



De La Salle University

EARTHQUAKE PREPAREDNESS AT HOME

School Disaster Management Committee

2021



Why do we have to be prepared?

- To ensure the safety of every member of your household during and after an earthquake
- To inform you of the possible emergency response you can do in times of earthquakes
- To remind you of the proper safety and evacuation procedures during earthquakes

What is an Earthquake?



Earthquake is a sudden and violent shaking of the ground, sometime causing great destruction, as a result of movements within the earth's crust or volcanic action.

Who is in-charge of Earthquakes?



The Philippine Institute of Volcanology and Seismology (PHIVOLCS) is a service institute of the Department of Science and Technology (DOST) that is principally mandated to mitigate disasters that may arise from volcanic eruptions, earthquakes, tsunami and other related geotectonic phenomena.



How do we know if it's an Earthquake?

- **MAGNITUDE**

It is the energy released by an earthquake at the focus. It is calculated from earthquakes recorded by an instrument called **SEISMOGRAPH**.

- **INTENSITY**

It is the strength of an earthquake perceived and **felt by people** in a certain locality. Intensity is generally higher near the epicenter.

How do we know if it's an Earthquake?

PHIVOLCS EARTHQUAKE INTENSITY SCALE

I	SCARCELY PERCEPTIBLE
II	SLIGHTLY FELT
III	WEAK
IV	MODERATELY STRONG
V	STRONG
VI	VERY STRONG
VII	DESTRUCTIVE
VIII	VERY DESTRUCTIVE
IX	DEVASTATING
X	COMPLETELY DEVASTATING

Intensity I to III:

- Shaking ranges from scarcely perceptible to weak
- May be felt by few or many individuals at rest indoors especially in upper floors of buildings.
- Hanging objects may swing slightly to moderately.
- Still water in containers may oscillate slowly to moderately

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Intensity IV to VII:

- Shaking ranges from moderately strong to destructive
- May be felt generally by people indoors and outdoors
- Some people sleeping may be awakened and some would lose their balance
- Hanging objects may swing considerably to violently
- Some structures would have some cracks or slight damage

How do we know if it's an Earthquake?

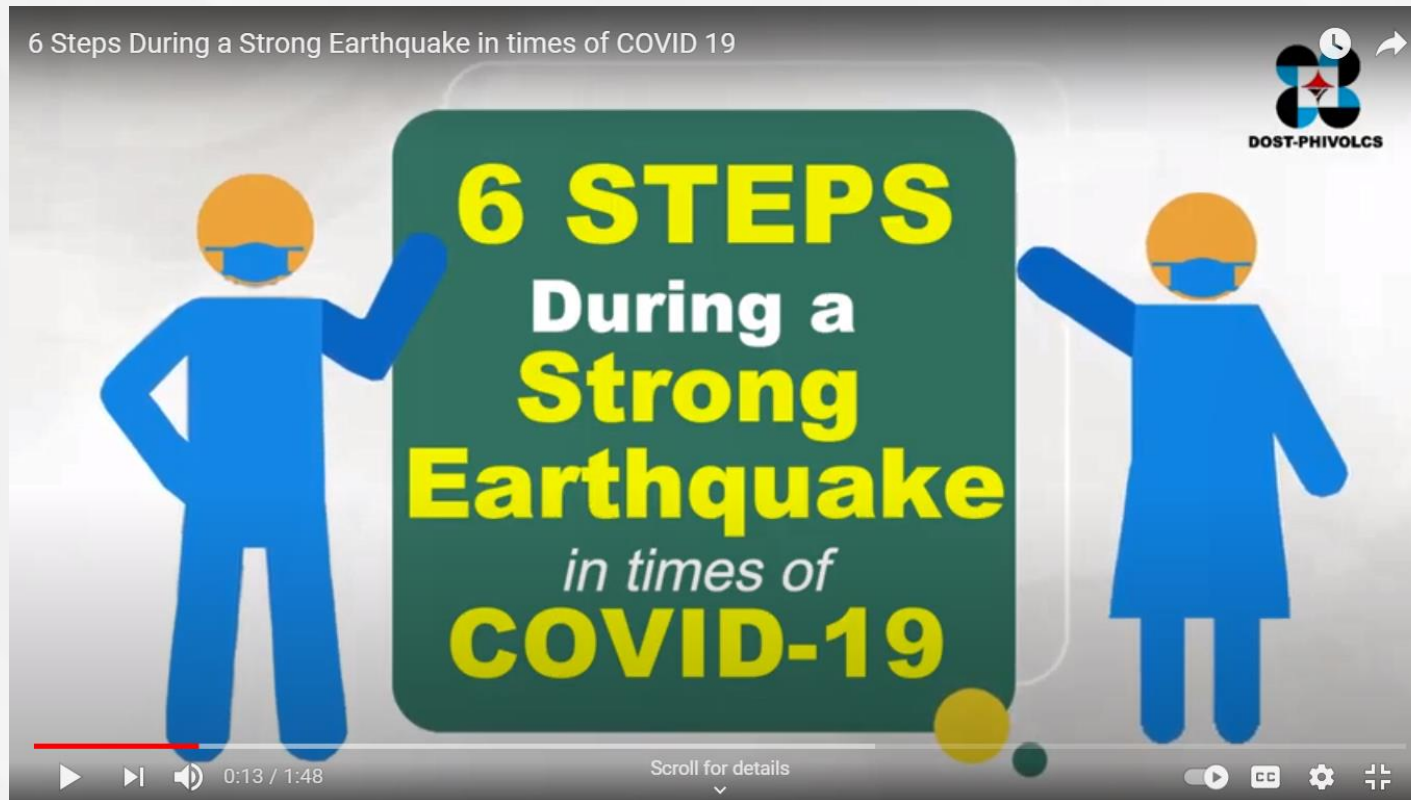
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Intensity VIII to X:

