



Shakeout Your CMS Emergency Preparedness Exercise Requirements

#ShakeoutCMS

August 28, 2019



Earthquake
Country
Alliance

We're all in this together.

SC¹/EC

AN NSF+USGS CENTER



Connect Consulting Services
Engage | Prepare | Recover

How to Ask Question on GoTo Webinar

WELCOME!

GoTo Webinar Logistics

Click on the "+" sign to expand panels

Control Panel features

"Grab tab": click on the arrows to open/close control panel throughout the presentation.

How to ask a question

Type a question for presenters into the text box at the bottom of the question pane and hit "SEND"



Also Tweet Questions to @ShakeOut and @EngagePrepRecov using the #ShakeoutCMS hashtag



Get Ready to ShakeOut!

Mark Benthien

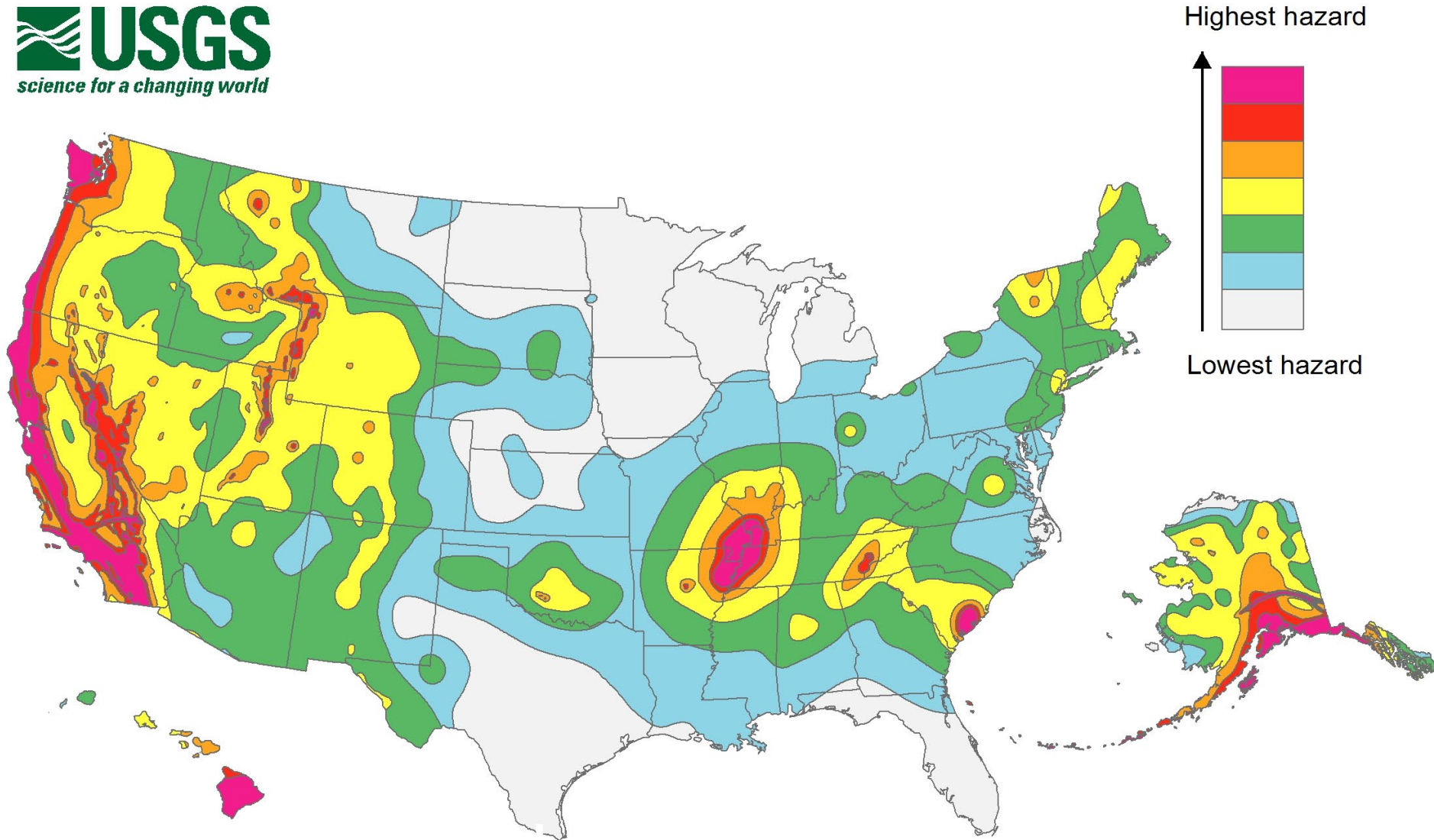
Director for Communication, Education, and Outreach
Southern California Earthquake Center

