

Natural Disaster Safety Manual

1. Introduction Natural disasters can strike unexpectedly, causing significant damage and loss of life. This manual provides detailed safety actions and precautions for various natural disasters, helping individuals and communities prepare, respond, and recover effectively.
2. Earthquake Safety Before an Earthquake
 - Secure heavy furniture, appliances, and shelves to walls.
 - Identify safe spots such as under sturdy tables or against interior walls.
 - Prepare an emergency kit with food, water, flashlight, batteries, and first-aid supplies.
 - Conduct earthquake drills with family or coworkers.

During an Earthquake

- Indoors: Drop, cover, and hold under sturdy furniture; stay away from windows and glass.
- Outdoors: Move to an open area away from buildings, trees, and power lines.
- In a Vehicle: Pull over safely, stay inside, and avoid stopping under bridges or overpasses.

After an Earthquake

- Check yourself and others for injuries.
 - Be prepared for aftershocks.
 - Turn off gas, water, and electricity if you suspect leaks or damage.
 - Avoid using elevators and inspect buildings for structural damage before re-entering.
3. Fire Safety Before a Fire
 - Install smoke detectors and test them monthly.
 - Keep fire extinguishers accessible and know how to use them.
 - Create a fire escape plan and practice it regularly.
 - Store flammable materials safely.

During a Fire

- If in a building, stay low to avoid smoke inhalation.
- Use the back of your hand to check doors for heat before opening them.
- If clothes catch fire, stop, drop, and roll.
- Evacuate immediately and never use elevators.
- Call emergency services once in a safe location.

After a Fire

- Do not re-enter the building until authorities declare it safe.
- Seek medical attention for burns or smoke inhalation.
- Document damages for insurance purposes.

4. Flood Safety Before a Flood

- Know the flood risk in your area and sign up for weather alerts.
- Elevate electrical appliances and waterproof important documents.
- Prepare an emergency kit with essentials.
- Identify evacuation routes and shelters.

During a Flood

- Move to higher ground immediately.
- Avoid walking or driving through floodwaters.
- If trapped in a vehicle, exit and move to safety if possible.
- Listen to emergency broadcasts for updates.

After a Flood

- Avoid contact with floodwater due to contamination risks.
 - Inspect your home for structural damage before entering.
 - Boil water before drinking if contamination is suspected.
5. Tornado Safety Before a Tornado
- Identify safe rooms or storm shelters.
 - Stay informed through weather alerts.
 - Secure outdoor objects that could become projectiles.

During a Tornado

- Move to a basement or interior room without windows.
- Protect your head with your arms or a sturdy object.
- If outside, lie flat in a low-lying area and cover your head.

After a Tornado

- Watch for fallen power lines and damaged buildings.
 - Assist injured persons if safe to do so.
 - Follow local authority instructions for safety updates.
6. Tsunami Safety Before a Tsunami
- Know the tsunami risk in your region.
 - Identify evacuation routes and safe zones.
 - Stay informed about seismic activity near coastal areas.

During a Tsunami

- Move to higher ground immediately if an earthquake occurs near the ocean.
- Follow evacuation warnings without delay.
- Do not return to low-lying areas until authorities declare it safe.

After a Tsunami

- Avoid coastal areas due to possible secondary waves.
 - Help others only if it is safe to do so.
 - Follow official recovery and rebuilding guidance.
7. Hurricane Safety Before a Hurricane
- Secure windows and reinforce doors.
 - Store emergency supplies, including food, water, and medical supplies.
 - Have an evacuation plan ready.

During a Hurricane

- Stay indoors and away from windows.
- Evacuate if ordered by authorities.
- Monitor emergency broadcasts for real-time updates.

After a Hurricane

- Avoid floodwaters and downed power lines.
 - Check for structural damage before re-entering buildings.
 - Seek medical care if needed.
8. Volcanic Eruption Safety Before an Eruption
- Know the evacuation routes and emergency plans.
 - Have respiratory protection like masks.
 - Store emergency supplies and protect water sources.

During an Eruption

- Evacuate if instructed.
- Protect yourself from falling ash by staying indoors and sealing openings.
- Wear protective clothing and use goggles for eye protection.

After an Eruption

- Stay indoors until air quality improves.
 - Remove ash carefully to avoid respiratory issues.
 - Avoid areas near lava flows and unstable ground.
9. Landslide Safety Before a Landslide
- Learn about landslide-prone areas.
 - Maintain good drainage around your home.
 - Stay informed about heavy rainfall conditions.

During a Landslide

- Evacuate immediately if warning signs appear, such as ground movement or cracking sounds.
- If trapped, curl into a tight ball to protect vital organs.

After a Landslide

- Avoid affected areas due to unstable ground.
 - Assist in rescue efforts if safe to do so.
 - Monitor updates from local authorities.
10. Emergency Preparedness After an emergency, you may need to survive on your own for several days. Being prepared means having your own food, water, and other supplies to last for several days. A disaster supplies kit is a collection of basic items your household may need in the event of an emergency.

Basic Disaster Supplies Kit

- Store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

Recommended Items:

- Water (one gallon per person per day for several days, for drinking and sanitation)
- Food (at least a several-day supply of non-perishable food)
- Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- Flashlight
- First aid kit

- Extra batteries
- Whistle (to signal for help)
- Dust mask (to help filter contaminated air)
- Plastic sheeting, scissors, and duct tape (to shelter in place)
- Moist towelettes, garbage bags, and plastic ties (for personal sanitation)
- Wrench or pliers (to turn off utilities)
- Manual can opener (for food)
- Local maps
- Cell phone with chargers and a backup battery

Additional Emergency Supplies

- Soap, hand sanitizer, and disinfecting wipes
- Prescription medications and non-prescription medications
- Prescription eyeglasses and contact lens solution
- Infant and pet supplies
- Cash or traveler's checks
- Important documents in a waterproof, portable container
- Sleeping bag or warm blanket per person
- Fire extinguisher, matches in waterproof container
- Feminine supplies, personal hygiene items
- Paper goods and utensils
- Paper and pencil
- Books, games, puzzles for children

11. Conclusion Being prepared for natural disasters can save lives and reduce damage. Regularly review and update your emergency plans, stay informed about local risks, and practice safety drills with family and community members.