

Stage 4: Actual Conduct of an Earthquake Drill

PHASES OF AN EARTHQUAKE DRILL

Phase 1. Alarm

During the drill, the 1-minute alarm indicates earthquake or shaking.



Sample siren used during an earthquake drill

Phase 2. Response

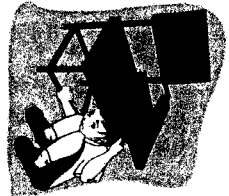
While the alarm is ongoing, everyone should perform "duck, cover and hold". Remain in this position until the "shaking" stops.



Take cover under a sturdy table and hold to your cover until the shaking stops



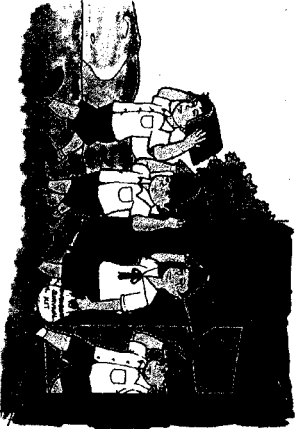
Use a book to cover your head



Hide under an ornate chair

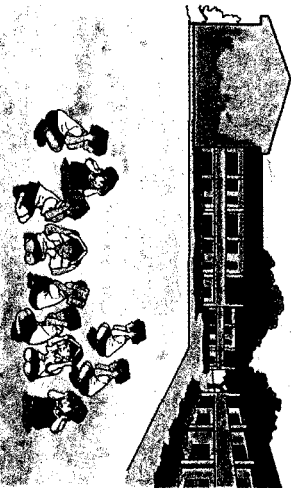
Phase 3. Evacuation

As soon as the shaking stops, immediately evacuate the school building and proceed to identified evacuation areas using the pre-determined routes guided by the class marshall or teacher.



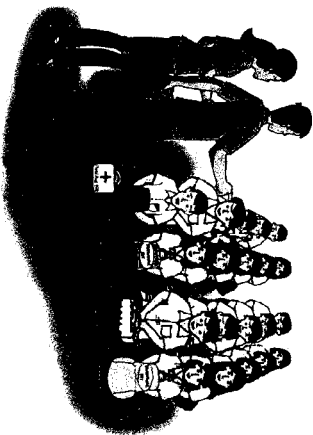
Phase 4. Assembly

At the designated evacuation area, students must be grouped together according to the class where they belong.



Phase 5. Head Count

Teachers should check and make sure all students are accounted for.



Phase 6. Evaluation

The over-all coordinator will announce the termination of drill or "All clear".

An evaluation of the drill must be conducted to identify problems encountered during the drill and how these can be improved in future earthquake drills.

Observers will give their comments and suggestions when all are gathered in the evacuation areas.

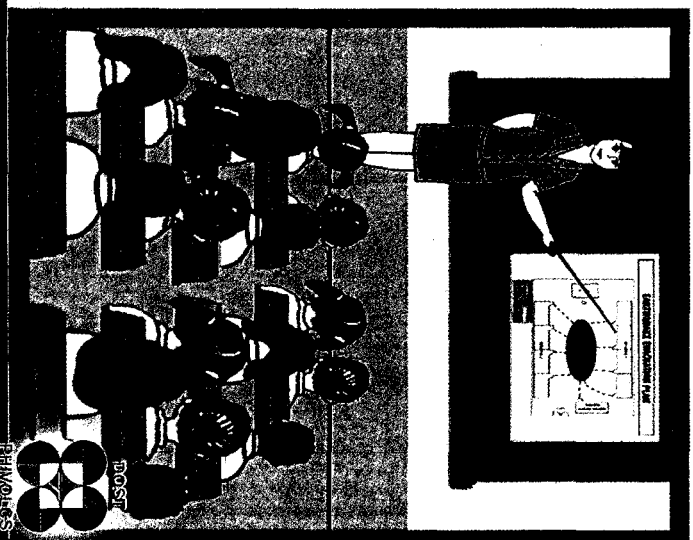
WHEN IS THE TIME TO EVACUATE?

After a very strong earthquake wherein you lose balance or could not stand, and heavy objects and furniture start to be moved or shifted.

As need arises or as declared by authorities.

HOW TO CONDUCT AN EARTHQUAKE DRILL IN SCHOOL

Primer for Teachers.



