

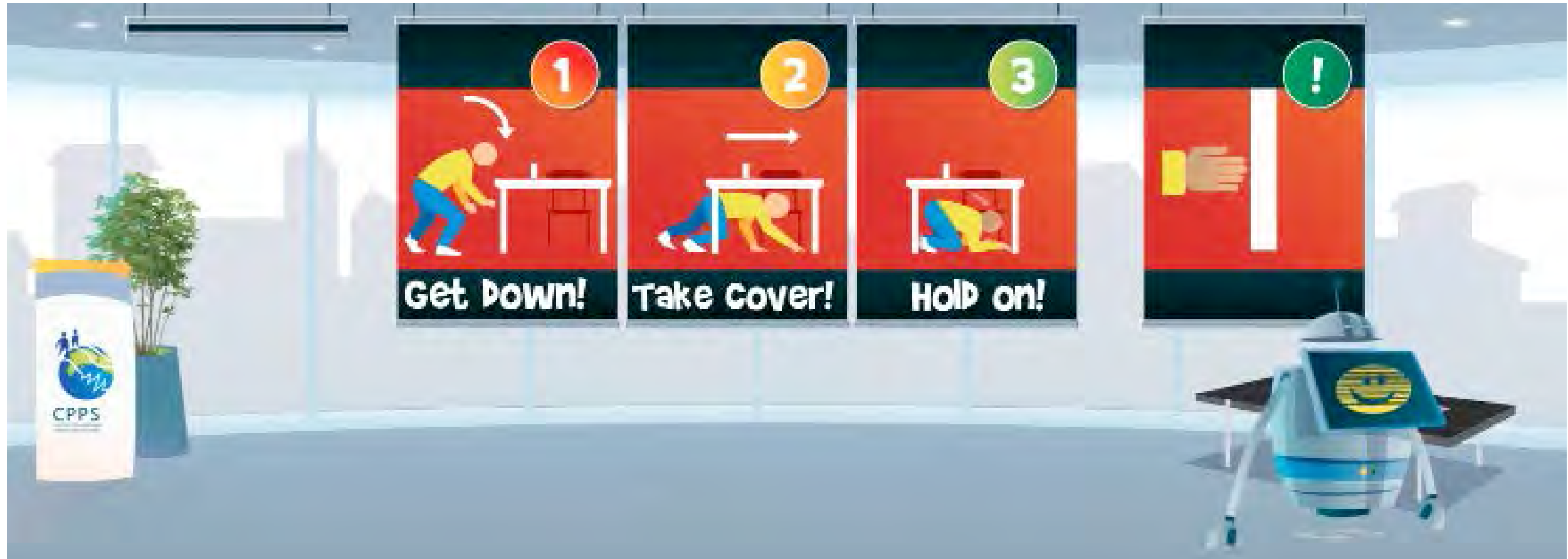


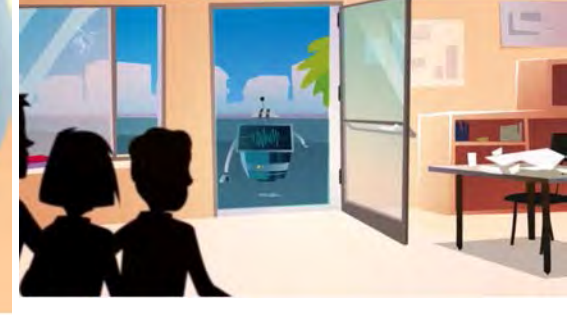
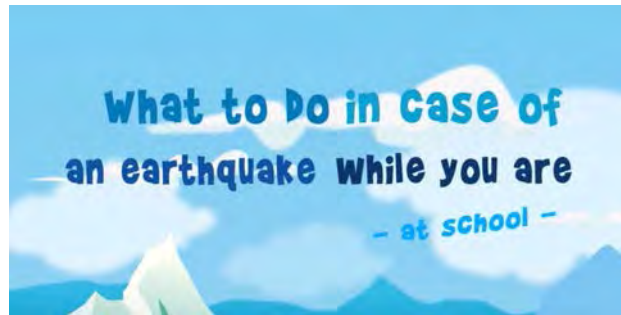
# Protection exercises



