

Earthquake Safety

Earthquakes can occur almost everywhere in the United States. While strong earthquakes are uncommon in Oklahoma, small earthquakes have been occurring regularly and with increased frequency in recent years. It is important to prepare for earthquakes the same way we prepare for house fires and tornadoes – by learning how to stay safe, taking precautions now, and practicing with regular earthquake drills.

Lesson 1

Imagine that you hear a low, rumbling, roaring sound. The noise builds, getting louder and louder, for a few seconds. Then, Wham! There's a terrific jolt. The floor seems to be moving beneath you. It's hard to stand up or even stay in your seat. When you walk, it's like trying to walk on a trampoline or a waterbed. You hear someone say, "Earthquake! Drop, Cover, and Hold On!" What should you do to stay safe?

If you are indoors

- **DROP** to the ground.
- Take **COVER** by getting under a sturdy table or other piece of furniture.
- **HOLD ON** until the shaking stops. If there isn't a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building.
- Stay away from glass, windows, outside doors and walls, and anything that could fall, such as light fixtures.
- Stay in your safe spot until the shaking stops and it is safe to go outside.
- **NOTE:** A doorway is not a safe place to be during an earthquake.

If you are outdoors

- Stay there.
- Move away from buildings, streetlights, and power lines.
- Once in the open, stay there until the shaking stops. The greatest danger exists directly outside buildings, at exits and alongside exterior walls.

Discussion:

1. Have you ever felt an earthquake?
2. What would you see, hear, feel and smell if an earthquake occurred nearby?

Activity:

1. Practice earthquake safety "Drop, Cover, and Hold On" procedures with students.
2. Hold an earthquake drill to practice with students.



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