STAGES OF AN EARTHQUAKE DRILL

Stage 1: Planning

Form a School Disaster Management Committee (SDMC)

- ✓ Over-all Coordinator
- ✓ First Aid Team
- ✓ Fire Safety Team
- ✓ Communication Team
- ✓ Building Safety Inspection Team
- ✓ Evacuation Team
- ✓ Site Security Team

Prepare EARTHQUAKE SURVIVAL KIT

Basic items inside an earthquake survival kit:

1. First aid kit (alcohol, bandages, absorbent cotton, gauze, masks, adhesive plasters, medicine, tweezers)
2. Food
3. Bottled water
4. Flashlights and extra batteries
5. Radio (battery operated)
6. Lighters and matches
7. Whistle
8. Knife
9. Blankets and spare clothes
10. Rope - at least 7 meters long
11. Toiletries
12. Pen and paper
13. Emergency contact numbers
14. Cash

SDMC should

- ✓ Have the yearly update on information of school population
- ✓ Prepare the most recent school map
- ✓ Prepare the building floor plan of each building

Stage 2: Developing the Earthquake Evacuation Plan

SDMC should conduct a SCHOOL WATCHING EXERCISE

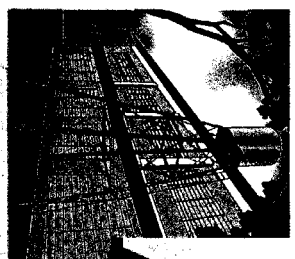
- ✓ Observe safe and unsafe zones
- ✓ Suggest corrections for improvements
- ✓ Assess the structural integrity of the buildings
- ✓ Assess if the school location is tsunami prone

Good practices and safe zones:

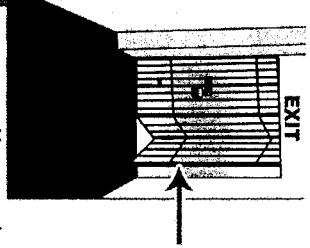
- ✓ Swing out door
- ✓ Wide corridors
- ✓ Wide open space for evacuation
- ✓ Fire exits
- ✓ Public alarm system

Some of the unsafe zones:

- Windows and glass panes
- Book shelves, machinery, cabinets and furniture that may topple or slide
- Narrow alleys

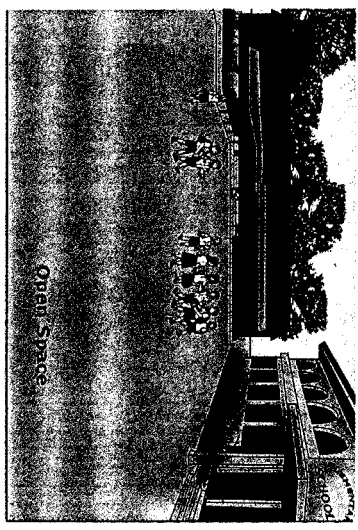


Avoid passing near water tank



Narrow exit

Use all available OPEN SPACES nearest to the building

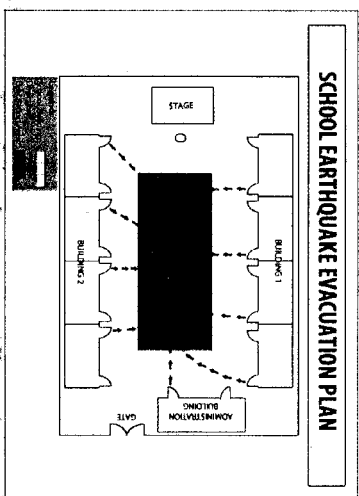


Determine if there is sufficient open space for all, set a buffer zone from the building

Length x width = area
 (How many students? / 1 square meter)

Consider the number of students in each building (per session)

Make sure that evacuation route will not expose the students to additional hazards



Stage 3: Orientation Prior to the Conduct of an Earthquake Drill

A. Preparations

1. Conduct of lectures about earthquake
2. Conduct classroom hazard observation activity
3. Introduce evacuation plan
4. Introduce assigned evacuation area
5. Post the school evacuation map in every classroom and bulletin board
6. Assign student in-charge of making sure the door is open during shaking
7. Assign observers and evaluators who will give comments and suggestions
8. Inform the neighborhood about the drill
9. Check available alarm system
10. Assign class marshal
11. Take note of persons with disabilities (PWD), pregnant and elderly and identify their locations for evacuation
12. Assign marshalls to assist the PWD, pregnant and elderly during evacuation

B. Protect yourself

What to do DURING an earthquake

- ✓ DUCK, COVER and HOLD
- ✓ Watch out for falling objects
- ✓ Keep calm and don't panic



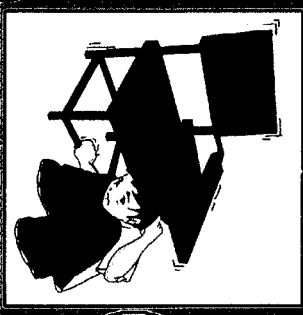
Keep away from glass window and heavy shelves



KASAMA SA AMING PAGHAHANDA ANG REGULAR NA PAGSASAGAWA NG EARTHQUAKE DRILL.