Great ShakeOut Earthquake Drills

- Schools, organizations, and families practice earthquake safety and other aspects of their emergency plans
- All participants "**Drop, Cover, and Hold On**" as a one-minute drill; many do much more
- 2008: First ShakeOut (Southern California)
- 2018: **62+ million** people worldwide
- 2019 International ShakeOut Day:
October 17
- Learn more and register:
[**ShakeOut.org**](https://www.ShakeOut.org)



Earthquakes Across America



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 on to your hands and knees, where you are



See [EarthquakeCountry.org/step5](https://www.EarthquakeCountry.org/step5) for advice for a variety of settings

Know How to Protect Yourself

In *most* situations and building types:



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](https://www.EarthquakeCountry.org/step5) for advice for a variety of settings

Know How to Protect Yourself

In *most* situations and building types:



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](https://www.EarthquakeCountry.org/step5) for advice for a variety of settings

Adapt Your Response

- 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

Protect Yourself During Earthquakes!

IF
POSSIBLE



USING
CANE



USING
WALKER



USING
WHEELCHAIR



Earthquake Safety Video Series

**Shake
Out**™

If you are near a sturdy desk or table

**Shake
Out**™

If You Are Driving a Car

**Shake
Out**™

If you are near the shore

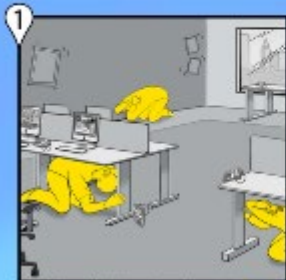
**Shake
Out**™

If you are in a stadium or theatre

- 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](https://www.youtube.com/greatshakeout)
- Download at www.ShakeOut.org/messaging

Protect Yourself During Earthquakes

FEMA P-1078



1 If you are in an office building, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a classroom, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



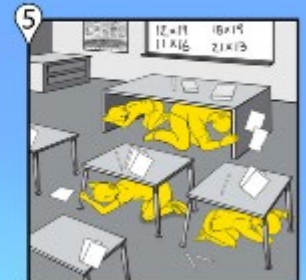
2 If you are in a car, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



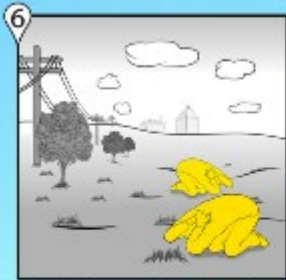
3 If you are in a bedroom, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



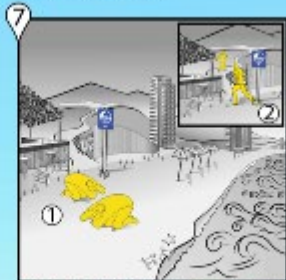
4 If you are in a wheelchair, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



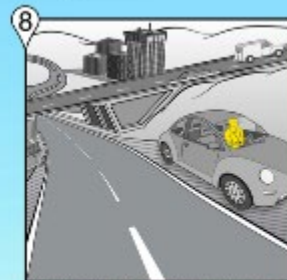
5 If you are in a classroom, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



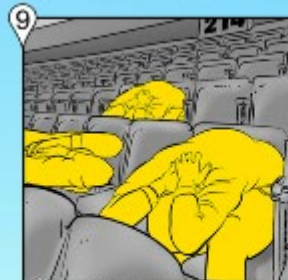
6 If you are outdoors, drop to the ground, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



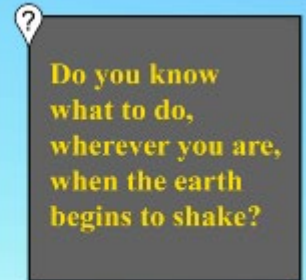
7 If you are in a car, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



8 If you are in a car, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



9 If you are in a car, drop to the floor, take cover under a sturdy desk or table, and hold on. If you are in a store, drop to the floor, take cover under a sturdy desk or table, and hold on.



