

# **EARTHQUAKE ACTION**

## **IF YOU FEEL AN EARTHQUAKE:**

**Raise the alarm immediately by shouting  
“Earthquake”**

## **UPON HEARING THE ALARM:**

**If inside, move away from glass windows and doors and take cover under a table or doorway. If no cover available adopt the ‘turtle’ position.**

**If outside, move away from any building and large play equipment and adopt the “turtle’ position.**

**To adopt the ‘turtle’ position, drop to knees, clasp both hands firmly behind the head and bury face in arms.**

**Give the “All Clear” when shaking stops.**