

Earthquake Preparedness - DROP, COVER AND HOLD ON

Federal, provincial, local emergency management experts and other official preparedness organizations around the world all agree that "[DROP, COVER AND HOLD ON](#)" is the appropriate action to reduce injury and death during earthquakes. The protocol for "DROP, COVER AND HOLD ON" is as follows:

- DROP under heavy furniture such as a table, desk, bed or any solid furniture.
- COVER your head and torso to prevent being hit by falling objects.
- HOLD ON to the object that you are under so that you remain covered.
- If you can't get under something strong, or if you are in a hallway, flatten yourself or crouch against an interior wall.
- If you are in a shopping mall, go into the nearest store.
- Stay away from windows, and shelves with heavy objects.
- If you are at school, get under a desk or table and hold on. Face away from windows.
- If you are in a wheelchair, lock the wheels and protect the back of your head and neck.
- DO NOT try to run to another room just to get under a table.

If there is not a table or desk near you, cover your face and head with your arms and crouch in an inside corner of the building. For other earthquake preparedness measures please visit the Federal Government official website.

The emphasis is to try not to move and immediately protect yourself as best as possible where you are. Earthquakes occur without any warning and may be so violent that you cannot run or crawl; you will most likely be knocked to the ground wherever you happen to be.

Studies of injuries and deaths caused by earthquakes indicate that you are much more likely to be injured by falling or flying objects (TV's, lamps, glass, bookcases) than from a building collapsing. Thus DROP, COVER and HOLD ON offers the best overall level of protection in most situations.