Do you know what to do, wherever you are, when the earth begins to shake?



ShakeOut Goals

Increase resilience at all levels!

**Shift the culture about
earthquakes and preparedness**

**Encourage people worldwide
to practice earthquake safety**

Everyone Can ShakeOut



State, Regional, and National Customized Websites

The screenshot shows the main page of the Great ShakeOut website. It features a world map with the 'Shake Out' logo and the text 'Great ShakeOut Earthquake Drills'. Navigation links include Home, ShakeOut Regions, Other Languages, Contact Us, Search, and Login. A 'Register Here!' button is prominent. Below, there's a section titled 'GET READY TO SHAKEOUT!' with instructions for everyone, everywhere, and a '3 Steps to Success' guide: 1. Register Today, 2. Spread the Word, 3. Hold Your Drill. A table shows participation statistics for the 2017 drills across various regions.

Region	2017 Drill Participation
Global Totals	Over 12.6 million
U.S. Totals	Over 12.1 million
All 2017 Drills	Over 18.4 million
All 2016 Drills	Over 55 million
Over 21.2 million	

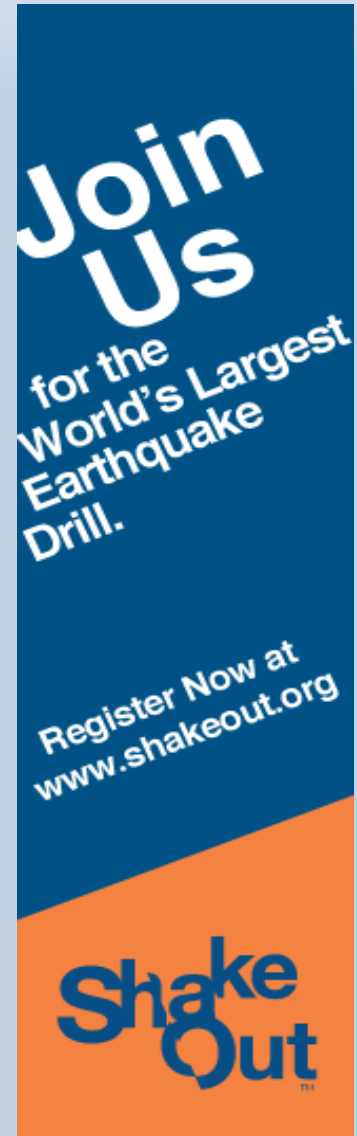
Below the table, there's a section for 'FIND YOUR REGION' with links to various countries and territories, including the U.S., Canada, and other states/countries.

This block contains a collage of four screenshots of the ShakeOut website in different languages. The top-left screenshot is in Spanish, showing the 'La Grande secousse du Québec' page. The top-right screenshot is in French, showing the 'ShakeOut 2017' page. The bottom-left screenshot is in Japanese, showing the '日本シェイクアウト' page with participation statistics. The bottom-right screenshot is in English, showing the 'El Gran ShakeOut' page with a world map and participation statistics.

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!
- *NOTE:* Registering does **not** complete the CMS requirements... you need to also do an exercise!



Example Statistics and Participant List

2014 participation by ShakeOut Region

Alaska (Mar. 27)	All Regions	103,931
Alaska (Oct. 16)		80,536
American Samoa		5,102
Arizona		123,595
British Columbia		743,126
California		10,410,401
Central U.S. (AL AR IL IN KS KY MO MS OH OK TN)		2,761,667
CNMI		12,508
Colorado		35,971
Guam		78,281
Hawaii		30,007
Idaho		75,220
Japan		4,453,244
Montana		157,189
Nevada		571,494
New Mexico		106,838
NorthEast U.S. (CT MA ME NH NJ NY PA RI VT)		505,590
Oregon		398,815
Puerto Rico		595,954
Quebec		152,808
SouthEast U.S. (DC DE FL GA MD NC SC VA WV)		2,192,111
Southern Italy		12,285
U.S. Virgin Islands		7,249
Utah		835,729
Washington State		1,089,820
Wyoming		10,698
Yukon		9,770
Other States and Countries		1,105,606

