

Advisor Agenda – All Grades

Thursday, November 20th

Note to Advisors – The schedule of events for Advisor this month has changed. Today we will be completing our Earthquake Drill instead of Cyber Bullying. On Monday, we will NOT be doing a Safe and Welcoming Environment survey for students. Instead we will be doing grade appropriate lessons on Child Abuse.

1. Read Daily Bulletin

2. Earthquake Survival Information

Attached please find a Drop, Cover, and Hold On, Earthquake Survival Tips sheet. Please share with your group in a way that makes sense for the group dynamic – read aloud, discussion, relaying experiences, quick quiz, etc.

3. Earthquake Drill

At approximately 11:15 a.m. Linda will begin our twice annual Earthquake Drill. She will say, “This is an exercise for an earthquake. The building is shaking now...” and ask students to duck, cover, and hold on. Then she will announce that the shaking has stopped. At that point, the fire alarm will sound and your group will exit to your normal evacuation area and take attendance. When the all-clear is given, students are released to their next class

Drop, Cover and Hold On!

(From the Earthquake Survival Program)

Whether you are in your home, a classroom, a high-rise or another type of building, it is important to know how to protect yourself during an earthquake. Falling and fallen objects cause most earthquake-related injuries. Practice earthquake safety actions such as the “Drop, Cover and Hold” drill. Teach yourself and members of your family to react automatically and correctly when the shaking starts - to save lives and prevent injuries. Practice.

HOW?

If you are outdoors, get into an open area, away from trees, buildings, walls and power lines. If you are indoors, follow the steps below.

DROP or drop down to the floor. Stay away from windows, bookcases, heavy mirrors, hanging plants and other heavy objects that could fall. Watch for falling plaster or ceiling tiles.

Take **COVER** under or beside something sturdy. Seek **COVER** against an interior wall if it is not possible to take cover under a sturdy desk, table or other piece of furniture. If you're in bed, get down along side the bed – not under it. Protect your head and neck with your arms. Avoid danger spots near windows, hanging objects, mirrors or tall furniture. Stay under **COVER** until the shaking stops. **HOLD ON** to your cover. Be prepared to move with it. **HOLD** the position until the shaking stops and it is safe to move.

WHERE?

Earthquakes do not always occur when you and your family are at home or school. Here are some additional safety tips if you are at other locations when the shaking starts:

If you are in a **HIGH-RISE BUILDING** and are not near a sturdy desk, table or other piece of furniture, move against an interior wall, **DROP** and **COVER** your head with your arms. Do not use elevators. Expect fire alarms and sprinklers to activate.

If you are **OUTDOORS**, move to a clear area, away from trees, signs, buildings or electrical wires and poles.

If you are on a **SIDEWALK** near **BUILDINGS**, move into a doorway to protect yourself from falling bricks, glass, plaster and other debris. **HOLD ON** until the shaking stops.

If you are **DRIVING**, pull over to the side of the road and stop. Avoid overpasses, power lines and other hazards. Stay inside the vehicle until the shaking stops.

If you are in a **CROWDED STORE** or other **PUBLIC PLACE**, **DROP**, **COVER** and **HOLD**. Move away from display shelves containing objects that could fall.

If you are in a **WHEELCHAIR**, stay in it. If possible, move to **COVER**. Lock your wheels and protect your head with your arms.

If you are in the **KITCHEN**, move away from the refrigerator, stove and overhead cupboards. [Take time **NOW** to anchor appliances and install security latches on cupboard doors to reduce hazards.]

If you are in a **STADIUM** or **THEATER**, stay in your seat and protect your head with your arms. Stay calm.

Experience Says...

Be prepared for earthquake aftershocks. Plan where you will take cover when they occur.

For more information, contact:

Benton County Sheriff's Office

Emergency Management

180 NW 5th Street

Corvallis, OR 97330

541.766.6864, 766-6052 - fax

<http://co.benton.or.us/sheriff/ems/index.htm>

