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EarthquakeCountry.org
What We Will Cover Today

• Available educational tools and resources for earthquake preparedness outreach, exercises, and drills

• How to modify earthquake preparedness and safety steps for people with Disabilities or other Access and Functional Needs

• A best practice model for Train-The-Trainer earthquake trainings
Whole Community
From Partnerships to Relationships

Emergency Managers: Do you know your community?

Community Members: Do you know your emergency managers and first responders?

Build relationships long before the disaster.
Have you considered...

• What if power, gas, and phone lines are not working?
• What can you do independently?
• With what do you need assistance?
• Will regular sources of assistance be available?
• What if roads and sidewalks are impassible?
• What if transportation is unavailable?
• How will you maintain supplies of water, food, medications, and other needs?
Who? You!

• YOU are the most qualified person to prepare yourself for disasters

• You know your disability and needs
Most States Have Earthquakes
“But We Don’t Have Earthquakes…”

- Everyone, Everywhere should know how to protect themselves during earthquakes

- Damaging earthquakes can happen at any time in most states of the Central U.S. and Southeast

- People may travel to earthquake prone areas and experience a major earthquake
Earthquake Country Alliance

California partnership of people, organizations, and regional alliances

Regional alliances plan activities and coordinate partnerships

Statewide committees identify sector-based needs and develop resources

Funded by FEMA and CalOES

www.EarthquakeCountry.org
ECA Committees & Bureaus

- Businesses
- **Seniors and People with Disabilities**
- EPIcenters (museums, parks, libraries, etc.)
- Healthcare
- Non-Profits and Faith-Based Organizations
- Public Sector (Government EM & Elected Officials)
- Schools (K-12)
- Schools (Higher Ed)
- Multicultural
- Media Bureau
- Events Bureau
- Participation Bureau
S/PWD Objectives

ECA Seniors and People With Disabilities Committee works to:

1. Engage Seniors/People With Disabilities and others with Access & Functional Needs to practice alternatives to “Drop Cover and Hold On”

2. Provide meaningful resources for the whole community

3. Increase the number of Seniors and People With Disabilities included in preparedness and outreach activities
   - Register individuals/groups in ShakeOut drills to quantify participation
   - Identify gaps in preparedness efforts
Seniors and People With Disabilities Resources

- **Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs**
- Organized according to Seven Steps to Earthquake Safety
- Also simple “Tips” document

[earthquakecountry.org/disability]
Seven Steps To Earthquake Safety

BEFORE
1. Secure Your Space
2. Plan To Be Safe
3. Organize Supplies
4. Minimize Financial Hardship

DURING
5. Drop, Cover, and Hold On
6. Improve Safety

AFTER
7. Reconnect and Restore

EarthquakeCountry.org/sevensteps
Step 1: Secure Your Space

• Identify hazards
• Secure moveable items
• Reduce Injuries and damage
Top-Heavy Furniture

Use flexible nylon straps (buckles or velcro)
Straps and buckles secured with adhesive and bolted to anchor points
Essential Equipment

- Oxygen tanks
- Life support devices
- Lifts/hoists (placement)
Wall Hangings

- No glass above beds
- Use closed hooks
Smaller Items

- Earthquake Putty
- Microcrystalline Museum Wax
Kitchen Cabinets

Many options available at hardware stores and online
Water Heaters and Large Appliances

- Use flexible stainless-steel gas connectors
- Secure large appliances to wall studs
Begin to Secure Your Space:

TODAY:
Move a heavy object to a lower location

- Review EarthquakeCountry.org/step1
- List potential hazards to be secured
- List what to buy (online or at hardware stores)
- Secure everything in a weekend, or over time
- Show your friends, family, neighbors (even better… help each other!)
Step 2: Plan to Be Safe

- Create a disaster plan
- Decide how to communicate in an emergency

EarthquakeCountry.org/step2
Personal Support Team (PST)

- At least 3 people
- Home, work, recreation
- Know your unique needs and plan
- Able to assist after earthquake
AFN Planning for Individual Needs:

- Label adaptive equipment
- Transportation plan
- Care plan for service animals
Step 3: Organize Disaster Supplies

- At home, work, and in your car
- Copies of prescriptions, extra glasses, etc.
- Essentials for 3 days, ideally 2 weeks
DAFN Considerations

- Medications (prescription, over-the-counter medications)
- Medical supplies
- Medical/Health information
- Medication list
- Copy of prescriptions
- Communication supplies
Supplies for Specific Needs:

- Hearing aid batteries
- Eye glasses
- Walking stick
- Oxygen or nebulizer supplies
- Blood glucose tester
- Hygiene Equipment
- Catheter supplies
- Feeding equipment
- Hygiene Supplies
- Soothers/calmers
Service Animal Supplies

- License and ID tags
- copies of service animal documentation
- Immunization records, medications, and veterinarian’s contact information
- extra animal food, water, and bowls
- Extra harness and/or leash
- Booties (practice using them!)
Step 4: Minimize Financial Hardship

- Organize important documents
- Strengthen your property
- Consider insurance

EarthquakeCountry.org/step4
Additional AFN Considerations

- Health care power of attorney
- Advance directives
- Social security documentation
Step 5: Drop/Lock, Cover and Hold On

- When the earth shakes, act immediately
- Protect yourself from falling to the ground, or from falling objects

EarthquakeCountry.org/step5
Why *Drop/Lock, Cover, and Hold On*?