Category

Participants

Total:	California	10,410,401
Individuals/Families		11,941
Childcare and Pre-Schools		50,111
K-12 Schools and Districts		6,366,514
Colleges and Universities		1,954,438
Local Government		461,805
State Government		149,993
Federal Government (Including Military)		221,009
Tribes/Rancherias		3,402
Businesses		662,041
Hotels and Other Lodgings		2,337
Healthcare		185,402
Senior Facilities/Communities		17,445
Disability/AFN Organizations		9,727
Non-Profit Organizations		82,167
Neighborhood Groups		30,737
Preparedness Organizations		13,498
Faith-based Organizations		166,366
Museums, Libraries, Parks, etc.		8,407
Volunteer/Service Clubs		258
Youth Organizations		1,993
Animal Shelter/Service Providers		273
Agriculture/Livestock		1,340
Volunteer Radio Groups		931
Science/Engineering Organizations		5,096
Media Organizations		13,671
Other		24,598

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./ Etze Trucking/Golden Eagle Charter, Inc.](#), Fresno
HD Supply
[HD Supply White Cap](#), Fresno Branch, Fresno
[Humanscale](#), Fresno facility, Fresno
Kohl's Department Stores
[Kohl's Department Store](#), 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
[Kohl's Department Store](#), Eureka
Pacific Gas and Electric Company
[Pacific Gas and Electric Company](#), ISFSI & Humboldt Bay General
[PMFW Productions](#), Eureka
[Stewart Telecommunications](#), Eureka

Imperial

Kohl's Department Stores
[Kohl's Department Store](#), El Centro
[United States Gypsum](#), Plaster City Plant, El Centro

Kern

AEG
[Rabobank Arena, Theater & Convention Center](#), Bakersfield
[Allstate](#), Sales, Ridgecrest
DaVita Healthcare
[Davita-Bakersfield Dialysis Center](#), Bakersfield
Environmental Resources Management
[Environmental Resources Management Bakersfield](#), Bakersfield
[ERM-Bakersfield](#), Bakersfield, Bakersfield
[FedEx Ground](#), Bakersfield
[Golden Empire Transit](#), Bakersfield
[HD Supply Construction & Industrial White Cqp](#), Bakersfield Branch 0

Official Participant

Join Us

in the
**World's Largest
Earthquake Drill.**



DROP! COVER! HOLD ON!

October 18, 10:18 a.m.

**Shake
Out**

Register at www.ShakeOut.org



Great ShakeOut

Portuguese Valley

K-12 Schools and Districts

Register today at ShakeOut.org

HOW TO PARTICIPATE

Make sure you have a plan for how to respond in the event of an earthquake. This is the best way to ensure that you and your students are safe.

Plan Your Drill

- 1. Make a list of places that are important to you, such as school, home, job, church, and friends.
- 2. Practice your drill at each location, including home.
- 3. Practice your drill at school during the week of October 15-19, 2015, using the time that you determine.
- 4. Practice your drill at other locations in your community.
- 5. Make sure you are practicing in a safe place.
- 6. Make sure you are practicing in a safe place.

Checklist for Participation

- 1. Know the correct emergency response and evacuation routes.
- 2. Practice your drill at each location, including home.
- 3. Practice your drill at school during the week of October 15-19, 2015, using the time that you determine.
- 4. Practice your drill at other locations in your community.
- 5. Make sure you are practicing in a safe place.
- 6. Make sure you are practicing in a safe place.

How to Stay Safe

- 1. Practice your drill at each location, including home.
- 2. Practice your drill at school during the week of October 15-19, 2015, using the time that you determine.
- 3. Practice your drill at other locations in your community.
- 4. Make sure you are practicing in a safe place.
- 5. Make sure you are practicing in a safe place.

Drop! Cover! Hold On!

Drop! Cover! Hold On!

Everyone can participate! Individuals, families, businesses, schools, colleges, you name it! Sign up to see how you can get involved in the event!

Call today to learn more at ShakeOut.org or call 1-800-368-5848.

© 2015







[illegible]

Shake Out

"Countdown to ShakeOut" for Businesses

Use the following countdown to ensure everyone in your business takes part in The Great California ShakeOut Drill on October 20, 2012, to prepare for the next big earthquake. All businesses are invited to participate at work, and at home!

