

Disaster Risk Mitigation Project in Palestine

**Support Action for Strengthening
Palestinian- administrated Areas capabilities for
seismic Risk Mitigation
(SASPARM)**

Prevention and Procedures For Seismic Education

Awareness Program

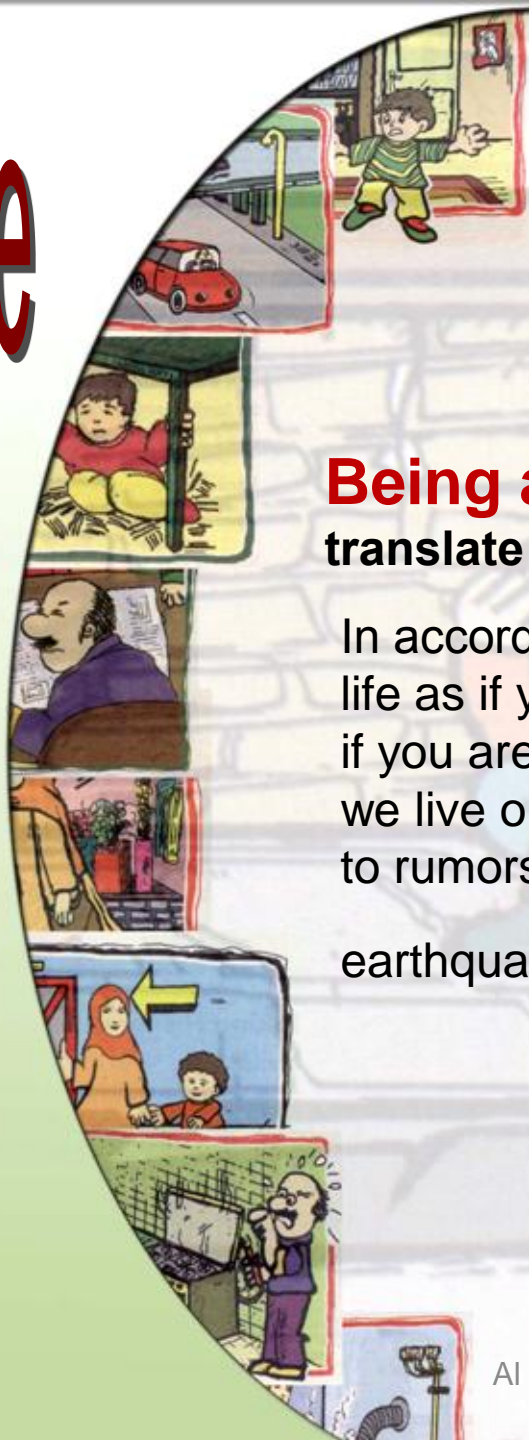


Dear Citizens

The occurrence of earthquakes is possible
However; earthquakes timing is not predictable.
Therefore, the best ways to mitigate the hazardous
of earthquakes are:

- **Before it occurs:** being always prepared.
- **When it occurs:** Behaving in the best safe way according to guidelines and instructions
- **When it is over:** Do all what you are capable of to help mitigating the damages

Before



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Being always ready: What does it require to translate “a stitch in time saves nine?”

In accordance with the well known saying “work for your life as if you are living forever and work for your afterlife as if you are dying tomorrow :
we live our life without Constant panic concern or listening to rumors, but we take preventive precautions as if an earthquake is occurring tomorrow, God forbid.

Before



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- Talk about earthquakes (in family, among co-workers or schoolfellows) in a scientific and conscious way but we only listen to the opinion of experts in reliable media.
- Put (in family, among co-workers or schoolfellows) a clear plan for evacuation (home, place of work or study) and how to assemble outside when an earthquake occurs.



Before

- Prepare a special kit for emergency and let everybody knows about that.



Before



- Make sure that one person or more (in family, among co-workers or schoolfellows) have first aid training and are able to extinguish fires.