- Prevents being thrown to the ground
- Reduces injury from falling or flying items
- Increases chance of surviving collapse

Classroom in Calexico, CA
April 2010, M7.2

EarthquakeCountry.org/step5
Drop

If possible:

• Drop on to your hands and knees, where you are

EarthquakeCountry.org/step5 has advice for a variety of settings
Cover

- Cover your head and neck with one arm and hand.
- If a sturdy table or desk is nearby, crawl underneath it for shelter.
- If no table/desk, crawl against a wall or next to low furniture for sideways protection.

EarthquakeCountry.org/step5 has advice for a variety of settings.
Hold On

- Hold On to your shelter until shaking stops
- Be ready to move with your shelter
- If not under a shelter, hold on to your head/neck with both arms and hands

EarthquakeCountry.org/step5 has advice for a variety of settings
Adapt Your Response

- If you can’t get back up, don’t get down
  - Bend over and cover your head and neck with your arms/hands
  - If you can’t cover head and neck, cover torso
- Instruct others how to assist you
- Practice is key

www.EarthquakeCountry.org/disability
Using a Cane

DROP!

COVER!

HOLD ON!
Using a Walker/Rollator

LOCK!  COVER!  HOLD ON!
Using a Wheelchair

LOCK!

COVER!

HOLD ON!
Earthquake Safety Video Series

Separate short videos:

- People with mobility disabilities
- Indoors, nearby table/desk
- Indoors, no table/desk
- Theater/stadium
- Near the shore
- In a car
- In bed

View at YouTube.com/greatshakeout

Download at www.ShakeOut.org/messaging
Step 6: Improve Safety

- Connect with PST
- Evacuate if necessary
- Help the injured
- Prevent further injuries or damage

EarthquakeCountry.org/step6
Service Dog Considerations

• Service animal may be frightened or injured
• May not be able to work immediately
• Increased risk of injury to paws from broken glass or debris on the ground
• Be prepared to use alternate equipment if your animal cannot provide its normal services.
Step 7: Reconnect and Restore

- Restore daily life
- Reconnect with others
- Repair damage
- Rebuild community

EarthquakeCountry.org/step7
Review Plan with PST

• Did the plan work?

• What needs to change for next time?

• What was forgotten?
Great ShakeOut Earthquake Drills

- Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans

- 2019: 66+ million people worldwide; 10.9 million in California

- 2020 International ShakeOut Day: October 15

- Learn more and register: ShakeOut.org
Everyone can ShakeOut!
Benefits of Registering

Be:

• Counted in the world’s largest earthquake drill
• Updated with news and safety tips
• Listed with other participants
• An example that motivates others
• Better prepared to survive

Have peace of mind that you have taken action and helped others
ShakeOut Drill Manuals

- **Level 1:** Drop, Cover, Hold On drill
- **Level 2:** Drop, Cover, Hold On, then evacuation, search/rescue
- **Level 3:** Adds Continuity Planning
Develop Working Groups

• Get involved on planning committees – or create your own
• Know each other by name before incident

Questions:
1. What do responders need to know about the population you represent?
2. What assets does your organization bring to the table?
3. What tools should responders know about to assist the population you represent?
Building Relationships through Drills

- Invite/offer to participate in local drills
- Use the existing resource manuals
Accessible ShakeOut Events

• Select accessible locations
  – Parking
  – Event room
  – Restroom
  – Access to Public Transportation

• Contact info for interpreter or captioning requests

• Provide non-verbal information and large print materials
ECA at Abilities Expo

- ECA hosts preparedness booths and workshops each year in LA and the Bay Area

- Representatives from CalOES, FEMA, American Red Cross, local governments, and other partners

www.Abilities.com
Promising Practice: PreplItForward

- ToolBoxes
- T-T-T Academy

- [https://prepitforward.com/](https://prepitforward.com/)
Great ShakeOut Course Overview

Topics:

• Meeting Everyone's Needs - DAFN
• Earthquake Awareness & Preparedness
• Drop/Lock, Cover & Hold On
• ShakeOut Resources
• ShakeOut Drill

This training provides basic knowledge and information needed to be prepared for, respond to, and recover from an earthquake at home, school, in the workplace and anywhere they find themselves during an earthquake.

Attendees also participate in an earthquake drill and debrief.
ToolBox Resources

- Course Presentation
- Trainer Guide
- Student Guide
- Attendee Sign-In Sheet
- Pre/Post Surveys
- DAFN Disaster & Emergency Communication Guide
- Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs
- Key Earthquake Safety Tips for People with Disabilities and Other Access or Functional Needs
- Recommended Earthquake Safety Actions
Train the Trainer Academy

The (3) day Train-the-Trainer Academy prepares trainers to effectively and efficiently utilize the DAFN ToolBoxes to facilitate standardized disability and access and functional needs inclusive disaster and emergency preparedness training and drills throughout an organization.

Learn more: prepitforward.com
• Upon completion of the T-T-T-T Academy, you are certified to facilitate the Great ShakeOut training.

• Visit prepitforward.com to access the toolboxes via your desktop or mobile device.
Resources & Registration

- [www.earthquakecountry.org/disability](http://www.earthquakecountry.org/disability)
  - *Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs* (8 pages)
  - *Key Earthquake Safety Tips for People with Disabilities and Other Access or Functional Needs* (2 pages)

  - Register as a “Disability/AFN” organization
  - Or for any category, indicate the number of seniors or people with disabilities when you complete the registration form.
Connect with ECA & ShakeOut

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• info@earthquakecountry.org
• info@shakeout.org
• Twitter.com/eca
• Twitter.com/shakeout #ShakeOut
• Facebook.com/greatshakeout