



Get ready for an Earthquake

Guidelines for people with mobility impairments



ATHENS 2015



MINISTRY OF INFRASTRUCTURE
TRANSPORT AND NETWORKS
EARTHQUAKE PLANNING AND
PROTECTION ORGANIZATION (E.P.P.O.)



EUROPEAN CENTER ON
PREVENTION AND
FORECASTING OF
EARTHQUAKES (E.C.P.F.E.)

Earthquake

Earthquake is a natural phenomenon that often strikes our country as well as countries all over the world.

Get informed and plan together with your Personal Support Network in order to be prepared to confront a possible earthquake.

When you are aware, of what you should do and which are your possible needs before, during and after an earthquake, you will feel safe and you will act calmly, promptly and effectively, in case of an emergency.

Personal Support Network

It is a network consisted of at least 3 persons that the individual can absolutely trust. The purpose of the network is to support people in case of an emergency, such as earthquake. Members of the network can be persons from his familiar environment (family, friends or workplace), where the individual usually spends a lot of time.

This booklet was created, for people who have mobility impairments as well as motional difficulties.

Text writing and editing :

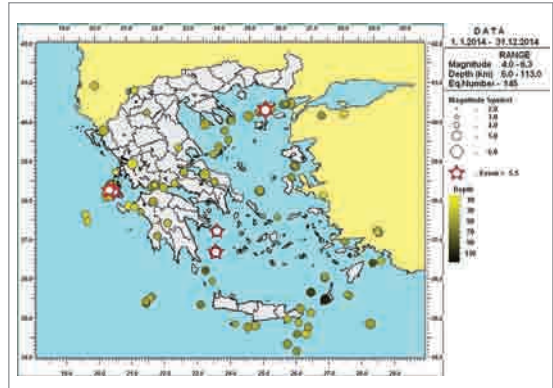
E. Vrettou, C. Gountromichou, S. Dritsos, A. Kourou, M. Panoutsopoulou, E. Pelli,
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The photographs were taken at the Social Care Centers "Theotokos Foundation" and "Estia" with the participation of their service users and staff. Extra Photographic material was taken from EPPO's archive.

Before an earthquake

1. Be informed about:

- ▶ the earthquake as well as the seismicity of your region,
- ▶ the self - protection measures before, during and after an earthquake according to your needs and your everyday life environment,
- ▶ the special assistance programs for people with mobility impairment held in your municipality or other authorities.



2. Create your Personal Support Network

- ▶ Choose at least 3 persons, you absolutely trust, which will help you firstly to be prepared for the cases of a seismic emergency and secondly to confront them effectively.
- ▶ Select the persons for your network from your familiar environment (family, friendly, professional) or from places where you spend a lot of time and will support you promptly if needed, after the earthquake.
- ▶ Notify them about your needs.



3. Discuss with your Personal Support Network about:

- ▶ what you should do in order to protect yourself in a case of an earthquake,
- ▶ the safest places in each space,
- ▶ the list of important emergency phone numbers in a case of an emergency (e.g. 112 European Emergency Number that operates in Greece). Put the list at an accessible place,
- ▶ special mobility equipment (walking sticks, crutches, walkers) or your wheelchair, your medication procedures, as well as mechanical equipment covering height differences like: ramps, chair elevator, platform lift etc.,



- ▶ your regularly communication ways in order to inform each other about your daily schedules, as well as the time periods that someone will be away from the city.

4. Plan with your Personal Support Network from now

You must be prepared that none may be with you when an earthquake occurs so cooperate in order to:

- ▶ identify potential hazards and try to reduce them. Secure properly heavy furniture, light fixtures, ceiling fans etc. Place heavy and fragile objects on lower shelves. Avoid to hang heavy objects over places where you sit or sleep. Point out and repair any possible damage in the building as cracks, humidity,

