

ARE YOU PREPARED?

Earthquakes

<http://www.ors.od.nih.gov/ser/dem>

We know earthquakes occur in the National Capital Region. Knowing what to do before, during, and after one is important.



Before an earthquake

Do you know the names of your Emergency Coordinator, Occupant Emergency Coordinator, Floor Team Coordinator and/or Area Team Coordinator? Do you know their respective roles during an emergency? If not, please contact the DEM at (301) 496-1985 to receive that important information.

During an earthquake

If you are indoors during an earthquake, immediately hit the emergency stop on equipment and/or close off fuel supplies to flame-producing items. Next, drop to the floor, moving away from exterior walls and windows. Find

cover under a sturdy piece of furniture and hold on to the furniture until the shaking stops. If furniture is unavailable, crouch down against an interior wall and protect your neck and head with your arms.

If you are outdoors during an earthquake, remain outdoors. Move to an open area away from buildings, trees, street lights and overhead utility wires. When in a safe area, drop to your knees and cover your head until shaking stops. Do not reenter any building until it is determined safe for occupancy by the Fire Marshal, Fire Department or Office of Research and Facilities (ORF) personnel.

After an earthquake

If you are indoors, once the shaking stops evacuate the building by the stairway checking for hazards along the way. Do not use elevators. Move quickly away from the building to avoid falling objects. Go to your assembly area. Do not leave the area and wait for instructions. Supervisors account for personnel and report any missing persons to the Occupant Emergency Coordinator. If it is too dangerous to evacuate the building, get to a safe location interior to the building and dial 911 from an office phone or (301) 496-9911 from a cell phone.

If you are outdoors, move quickly away from the building to avoid falling objects. Go to your assembly area. Do not leave the area, and wait for instructions. It is recommended that supervisors account for personnel and report any missing persons to the Occupant Emergency Coordinator. Do not reenter the building until it is determined safe for occupancy by the Fire Marshal, Fire Department or ORF personnel. If you are injured or witness structural damage, from a cell phone, dial (301) 496-9911.

Important Main NIH Campus Phone Numbers

Please keep record of the following:

Your Emergency Coordinator: _____

Your Occupant Emergency Coordinator (OEC): _____

Your Alternate OEC: _____

Your Floor Team Coordinator: _____

Your Area Team Coordinator: _____

EMERGENCY:

Dial 911 from office phone or (301) 496-9911 from cell phone

For TTY, call (301) 496-0063

NON-EMERGENCY:

Fire and Rescue: (301) 496-2372

Occupational Medical Service: (301) 496-4411

Occupational Health and Safety: (301) 496-2960

Police: (301) 496-5685

Radiation Safety: (301) 496-5774

The Office of Research Services, Division of Emergency Management is the principal emergency planning resource for the NIH and is responsible for coordinating all NIH resources essential to emergency planning/preparedness and disaster management. (301) 496-1985

