



NEPP - Earthquake Checklist

TIME	ACTION	Description
QUAKE	<p>DROP</p> <p>COVER</p> <p>HOLD ON</p>	<ul style="list-style-type: none"> • Cover head and neck. • Get under table or next to inside wall. • Wheelchair: face inside wall and lock wheels; cover head and neck. • Stay inside. Greatest danger is from falling objects. • Keep a hard hat, leather gloves, sturdy shoes and flashlight under your bed.
0 - 1 min	<input type="checkbox"/> Remain in place for 60 seconds after shaking stops.	
1 - 10 min	<input type="checkbox"/> Ensure personal safety. <input type="checkbox"/> Ensure safety of others present.	<ul style="list-style-type: none"> • Dress appropriately: hard hat, leather gloves, sturdy shoes. • Primary hazards: Glass and falling objects. • Check for hazards: broken glass; propane leaks; toppled furniture, down power lines, etc. • Call 911 if medical help is needed. • Have a First Aid Kit accessible.
10 - 30 min	<input type="checkbox"/> Check on safety of family members. <input type="checkbox"/> Check for power, phone, internet service. <input type="checkbox"/> Check radio / internet / Facebook for information. (93.1 FM, 89.5 FM) <input type="checkbox"/> Turn off propane. <input type="checkbox"/> Shut off water to house. <input type="checkbox"/> Check structures and property for FIRE and shifting. <input type="checkbox"/> Indicate your status by posting HELP/OK sign or a red or green cloth. <input type="checkbox"/> Proceed to Assembly Point	<ul style="list-style-type: none"> • Phone & internet may be overloaded. • Information: News sites, ESS Facebook. • Radio: battery or car radio: (93.1 FM, 89.5 FM) • Use your out-of-area emergency contact to provide info re: status. • Turn off propane to remove risk of fire. • Check on wood stove; check chimney. • Shut off main water valve to protect in-house water supply from possible contamination. Your hot water tank is a source of clean water. • Use bottled water until water safety is assured. • RED=HELP; GREEN=OK. Post coloured card or cloth at the end of your lane, in a window, or on front door to indicate your status. Red or NO indication will alert neighbours to check on you.
30 - 60 min	<input type="checkbox"/> Assembly Point	<ul style="list-style-type: none"> • Take Neighbourhood Contact map / list. • Check neighbours as they arrive. • Post paper / white board for recording NEEDS and RESOURCES. • Delegate teams of at least 2 people to check on neighbours; neighbourhood hazards; condition of structures; connect with HAM radio operator or stay tuned to radio for updates.



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Hour 2	<ul style="list-style-type: none"> <input type="checkbox"/> Check on your immediate neighbours. <input type="checkbox"/> Check on neighbourhood. Take someone with you. Do NOT go alone. <input type="checkbox"/> Engage neighbours to assist you. Go in pairs. <input type="checkbox"/> Contact DOC (at Firehall using Fire Dept non-emergency: #250-285-3262) or via HAM operator. <input type="checkbox"/> Contact local HAM operator <input type="checkbox"/> Make initial Disaster Assessment Report for your neighbourhood: <ul style="list-style-type: none"> • Fatalities, Life threatening injuries, Injuries, Structure Damage, Utilities, Access issues. 	<ul style="list-style-type: none"> • Note obvious condition of buildings. • Note medical condition of neighbours. • Note hazards: downed power lines, downed trees, landslides, sink holes, etc. • Connect with neighbours via phone tree if phone are operative.
Hour 3	<ul style="list-style-type: none"> <input type="checkbox"/> Set up ASSEMBLY Point; May need to change location if compromised <input type="checkbox"/> Post any change of location at the original Assembly Point. <input type="checkbox"/> Set up a Care Shelter. Used if residents are home and structure appears OK. <input type="checkbox"/> Alternate shelter may need to be determined for some residents. 	<ul style="list-style-type: none"> • Create post board for notices. • Indicate times for next information sharing & regrouping. Aim to establish a rhythm. • Stay in close contact with your local HAM. • Care Shelter is likely to be someone's home: an accessible space for medical needs and emotional needs...a safe, war place to be with other people. Especially important for vulnerable population: elders, special needs and kids home alone.
Hrs 4 - 6	<ul style="list-style-type: none"> <input type="checkbox"/> Assemble Neighbourhood Disaster Response Team 	<ul style="list-style-type: none"> • Pair up team members and continue to check on neighbourhood. • Look to cover essential functions: <ul style="list-style-type: none"> • Utilities & Fire Suppression • First Aid • Light Urban Search & Rescue • Damage Assessment • Shelter & Care Giving • Communications & Transportation
Hrs 7 - 10	<ul style="list-style-type: none"> <input type="checkbox"/> Disaster Team develops Response Plan <input type="checkbox"/> Estimate neighbourhood resources/ needs: food, water, medical supplies, fuel, safe shelter, health care. <input type="checkbox"/> Share plan with DOC and ask for what help you need. Indicate priorities. 	<ul style="list-style-type: none"> • Medical, Communication, Damage Assessment, Transportation, Shelter, Food, Psychological support.