Before



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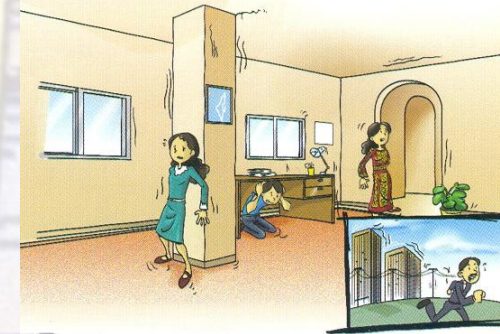
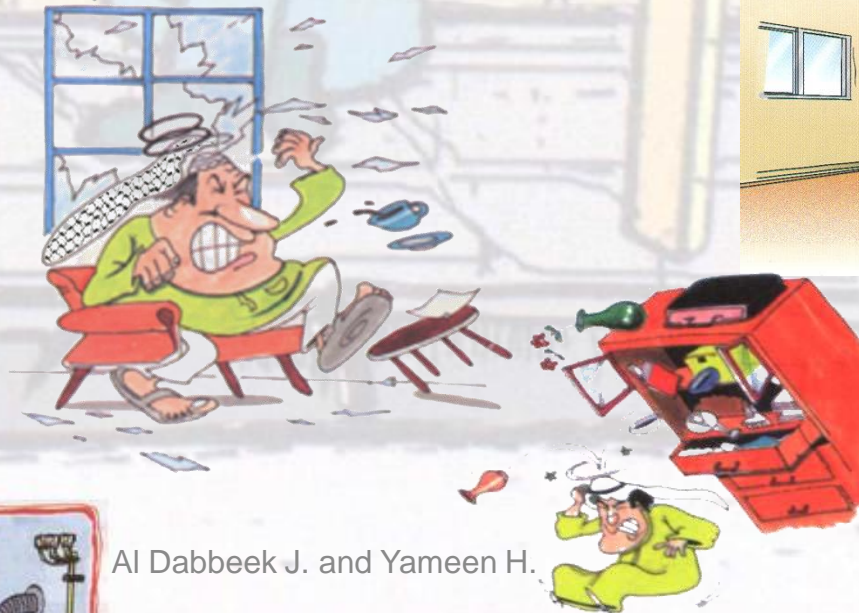
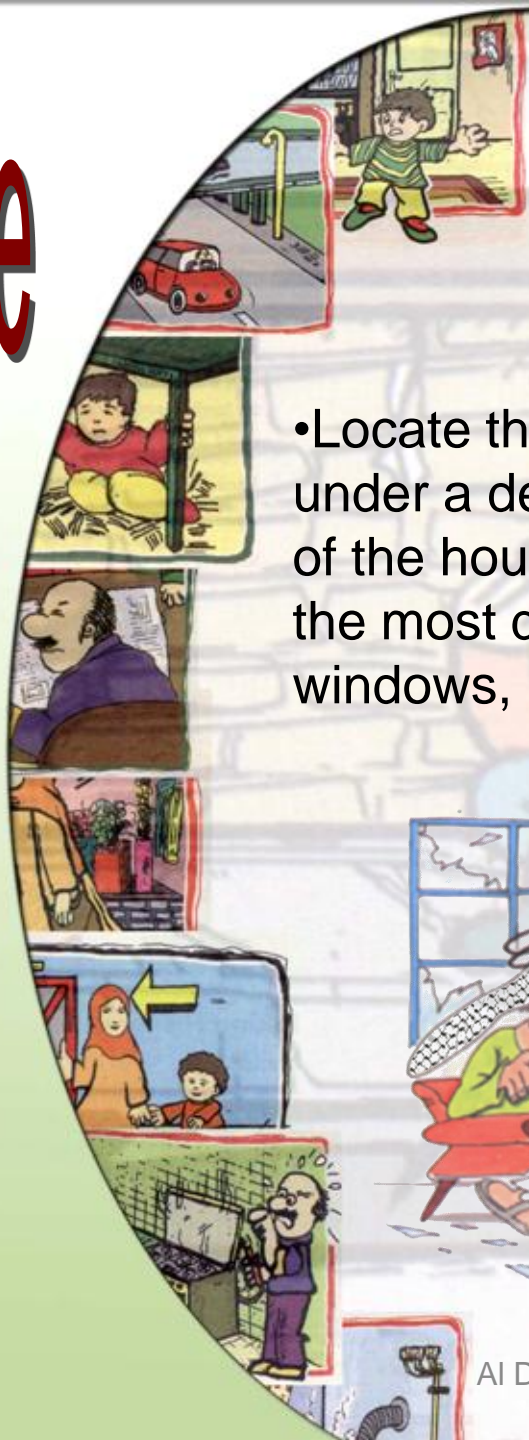