- Register your business as an official participant in the 2012 ShakeOut drill** on www.ShakeOut.org
Register the number of people participating business-wide
 - Encourage employees to also participate if at home and register as an individual or as a family, invite friends and neighbors to register to individuals or organizations
- Meet with management to review plan and obtain their buy-in, if necessary, and determine what level of drill your business will participate in** (Remember, shaking at a higher level will engage staff to be more effective during a disaster. (Drill materials are available at www.ShakeOut.org/resources/online_drill_materials)



- Level 1 - Simple Drill: Level 1 Hold On**
 - Level 2 - Basic Life Safety Drill
 - Level 3 - Intermediate: Decision Making Drill
 - Level 4 - Advanced: Business Operations Simulation Drill
- Create a drill/escape plan that includes overview of what your drill will consist of (even if just Drop, Cover and Hold On), what you expect to happen during the drill, and a feedback session after the drill to identify strengths and weaknesses**
 - Inform employees/Staff participants of date and time of drill, your expectations for their participation, and the benefits of the drill

Recommended Earthquake Safety Actions

- Before, During, and After** an earthquake, management, employees, contractors and other affiliates should follow the following steps:
 - BEFORE:** Develop an earthquake drill plan and practice it. Drop, Cover, and Hold On! is the basic action everyone should take during an earthquake. For more information on how to prepare your business for an earthquake, visit www.ShakeOut.org or contact your local emergency management agency.
 - DURING:** When you feel an earthquake, stop what you are doing and follow the instructions below.
 - Drop: Get down on your hands and knees. If you are sitting, drop to the ground.
 - Cover: Take cover under a sturdy desk or table. If you are standing, crouch low to the ground.
 - Hold On: Hold on to your desk or table.
 - AFTER:** Stay where you are until you are told it is safe to move. Do not use elevators or stairs. If you are in a vehicle, pull over to the side of the road and stay there until you are told it is safe to move.



Get Ready to Shake Out.

Shake Out

www.shakeout.org

Shake Out

Great ShakeOut Earthquake Drills

Earthquake Safety, Not Fear

When you see a red siren, look around:

- Do you see a fire and/or fire drill in your building or office?
- Do you see a fire extinguisher or fire alarm pull station?

People are often injured during earthquakes when they try to move or climb.

When asked to evacuate, move away from windows or doors, stay low to the ground and hold on to a sturdy object.

When you see a red siren:

- **DRIFT** to your nearest exit or shelter. Do not rush to the exit or shelter.
- Take **COVER** by getting under a sturdy desk or table with your arms and legs under it. A heavy piece of furniture is better than a chair.
- Turn away from windows, glass or outside air conditioning.
- Do not stand near doors or windows. Do not use elevators or stairs.
- **HOLD ON** to something in place.



DROP COVER HOLD ON!

SlideOut **Modelled for the Movement for Sustainable Agriculture and Justice**

1. Why Farming is More Than Just a Job

Farming is not just a job; it's a way of life. It's a profession that requires a deep understanding of the land, the weather, and the needs of the community. It's a job that is often overlooked and undervalued, but it's one that is essential for our survival. Farming is a complex and multifaceted industry that involves a wide range of tasks, from planting and harvesting to marketing and distribution. It's a job that requires a lot of hard work and dedication, but it's also a job that can be very rewarding. Farming is a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

2. Understanding the Complexities of Farming

Farming is a complex and multifaceted industry. It involves a wide range of tasks, from planting and harvesting to marketing and distribution. It's a job that requires a lot of hard work and dedication, but it's also a job that can be very rewarding. Farming is a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

3. The Importance of Farming in Our Society

Farming is a vital part of our society. It provides us with the food that we need to survive. It's a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

4. The Challenges of Farming

Farming is a challenging profession. It involves a lot of hard work and dedication. It's a job that requires a deep understanding of the land, the weather, and the needs of the community. It's a job that is often overlooked and undervalued, but it's one that is essential for our survival. Farming is a complex and multifaceted industry that involves a wide range of tasks, from planting and harvesting to marketing and distribution. It's a job that requires a lot of hard work and dedication, but it's also a job that can be very rewarding. Farming is a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

5. The Future of Farming

Farming is a profession that is constantly evolving. It's a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

6. The Role of Farming in Our Lives

Farming is a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

7. The Importance of Farming in Our Society

Farming is a vital part of our society. It provides us with the food that we need to survive. It's a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

8. The Challenges of Farming

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9. The Future of Farming

Farming is a profession that is constantly evolving. It's a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

10. The Role of Farming in Our Lives

Farming is a way to connect with nature and to experience the beauty of the outdoors. It's a way to live a healthy and active lifestyle. Farming is a way to support your local economy and to build a sense of community. It's a way to make a difference in the world.

