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Before the Emergency (Earthquake)

- **Training:** Train caregivers, family members, and staff on how to assist disabled individuals during an earthquake, including safe evacuation techniques and first aid.

- **Emergency Supplies:** Prepare a portable emergency kit with essential items like medication, medical supplies, mobility aids, and important documents. Keep this kit in an easily accessible location.

- **Safe Locations:** Identify safe locations within your home or workplace, such as sturdy tables or desks, where disabled individuals can take cover during an earthquake.

- **Emergency Plan:** Develop a comprehensive emergency plan that includes specific provisions for individuals with disabilities. Involve disabled individuals and their caregivers in creating the plan to address their unique needs.

- **Communication:** Establish a clear communication plan, including methods such as text messages, visual signals, or communication boards for those with speech or hearing impairments. Ensure everyone knows how to call for help.

- **Alert Systems:** Consider installing earthquake early warning systems that can provide advance notice of an impending earthquake. These systems may offer a few seconds to minutes of warning, which can be crucial for disabled individuals to prepare.

During an Earthquake:

Drop, Cover, and Hold On: When you feel the shaking, instruct disabled individuals to drop to the ground, take cover under a sturdy object if possible (such as a table), and hold on until the shaking stops.

Stay Away from Hazards: Ensure that disabled individuals are away from windows, mirrors, glass, and any heavy objects that could fall during the shaking.

Use Communication Methods: Use established communication methods to ensure everyone understands the situation and the actions to take. Be patient and clear in your instructions.

Evacuation: If necessary, assist disabled individuals in evacuating the building once the shaking stops. Use established escape routes, but avoid elevators, as they may become inoperative during an earthquake or after.

Provide Support: Offer physical support as needed for those with mobility impairments. If using a wheelchair, consider using a transfer board to move the person to safety.

After the Shaking Stops: After the shaking stops, check for injuries and administer first aid if necessary. Be prepared to provide additional assistance if structural damage has occurred.

Be Cautious of Aftershocks: Be aware of aftershocks, which can follow the main earthquake. Encourage everyone to stay in a safe location until it's deemed safe to move.

Follow Emergency Procedures: Follow your established emergency plan, including meeting at designated points outside the building or home to account for all individuals, including disabled ones.