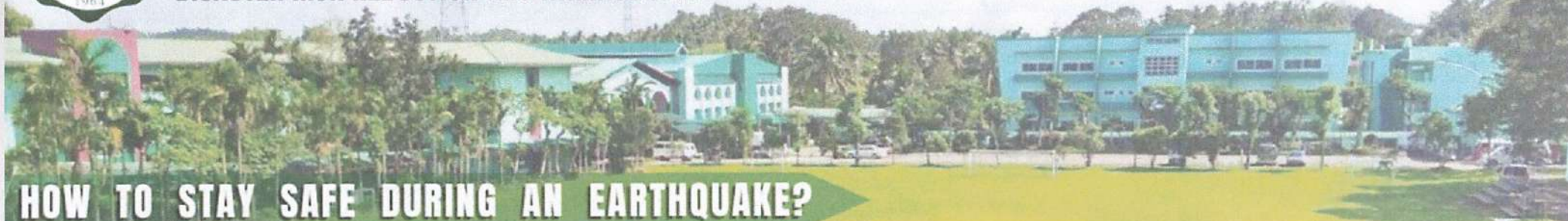




SOUTHERN LUZON STATE UNIVERSITY

DISASTER RISK REDUCTION AND MANAGEMENT



HOW TO STAY SAFE DURING AN EARTHQUAKE?



1

DROP COVER HOLD

Drop under a strong table and hold on to it. Stay alert for potential threats.

Yumuko at magtago sa ilalim ng matibay na mesa at kumapit sa mga paa nito. Manatiling alerto sa mga banta ng panganib sa paligid.



2

Stay away from glass window, shelves and heavy objects.

Umiwas sa mga bintanang salamin, mga aparado at mabibigat na gamit na maaring mahulog.



3

After the shaking stops, exit the building, and go to designated evacuation area.

Matapos ang pagyanig, agad na lisanin ang gusali at pumunta sa evacuation area.



4

Tasked people who will assist older individuals, pregnant women, PWDs, and children.

Mag talaga ng mga taong tutulong sa mga matandang indibidwal, mga buntis na kababaihan, mga PWD, at mga bata.



5

Head count is a must. A faculty will be responsible for doing the head count to ensure that no one is left behind in the building.

Ang head count ay kinakailangan. Ang isang faculty ang mananatag pag gawa ng head count para matiyak na walang maliwan sa gusali.



6

Do not go back to the building. Patiently wait for school officials to declare that the building is safe before re-entering.

Huwag bumalik sa gusali. Matiyagang hintayin ang mga opisyal ng paaralan na magdeklara na ligtas ang gusali bago muling pumasok.

NOTE: NO ALARM / RINGING OF BELL WILL BE HEARD DURING AN EARTHQUAKE.

Source: Civil Defense PH www.ocd.gov.ph ocd.gov.ph

Jan

PHASES OF EARTHQUAKE DRILL

ALARM PHASE

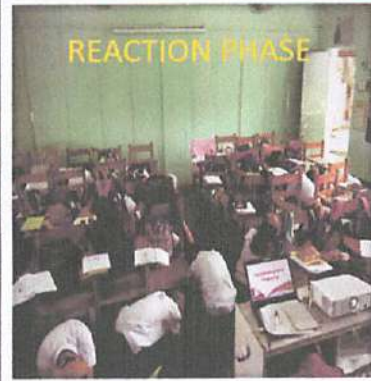
*1 minute alarm is required, and system should perform a check every second.



- ✓ 1 minute alarm signifying the occurrence of devastating emergency or calamity (Fire or Earthquake)
- ✓ timer is needed



REACTION PHASE



02

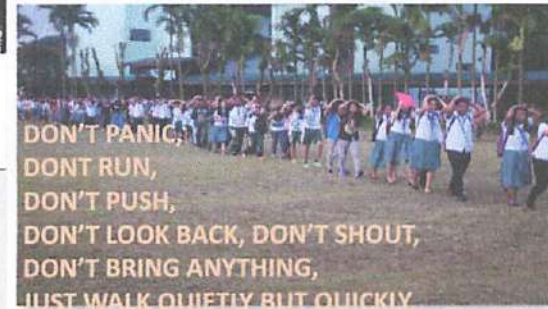
DUCK - COVER - HOLD
AND 1-MINUTE ALARM



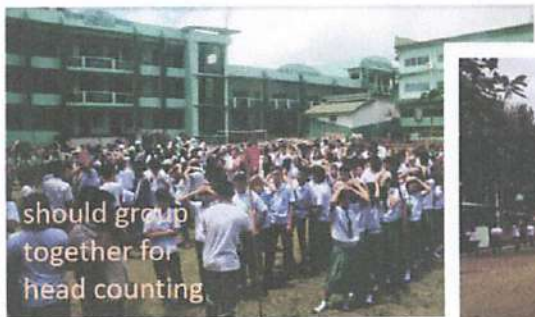
3

EVACUATION PHASE
AFTER THE 1-MINUTE ALARM

EVACUATION PHASE



DON'T PANIC,
DONT RUN,
DON'T PUSH,
DON'T LOOK BACK, DON'T SHOUT,
DON'T BRING ANYTHING,
JUST WALK QUIETLY BUT QUICKLY



should group together for head counting

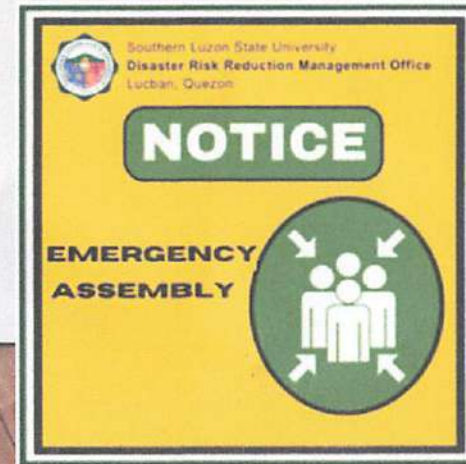
4 ASSEMBLY & HEADCOUNT PHASE



4 ASSEMBLY PHASE



- EVALUATION PHASE
- TERMINATION PHASE



James

IN CASE OF ANY EMERGENCY INSIDE OR OUTSIDE THE UNIVERSITY

Concern Office	Person Involved	Contacts
UDRRMO - University Disaster Risk Reduction Office with auxiliary group SLSU-CERT, Inc. – SLSU Campus Emergency Response Team	Prof. Vanessa S. Cadelina – Director of DRRMO	09394875729 - smart 09563471134 – globe fb account @vanessa cadelina Email add: vanessa.cadelina110381@gmail.com slsudrrmo@gmail.com Radio frequency: 146.370
UHS – University Health Services	RN Jerry M. Imperial – Head of Office with Doc. Genevieve Cuarto - University Doctor	(042) 540 - 8637 fb account @Hi Uhs Email add: slsu.healthservicesunit@gmail.com
CSSU – Civil Safety and Security Unit	Mr. Victor V. Villon - Head of Office	(042) 540 - 4787

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IN CASE OF ANY EMERGENCY OUTSIDE THE UNIVERSITY

Concern Office	Contacts
Lucban Municipal Health Office	Rural Health Unit – 540-3382 @Rural Health Center Lucban, Quezon
Lucban Municipal Police Station	0998 598 5759 fb @lucbanmps.r4a@yahoo.com.ph
Bureau of Fire Protection Lucban Fire Station	161 042 710 9280 0932 603 1222
Lucban Municipal Disaster Risk Reduction and Management Office	042 540 1709 0917 520 4211 @MDRRMO Lucban

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