**Protect yourself
during an
Earthquake!**


DROP! COVER! HOLD ON!



Register at: www.ShakeOut.org

Don't ever move your cat's litter box to another location on notice. Litter boxes are a cat's world and they are not to be moved until you've got your cat's trust. If you're really desperate, you can move it, but make sure you move it carefully. Litter boxes should never be moved if you don't have a litter box for your cat. If you do, you should move the litter box, and not the cat's world.

There are a lot of things you can do to help your cat. You can learn more about this and other things you can do to help your cat. You can also learn more about this and other things you can do to help your cat. You can also learn more about this and other things you can do to help your cat.

www.adoptacat.org.uk



Page 1 of 2

Downloaded by: [Your Name] on [Date] at [Time] [Page 1 of 2]

ShakeOut.org/messaging

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

CONTACT: **Your Name, Agency**
Media/Desk Phone
Your email

FOR IMMEDIATE RELEASE

FIFTH ANNUAL "GREAT YOUR REGION SHAKEOUT"
SET FOR OCTOBER 14, 2017

All citizens, businesses, and communities in **YOUR CITY/STATE** encouraged participate

CITY, 86 — Following FEMA's "National Preparedness Month" in September, individuals and communities throughout **YOUR REGION** will participate in the **5th** annual Great **YOUR REGION** ShakeOut earthquake drill.

Held annually on the third Thursday of October, the *ShakeOut* International Day of Action is set for Thursday, October 19, 2017 at 10:19 a.m. During the self-led drill, participants practice how to "Drop, Cover, and Hold On". Endorsed by emergency officials and first responders, the safe response to an earthquake is to:

DROP where you are, onto your hands and knees. This position protects you from being knocked down and also allows you to stay low and crawl to shelter if nearby.

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 shelter is nearby, crawl next to an interior wall (away from windows).
- Stay on your knees; head over to protect vital organs.

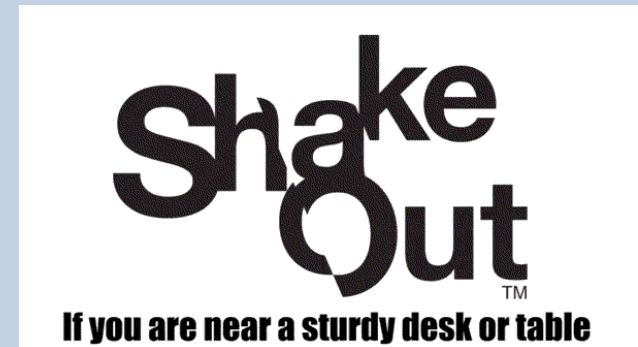
HOLD ON until shaking stops

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts.
- No shelter: hold on to your head and neck with both arms and hands.

(Beware any recent or foreseeable earthquake events here) The April 2015 M7.8 Nepal earthquake and MS3 September 16, 2015 earthquake near Japan. Cyclic serve as reminders that large earthquakes can occur with little to no warning. Citizens of the central U.S. are not immune to earthquakes—the region is home to several active seismic zones capable of producing damaging earthquakes, including the New Madrid and Wadsworth Seismic Zones.

According to Seismological Name/Title Here, "While damaging earthquakes have may be fewer in number when compared to other areas, they can occur at any time whenever we work, live, or travel within the region and beyond. Therefore, everyone should know how to protect themselves from an earthquake."

The ShakeOut is free and open-to-the-public, and participants include individuals, schools, businesses, local and state government agencies, and many other groups. To take part in the ShakeOut, individuals and organizations are asked to join the drill by registering to participate www.shakeout.org. Once registered, participants receive regular information on how to plan their drill and become better prepared for earthquakes and other disasters.



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

Don't take a snap each week or month.
Don't rush through or out corners.

The block contains three illustrations. The top one shows a person securing a bookshelf. The middle one shows a person crouching under a table. The bottom one shows a person holding a fire extinguisher.

