



DID YOU KNOW?

There are different types of exercises that can be used to evaluate program plans, procedures and capabilities:

- Walkthroughs, workshops or orientation seminars
- Tabletop exercises
- Functional exercises
- Full-scale exercises

For more details on each type of exercise, visit ready.gov

POSTER OF THE MONTH



Gather Emergency Supplies

Emergencies Happen. Are You Ready?

By: Amina Assefa, UC Berkeley

Emergency preparedness is easier than you think. Follow these simple steps to make sure you are prepped and ready to handle the unexpected.

Gather Your Goods

- **Make a Go Bag:** Need to leave in a hurry? Your Go Bag is a collection of items that help you survive on the run. You probably have several of these items already. Pack a Go Bag for your home, office, and car. Use this [checklist](#) to complete your bag.
- **Make a Kit:** It's everything that goes in your Go Bag...and more! Your kit stays in your home so you have the opportunity to go big and get creative. In addition to bulking up on necessary supplies, you should include lots of things that you enjoy, like your favorite chocolate, book, or board game. Make sure everyone knows where the kit is located. Store enough for 5-7 days. Use this checklist from ready.gov to complete your kit.

Make a Plan

Winging it is not an emergency plan! It's all in the details. A simple plan can make a huge difference after an emergency when people are scattered and stress is high. With a little bit of planning, you too can survive and thrive.

- **Out of Area Contact:** Identify an out-of-area friend or relative to call after an emergency. Be sure family members know the number and keep a copy of it in your wallet or purse. (You might not be able to rely on your cell phone battery or your memory during an emergency.)
- **Meet-up Spot:** Choose a meeting location in case you are separated from your family and cannot return home.
- **Shut it Down:** Learn how to [safely shut off utilities](#) in your home.
- **Plan Ahead for Your Pet's Needs:** Your furred, feathered, and scaled friends need a plan too! Visit the [ASPCA Disaster Preparedness for Pets](#) page for detailed advice on caring for your animals in an emergency.
- **Practice:** What good is your plan if you never practice?

Get Informed

- **Be in the know:** Get notified about emergencies. Sign up for emergency alerts with your campus and city. Text alerts are usually the fastest way to get notified and should be your first notification choice.
- **Get Trained:** Don't get caught yelling "MEDIC" to an empty room. First Aid, CPR, and Automated External Defibrillator training will enable you to quickly respond and provide aid when a medical emergency occurs.

Visit oem.berkeley.edu for more information.

WORKPLACE GO-BAG

You need to be prepared to shelter at work for at least 24 hours. Make sure you have food and water and other necessities like medicines in your kit. Also, be sure to have comfortable walking shoes at your workplace in case an evacuation requires walking long distances.

Your kit should also be in one container and ready to “grab and go” in case you are evacuated from your workplace.

EMERGENCY PREPAREDNESS APPS

UC Berkeley: [SchoolDude Crisis Manager](#)

UC Davis: [SchoolDude Crisis Manager](#) & [Rave Guardian](#)

UC Irvine: [ZOTFinder](#)

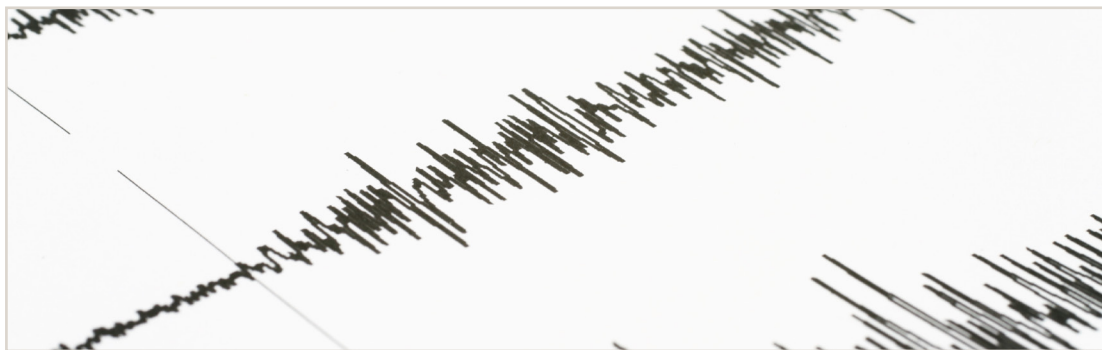
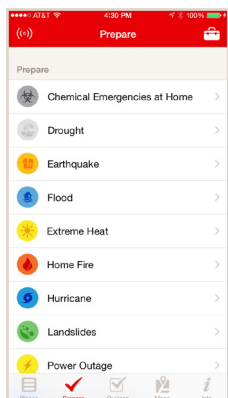
UCLA: [Circle of Six](#)

