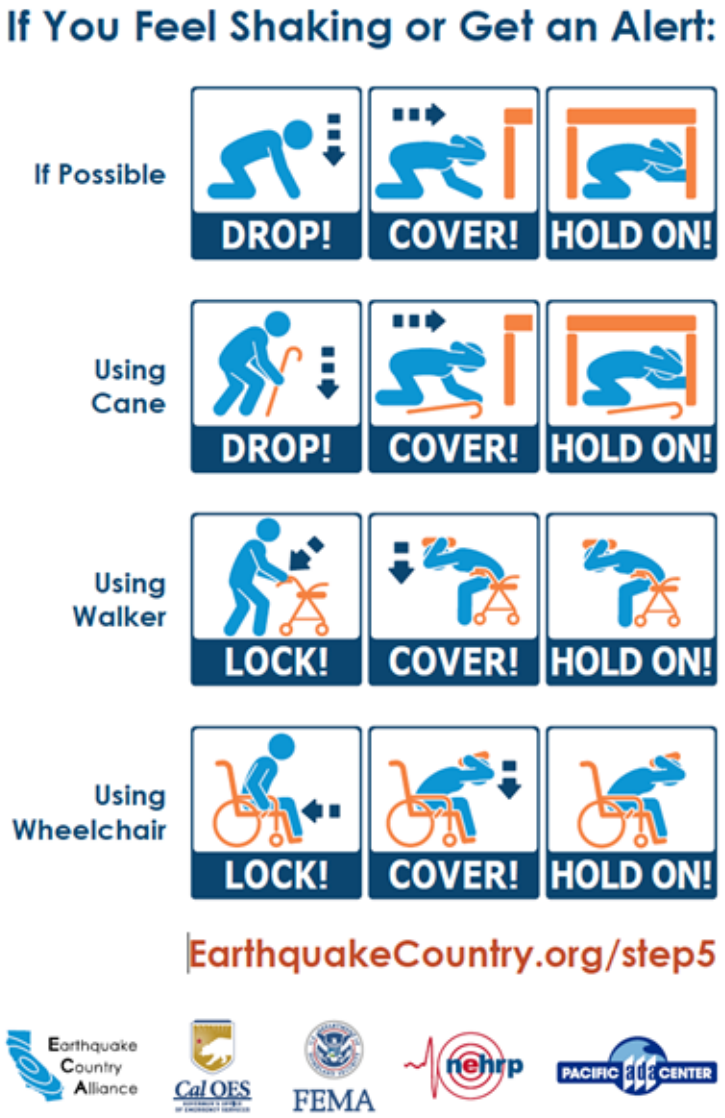
HOLD ON to your shelter until the shaking stops.

If you can't get under something, bend over and protect your head and neck with your arms.

Now look around. What objects might fall or be thrown at you, that you should secure in place before a real earthquake?

Finally, a strong earthquake may generate a tsunami. If you're near the ocean during an earthquake, DROP, COVER, and HOLD ON, then quickly walk to high ground after the shaking stops.

This drill is over. Thank you for taking part in the Great ShakeOut!



Discussion

1. What did you learn by practicing how to protect yourself?
2. What might fall on you or others if a real earthquake happened now right now? How might you move or secure those items so they won't cause injury?
3. If power goes out in your area for several days or more, how long will cell phone batteries last? Do you or your family have a "powerbank" charger for phones?
4. How would you contact your family or others? Communicating via text or apps may be possible when calls are not
5. What should you have in a disaster supplies kit?

Learn more: **Ready.gov** or **EarthquakeCountry.org/sevensteps**