

# BE "QUAKE SAFE" AT STANFORD

## An Earthquake Preparedness Guide for Stanford Students

### GET READY BEFORE A QUAKE...

#### **Understand campus emergency procedures**

- Read the Emergency Response Guide available at <http://ehs.stanford.edu/general/erprep>, emergency information posted in buildings and published in the Stanford Directory.
- Know how and where to take cover during an earthquake, wherever you are.
- Know where Emergency Assembly Points (EAPs) are for your residence and campus buildings. EAP signposts, a gray post with a white circle enclosing a blue triangle, are installed in open areas near all campus buildings. A map of all campus EAPs is on the EH&S web site at <http://ehs.stanford.edu/general/erprep/>.
- Think ahead about how you would exit your room and residence.
- Know the location of fire extinguishers.
- Print out the Emergency Wallet Card available at [http://ehs.stanford.edu/general/erprep/brochures/genprep\\_broch.html](http://ehs.stanford.edu/general/erprep/brochures/genprep_broch.html). It summarizes emergency procedures and has Emergency Information Hotline phone numbers. Add your own emergency contact number to it---and carry the wallet card with you at all times.

- Let your family know that 1-800-89 SHAKE will broadcast recorded Stanford emergency bulletins (1-602-241-6769 for calls from outside the U.S.) and emergency information can be found on the web at <http://emergency.stanford.edu>.
- Keep your contact information up to date in [Axess](#) to receive emergency notifications through the AlertSU mass notification system.

#### **Make your room or apartment safer**

- Be sure glass, framed pictures or heavy objects aren't placed over your bed.
- Rearrange furniture that could fall on you or block your exit.
- Don't use makeshift shelving (bricks & boards).
- Lock the wheels on TV or equipment carts, keep cabinet doors latched.

#### **Keep an emergency kit under the bed—include:**

- Flashlight with extra batteries and first aid supplies
- Sturdy closed shoes, jacket or sweater
- Personal supplies, extra glasses, medications, cash
- Portable radio
- Snack, water/juice

### Special tips for students with disabilities

- Make a list of any special needs, medications, or equipment. Always keep an updated copy of the list with you.
- Keep any auxiliary devices, along with extra batteries, medications, or other necessary items, nearby at all times.
- Arrange to have "buddies" to help you in an emergency. Practice emergency procedures with them.
- Know how to take cover during a quake. If in a wheelchair, lock the wheels once you are in a protected location.
- If you cannot move safely and quickly, stay where you are. Cover your head and body with your arms, a pillow or a blanket.
- Call for help if you need it. Use a whistle or flashlight to bring attention to yourself.

### DURING A QUAKE...DO NOT PANIC OR RUN

#### **Take cover where you are**

**Indoors:** Under a table or desk, between the rows of seats in a classroom, or against a hallway wall.



**Outdoors:** Move to an open area away from overhead hazards (falling brick, glass, trees, power lines). Protect your head and neck.

**In the car:** Stop carefully away from structures or bridges and stay in the car. After the quake, listen to your car radio for information.

## **AFTER A MAJOR QUAKE...**

- Try to remain calm, do not take risks. Assist others.
- Carefully evacuate to your building's Emergency Assembly Point (EAP).
  - Use your flashlight (*no candles or matches*)
  - Wear shoes
  - Take your emergency kit
  - Use stairs - not elevators
- Assemble at the EAP. If you were in a class or a lab, report to your class/lab EAP before returning to your residential EAP. Check in at both locations.
- Report injuries, fires, and other hazards.
- Get emergency information from KZSU 90.1 FM and the Stanford Emergency Information Hotline.
- Call your out-of-area emergency contact.
- Do not re-enter buildings until their safety has been evaluated by emergency personnel.

***Expect aftershocks!***

### **To Report an Emergency, call**

**9-911** from campus phones  
**911** from payphones and cell phones  
**286** from Medical Center

### **To Hear Campus Emergency Bulletins, call**

**725-5555** Stanford Emergency Information

Out of area callers (e.g., your family) call

**1-800-89SHAKE or 602-241-6769**

### **Get Additional Information & Instructions at**

<http://emergency.stanford.edu>  
KZSU 90.1 FM, the campus radio station

## **AND THEN...**

Be sure to report to a designated leader such as an RA or RF at the Emergency Assembly Point (ESP), so they may account for everyone. Depending on the severity of the earthquake, RAs and RFs may organize special emergency squads to gather information and support the University's recovery efforts. For example, if the impact of the earthquake affects communication systems, RAs or RFs may identify some student leaders to physically take information to a central location (the campus Emergency Operations Center, the Housing Services Department Operations Center (DOC), or the Student Affairs DOC). This information would provide critical updates on the status of students in on-campus residences, the status of buildings, etc.

***>If you have special skills in emergency response areas, tell your RA or RF so you can become part of your residence's preparedness programs before an emergency happens.***

In the event of an earthquake large enough to prevent or delay returning to the residences, please be patient and wait for instructions. Staff members may instruct you to move from your dorm's Emergency Assembly Point (EAP) to a campus emergency shelter or to alternate temporary housing.

## **WHEN CAN I LEAVE?**

Stay on campus until you have been accounted for, all damage has been assessed, and you have been permitted to leave. Roads may have been damaged or blocked off by debris, so trying to travel may be dangerous. If you do leave the area where you were during the earthquake, inform your RA or RF of your destination and leave contact information.

## **SOME ADDITIONAL TIPS:**

- Let your roommate(s) and family know your daily schedule so emergency personnel will have a better idea of your location during an emergency. Encourage your friends and family to take similar steps to prepare for earthquakes so that everyone you care about is as safe as possible.
- Get qualified to administer CPR and first aid. Update your certification regularly.
- Participate in disaster preparedness training programs.

**For more information, contact:**

### **Stanford University Environmental Health & Safety**

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