

## WHEN SHAKING STOPS

- ✓ CHECK YOURSELF FOR ANY INJURIES.
- ✓ IF TRAPPED UNDER DEBRIS, MAKE AS MUCH NOISE AS POSSIBLE. COVER YOUR MOUTH WITH CLOTHING.
- ✓ BE CAREFUL NOT TO MOVE ANYTHING THAT MIGHT CAUSE OTHER DEBRIS TO FALL ON YOU.
- ✓ COVERING YOUR HEADS, CALMLY EVACUATE. PROCEED TO THE DESIGNATED EVACUATION AREA IN AN ORDERLY MANNER.
- ✓ NEVER GO BACK TO THE BUILDING.
- ✓ REPORT TO THE EMERGENCY RESPONSE TEAM OTHER PEOPLE THAT YOU HAVE SEEN TRAPPED OR INJURED.

## REMEMBER:

- ✓ HAVE AN EARTHQUAKE READINESS PLAN.
- ✓ LOCATE A PLACE THAT YOU CAN GO TO IN CASE OF AN EARTHQUAKE. IT SHOULD BE A SPOT WHERE NOTHING IS LIKELY TO FALL ON YOU.
- ✓ AFTERSHOCKS MAY OCCUR SO BE PREPARED TO DROP, COVER, & HOLD.



University of the Philippines Manila  
Health and Safety Committee

## When Earthquake strikes

## WHAT TO DO DURING & AFTER AN EARTHQUAKE

WITHIN THE UPM-PGH PREMISES



# WHEN SHAKING BEGINS

## WHEN INDOORS:

1. Open the door or leave the door open to avoid entrapment
2. Keep calm and get under a sturdy table
3. Assume the **Drop, Cover, and Hold** position.



**DROP**



**COVER**



**HOLD**

Try to stay clear from windows, hanging fixtures, shelves, or anything that might collapse.

If there is no sturdy furniture, sit down and assume a fetal position under a strong beam or column. Cover your head with both hands.

## WHEN IN A VEHICLE:



Pull over to the side of the road and stop quickly.



Stay clear of tall objects. Stay as low as possible inside the vehicle.

## WHEN OUTDOORS:

Go to a clear and open place like parking lots.

Stay away from tall objects that may collapse (trees, poles, streetlights, construction equipment, etc.).



# NEVER:



**RUN**



**PUSH**



**USE THE ELEVATOR**



**RETURN**