

# SAFETY TIP OF THE WEEK



## Preparedness Month

- September is National Preparedness Month. National Preparedness Month is designed to encourage everyone to take simple steps to prepare for emergencies in their homes, businesses, and communities because disaster can strike at any time without warning.
- Identify Your Risk - What are the hazards where you live or work? Find out what natural or human caused disasters pose a risk for you. Do you live near a flood plain, an earthquake fault, or in a high fire danger area? Are you prepared for an unexpected human-made disaster that can strike any time? Does your neighborhood or community have a disaster plan?
- Create a Family Disaster Plan - Your family needs a plan that tells everyone: where to meet if you have to evacuate; who you've identified as an out-of-state "family contact"; how to get emergency information in your community; and how to take care of your family pets.
- Practice Your Disaster Plan - After you have sat down with your family and written your plan — practice it. Start by having family members meet at a designated spot outside your home — like you would after a fire or after the shaking stops. Know how to respond in the event of any disaster — whether to stay put indoors, or whether to evacuate your neighborhood by car. If your family needs to evacuate, know the proper evacuation procedures and routes as determined by your local OES office.
- Build a Disaster Supply Kit for Your Home - If you are stranded in your car or have to be self-sufficient at home until help arrives, you need to have a disaster kit with you.

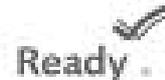
**DON'T WAIT. COMMUNICATE.  
MAKE YOUR EMERGENCY PLAN TODAY.**



**SEPTEMBER IS NATIONAL PREPAREDNESS MONTH!**



AMERICA'S  
**PrepareAthon!**



On September 3 2015 Governor Brown Jr. issued a proclamation declaring September 2015 as "National Preparedness Month" in the State of California. In the coming weeks and months, Californians will commemorate the anniversaries of some of the worst disasters in living memory, including the attacks of September 11th and the Loma Prieta and Northridge earthquakes.

## Earthquake Preparedness

- Prepare three emergency kits: A go-bag with a minimum of three days of supplies for your car, An office kit with a minimum of seven days of supplies and a home kit with a minimum of three weeks of supplies.
- Kits should include essentials such as a flashlight with batteries, medication, food and bottled water. Other things that are helpful include a battery-powered radio, garbage bags, extra set of clothes and whistle to signal for help.
- To register and participate in the Great California Shakeout visit [www.shakeout.org/california/register](http://www.shakeout.org/california/register).

## Injury Prevention During an Earthquake

- Ground movement during an earthquake is seldom the direct cause of death or injury. Most earthquake-related casualties result from collapsing walls, flying glass, and falling objects. The most significant injury in the Napa Earthquake was the result of a 13-year-old boy that was struck by flying debris from a collapsed fireplace. The most dangerous area during an earthquake is near exterior walls or directly outside of buildings and exits. Windows, facades and architectural details are often the first parts of the building to collapse.
- The Drop, Cover, and Hold On" drill, gives you the best overall chance of quickly protecting yourself during an earthquake. Drop to the ground; take Cover by getting under a sturdy table or other piece of furniture; and hold on until the shaking stops. If a table or desk isn't nearby, cover your face and head with your arms and crouch in an inside corner of the building. Stay away from windows, bookcases, file cabinets, heavy mirrors, hanging plants, and other heavy objects. Do not attempt to run outside or to other rooms during shaking.
- If outdoors, move to a clear area away from, signs, streetlights, buildings, electrical wires and poles. Once in the open, stay there until the shaking stops.
- If you are driving, slow down and stop on the side of the road. Avoid stopping on or under bridges, overpasses, under power lines, trees and large signs. Stay in your car.

