Get Ready to ShakeOut!

Mark Benthien
Director for Communication, Education, and Outreach
Southern California Earthquake Center
Great ShakeOut Earthquake Drills

- Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans
- 2017: 58+ million people worldwide
- 2018 International ShakeOut Day: October 18
- Learn more and register: ShakeOut.org
How Did ShakeOut Begin?

- ShakeOut began in Southern California in 2008
  - Based on comprehensive “ShakeOut Scenario” of the USGS
  - 2008 ShakeOut drill created by Earthquake Country Alliance
  - 5.4 million participants in schools, businesses, organizations, community groups, and households
  - A “one-time” event…

- Southernmost San Andreas
- 180 mile rupture, magnitude 7.8
- Shaking for over 2 minutes
- $213 billion national catastrophe
- 300,000 buildings damaged
- 50,000 serious injuries, 1,800 deaths
Why *Drop, Cover, and Hold On*?

- Get down before being thrown to the ground
- Provides protection from falling or flying items… including structural elements
- Exterior of buildings (brick, glass, etc.) often fall, even when no collapse
- More chance of surviving collapse

EarthquakeCountry.org/step5
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**  **COVER!**  **HOLD ON!**

**Drop** on to your hands and knees, where you are

See [EarthquakeCountry.org/step5](http://EarthquakeCountry.org/step5) for advice for a variety of settings
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**

**COVER!**

**HOLD ON!**

Cover your head and neck with one arm and hand.

- *If a sturdy table or desk is nearby,* crawl underneath it for shelter
- *If no table/desk,* crawl against a wall or next to low furniture for sideways protection

See EarthquakeCountry.org/step5 for advice for a variety of settings
Know How to Protect Yourself

In *most* situations and building types:

**DROP!**  **COVER!**  **HOLD ON!**

**Hold On** to your shelter until shaking stops

- Be ready to move with your shelter
- *If not under a shelter*, hold on to your head/neck with both arms and hands

See EarthquakeCountry.org/step5 for advice for a variety of settings
• If you can’t get back up, don’t get down
  - Bend over and cover your head and neck with your arms/hands

• Instruct others how to assist you

• Practice is key

• EarthquakeCountry.org/disability
Earthquake Safety Video Series

• Separate short videos:
  • indoors, nearby table/desk
  • indoors, no table/desk
  • theater/stadium
  • near the shore
  • in a car
  • in bed
  • people with mobility disabilities

• View at Youtube.com/greatshakeout

• Download at www.ShakeOut.org/messaging
Protect Yourself During Earthquakes

1. Stay inside a building, get under a sturdy desk or table, and hold on. If there is no desk or table, get against an inner wall, away from windows, mirrors, and heavy furniture.

2. If outside, stay away from buildings and power lines. Use your time outside to pop your tent and get into it for shelter.

3. If you are in a car, pull to the side of the road and come to a complete stop. Stay inside the car with your seatbelt on.

4. If you are in a hospital, stay in your room. Use a pillow to protect your head and cover your mouth and nose with a cloth or towel. If you have a medical condition that requires constant monitoring, contact your healthcare provider.

5. If you are in a school, stay in your room. If you are a student, follow the school's earthquake preparedness plan. If you are a teacher, follow the school's earthquake preparedness plan. If you are a janitor, follow the school's earthquake preparedness plan.

6. If you are in a hotel or residential building, stay inside. Use a pillow to protect your head and cover your mouth and nose with a cloth or towel. Follow the building's earthquake preparedness plan.

7. If you are in a shopping center, stay inside. Use a pillow to protect your head and cover your mouth and nose with a cloth or towel. Follow the shopping center's earthquake preparedness plan.

8. If you are in a public building, stay inside. Use a pillow to protect your head and cover your mouth and nose with a cloth or towel. Follow the public building's earthquake preparedness plan.

9. If you are in a vehicle, pull to the side of the road and come to a complete stop. Stay inside the vehicle with your seatbelt on.

Do you know what to do, wherever you are, when the earth begins to shake?
Increase resilience at all levels!

Shift the culture about earthquakes and preparedness

Encourage people worldwide to practice earthquake safety
Everyone... Everywhere, & Growing!

- More participants and additional states/countries each year
  - 2008: 5.4 million (Southern California- *ShakeOut Scenario*)
  - 2009: 6.9 million (all California)
  - 2010: 8 million (California, Nevada, and Guam)
  - 2011: 12.1 million (15 states/territories & British Columbia)
  - 2012: 19.4 million (26 states/territories, 5 countries with official drills)
  - 2013: 24.9 million (44 states/territories, expansion worldwide)
  - 2014: 26.5 million (47 states/territories, participation in 60 countries)
  - 2015: 43.9 million (51 states/territories, 70+ countries, including New Zealand’s second drill, and Iran)
  - 2016: 55+ million (includes major earthquake drills in more countries)
  - 2017: 58+ million (continued expansion)
State, Regional, and National Customized Websites

ShakeOut websites are now online in English, Spanish, French, Italian, and Japanese.
By Registering, You Will:

- Be **counted** in the world’s largest earthquake drill
- Be **updated** with news and safety tips
- Be **listed** with other participants (optional)
- Be an **example** that motivates others
- Have **peace of mind** that you have taken action and helped others
- Be **better prepared** to survive and recover!