- ▶ prepare a disaster supply kit containing items such as battery – operated radio, first aid kit, fire extinguisher, flashlight, medicines which you might possibly need, walking aids etc.,
- ▶ be sure that the evacuation routes of the building are easily accessible, in a case of an evacuation. You must define the evacuation process after an earthquake without using a lift. Proper reformations of the building are necessary in order to ameliorate the accessibility of the exits,
- ▶ decide how you and your support network will communicate and locate the place to meet after the earthquake stops. You must agree that if you are alone inside the building during the earthquake and be able to evacuate it , you will do it. If you need support, someone must help you evacuate the building. In case you are unable to get out, contact the fire brigade immediately,
- ▶ preselect the nearest, safe place where you will resort to after an earthquake (eg park or square). Agree that you and the members of your personal support network will meet there,
- ▶ decide about the most appropriate route for the meeting shelter and the means of transport that you will use,
- ▶ take advantage of the Municipality's or other Institutional Bodies' transportation Programs.
- ▶ elaborate together on alternative scenarios in case the earthquake alters the first plan and decide for example, for an alternative meeting place.



5. Take part in earthquake drills

Organize earthquake drills at home or in your workplace, with the members of your support network in order to improve your skills. Drills will encourage you to feel confident and to remove your insecurities concerning the emergency, as well as help you stay calm in a real case.

Protection Measures during an earthquake

- ▶ Remain calm.
- ▶ Protect yourself.

If you use a wheelchair or walking aids (shoulder bacteria, sticks, crutches, walkers, etc.):

- ▶ Stay where you are, as far as possible from hazards.
- ▶ Lock immediately the brake of your wheelchair or of the walking aids you use if it has wheels.



- ▶ If you are seated, crouch towards your knees as much as possible and cover your head and your back neck with your arms.
- ▶ Stay at this position until the shaking stops.
- ▶ If you are outdoors, stay there and move away from buildings facades and other dangerous spots.

After an Earthquake

You have to know that aftershocks may follow the main shock. Stay calm and apply your emergency plan.

If you are at the same place with a member of your Personal Support Network:

- ▶ call the member of your Personal Support Network,
- ▶ be sure that you have taken with you your disaster supply kit which you have already prepared,
- ▶ learn if the way of evacuation routes has been checked for any risks (eg. fallen plasters or broken panes),
- ▶ ask from the member of your Personal Support Network to help you in order to exit carefully from the building, as you did in earthquake drills. If you are unable to evacuate the building call immediately the emergency services,
- ▶ follow the member of your Personal Support Network to the open, safe place you have predetermined,
- ▶ conduct the rest members of your Personal Support Network,
- ▶ stay calm when aftershocks follow the main shock and follow you emergency plan wherever you are,
- ▶ get guidelines only by competent authorities.

If you are not at the same place with a member of your Personal Support Network:

- ▶ take with you your disaster supply kit, which you have already prepared, and carefully evacuate the building if you are able to do it by yourself. Otherwise, ask from people who are close to you, to help you or call immediately the emergency services,
- ▶ if you have evacuated the building by yourself go carefully to the open, safe place you have predetermined and conduct a member of your Personal Support Network. Otherwise, if you need help, ask from people who are close to you to help you,
- ▶ stay calm when aftershocks follow the main shock and follow your emergency plan wherever you are,
- ▶ get guidelines only by competent authorities.

Reading the instructions of this booklet you and the members of your Personal Support Network can be prepared before an earthquake, you can protect yourself properly during an earthquake and be helped from your Personal Support Network after an earthquake.