- People would find it difficult to stand or may be forcibly thrown to the ground
- Man-made structures would be greatly damaged or completely destroyed
- Trees are shaken violently, broken and uprooted
- Landslides and rock fall will occur
- Land forms may be lifted and ground fissures are observed

Video for Grades 3 to Grade 10, SHS, College, and Personnel

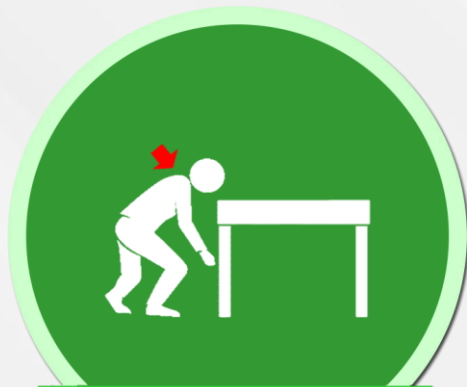


[Video link](#)

What you should do?

Emergency response **during** an earthquake

Step 1



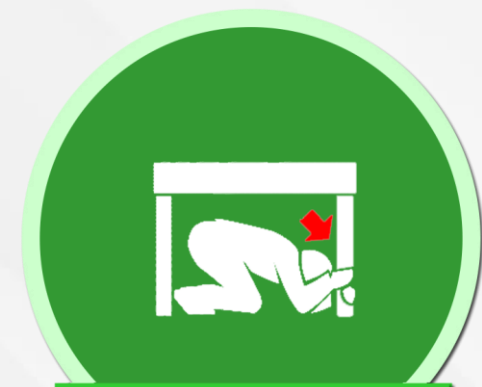
DROP

- Drop down onto your hands and knees before the earthquake knocks you down.



COVER

- Take cover: Get under a sturdy desk or table. Protect your head and neck with your arms and hands.



HOLD ON

- Hold on to your shelter until the shaking stops. Move with your shelter if the shaking shifts it around.

What you should do?

Emergency response **during** an earthquake

Step 2



- After the shaking, vacate the building using the safest and fastest way out.



- Observe at least one (1) meter distance and don't forget your facemask and emergency Go-Kit.

What you should do?

Emergency response **during** an earthquake

Step 3



- Safety first. **WALK!** Do not run.

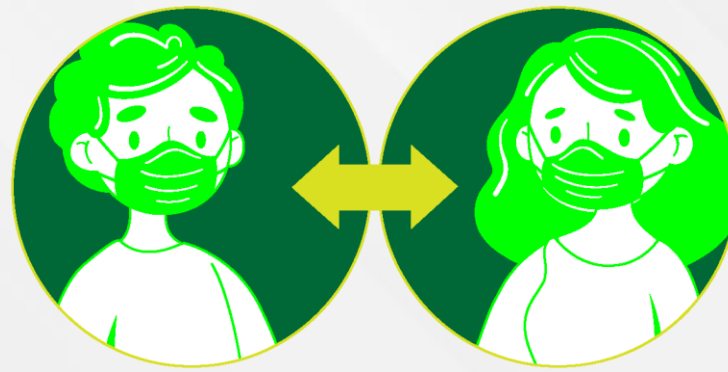
What you should do?

Emergency response **during** an earthquake

Step 4



- Stay calm. Don't panic.



- Keep your distance.

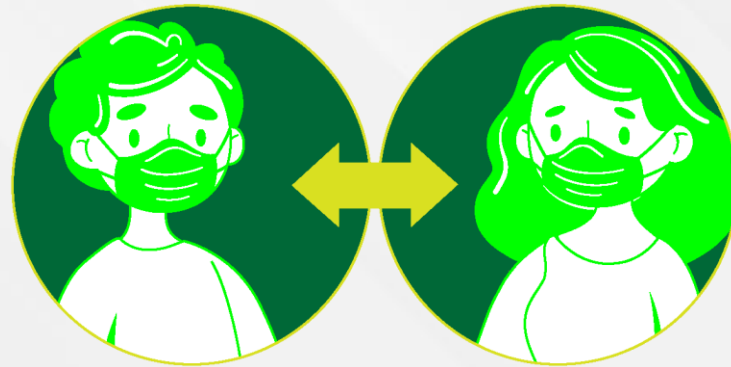


- Do not push.