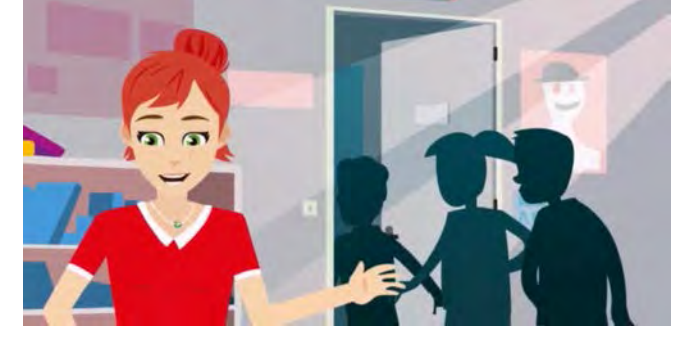
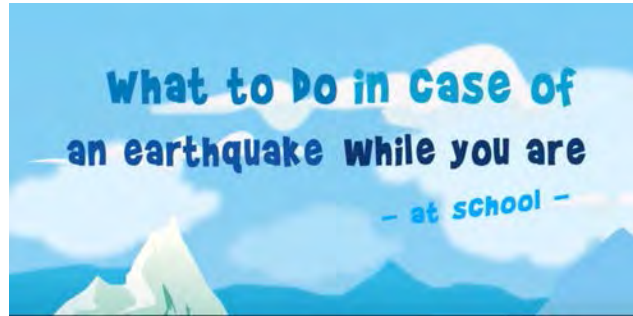
# What to Do in Case of an earthquake while you are – at school –

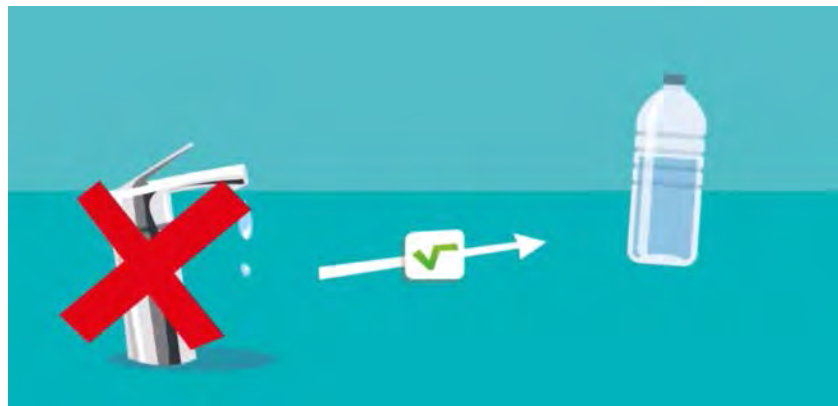
MOVIE AVAILABLE AT [www.cpps-vs.ch](http://www.cpps-vs.ch)











THE END





The risk from earthquakes

## Be Prepared Know what to Do



### 1 Prepare IN ADVANCE

#### Identify safe zones



Identify the safest zones to protect yourself – this could be under tables or desks, or within door frames.

#### Look ahead



Make sure cupboards are correctly fixed to walls; remove any heavy objects from high places. Make sure you know where the water and gas stopcocks and the electricity shut-off switch are.

#### Prepare a survival kit



Prepare a survival kit and keep it readily accessible. It should contain:  
- Water, food with a long shelf-life, a first aid kit, a small battery-powered radio, a torch with spare batteries, warm clothes, a survival blanket, a copy of personal papers, some money.

#### Train yourself



Familiarise yourself with basic life-saving techniques. Specify a meeting point for family members if separated.

### 2 Protect yourself DURING

#### When and how to evacuate



As soon as you feel the first tremor, head for a safe place that you have identified in advance. Do not use stairs or lifts. Leave the building if you are near an exit.

#### Find a good place to shelter



If you are at school, react quickly and take shelter under a table. Remember to hold the legs of the table, which may move during the earthquake.

#### Outdoor risks



If you are outdoors, stay outside and move away from buildings, high-voltage power lines and anything that could fall. Keep away from steep drops and slopes, as there is a risk of landslides and rockfalls.

#### In the Car, on the Bus



If you are in a car, stop in a clear space and stay inside the vehicle with your seatbelt unfastened. Do not try to drive or park on a bridge or in a tunnel.

### 3 React correctly AFTERWARDS

#### The tremors Die Down



Once the tremors have stopped, if possible shut off the water, gas and electricity. Take your survival kit and leave the building.

#### Stay alert



Warning! After an earthquake, further tremors may occur: these are the aftershocks. Beware of secondary risks such as floods, fires, landslides or tsunamis.

#### Ensure medical Care and keep yourself informed



Check your own injuries. If anyone around you is hurt or in difficulty, try to help them. Listen to the radio for any information and instructions.

#### Emergency services



Do not clog up the telephone lines contacting your friends and family – give priority to the emergency services.

### 4 Recommended actions

#### Aftershocks

Never go back into damaged buildings.



#### Moving around

Limit any movement to what is strictly necessary; stay safe!



