



UNICARIBE[®]
UNIVERSIDAD DEL CARIBE



**ACADEMIA
MILITAR
DEL CARIBE**

WHAT TO DO IN THE EVENT OF AN EARTHQUAKE?

SEISMIC OR ARTHQUAKE

It is produced by the sudden and violent rupture of the rocks that make up the lithosphere, releasing a large amount of energy, which propagates in seismic waves, in all directions, through the interior of the earth, so that, when they reach the surface, a shaking occurs. (Rivas, 2014).

IMPORTANT

1

**PRESERVE
THE CALM**



2

**REMOVE FONTS
FIRE**



3

**STAY AWAY FROM
WINDOWS OR
OBJECTS THAT CO**



4

**DO NOT USE
ELEVATORS**



5

**LOCATE EVACUATION
ROUTES**



WHAT TO DO?

BEFORE

1. Consult a construction professional to identify the most vulnerable areas of university facilities and consider making improvements to address problems that could be a risk during an earthquake.
2. Identify high-risk places, such as windows, glass doors, and hanging objects.
3. Fix heavy objects, such as shelves, hangers and fragile furniture, placing them as close to the floor as possible.
4. Supervise and maintain gas, water and electricity installations in good condition.
5. Prepare a post-earthquake evacuation plan.
6. Conduct drills to provide ongoing training on the occurrence of an earthquake on how to protect yourself, identify safe locations and routes to hospitals. It is of crucial importance that members of the university have the location of health care facilities at their disposal.
7. Keep a list of emergency phone numbers, including cell phones, handy.

DURING

1. Remain calm and extend it to others.
2. Stay away from windows and glass doors, bookshelves, and any other heavy objects that may fall.
3. Perform "drop, cover, and protect" exercises. During the earthquake, it is important to squat, or fetal position, covering the head and neck with the arms. If there is a sturdy table or desk nearby, you should stand under it to better protect yourself from falling objects.
4. Do not use elevators.
5. In case one of the members of the center has a motor disability, it is necessary to find a safe place and put the brake on the wheelchair.
6. For those outside the building, it is recommended to stay there, but away from electricity, gas and water lines, light poles, trees, buildings and walls. If possible, they should go to an open place.

AFTER

1. If necessary, evacuate the place through the nearest exits or stairs, in the direction of the established Meeting Point.
2. Confirm that colleagues have arrived at the appropriate meeting place.
3. The brigades must attend to the wounded and put out the fire outbreaks.
4. If trapped, you should protect your mouth, nose, and eyes from dust. In this situation, it's advisable to send a text message, hit a pipe or wall, or use a whistle so rescuers can find you.
5. If you are in an area prone to tsunamis, you should go to higher ground once the shaking stops.
6. Do not return to the building until you are sure that the structure did not suffer significant damage. It is important to remember that, after a high-intensity earthquake has occurred, aftershocks will continue, so the members of the center must continue to follow the established instructions.
7. Remain attentive to the bulletins issued by the COE.
8. Instill the most absolute confidence and calm in all the people around you.
9. Do not use the phone and, in case it is necessary to use it, it should only be for emergencies.