California State University, East Bay
Get Ready to ShakeOut!

At 10:17 a.m. on October 17, 2013, millions of Californians will “Drop, Cover, and Hold On” in The Great California ShakeOut, the largest earthquake drill ever! Nearly 9 million Californians are registered to participate in the 2013 ShakeOut. CSUEB has registered with the California Earthquake Alliance, and we plan to participate in this drill.

California is earthquake country!
Major earthquakes may happen anywhere you work, live, or travel in California. CSUEB straddles the dreaded Hayward fault line. The last major quake along the Hayward Fault - considered the region’s most dangerous because of its proximity to thousands of homes, businesses and public buildings in the East Bay hills - occurred on Oct. 21, 1868. “Recent studies show that powerful Hayward Fault quakes have repeatedly jolted our region in the past, about every 140 years”. Are we overdue?

The ShakeOut is our chance to practice how to protect ourselves, and for everyone to become prepared. The goal is to prevent disasters from becoming catastrophes.

Prior to the Exercise:
- Review the information at www.ShakeOut.org/.
- Print Seven Steps to Earthquake Safety and Drop, Cover, and Hold On summary sheets at www.shakeout.org/resources/ for review.
- Remove or secure items from offices or classrooms that might fall and injure students, faculty, and staff.
- Review department/building Emergency Action Plans with you Building Safety Coordinator
- Review your contact information in MyCSUEB to confirm that your AlertMe contacts are up-to-date.
- Check your emergency supplies and equipment; make sure they are accessible and functional.
- Mark your calendars for 10:17 a.m. on 10/17 to “Drop, Cover, and Hold On”.

What NOT to do during an Earthquake:
- DO NOT get in a doorway! An early earthquake image of California is a collapsed adobe home with the door frame as the only standing part. From this came our belief that a doorway is the safest place to be during an earthquake. In modern houses and buildings, doorways are no safer, and they do not protect you from flying or falling objects. Get under a table instead!
- DO NOT run outside! Trying to run in an earthquake is dangerous, as the ground is moving and you can easily fall or be injured by debris or glass. Running outside is especially dangerous, as glass, bricks, or other building components may be falling. You are much safer to stay inside and get under a table.
- DO NOT believe the so-called “triangle of life”! In recent years, an email has circulated which recommends potentially life threatening actions, and the source has been discredited by leading experts.

Everyone should participate! Students, staff, and faculty!
As a registered ShakeOut participant you will:

• Learn what you can do to get prepared
• Receive ShakeOut news and other earthquake information
• Be counted in the largest earthquake drill ever!
• Set an example that motivates others to participate