HABANG TUMUTUNOG ANG ALARMA NA NAGPAPAHIWATIG NG PAGYANIG, MAGTAGO SA ILALIM NG MATIBAY NA MESA AT HUMAWAK SA PAANAN NITO.



O ISAGAWA ANG DUCK, COVER AND HOLD, AT HUMAWAK SA PAANAN NG URUAN.



KAPAG NAKARAMDAM NG LINDOL, GAWIN ANG "DUCK, COVER AND HOLD".

INAASAHAN NA SA LAKAS NG PAGYANIG, MAAARING GUMALAW ANG MESA. KAYAT KAILANGAN NA HABANG NAKAKUBLI SA ILALIM, HUMAWAK SA PAANAN NITO.

NAGKUKUBLI SA ILALIM NG MESA UPANG PROTEKTAHAN ANG SARILI SA MGA MAAARING BUMAGSAK. MANATILI DITO HANGGANG SA TUMIGIL ANG PAGYANIG.

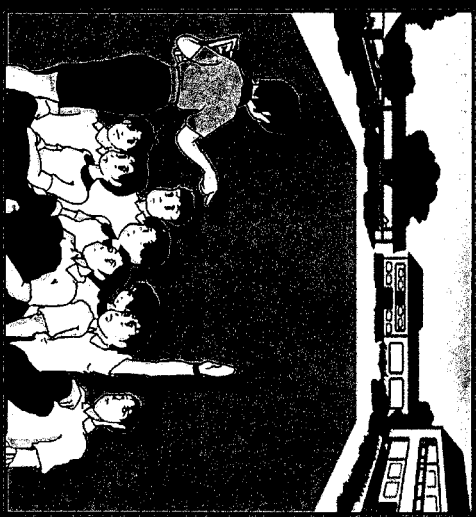
SA EARTHQUAKE DRILL, KASAMA ANG AKTUAL NA PAGLABAS NG GUSALI AT ITO AY GINAGAWA MATAPOS ANG "PAGYANIG".



HUWAG TUMAKBO, MAG-USAP, AT MAGTULAKAN PATUNGO SA EVACUATION AREA.



SINIGURO NA MAHUS NGUNIT MAAGOS AT HUMAKI AGAD SA NGHUB NG GUSALI SA MATAPOS NG PAGYANIG. SA MATAPOS NG PAGYANIG, MAGTULAKAN NG GAWA-WA SA EVACUATION AREA PATUNGO SA TANGPONG WACUATION AREA.



N.K. HANDA HIGH SCHOOL

MGA PAGHAHANDA NG PAARALAN SA LINDOL

Gabay para sa mga guro

DI TO SA N.K. HANDA HIGH SCHOOL
 PINAHAHALAGAHAN ANG KALIGTASAN NG BAWAT
 ISA LAO NA SA MGA PANGANIB NA MAAARING
 IDULOT NG ISANG MALAKAS NA LINDOL.

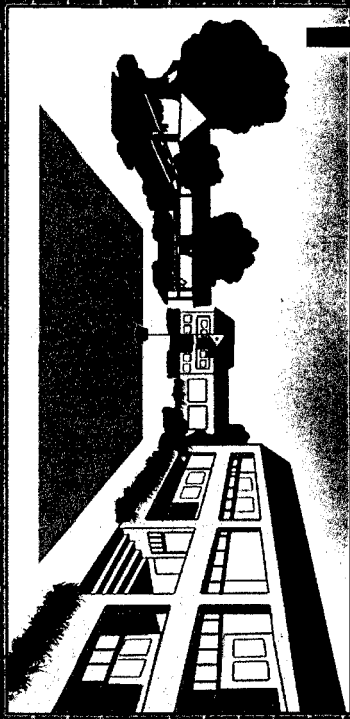
DALAWA ANG MAHALAGANG LAYUNIN NG
 PAARALAN:

- 1.) PAGSIGURO NA ANG KAPALIGIRAN AY
 LIGTAS PARA SA MGA MAG-AARAL, AT
- 2.) PAGSIGURO NA ALAM NG MGA
 MAG-AARAL ANG GAGAWIN SAKALING
 MAY LINDOL