What you should do?

Emergency response **during** an earthquake

Step 5



- Proceed to the nearest open space.
- Observe physical distancing

What you should do?

Emergency response **during** an earthquake

Step 6



- Wait for the advisory from building management or adult companions if it is safe to go back inside your home
- Wait for other warnings and expect aftershocks

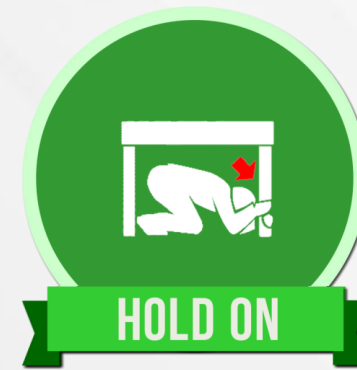
Practice DCH at Home



- Drop down onto your hands and knees before the earthquake knocks you down.



- Take cover: Get under a sturdy desk or table. Protect your head and neck with your arms and hands.



- Hold on to your shelter until the shaking stops. Move with your shelter if the shaking shifts it around.

- For one (1) minute, while the alarm is going off, practice DCH on your own
- Click the button to play the alarm
- Take a photo of yourself or family member practicing DCH

Video for Grades 3 to Grade 10, SHS, College, and Personnel



[Video link](#)

Reminders - INDOOR Safety

IF YOU ARE INSIDE, STAY INSIDE.

DO NOT RUN OUTSIDE OR TO OTHER UNTIL THE SHAKING STOPS



Do not stand in a doorway

The doorway does not protect you from the most likely source of injury-falling or flying objects.



Protect your head

Shield your head and face from falling debris and broken glass using your books, bag, or anything sturdy



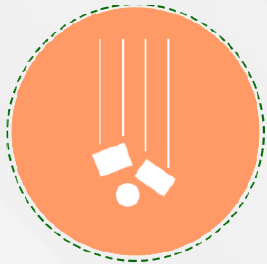
Move away from glass, hanging objects, and large furniture

Most injuries and deaths during earthquakes are caused by falling or flying objects, or by being knocked to the ground

Reminders - OUTDOOR Safety

IF YOU ARE outSIDE, STAY outSIDE.

Move away from buildings, utility wires, sinkholes, and fuel/gas lines.



Falling debris

- Windows, facades and architectural details are often the first parts of the building to collapse.



Mobility impaired

- Sit or remain seated.
- Lock your wheels if you are in a wheelchair.
- Protect your head.



In moving vehicles

- Stop as quickly and safely as possible.
- Move your vehicle to the shoulder or curb.
- If a power line falls on the car, stay inside until a trained person removes it.

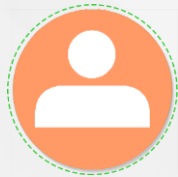


Stadium or theater

- Stay at your seat.
- Protect your head and neck with your arms, or any way possible.
- Do not leave until the shaking stops.

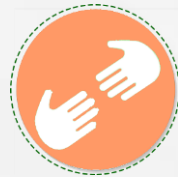
What you should do?

Emergency response **AFTER** an earthquake



Check

Check yourself for injuries and get first aid if needed.



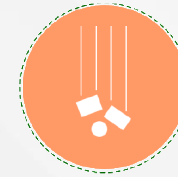
Help others

Help people who require special assistance.



Evacuate

Calmly evacuate to the area assigned to your building.



Watch out

Watch out for falling debris, power lines, and damaged parts of the building.



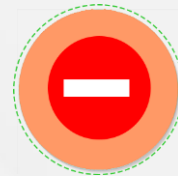
Do not use elevators

Do not use elevators and escalators when evacuating.



Use the staircase

Use the staircases when exiting the building.



Do not re-enter

Do not re-enter the building until it has been cleared by authorities.



Expect aftershocks

Expect aftershocks that may further damage weakened structures.

Emergency Go Kit

BASIC DISASTER SUPPLIES KIT

- water**
one gallon per person a day, enough for 3 days
- flashlight**
with extra batteries
- mobile phone**
Fully charged
- food**
non-perishable food, enough for 3 days
- whistle**
to signal for help
- can opener**
- garbage bags**
with tape and plastic ties for sanitation
- firstaid kit**
- radio**
battery-operated and extra batteries

- Important documents in sealed bags
- torch
- baby formula
- sturdy gloves
- portable radio
- First Aid Kit
- spare batteries
- non-perishable food
- waterproof bags

Special food and medication may be required for infant, elderly or disabled family members.