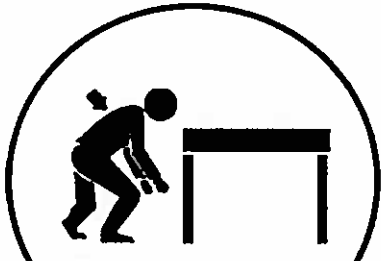


# WHAT TO DO DURING AN EARTHQUAKE



**DROP**  
TO THE FLOOR



TAKE  
**COVER**  
UNDER A TABLE



**HOLD**  
ON UNTIL THE  
SHAKING STOPS

Proper cover means you are on the floor on your knees, face buried in your knees with your arms protecting the sides of your face as your hands are hanging onto the furniture to prevent moving. This strategy also protects you from imploding glass shards flying through the room. If you are not near a desk or table to use as cover, drop to the floor against the interior wall and use anything that can protect your head and neck like a book, bag or your hands interlaced covering your neck with your face buried into your knees.

## CAUTION!

**NO DOORWAYS.** Standing in a doorway leaves you extremely exposed, especially to flying glass.

**NO RUNNING.** Panic kills, you can't outrun an earthquake, and you're probably running past good cover.

**DO NOT USE 'TRIANGLE OF LIFE'.** This method is not approved and has been proven to be very dangerous. It leaves the individual exposed to falling and flying debris with no protection.

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# CPR FOR ADULTS (AGES 12 AND ABOVE)

CALL  
**911**

**1**

## Check for breathing and unconsciousness



Attempt to wake the victim by gently shaking the shoulder while checking for breathing. Look for rise and fall of the abdomen (diaphragm) If not breathing, yell for help and call 9-1-1 immediately. Then **Perform CAB.**



**C**

## Compressions



Place the heel of your hand in the middle of the victim's chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches. Perform 30 compressions at a rate of 100-120 pushes per minute.



**A**

## Airway



After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Pinch the victim's nose and make a seal over the victim's mouth with yours. **Use a CPR mask if available to access quickly. DO NOT delay CPR by searching for it!**



CPR Mask



**B**

## Breathing



Give the victim a breath, blow for one second, just enough to make the chest rise. Remove your mouth, let the chest fall and then deliver second breath. Then continue cycles of 30-2

## RESCUER SAFETY

If readily available, use:

### CPR Mask/Barrier



helps keep body fluids out of rescuer's mouth

### Disposable gloves



if not available, wash hands with soap and warm water when help arrives.

**\*Use safety gear only if you can locate it very quickly, DO NOT delay CPR by searching for it.**

## HANDS-ONLY CPR

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.

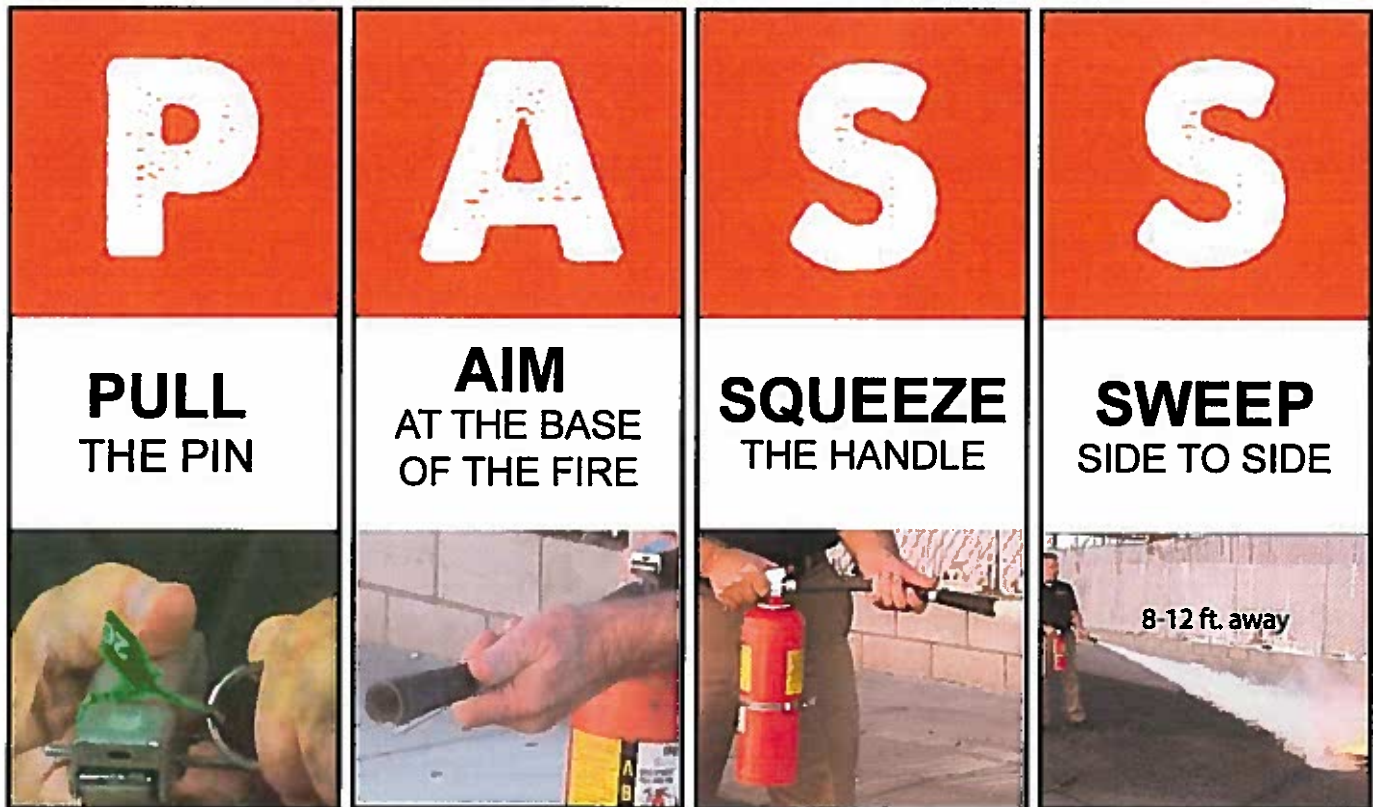
It's not a preferred method but it's better than nothing for adults following a witnessed collapse.

It's normal to feel pops and snaps when you first begin chest compressions - DON'T STOP!

## REPEAT CYCLE

30 Compressions: 2 Breaths  
Do another 30 chest compressions and give another 2 breaths. Continue this CPR cycle til help arrives.

# HOW TO PROPERLY USE A FIRE EXTINGUISHER



The average 5 lb. dry chemical extinguisher has enough powder for 15-20 seconds of firefighting. When you are 8-12 feet from the fire or when you feel the heat, you can begin discharging. If the fire is so hot that you cannot get close enough with an extinguisher, then the fire is too big for an extinguisher. Exit now. Extinguishers are for early detection and a quick attack of small fires only.

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