#### Health risks

Do not drink tap water or water from public fountains.



#### Seriously injured People

Do not move seriously injured people unless they are in immediate danger.



### Game 1 Hidden words

Find the following words hidden in this grid.

Evacuation - Firefighters - Aftershock - Tremor - Earthquake - First Aid - Emergency

R	Z	X	F	D	R	A	K	R	N	O	P
N	W	R	I	J	G	F	B	K	O	W	W
M	B	O	R	H	B	T	T	Q	I	E	D
X	L	M	E	N	V	E	E	J	T	K	I
U	L	E	F	G	B	R	M	P	A	A	A
E	E	R	I	L	I	S	E	O	U	U	T
U	S	T	G	I	U	H	R	C	Q	S	
U	T	Y	H	R	X	O	G	Q	A	H	R
P	Y	H	T	L	I	C	E	T	V	T	I
E	F	S	E	X	R	K	N	Y	E	R	F
C	K	Y	R	M	X	G	C	F	N	A	C
F	I	K	S	Q	F	D	Y	B	R	E	G



Hes-so VALAIS  
Route Scale of Regions  
Municipalities for Regions and Cantons

To find out more about earthquakes in Switzerland and all around the world, visit the Swiss Seismological Service website.

Download the LastQuake app on your smartphone to track earthquakes in real time, and to inform the scientific community of your own experiences.

ETH zürich  
Institute for Seismology and Earthquake Engineering

CSEM  
EMSC  
LastQuake by EMSC







## The risk from earthquakes Health Precautions First aid



## 1 Haemorrhage

### Definition and symptoms

A haemorrhage is a blood flow caused by the rupture of a blood vessel. When this flow occurs outside the body it is called an external haemorrhage.

Immediately stop all external haemorrhages.

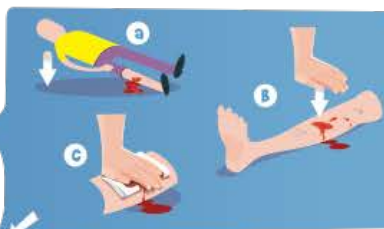
If there is internal bleeding in the victim's body, which may not be visible to the eye, the injured person may have symptoms such as pale, damp skin, anxiety or rapid breathing.



### Act quickly

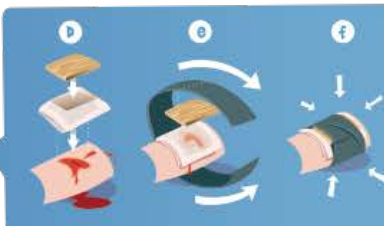
- Lay the victim flat on the ground.
- Compress the site of the bleeding directly with your hand.
- If you have a compress you can put it between the wound and your hand.

The bleeding should be stopped without delay.



### The Compression Bandage

- Use double thickness directly over the wound.
- The binding (e.g. scarf or tie) that holds the compression material in place must cover the entire wound.
- The binding must exert sufficient pressure to stop the bleeding.



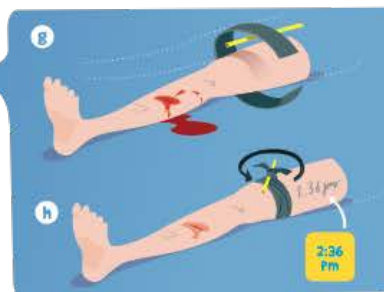
### The tourniquet – a last resort

If a haemorrhage of a body part cannot be controlled by a compression bandage, a tourniquet must be applied to stop the bleeding.

If a tourniquet is not possible because of the location of the wound (e.g. on the neck), pressure must be applied with the hand directly onto the wound to stop the bleeding.

- The tourniquet must have a width of about 10 cm and be positioned above the wound. Tighten until the bleeding stops.
- The tourniquet must remain in place until it is no longer needed (if possible, note the time it was applied).

When covering the victim, leave the tourniquet visible.



## 2 Fractures

### Definition and symptoms

A fracture is the breakage of a bone of our skeleton.

There is certainly fracture if: a cracking has been heard, pain is localised, a limb is distorted, an inability to move a limb is present.

A distinction must be made between closed fractures (without associated wounds) to open fractures. For the latter, there is a wound that is related to the fracture and boosts the infection.

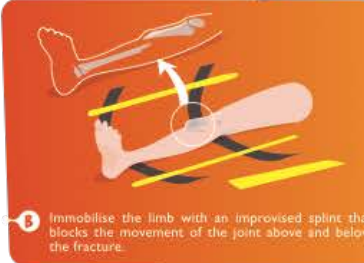
### Relieve the Pain

Limb fractures (arms, legs): Immobilising a fracture reduces the pain and the risk of additional lesions.