Emergency Phone Numbers

European Emergency Number: 112

Hellenic Police: 100

Hellenic Fire Service: 199

National Emergency Aid Centre: 166

www.oasp.gr

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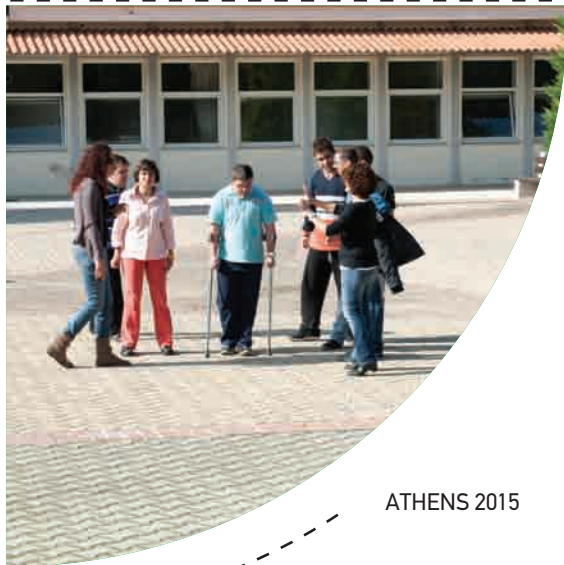
European Center on Prevention
and Forecasting of Earthquakes (E.C.P.F.E.)



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Guidelines for members of the Personal Support Network of people with mobility impairments



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EARTHQUAKES (E.C.P.F.E.)

Earthquake

Earthquake is a natural phenomenon that often strikes our country as well as countries all over the world.

Our fellow human beings with mobility impairments should be supported by other people so to be able to confront seismic events.

If you want to help a person with mobility impairments of your social circle to prepare for the earthquake and to act appropriately after an earthquake become a member of his Personal Support Network.

Personal Support Network

It is a network consisted of at least 3 persons that the individual can absolutely trust. The purpose of the network is to support people in case of an emergency, such as earthquake. Members of the network can be persons from his familiar environment (family, friends or workplace), where the individual usually spends a lot of time.

This booklet was created in order to inform about earthquakes, people who have mobility impairments, their parents, instructors, etc.

Text writing and editing:

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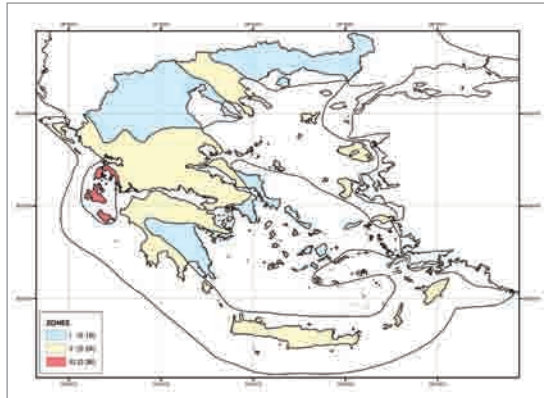
M. Podimata, M. Fotopoulou.

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Before an earthquake

1. Be informed about:

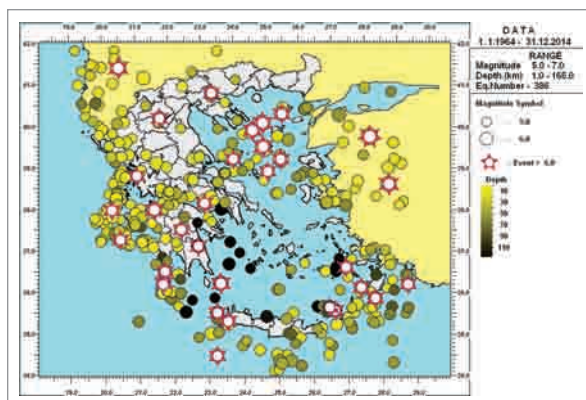
- ▶ the earthquake as well as the seismicity of your region,
- ▶ the self - protection measures, for people with mobility impairments before, during and after an earthquake,
- ▶ the needs of the person with mobility impairments,
- ▶ the existing special assistance programs for people with mobility impairment held in your municipality.



Seismic Hazard Map of Greece [Source: E.P.P.O.]

2. Discuss with the person with mobility impairments about:

- ▶ what he should do to protect himself in a case of an earthquake,
- ▶ the safest places in each space,
- ▶ the list of important emergency phone numbers,
- ▶ the card with his personal information which he should always carry with him,
- ▶ the members of the personal support network who will help him in a case of an earthquake when he is at home, at work or wherever he spends a lot of time,
- ▶ the communication between the members of the personal support network, at regular intervals, in order to inform each other about their daily schedules, as well as the time periods that they will be away from the city.



Seismic activity of Greece [Source: E.P.P.O.]



