

Earthquake safety at CapU

BC has the highest risk of earthquakes in Canada and southwestern BC (including the CapU communities), is at the highest risk within BC.

Earthquakes can happen at any time and without warning, damaging buildings, property and infrastructure. After an earthquake, emergency services will focus on helping the most vulnerable in our communities and may be stretched to the limit. To minimize injuries and incidents associated with an earthquake (or any emergency) it is important that everyone in the Capilano University community take the necessary actions to be prepared.

These seven steps have been adapted from the *Seven Steps to Earthquake Safety* created by the [Earthquake Country Alliance](#)

Before an earthquake

These 4 steps will help you, your family and the University community prepare to survive and recover quickly after an emergency:

1. **Secure your classrooms and workspaces** – Earthquake shaking can move almost anything! Look around your classrooms, offices and workspaces, what would be thrown around and cause injury or damage? How can you prevent it? Secure your spaces by identifying hazards, asking Facilities to secure moveable items and placing heavy items on lower shelves.
2. **Make a safety plan** – Create family and personal emergency plans and familiarize yourself with those created for the University. Know what to do if an earthquake happens, including when to evacuate and when to stay put.
3. **Organize emergency supplies** – Set up your emergency kit! Family/home/car kits and grab & go bags will reduce the impact of the emergency. After an earthquake you should be able to look after yourself for up to 72 hours (3 days) because Police, Fire and Ambulance services may not be available to you. Check out this [link](#) for suggestions for your emergency kits.
4. **Prepare for the long haul** – An earthquake may only last a few seconds, but it may “shake up” your life and the community for weeks and months. Don’t forget to include a small amount of cash and copies of important documents

During an earthquake

During and immediately after an earthquake is when our level of preparedness will make the biggest difference in how you and the university community responds to emergencies:

5. **Drop, cover and hold on** – In most cases, if you feel shaking or get an earthquake alert immediately:
 - **Drop** – onto your hands and knees to protect from being knocked down
 - **Cover** – your head and neck with one arm and hand – crawl under your desk, a sturdy table or next to an interior wall. Avoid exterior walls and any windows
 - **Hold on** – until the shaking stops, then count to 60
6. **Improve safety** – Once the ground has stopped shaking, remain calm and act quickly to help the injured and prevent further injuries and damage – remember to take care of your own safety first! Don’t evacuate the building you’re in unless you are in danger, or you are instructed to leave by your floor warden, CapU facilities staff or emergency services

Be aware of any environmental changes (downed trees, road damage etc.) and safety issues created by the earthquake and return to your home (including student housing) only when it’s safe to do so. Report damage and releases of hazardous materials to your instructor, supervisor, facilities staff or any member of Safety and Emergency Services

After an earthquake

After an earthquake has passed, the efforts we have put into planning and preparedness will have a big impact on how quickly we can return our classes and work to pre-emergency “normal” conditions.

7. **Reconnect and restore** – You can help restore daily life at the University by re-uniting and reaching out to others, helping repair damage and contributing to rebuild the university community

Safety is a priority at CapU! Never walk past an unsafe act or condition and if you see something that can’t be corrected right away, secure it and inform your supervisor and the safety department. Suggestions to improve conditions of health and safety at the university should be sent to safety@capilanou.ca