

# Shake, Rattle & Roll !!!

## October: Earthquake Preparedness Month



### EARTHQUAKES POSE THE LARGEST SINGLE NATURAL HAZARD IN THE HELENA AREA:

An earthquake (EQ) is a sudden, rapid shaking caused by the release of energy stored in rocks within the Earth's crust. A severe EQ may damage buildings on the capitol complex; cause injuries due to falling debris; disrupt power and telephone lines, gas, sewer, or water mains; and start fires.



### WHAT TO DO IF AN EQ STRIKES:

If an EQ strikes, be sure to follow the *Earthquake Guidelines* adapted by General Services Division to ensure your safety and protection. **"DROP, COVER AND HOLD ON"** is proven to be the most effective response in minimizing injuries and loss of life during an earthquake. Learn more about your response actions during and after an earthquake by reading the guidelines distributed to agencies on the Capitol Complex via the Public Information Officer (PIO) Network.



### REDUCING DANGER IN YOUR WORK AREA – MITIGATION WORKS TO LESSEN THE IMPACT:

- Fasten shelving units and filing cabinets securely to the wall or floor (see photo below for what happens when they are not secured)
- Sit heavy objects (large manuals, plants, etc.) on lower level shelves
- Place breakable items (glass vases, bottles, etc.) in closed securely latched cabinets
- Do not hang picture frames and mirrors over work areas, but securely fasten where they are placed
- Do not block egress routes with equipment, furniture, recyclables, etc.
- Do not store chemicals at or above eye level



### LEARN MORE - PREPARE YOUR FAMILY & HOME FOR EARTHQUAKES:

- U. S. Geological Survey; [www.usgs.gov](http://www.usgs.gov)
- Assemble a Disaster Supply Kit & Develop a Plan; [www.ready.gov/index.html](http://www.ready.gov/index.html)
- [www.earthquakecountry.info/roots](http://www.earthquakecountry.info/roots)
- [www.state.mt.us/dma/des](http://www.state.mt.us/dma/des)
- [www.fema.gov/kids](http://www.fema.gov/kids)



Will my exit route look like this after an EQ? If so, how will I get to a safe assembly area outside of the building?

Information Provided By:  
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