- Place the fractured limb in its natural position (if possible).



### Prepare a splint



### Immobilisation



In case of an open fracture, stop the bleeding. Cover the victim to prevent them from cooling down.

## 3 Moving an injured Person

### Act if necessary

Always ensure your own safety before intervening. Only move a victim if they are in a danger zone.

Move an injured person by pulling them by the arms or legs. Move along the line of the body!



Take the victim to safety and cover them.

## 4 Recovery Position

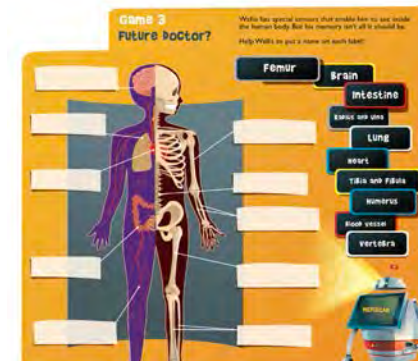
### Know what to do

An unconscious person must be placed in the recovery position to allow the passage of air to the lungs.



- Remove tight clothing (collar, scarf, belt, trousers).
- Turn the victim onto their side.
- Clear the airway by tilting the head back.

Cover the victim. Do not give them anything to drink.



## 5 Disinfection of water

In the event of an earthquake, water pipes are often broken and water is contaminated by sewage. It is very important to disinfect water before drinking it. If the water is cloudy, it must first be filtered through a cloth.



- Disinfection of water by boiling: Boil water for 1 to 10 minutes before drinking.
- Disinfection of water with Betadine (iodine): 1 litre of clear water + 16 drops of Betadine. Wait 30 minutes before drinking.
- Disinfection of water with chlorine: DCCNa, Aquatabs® or Micropur® Forte DCCNa are the only products on the market for purifying.

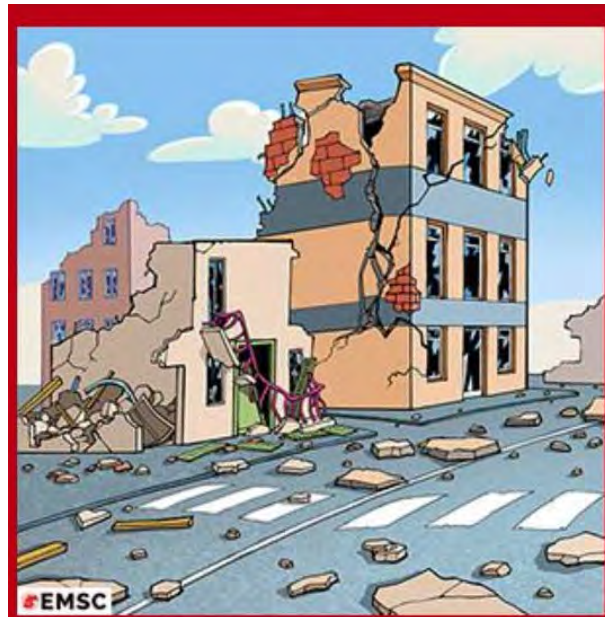
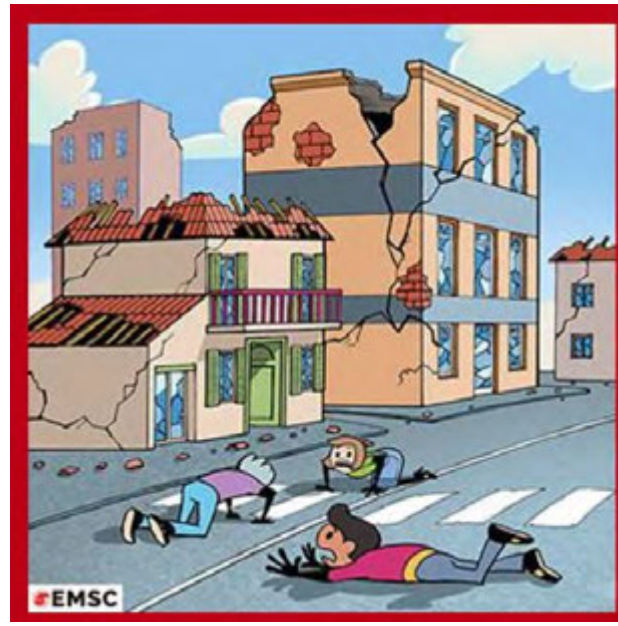
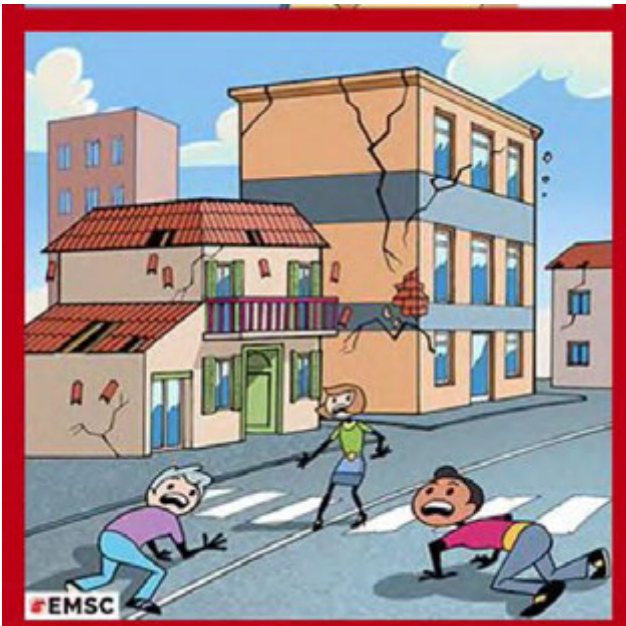




