On Thursday, October 17, 2013 at 10:17 a.m., Los Angeles Southwest College will join millions of residents in the Great California Shake Out, a state-wide earthquake drill for emergency preparedness.

During our campus drill, be prepared to:

**Drop, Cover and Hold**

We will also be conducting a full-campus evacuation exercise to practice what you should do in the event of an emergency at Southwest. Additionally, we will be testing our emergency alert text services.

It is important to _practice_ earthquake and emergency safety actions, such as the “Drop, Cover and Hold” drill. Teach yourself, family members, classmates and co-workers to correctly respond if an emergency arises – to save lives and prevent injuries.

When the Shake Out drill starts at 10:17 a.m.

**DROP**

Drop or duck down to the floor in the room where you are – don’t try to go to another room.

**COVER**

Take COVER beside or under something sturdy, a desk, table or other furniture that is not likely to tip over or easily crush. If that is not possible, seek COVER against an interior wall and protect your head with your arms. Avoid dangerous spots near windows, hanging objects, mirrors and tall furniture.

**HOLD**

If you take cover beside or under a sturdy piece of furniture, HOLD on to it and be prepared to move with it. HOLD the position until the ground stops shaking and it is safer to move.
Earthquake Drop, Cover and Hold Tips

When you begin to feel an earthquake, DROP beside or under a sturdy piece of furniture like a desk or table. Stay away from windows, bookcases, pictures and mirrors, hanging plants and other heavy objects that could fall. Protect your head and neck with your arms. Watch for falling plaster or ceiling tiles. Stay under COVER until the shaking stops. HOLD on to the desk or table that you are under and if it moves, move with it.

Falling objects cause most earthquake-related injuries

• If you are not near a table or desk, move against an interior wall, or next to something sturdy, and protect your head with your arms.
• HIGH-RISE BUILDINGS – Take cover until the shaking stops, then evacuate via the stairs. Do not use elevators. Expect fire alarms and sprinklers to activate.
• OUTDOORS - Move to a clear area away from trees, signs, power lines, buildings and poles.
• NEAR BUILDINGS - Be aware of falling bricks, glass, plaster and other debris. Duck into an entryway and protect your head with your arms. Hold on until the shaking stops.
• DRIVING - Pull to the side of the road and stop. Avoid overpasses, power lines, and other hazards. Stay inside the vehicle until the shaking is over, the proceed with extreme caution as there may be roadway or bridge damage or debris on the road surface.
• STORES OR OTHER PUBLIC PLACE - Do not rush for the exit. Move away from shelves and displays that may fall over or contain objects that could fall, then drop, cover and hold.
• WHEELCHAIR - If you are in a wheelchair, stay in it. Move to cover, if possible (i.e., an interior wall), lock your wheels, and protect your head with your arms.
• KITCHEN - Move away from the refrigerator, stove and overhead cupboards, then drop, cover and hold. [Take time now to anchor appliances and install security latches on cupboard doors to reduce hazards.]
• THEATER OR STADIUM - If possible get on the floor between the rows and cover your head with your arms, otherwise stay in your seat and protect your head with your arms. Do not try to leave until the shaking stops. When the quake is over, leave in a calm, orderly manner.

After an earthquake, be prepared for aftershocks and plan where you will take cover when they occur