[American Red Cross](#)

[Federal Emergency Management Agency \(FEMA\)](#)

[ICE \(In Case of Emergency\) Standard Card](#)

[Shelter Finder App](#)



Preparing for an Earthquake

Every campus has its faults. UC Berkeley's is 74 miles long and runs directly under the campus. Stay calm and shake it off, earthquake preparedness is easier than you think. With the right information, it's easy to take care of yourself before, during, and after an earthquake.

Before a Quake

Use the guidance in this newsletter to get prepared ahead of time. http://www.ucop.edu/risk-services/_files/emergency/selfhelp_checklist.pdf

During a Quake

If You Are Indoors:

- **DROP** to the floor immediately
- Take **COVER** next to or under sturdy furniture, or near an interior wall, and protect yourself by covering the back of your neck and head
- **HOLD ON** to the sturdy furniture and keep your head and neck covered until the shaking stops

If You Are Outdoors:

- Move away from buildings, power lines, and trees
- DROP, COVER, and HOLD ON
- If you are driving, pull over in a clear area, turn on your hazard lights, and do the same DROP, COVER, and HOLD ON

Other Tips:

- Stay away from windows
- Stay away from things that can fall on you
- Don't run outside - you may be running into other hazards like power lines, cars, and falling trees
- Don't stand in a doorway. This is not the correct action to take. What should you do? Yes, DROP, COVER, and HOLD ON.
- Don't use elevators.

After a Quake

- Check yourself for injuries; put on your shoes and be mindful of broken glass
- If you're at home, stay there only if it's structurally safe. If in a campus building, evacuate the building and go to the assembly area or other open space.
- Account for your loved ones
- Avoid tying up phone lines for non life-threatening emergencies. Text messages and social media may be more reliable than a phone call
- Listen to local radio stations for updates
- Be prepared for aftershocks and falling debris
- For campus buildings, don't re-enter until allowed by emergency personnel

Visit oem.berkeley.edu for more information.

CONNECT

Know where to turn on your UC campus for the information you need to keep yourself, your workplace and your environment safe and secure. Click on the campus links below to connect to local program, educational and informational resources.

[UC Berkeley](#)

[UC Merced](#)

[UC Santa Barbara](#)

[UC Davis](#)

[UC Riverside](#)

[UC Santa Cruz](#)

[UC Irvine](#)

[UC San Diego](#)

[UCOP](#)

[UCLA](#)

[UC San Francisco](#)

[UC ANR](#)

Go-Bag Checklist

Do you have supplies prepared that you can take with you?



- Does everyone know where it is?
- Has someone been given the job of taking it if you have to leave?
- Do you have a backup person to check the go-bag?
- Do you have a plan for using the supplies in your go-bag so they do not expire?

✓	Go-Bag Checklist
	Non-perishable food (dried food, energy bars, etc.); bottles of water
	Alternate power source to charge your cell phone (emergency phone bank, portable charger)
	Flashlight with batteries; battery-operated or crank radio
	List of emergency phone numbers
	Personal items and toiletries (eyeglasses, toothbrush, etc.)
	Photo ID (copy of driver's license, passport, Campus ID)
	Copy of important records (birth certificate, lease, etc.)
	Clothes and sturdy shoes
	Cash in small bills (ATMs may not work after a disaster)
	Duct tape
	Maps (campus, city)
	First aid kit and extra medications

EMERGENCY PREPAREDNESS RESOURCES

[Preparing and responding to workplace emergencies](#)

[Gather Emergency Supplies](#)

[CDC Emergency Preparedness & Response Resources](#)

[UCTV Home Preparedness in Earthquake Country](#)

[UCTV Psychological Effects of Disasters](#)

[UCTV Disaster Preparedness: Natural Disasters](#)

[Emergency Family Plan](#)

[Are You Prepared?](#)

UPCOMING EDITIONS

November: Shop & Tool Safety

December/January: Family

Safety & Security

February: Industrial Safety/

Hazardous Operations

FEEDBACK, PLEASE

Send an email to EHS@ucop.edu to submit your comments on the September issue or to suggest content ideas for future issues. We look forward to hearing from you!