Join Us for the World’s Largest Earthquake Drill.

Register Now at www.shakeout.org
### Example Statistics and Participant List

<table>
<thead>
<tr>
<th>Category</th>
<th>Participants</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total</strong></td>
<td>10,410,401</td>
</tr>
<tr>
<td><strong>California</strong></td>
<td></td>
</tr>
<tr>
<td>Individuals/Families</td>
<td>11,941</td>
</tr>
<tr>
<td>Childcare and Pre-Schools</td>
<td>50,111</td>
</tr>
<tr>
<td>K-12 Schools and Districts</td>
<td>6,366,514</td>
</tr>
<tr>
<td>Colleges and Universities</td>
<td>1,954,438</td>
</tr>
<tr>
<td>Local Government</td>
<td>461,805</td>
</tr>
<tr>
<td>State Government</td>
<td>149,993</td>
</tr>
<tr>
<td>Federal Government (Including Military)</td>
<td>221,009</td>
</tr>
<tr>
<td>Tribes/Rancherias</td>
<td>3,402</td>
</tr>
<tr>
<td>Businesses</td>
<td></td>
</tr>
<tr>
<td>Hotels and Other Lodgings</td>
<td>2,386</td>
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<tr>
<td>Healthcare</td>
<td>185,402</td>
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<tr>
<td>Senior Facilities/Communities</td>
<td>17,445</td>
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<tr>
<td>Disability/AFN Organizations</td>
<td>9,727</td>
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<tr>
<td>Non-Profit Organizations</td>
<td>82,167</td>
</tr>
<tr>
<td>Neighborhood Groups</td>
<td>30,737</td>
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<tr>
<td>Preparedness Organizations</td>
<td>13,498</td>
</tr>
<tr>
<td>Faith-based Organizations</td>
<td>166,366</td>
</tr>
<tr>
<td>Museums, Libraries, Parks, etc.</td>
<td>8,407</td>
</tr>
<tr>
<td>Volunteer/Service Clubs</td>
<td>258</td>
</tr>
<tr>
<td>Youth Organizations</td>
<td>1,993</td>
</tr>
<tr>
<td>Animal Shelter/Service Providers</td>
<td>273</td>
</tr>
<tr>
<td>Agriculture/Livestock</td>
<td>1,340</td>
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<tr>
<td>Volunteer Radio Groups</td>
<td>931</td>
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<tr>
<td>Science/Engineering Organizations</td>
<td>5,096</td>
</tr>
<tr>
<td>Media Organizations</td>
<td>13,671</td>
</tr>
<tr>
<td>Other</td>
<td>24,598</td>
</tr>
</tbody>
</table>

### Del Norte
- **Mary Dorman - State Farm Agent**, Crescent City
  - Walmart 1910, Crescent City

### El Dorado
- **AAA**, AAA Northern California, Nevada and Utah, Folsom Branch, Folsom

### Fresno
- **ADT Security Services, LLC**, Fresno SSO, Fresno
- **DaVita Healthcare**, DaVita Sanger, Sanger
- **F & F Contracting, Inc / Ftxe Trucking/Golden Eagle Charter, Inc.,**, Fresno
- **HD Supply**, HD Supply White Cap, Fresno Branch, Fresno
- **Humsncarsie**, Fresno facility, Fresno
- **Kohl's Department Stores**, Fresno
- **Kohl's Department Store**, Fresno
- **Kohl's Department Store**, Clovis
- **Landscape Contractors Insurance Services, Inc.,**, Fresno
- **Macerich**, Fashion Fair Mall, Fresno
- **Rabobank**, Fresno

### Humboldt
- **Cafe Nooner, Cafe Nooner Too**, Eureka
- **Cal-Ore Life Flight**, Humboldt Base, Eureka
- **GHD, Inc.,** Eureka
- **Kohl's Department Stores**, Eureka
- **Pacific Gas and Electric Company**, Pacific Gas and Electric Company, ISFSI & Humboldt Bay Generation
- **PMFW Productions**, Eureka
- **Stewart Telecommunications**, Eureka

### Imperial
- **Kohl's Department Stores**, El Centro
- **Kohl's Department Store**, El Centro

### Kern
- **AEG**, Rabobank Arena, Theater & Convention Center, Bakersfield
- **Allstate, Sales, Ridgecrest**, DaVita Healthcare
- **DaVita-Bakersfield Dialysis Center, Bakersfield**, DaVita-Bakersfield Dialysis Center, Bakersfield
- **Environmental Resources Management**, Environmental Resources Management Bakersfield, Bakersfield
- **ERM-Bakersfield**, Bakersfield, Bakersfield
- **FedEx Ground, Bakersfield**, Bakersfield
- **Golden Empire Transit, Bakersfield**, Bakersfield
- **HD Supply Construction & Industrial White Cap, Bakersfield Branch**, Bakersfield
Seven Steps to Earthquake Safety