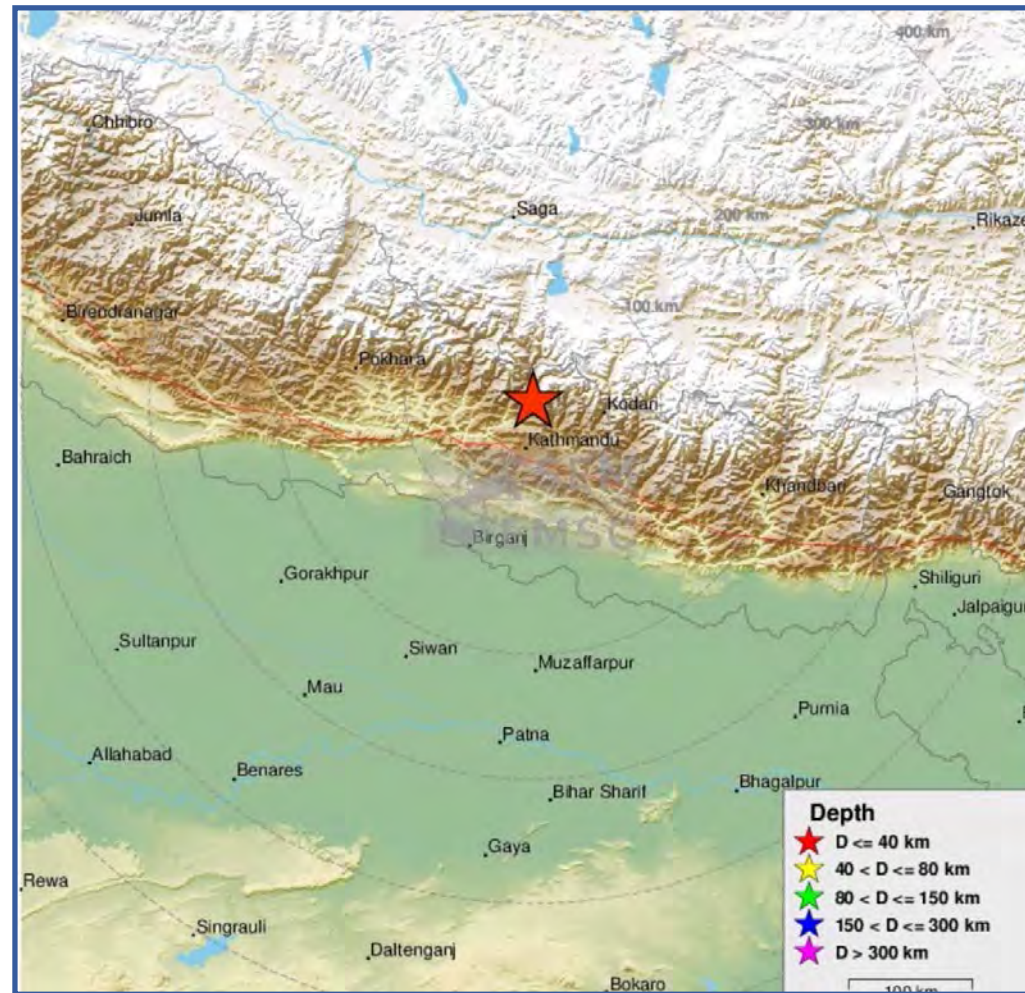
















# THE END

