

EARTHQUAKE PREPAREDNESS & HOME SAFETY CHECKLIST

SURVIVAL PLACE BLOG — BEFORE • DURING • AFTER

Use this printable checklist to reduce household hazards, prepare essential supplies, and make sure everyone knows what to do when an earthquake strikes.

1. MAKE THE HOME SAFER BEFORE AN EARTHQUAKE

■ Anchor tall bookcases, dressers and cabinets	■ Move heavy items to lower shelves
■ Secure TVs, monitors and other heavy electronics	■ Latch cabinets holding glass or heavy objects
■ Check mirrors, frames and hanging objects	■ Keep heavy objects away from beds and exits
■ Confirm water heater is properly braced	■ Know where utility controls are located

2. BUILD & CHECK EMERGENCY SUPPLIES

■ Stored drinking water	■ Shelf-stable food + manual can opener
■ First-aid kit	■ Prescription medications
■ Flashlights / headlamps + batteries	■ Emergency radio
■ Phone power banks / charging cables	■ Work gloves + sturdy shoes
■ Dust masks	■ Emergency blankets
■ Cash + copies of important documents	■ Paper maps
■ Sanitation / hygiene supplies	■ Pet / infant / special-needs supplies

3. HOUSEHOLD PLAN & DRILL

■ Practice Drop, Cover, and Hold On	■ Choose a household meeting location
■ Choose an out-of-area contact	■ Write down important phone numbers
■ Make a child pickup / reunification plan	■ Plan for pets and service animals
■ Identify evacuation routes	■ Know tsunami route if near the coast

4. DURING THE SHAKING

■ DROP to hands and knees	■ COVER head and neck
■ HOLD ON until shaking stops	■ Stay away from windows and falling objects
■ Do not run outside during strong shaking	■ If driving, pull over safely and stay in vehicle

5. AFTER THE SHAKING STOPS

■ Check yourself and others for injuries	■ Expect aftershocks
■ Put on sturdy shoes and work gloves	■ Check for fire and obvious utility damage
■ Use flashlights instead of open flames	■ Avoid severely damaged areas
■ Listen for official emergency information	■ Evacuate if the structure is unsafe
■ Near coast? Act on natural tsunami warnings	■ Keep bug-out bags and medications accessible

QUICK HOUSEHOLD NOTES

Meeting location: _____	Out-of-area contact: _____
Primary evacuation route: _____	Alternate route: _____
Emergency supplies stored: _____	Pet / medical needs: _____

REMEMBER: Earthquake preparedness is not just about supplies. Secure hazards before the quake, practice your protective actions, and keep critical gear where it can still be reached after strong shaking.

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