

Earthquake

• Drop • Cover • Hold



When you feel an earthquake, follow these steps: “Drop, Cover and Hold”.



DROP

1 DROP down on your hands and knees

- ✓ This protects you from falling but lets you move if you need to.
- ✓ Stay away from windows.
- ✓ If you're sitting in a chair then **Stay, Cover and Hold**.



COVER

2 COVER your head and neck (or your entire body, if possible)

- ✓ Take cover under a sturdy table or desk (if it is within a few steps of you).
- ✓ If no shelter is nearby then cover your head and neck with your arms.



HOLD

3 HOLD on to your shelter until the shaking stops (or your position, to protect your head and neck)

- ✓ If the shaking shifts your shelter around, move with it.

During an earthquake

If you are outside



- ✓ Find a clear area away from building, trees and power lines. These may fall and cause injuries.
- ✓ Stay where you are until the shaking stops.

If you are a wheelchair user



- ✓ Lock your wheelchair.
- ✓ Bend over and cover your head and neck.
- ✓ Hold until the shaking stops.

If you have reduced mobility



- ✓ If possible, DROP, COVER and HOLD.
- ✓ Otherwise, bend over and cover your head and neck as best you can.
- ✓ Hold until the shaking stops.
- ✓ Keep your mobility aid with you.

If you are driving



- ✓ Pull over to a safe location, stop and wait with your seatbelt fastened until the shaking stops.
- ✓ Once the shaking stops proceed with caution.
- ✓ Listen to your car radio for advice from emergency services.

If you are in an elevator



- ✓ DROP, COVER and HOLD.
- ✓ When the shaking stops, get out at the nearest floor, if possible.

During an earthquake

- ✗ DO NOT run outside unless the building is showing obvious signs of distress. It is frightening to stay inside a building, but it's much safer than being outside where masonry and glass could fall on you.

Once shaking stops

- ✓ Look for damage around you. Furniture and fittings may have become hazardous.
- ✓ Check yourself for injuries.
- ✓ Help others if you can.
- ✓ **Evacuate to Ilam Fields OR leave campus.** Let your manager/colleague/fellow students know you are safe and have left campus.
- ✓ Take your coat, phone, wallet, keys and grab bag with you.
- ✓ Stay with others or in a group, if you can.
- ✗ DO NOT pass back through campus to get to Ilam Fields, use external roads as possible.
- ✗ DO NOT re-enter buildings until an “All Clear” has been given by UC Security or emergency services.
- ✓ If you need help, look for UC Security/Building Wardens in uniform/high vis vests.
- ✓ If possible, **DIAL UC Security 0800 823 637** to request evacuation help **OR** report major damage/hazards/injuries (eg, a fire, hazardous material spill and/or major structural damage).

Useful tips

- ! Expect aftershocks. All large earthquakes will be followed by aftershocks.
- ! Traffic may be congested, and mobile phone use could be limited.
- ! Avoid travelling through tsunami evacuation zones to return home.
- ! If you are in a tsunami evacuation zone, you need to move to higher ground immediately, or as far inland as you can, to get out of tsunami evacuation zones.
- ✓ Remember, “Long or Strong, Get Gone”.

EARTHQUAKE