


New Zealand Shake Out™



DROP, COVER, HOLD • National earthquake drill • 9:15am, 15 October 2015 • www.shakeout.govt.nz

Holding your New Zealand ShakeOut drill is easy, follow the steps below and choose a couple of the follow-up activities

Holding your drill

Hold your ShakeOut drill

It's as easy as 1, 2, 3!

1. Announce the start of the drill (eg announce on PA, blow a whistle, listen to the radio, set calendar reminders, see the Triggering the Drill resource at www.shakeout.govt.nz/resources for more ideas).
2. Drop, cover and hold for one minute.
3. Call the end of the drill and take part in a few of the follow up activities.

Follow-up activity ideas

For everyone

- Update your household plans (download a template at www.getthru.govt.nz/how-to-get-ready)
- Practise your tsunami drill, identify whether you're in a tsunami zone and where you'd need to go to be safe
- Try a day/half day/hour without power
- Check emergency supplies at home, work and school
- Plan how to get home if you couldn't use your normal choice of transport (you could even try to walk home)
- Think about aftershocks and the right action to take – Drop, Cover and Hold
- Share your ShakeOut, let us know what you got up to, share your photos and stories at www.shakeout.govt.nz/share
- Look for objects and furniture that could become hazards (visit www.eqc.govt.nz/fixfasten for tips)
- Tune in to "Disaster House" on YouTube to find out how three Waikato locals manage to Get Thru
- If you're an observer for an organisation, complete the forms and send/email them in (find out more about observing and evaluating at www.shakeout.govt.nz/resources).

More follow up activity ideas

For workplaces

- Practise an evacuation drill (once floor wardens have assessed it is safe to do so)
- Update personal workplace plans (download a from www.shakeout.govt.nz/resources)
- Test telephone trees and emergency contact lists
- Get together in "get home groups" and meet the people you might walk home with
- Hold a debrief at work to see what you could improve (maybe over morning tea)

For schools

- Hold an evacuation drill (once wardens have assessed it is safe to do so)
- Work through the earthquake activities and factsheets in the teaching resource What's the Plan Stan? (at www.whatstheplanstan.govt.nz/teachers)
- Talk about the drill in assembly, classes, etc
- Talk with parents about your school's emergency plans
- Encourage families to complete household plans (download from www.getthru.govt.nz/how-to-get-ready)

For households

- Talk to your family about where you'd meet if you couldn't get home
- Check your school's emergency plans (including after school clubs), let them know who can pick up your kids if you can't
- Set up support network for people with disabilities
- Get to know your neighbours, especially those who may need your help.



Find out more

For more information about earthquake preparedness in your area, contact the civil defence office at your local council. For more information about New Zealand ShakeOut, visit www.shakeout.govt.nz or email shakeout@dpmc.govt.nz