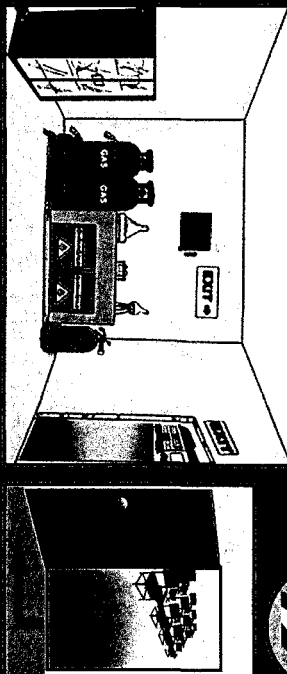
ITO AY NAISASAKATUPARAN
 SA PAGKAKARON NG
GOOD PRACTICES.
 ANG N.K. HANDA HIGH SCHOOL
 AY MAY OPEN SPACE
 NA MAAARING GAMITIN
 NA TEMPORARY
 EVACUATION AREA.

Sa paaralan:



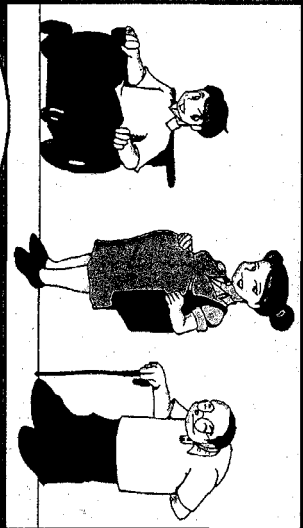
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MAAYOS AT LIGTAS ANG PAGKAKATAGO NG MGA
 GAMIT SA LOOB NG SILID-ARALAN, HALIMBAWA
 SA LABORATORIO



3

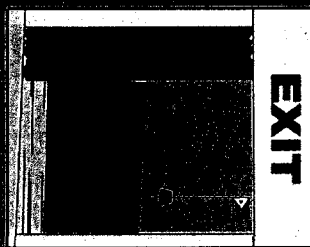
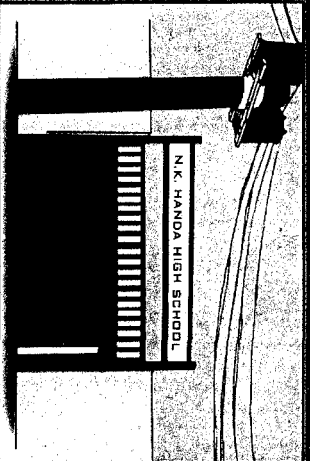
MAY LISTAHAN ANG PAARALAN NG MGA TAONG MAY
 KAPANANSANAN, BUNTIS AT MATATANDA.



4

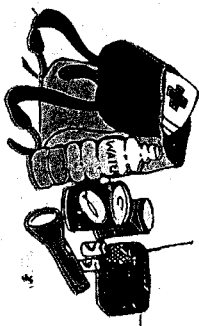


ALAM NG MGA MAG-AARAL ANG MGA
 LAGUSAN (ENTRY/EXIT POINTS) AT MGA TAMBA
 AT LIGTAS NA DADAANAN.



5

KAMI AY NAGHAHANDA NG
EARTHQUAKE SURVIVAL KIT.
 ANG NILALAMAN NITO AY SAPAT
 SA LOOB NG TATLONG ARAW O
 72 NA ORAS.



ANG SUMUNOD AY NILALAMAN NG **SURVIVAL**
 KIT: PAGKAIN, TUBIG SA BOTE, FLASHLIGHT AT
 BATERYA, RADYO, LIGHTER AT POSPORO, PITO, KUTISLIVO, KUMOT AT
 MGA SOBRANG DAMIT, LUBID (5 METRO), TOILETRIES, PANULAT AT PAPEL,
 EMERGENCY CONTACT NUMBERS, AT PERA, SAMANTALANG ANG LAMAN NG
FIRST AID KIT AY ALCOHOL, BANDAGES, BULAK, GASA, MASKS, ADHESIVE
 PLASTERS, GAMOT, AT ITYANI.

6

KASAMA SA MGA TINUTURO SA MGA MAG-AARAL ANG
 PAG-IWAS NA MAGING DAANAN PARA SA EVACUATION ROUTE
 ANG MGA LUGAR NA MAY ISTRUKTURA NA MAAARING
 BUMAGSAK, KATULAD NG MGA POSTE AT WATER TANK.

