



# Earthquakes

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## Before: Preparedness

- **Build a kit** for your department with separate supplies from usual items.
  - First aid items; flashlights; high-visibility vests; work gloves; whistle; window ladder.
- **Create and practice a plan** with your department at least once per semester.
  - Identify exits, stairs, windows and potential obstacles. Practice moving to your nearest evacuation zone; take the stairs. Make sure your AlertSJSU contact information is accurate.
  - Ensure your desk is stable and clear obstructions and clutter that could block egress.
- **Secure all furniture and loose items.**
  - Heavy furniture, cabinets, and appliances should be attached to walls where possible.
  - Secure mirrors and glass items away from sitting areas, desks and exit paths.

## During: Safety Actions

1. **DROP** to your hands and knees to prevent being knocked over.
2. **COVER** yourself under a sturdy table or desk to protect from falling debris.
3. **HOLD** on to furniture and stay covered until the shaking stops.

**Avoid Doorways:** contrary to popular belief, doorways are not reinforced more than walls, are not safer than sturdy desks and do not protect from falling debris, loose furniture, glass or collapsing ceilings. Standing in doors during earthquakes is not safe or advised.

**If Outside:** move away from buildings towards an open space away from streetlights, power lines, trees, and walls and out of the way of first responders and their vehicles.

## After: Recovery

- Assess surroundings: do you smell gas? Do you see downed power lines? Are there any fires? Do you smell gas? Report any and all issues to 9-1-1.
- If an earthquake grows into a larger disaster - with widespread fires, outages - follow instructions given by authorities and first responders and be prepared to leave campus if necessary and advised to do so - or to stay away from campus or specific buildings.



Download the Spartan Safe  
app: [sjsu.edu/spartansafe](https://sjsu.edu/spartansafe)

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