1. Secure Your Space
2. Plan To Be Safe
3. Organize Disaster Supplies
4. Minimize Financial Hardship
5. Drop, Cover, and Hold On
6. Improve Safety
7. Reconnect and Restore

EarthquakeCountry.org/sevensteps
ShakeOut.org/messaging

- Social media messaging #ShakeOut
- News release templates
- Downloadable earthquake safety videos
- Animated GIFs and more!

If you are near a sturdy desk or table

PREPARE!
1. Secure Your Space
2. Make A Plan
3. Organize Disaster Supplies
4. Minimize Financial Hardship

SURVIVE!
5. Drop, Cover, and Hold On
6. Improve Safety

RECOVER!
7. Reconnect and Restore

If you're near a sturdy desk or table, stay on your knees, hands, and knees. This position helps keep you from being injured. If you are able, cover your head and neck with your arms and hands.

For full earthquake safety instructions, visit shakeout.org.
ShakeOut.org/healthcare

- ShakeOut Manual for Healthcare Organizations
- CMS Requirements FAQ
- Other resources for planning and promoting your drill/exercise
Connect with ShakeOut

• info@shakeout.org

• Twitter.com/shakeout (#ShakeOut)
• Facebook.com/greatshakeout

• 213-740-3262

• benthien@usc.edu @markbenthien
How Can Participation Count Towards My CMS Exercise Requirement?

Nora O’Brien, MPA, CEM, Chief Executive Officer
• CPCA Staffer from 2001-2009, launched CCS in 2009 to assist clients with developing emergency management plans, training and drills and exercises

Chris Laborde, BA, MEP, Director of Training and Exercises
• FEMA Master Exercise Practitioner, has served as the Hospital Preparedness Program (HPP) and Public Health Emergency Preparedness Coordinator for the State of Alaska, a Adjunct FEMA Trainer
“On September 8, 2016 the Federal Register posted the final rule Emergency Preparedness Requirements for Medicare and Medicaid Participating Providers and Suppliers. The regulation goes into effect on November 16, 2016. Health care providers and suppliers affected by this rule must comply and implement all regulations one year after the effective date, on November 15, 2017.”


* This rule [42CFR 491.12]. This rule applies to 17 provider and supplier types
CMS Emergency Preparedness 4 - Core Requirements:

1. Develop Emergency Plans Based on a Risk Assessment
2. Develop Policies and Procedures
3. Create Communications Plan
4. **Conduct Training and Plan Testing**

CMS Training and Plan Testing Requirements

CMS says you Must **conduct and document** annual training and test plans with **two (2) exercises annually** (365 days)

- **Training**: Conduct and document initial and annual training on your emergency preparedness policies and procedures to all staff, participants, volunteers, and contractors

- **Exercises**: Must conduct and document two (2) exercises annually (365)
  - One must be a **community-based CMS Defined Full-Scale Exercise**
  - The other exercise can be a second Full-Scale or Tabletop Exercise

How Can Participation Count Towards My CMS Exercise Requirement?
What Does CMS Mean by Community Based Exercise?

CMS has not defined what “community” is however, “the goal of the provision is to ensure that healthcare providers collaborate with other entities within a community to promote an integrated response.

*Please see the CMS FAQ document.
The term full-scale exercise may vary by sector, facilities are not required to conduct a full-scale exercise as defined by FEMA or DHS Homeland Security Exercise and Evaluation Program (HSEEP)

CMS defines a Full-scale exercise:

- Any operations-based exercise (drill, functional, or full-scale exercise) that assesses a facility’s functional capabilities by simulating a response to an emergency that would impact the facility’s operations and their community
How Can Your Shakeout Exercise Participation Count Towards your CMS Full-Scale Exercise Requirement?

- Coordinate your ShakeOut Exercise with others in your community
- Physically evacuate your facility
- Activate your Emergency Plan and Incident Command Team at your facility
- Communicate with the other facilities about the possibility of moving clients/patients/residents to other facilities or accepting clients/patients/residents in your facility
- Evaluate your exercise based on your exercise objectives
- Document your exercise and what was noted as improvement items. i.e. After-Action Report (AAR)
- Implement your Improvement Plan (IP)
How Can Participation Count Towards My CMS Exercise Requirement?
Still Have Questions?
Contact Connect Consulting Services, Inc. (CCS) today.

*CCS is a woman-owned national emergency management and business continuity consulting firm based in Sacramento, CA.*

Want to Listen to the Webinar Again?
We will send an e-mail with the link to those register so you can listen to the recorded webinar.
How Can Participation Count Towards My CMS Exercise Requirement?