



GET READY!

Create A Facility "Action Plan" for Earthquakes

- Conduct a "hazard hunt" to identify not secured objects.
- Don't forget cleaning supplies and chemicals that could spill and mix.
- Identify your facility's "building/structural" weaknesses.
- Develop a checklist for post earthquake hazards, like cracks in walls or broken pipes.

Does your plan address?

- Downed power and telephone lines;
- Disruption in transportation (closed roads): staff's ability to come to work, ambulance transportation if anyone requires treatment at a hospital;
- Provisions if your facility or county experiences broken pipes (Water & Gas);
- Evacuation to an undamaged part of your facility or relocation site; and
- How to maintain refrigerated food and medications in the event of power loss.

How well does your staff know your disaster plan?

- Does your staff have questions about their responsibilities during an earthquake?

GET SET!

April is "Earthquake Awareness" Month

- Discuss "What to do if an earthquake strikes" (night/day occurrence) with staff & residents. Remember to remind them about after shocks.
- Secure/anchor items that could be displaced or fall during an earthquake.
- Install safety locks on cabinets to keep cabinets closed during a quake.
- Keep flash lights, battery powered radio & extra batteries, and at least one corded phone in an established and easy to find place.
- Conduct regular "Earthquake" drills with staff and residents.

GO!

Activate Your Facility's Disaster Plan

- **REMAIN CALM:** Instruct staff & ambulatory residents to "Drop, Cover, and Hold On" Drop to the floor (safely), take cover under a sturdy table, or desk and hold tightly to it until shaking stops. Expect after shocks.
- Instruct residents that if they are in bed when the earthquake occurs to remain where they are and to cover their heads with a pillow.
- Instruct wheelchair patients to stay in their chairs, move away from danger zones (windows, etc.), and lock their wheels and protect their heads with their arms.

After the shaking stops :

- Listen to the portable radio for information and safety advisories.
- With another staff person, survey your facility for damage, injuries to staff/residents that may need immediate attention. Keep written record of everything you find. Whether they require immediate attention or not, this will help identify areas of concern & post event needs.
- Implement evacuation of unsafe/unstable areas of your facility.

Top Ten Additional Suggestions For Earthquake Safety:



- Have earthquake preparedness classes with staff and residents. Include what can be expected. Allow them to ask questions and possibly give suggestions of how to decrease hazards and facility risks. Use “earthquake classes” and drills to reassure residents that your facility is taking the proactive approach to ensure that your facility and staff are prepared for a disaster.
- Keep your “Disaster Plan” in a brightly colored binder for easy visibility.
- Keep a supply of light sticks/glow sticks in case of generator/emergency light failures.
- Have hospital grade surge protectors, to help prevent “arching” in event of flooding (broken pipes/activated sprinkler system), or power surge. Paint the hospital grade surge protectors orange for easier identification.
- Conduct regular facility checks for structural changes and new potential problems before an earthquake.
- Know the “safe spots” in every room. Look for sturdy tables or desks.
- Know the “danger spots” in your facility: windows, mirrors/hanging objects, fireplaces, and tall furniture.
- Have adequate medical and food supplies for residents and staff for a minimum of 3-days. Have a feasible dietary plan for worse case scenarios, including loss of power and road closures due to unsafe conditions.
- Develop a post earthquake inspection checklist to assist staff in identifying hazards (e.g. cracks in walls, pipes and loose cables/wires).
- Have a “post earthquake protocol” for residents. For example, “All residents are to remain where they are until a staff person checks them; UNLESS there is an immediate danger at their location”. This provides your staff better control to account for residents and identify injuries, etc.

FOR ADDITIONAL INFORMATION GO TO:

<http://earthquake.usgs.gov/earthquakes/>

www.shakeout.org/

<http://72hours.org>

We, at CAHF appreciate your thoughts and would like to ask for any disaster related suggestions or “Positive Practices” that you may have. Our goal is to use “Lessons Learned” and “Successful Applications” to help educate other facilities within our Long-Term Care Community.

Let’s work as a T.E.A.M. - Together Everyone Achieves More!

What disaster or event would you like CAHF’s Disaster Preparedness Program to use for a “Ready, Set, Go” Disaster Planning Topic? Contact us at (916) 441-6400.