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Tips for Earthquakes by David Survival

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Earthquakes are a completely different situation which requires a very different set protocol to go by. Rather than escaping the building the focus is upon ensuring that you are as safe as possible in the immediate future.

An earthquake strikes so suddenly that there is not time to try to escape the building. The main danger is of falling rubble and debris. When the quake first strikes grab something solid nearby to steady yourself. Then try to move to somewhere that will shelter you, next to some heavy furniture or under a door frame. Get down on the ground and cover your head and upper body.

The hardest part is waiting out the earthquake, as a second seems like an hour as the shaking continues. However your best hope of safety is remaining where you are. Hopefully the door frame or nearby furniture will allow a â€˜voidâ€™ space in an y fallen rubble allowing you to survive long enough for help to come. Try to avoid shouting for help as this uses a great deal of oxygen, your most precious resource in this sort of situation. Use a rescue whistle if possible and try to conserve any water you may have while you await aid.

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