3. Plan ahead with the person with mobility impairments and the others members of the personal support network in case of an earthquake.

Collaborate in order to:

- ▶ identify potential hazards and try to reduce them. Secure properly heavy furniture, light fixtures, ceiling fans etc. Place heavy and fragile objects on lower shelves. Avoid to hang heavy objects over places where the person with mobility impairments sits or sleeps. Point out and repair any possible damage in his building,
- ▶ prepare a disaster supply kit containing items such as keys of his house, battery – operated radio, first aid kit, fire extinguisher, flashlight, medicines which he might possibly need, walking aids etc,
- ▶ decide how you, the person with mobility impairments and the others members of the personal support network will communicate and locate the place to meet after the earthquake stops.



Items of a disaster supply kit



- ▶ preselect the nearest, safe place where you will resort to after an earthquake (meeting areas and shelters),
- ▶ decide about the most appropriate route for the meeting place and the means of transport that will be used by the person with mobility impairments,
- ▶ be sure that the evacuation routes of the building are easily accessible, in a case of an evacuation and define the evacuation process after an earthquake without using a lift,
- ▶ take advantage of the Municipality's transportation Programs.

4. **Participate in earthquake drills**, along with the person with mobility impairments and the other members of the personal support network in order to improve your skills.



Meeting areas and shelters

During an earthquake

The duration of an earthquake in our country is just a few seconds. We all know that each person experience the earthquake by himself.

Remain calm and do not panic. First protect yourself, so that after the earthquake you will be able to help others. Apply the appropriate protective measures according to the place you are.

If you are indoors:

- ▶ stay where you are and remain calm,
- ▶ drop to the floor, take cover under a sturdy furniture (table, desk) and hold on. If there isn't any appropriate furniture, move to the center of the room, crouch to the floor and cover your head and your back neck with your arms,
- ▶ stay away from large glass surfaces (windows, skylights, glass partitions) or furniture and objects that could topple over and hit you.



If you are outdoors:

- ▶ stay out,
- ▶ move away from buildings facades, streetlights, utility wires or other dangerous spots (as much as possible), and protect yourself appropriately.

If you are driving:

- ▶ reduce the speed of your car and pull over to the side of the road and stop in the nearest safe place. Avoid buildings facades, bridges, electrical wires, etc. Care not to obstruct the traffic.

After an Earthquake

You have to know that aftershocks may follow after the main shock. Stay calm and apply your emergency plan.

If you are at the same place with the person with the mobility impairments:

- ▶ look for him and make sure that he is okay,
- ▶ support him so that he can stay calm,
- ▶ take with you the disaster supply kit that the personal support network have already prepared,
- ▶ check the evacuation routes for any risks (eg, fallen plasters or broken panes) and inform him about them,
- ▶ help him evacuate carefully the building with you as you did in earthquake drills. If you are unable to evacuate the building call immediately the emergency services,
- ▶ lead him to the open, safe place you have predetermined,
- ▶ conduct with the rest members of his personal support network and inform them about the situation,
- ▶ help the person with the mobility impairment in whatever he needs, stay calm when aftershocks follow the main shock and follow your emergency plan wherever you are,
- ▶ get guidelines only by competent authorities.



If you are not at the same place with the person with the mobility impairments:

- ▶ take with you your disaster supply kit, which you have already prepared, and carefully evacuate the building,
- ▶ contact him,
- ▶ approach the predetermined meeting point,
- ▶ stay calm when aftershocks follow the main shock and follow your emergency plan wherever you are,
- ▶ get guidelines only by competent authorities.

In case of failure to meet the person with mobility impairments conduct with the rest members of the support network, and if necessary call immediately the emergency services.

Reading the instructions of this booklet you and the person with mobility impairments of your social circle can be prepared before an earthquake, you can protect yourself properly during an earthquake and you can follow your emergency plan after an earthquake, helping the person with mobility impairments.

Emergency Phone Numbers

European Emergency Number: 112

Hellenic Police: 100

Hellenic Fire Service: 199

National Emergency Aid Centre: 166

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