ShakeOut.org/healthcare

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



ShakeOut Exercise Manual For Healthcare Organizations

Are You Ready to ShakeOut?

Great ShakeOut Earthquake Drills provide an annual opportunity for healthcare organizations and facilities to practice earthquake safety and other aspects of emergency planning along with millions of others across the United States and worldwide. To register as a ShakeOut participant, visit www.ShakeOut.org and sign up for the drill in your state or region. Healthcare organizations of all sizes can use the drill to get their staff, volunteers, partners, and even their patients/residents, involved and prepared for being safe during earthquakes, and ready to provide services afterwards. Furthermore, the level of your employee's personal and family preparedness will be key to their availability to support your organization's response and recovery efforts after a disaster.

The following drill and exercise guidelines provide three options that healthcare organizations can organize. Each drill uses the general earthquake response of *Drop, Cover, and Hold On* (www.EarthquakeCountry.org/step5) as its foundation. Level 2 and Level 3 exercises may meet the guidelines of the CMS Emergency Preparedness Rule.

Overview of CMS Emergency Preparedness Rule for HealthCare Facilities.....Page 2

Level 1 – Simple: *Drop, Cover, and Hold On* DrillPage 4

This drill uses simple steps to inform all staff how to perform *Drop, Cover, and Hold On* - a quake-safe action designed to protect lives from falling furniture and flying objects than can become projectiles during ground shaking.

Level 2 – Intermediate: Discussion-Based, Decision-Making Tabletop ExercisePage 5

This discussion-based, decision-making exercise is designed to have key staff and leaders think through more complex issues related to operations in the immediate aftermath of this earthquake, then afterwards to review and discuss what worked or what did not, in order to make changes for the next exercise or actual earthquake.

Level 3 – Advanced: Functional Exercise.....Page 7

This operations-based exercise tests command and control during a major earthquake including emergency response and/or recovery duties in your Emergency Operations Plan. The exercise incorporates simulated incidents, decision-making, and policies tested, and then a review afterwards to discuss what worked or what did not in order to develop an After Action Report and Improvement Plan to help make changes for the next earthquake or exercise.

Connect with ShakeOut

- info@shakeout.org
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- 213-740-3262
- benthien@usc.edu [@markbenthien](https://twitter.com/markbenthien)

Shakeout Your CMS Emergency Preparedness Exercise Requirements

Nora O'Brien, MPA, CEM
Chief Executive Officer
Connect Consulting
Services



#ShakeoutCMS

CMS Emergency Preparedness Exercise Clarifications

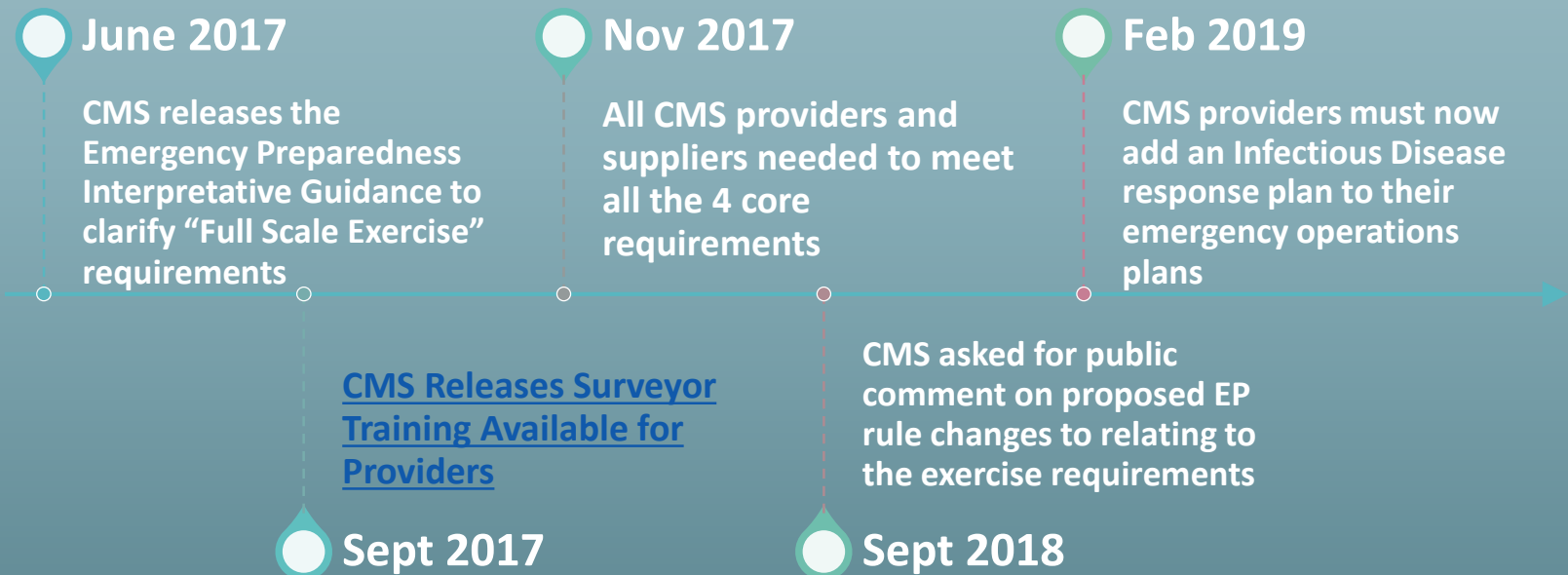
- What **DOES NOT** count towards your exercise requirement:
 - Registering for this webinar
 - Registering for the Great Shakeout Earthquake Drill
- What **DOES** count towards your exercise requirement:
 - Complete the drill or exercise and
 - Complete the after action report (AAR)

