

Shake Out.

Don't Freak Out.

October 18, 2018

www.ShakeOut.org

Shake
Out™

Thursday, October 18, 2018, is officially "**ShakeOutBC Day**" where millions of people worldwide will practice how to **Drop, Cover, and Hold On**.

The purpose of the **ShakeOut** drill is to help people and organizations practice how to protect themselves in the event of an earthquake.

The Alberni-Clayoquot Regional District is committed to your safety and will be taking part by practicing how to **Drop, Cover and Hold On** Thursday, October 18 at 10:18am.

The simple steps to Drop, Cover and Hold On are:

- **DROP to the ground (before the earthquake drops you!),**
- **Take COVER by getting under a sturdy desk or table, and**
- **HOLD ON to it until the shaking stops**

The Shakeout Drill is our chance to practice how to protect ourselves and for everyone to become prepared. The focus will be **accountability** of employees.

- Is there a system in place at each worksite to account for staff?
- Are check-in/checkout procedures being followed?
- Can we account for our workers whereabouts?
- Do we know where the emergency marshalling point is in our work area?

A short discussion will follow the drill to see what was learned and how to make improvements.

Open the attachment above and see why you should "**Drop, Cover and Hold On**" during an earthquake and what to do if you are unable to get under cover.

