



Western Nevada College ENVIRONMENTAL HEALTH AND SAFETY

SPOTLIGHT ON SAFETY

This year's International ShakeOut Day is October 16th, when millions of people worldwide will participate in earthquake drills at work, school, or home! All WNC campuses will be participating in the Great Nevada ShakeOut Earthquake Drill. The core of ShakeOut is a simple, 1-minute "Drop, Cover, and Hold On" drill to demonstrate what you should do if an earthquake were to occur.



At 10:16 am on 10/16, all employees and students should participate in the core drill and:

Drop where you are, onto your hands and knees. This position protects you from being knocked down and reduces your chances of being hit by falling or flying objects.

Cover your head and neck with one arm and hand. If a sturdy table or desk is nearby, crawl underneath for shelter. If no shelter is nearby, crawl next to an interior wall. Stay on your knees; bend over to protect vital organs.

Hold On until the shaking stops. Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts. If there is no shelter: hold on to your head and neck with both arms and hands.

THE SHAKEOUT EARTHQUAKE DRILL WILL BE FOLLOWED BY AN EVACUATION DRILL!

Prepare for an earthquake ahead of time. Prior to the earthquake drill, ask yourself, coworkers and students to look up, around and down to identify hazards that may fall during an earthquake and cause injury and to locate the best places to shelter.

Look Up: Many earthquake injuries are caused by falling ceiling light fixtures and broken glass from windows or mirrors.

Look Around: Other injuries are caused by unsecured bookcases and cabinets and their contents, and heavy objects placed up high.

Look Down: Identify where the best place would be to shelter yourself from falling objects.

Please fill out a Facilities Work Request for all earthquake remediations identified. (<https://wnc.edu/facilities/index.php>) Be specific as to the location and items needing securing.

EARTHQUAKE PREPAREDNESS



ACCESSIBILITY RESOURCES:

If you are unable to drop to the ground, sit and bend over, covering your head and neck with your hands and arms.

If you use a cane, keep it with you even if you go under a table to help you get back up.

If you use a wheelchair or walker with wheels (a rollator), **LOCK** your wheels (or set the brake) and remain seated until the shaking stops.

Always **COVER** your head and neck with your arms, a pillow, a book, or whatever is available and **HOLD ON** until shaking stops.

Earthquake Preparedness Guide for People with Disabilities and Other Access or Functional Needs (8 pages)
English: [PDF](#) | [RTF](#)
Español: [PDF](#) | [RTF](#)

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