CMS Emergency Preparedness 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 EP Rule Updates Since 2017



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

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.”





Had Emergency Plan Activations?

- Organizations who have had a disaster plan activation ARE EXCUSED from the community based full scale exercise requirement for 12 months after the activation
- As of the March 2019 CMS Appendix Z release, if you have 2 activations in a year, it can count towards both exercise requirements if documented

Conduct a Shakeout Tabletop Discussion Based Exercise to test issues such as:

- Post-earthquake patient movement
- Evacuation
- Emergency operations plan activation
- Communication systems
- Business continuity plan activation
- Triage protocols
- Incident command system roles



Shake it up
& add a
Functional
Exercise
Element to
Your
Shakeout
Tabletop
Discussion
Based
Exercise



CMS Definition of a “FULL SCALE EXERCISE”

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 Req?

- 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 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)

ShakeOut With Your Healthcare Coalitions



- Emergency Preparedness Healthcare Coalitions are great sources to help you meet the “community” exercise requirement
- Health care coalitions (HCCs) are groups of individual healthcare and response organizations – such as hospitals, EMS providers, emergency management organizations, public health agencies, and more – working in a defined geographic location to prepare for and respond to disasters and emergencies
- They often host annual trainings and exercises



Poll #2- CMS EP Survey

- Have you had your CMS EP Survey Yet?
 - A. Yes
 - B. If so, please share with us how it went
 - D. Not surveyed yet





Also Tweet Questions to @ShakeOut and @EngagePrepRecov using the #ShakeoutCMS hashtag

About Us

Connect Consulting Services is a woman-owned national emergency management and business continuity consulting planning firm based in Sacramento, CA with 20+ years of experience to:

- Make your emergency program CMS compliant AND
- Makes your organization more disaster resilient when disaster strikes

Want to a copy of today's webinar recording? Email us at Connect@ConnectConsulting.biz and we will send you a link to the recorded webinar.





Want More Information and Webinars from us?

- Want to know more about passing your next CMS EP Survey? [Book a call with us here](#) to learn more about our CCS CMS Compliance support options
- Want to learn your CMS EP Compliance Gaps? Take our [self – assessment!](#)
- Register now for our next free webinar September 24 10amPST/1pmEST
 - [CMS Emergency Preparedness Policies and Procedures: Food Planning, Evacuation, and Alternate Power- Co-hosted with Meals for All](#)
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Thank you!

Nora O'Brien, MPA, CEM

Chief Executive Officer

Nora@ConnectConsulting.biz

Twitter: @NoraConnect

Linkedin: [Nora O'Brien](#)

[Nora O'Brien Bio](#)

Connect Consulting Services

www.ConnectConsulting.biz

Connect@ConnectConsulting.biz

Twitter: @EngagePrepRecov

Linkedin: [Connect Consulting](#)

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