



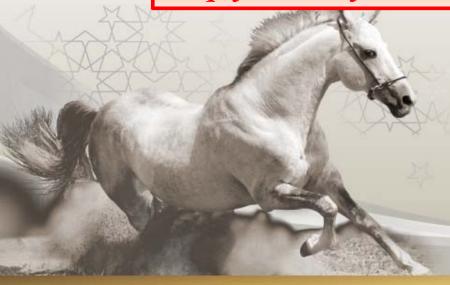






Earthquakes Safety Instructions

Here is some earthquake safety tips that can help keep you and your family safe if things start shaking



Dubai Municipality, Survey Department, P.O. Box: 67 Dubai U.A.E.







Earthquakes Emergency Kit







- Extra batteries
- Portable battery -operated radio
- First aid kit and first aid manual
- Canned Food
- At least three gallons of water per person
- Non-electric can opener
- Essential medicines (including prescription medications)
- Protective clothing and rainwear
- Sleeping bag
- > Sturdy shoes
- Rescue & Repair Tools
- Fire Extinguisher



























BEFORE AN EARTHQUAKE

- 1- Prepare Earthquake Emergency Kit
- 2-Establish Earthquake Plan at your home or workplace.
- 3- Learn first aid.
- 4- Get training on how to use a fire extinguisher from your local fire department. Training will help you to keep calm and know what to do when an earthquake occurs.
- 5- Learn how to turn off the gas, water, and electricity.
- 6- Don't leave heavy objects on shelves (they'll fall during a qui
- 7- Anchor heavy furniture, cupboards, and appliances to the walls or floor.

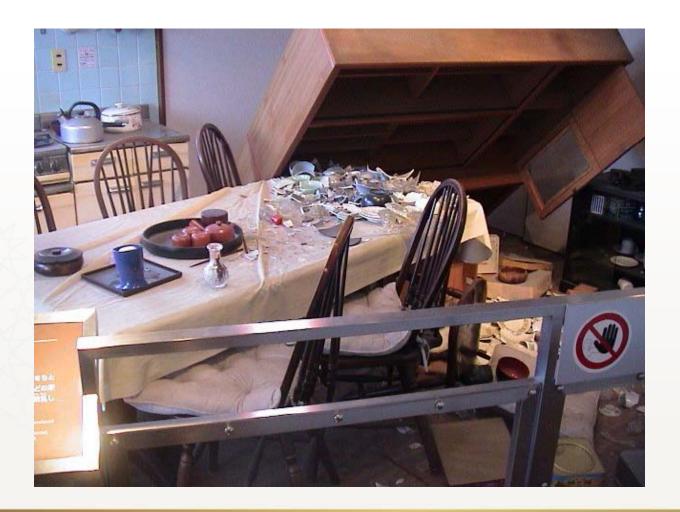








Kobe 1995 Japan Earthquake









WHAT TO DO BEFORE AN EARTHQUAKE



- 8- Learn the earthquake plan at your school or workplace.
- 9- Inform guests, babysitters, and caregivers of your plan. Everyone in your home should know what to do if an earthquake occurs. Assure yourself that others will respond properly even if you are not at home during the earthquake.
- 10- Discuss earthquakes with your family. Everyone should know what to do in case all family members are not together. Discussing earthquakes ahead of time helps reduce fear and anxiety and lets everyone know how to respond.
- 11-Know Safe Spots in Every Room (i.e. Sturdy Tables, Desks)
- 12- Know Dangerous Spots in Every Room (i.e. Windows, Hanging Objects, Fireplace, Appliances







WHAT TO DO DURING AN EARTHQUAKE



In Doors

- 1- Stay There! Do NOT Run Outside
- 2- Stay Calm & Remember the Phase, "Duck, Cover, and Hold"
- 3- Stand against a wall near the center of the building, stand in a doorway, or crawl under heavy furniture (a desk or table).
- 4- Stay away from windows and outside doors. It is very dangerous to try to leave a building during an earthquake.
- 5- Don't use matches, candles, or any flame.







A.Duck B.Cover C.Hold







WHAT TO DO DURING AN EARTHQUAKE



- 6- Don't use elevators (they'll probably get stuck anyway).
- 7- If you're outdoors, stay in the open away from power lines or anything that might fall. Stay away from buildings (stuff might fall off the building or the building could fall on you).



- 9- Stay Away from Bridges, Overpasses & Tunnels.
- 10- In Mountainous Area stay away from: Falling Rocks & Other Debris
- 11- On the Beach/Ocean Front:

 Move to Higher Ground or Several Hundred Yards Inland







(Safe Triangle) مثلث الأمان (Triangle of Life) مثلث الحياة



Mr. Doug Copp

Rescue Chief and Disaster Manager,

American
Rescue Team
International
ARTI

875 collapsed buildings in 60 contries

















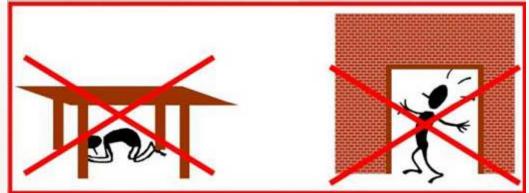








Weak Tables are not recommended









WHAT TO DO AFTER AN EARTHQUAKE



- 1- Check yourself and others for injuries. Provide first aid for anyone who needs it.
- 2- Check water, gas, and electric lines for damage. If any are damaged, shut off the valves. Check for the smell of gas. If you smell it, open all the windows and doors, leave immediately, and report it to the authorities.
- 3- Turn on the radio. Don't use the phone unless it's an emergency.
- Stay out of damaged buildings.
- 4- Be careful around broken glass and debris.
- 5- Wear boots or sturdy shoes to keep from cutting your feet.
- 6- Do Not Turn on or Off any Lighting or Electrical Devices.







WHAT TO DO AFTER AN EARTHQUAKE



- 7- Inspect your home for damage. Examine walls, floor, doors, staircases, and windows to make sure that the building is not in danger of collapsing. Get everyone out if your home is unsafe. Aftershocks following earthquakes can cause further damage to unstable buildings. If your home has experienced damage, get out before aftershocks happen.
- 8- Stay away from damaged areas.
- 9- If you're at school or work, follow the emergency plan or the instructions of the person in charge.
- 10- Expect aftershocks. Each time you feel one, drop, cover, and hold on! Aftershocks frequently occur minutes, days, weeks even months following an earthquake.
- 11- Listen to a portable, battery-operated radio (or television) for updated emergency information and instructions.