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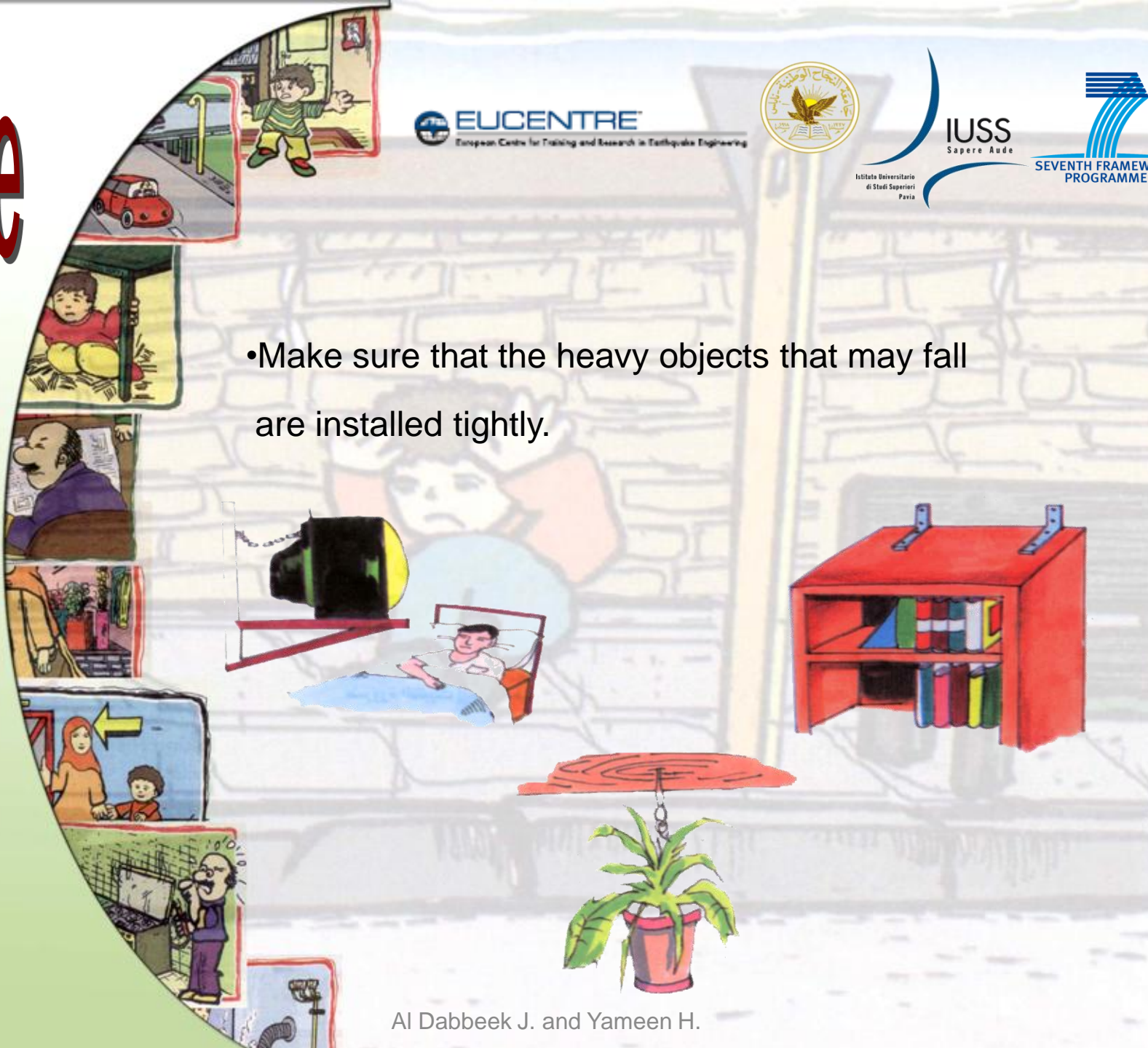
- Locate the safe places in the house or workplace: under a desk, under a solid table, in front of the pillars of the house, the corners of rooms. Stay away from the most dangerous places such as external walls, windows, mirrors, hanging paintings.



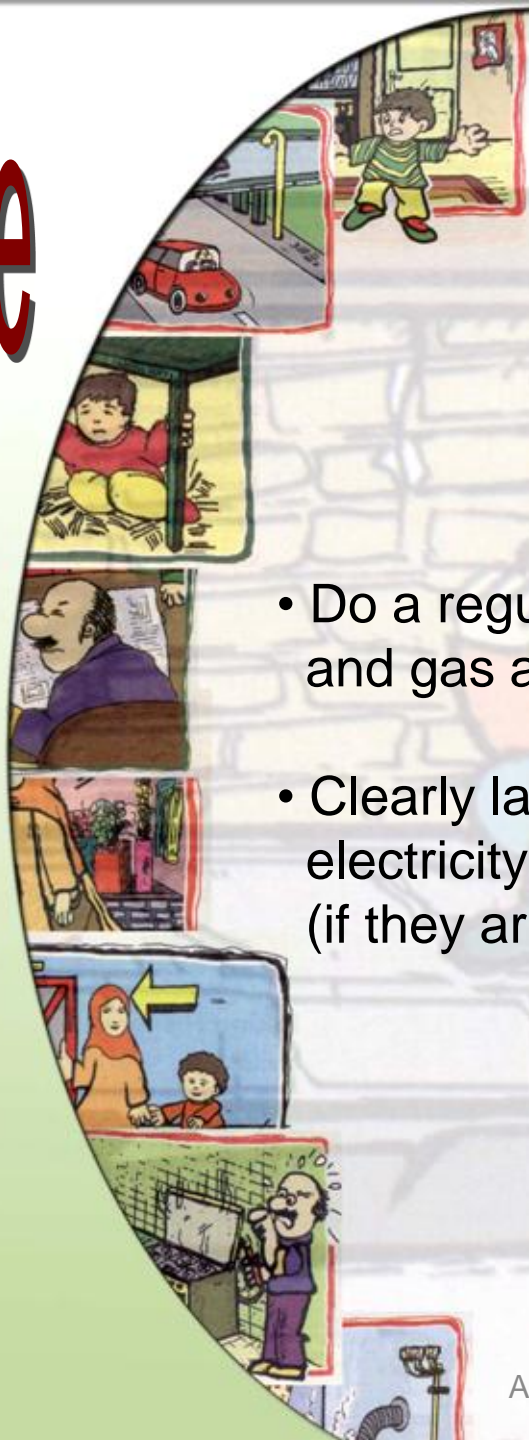
Al Dabbeek J. and Yameen H.

Before

- Make sure that the heavy objects that may fall are installed tightly.

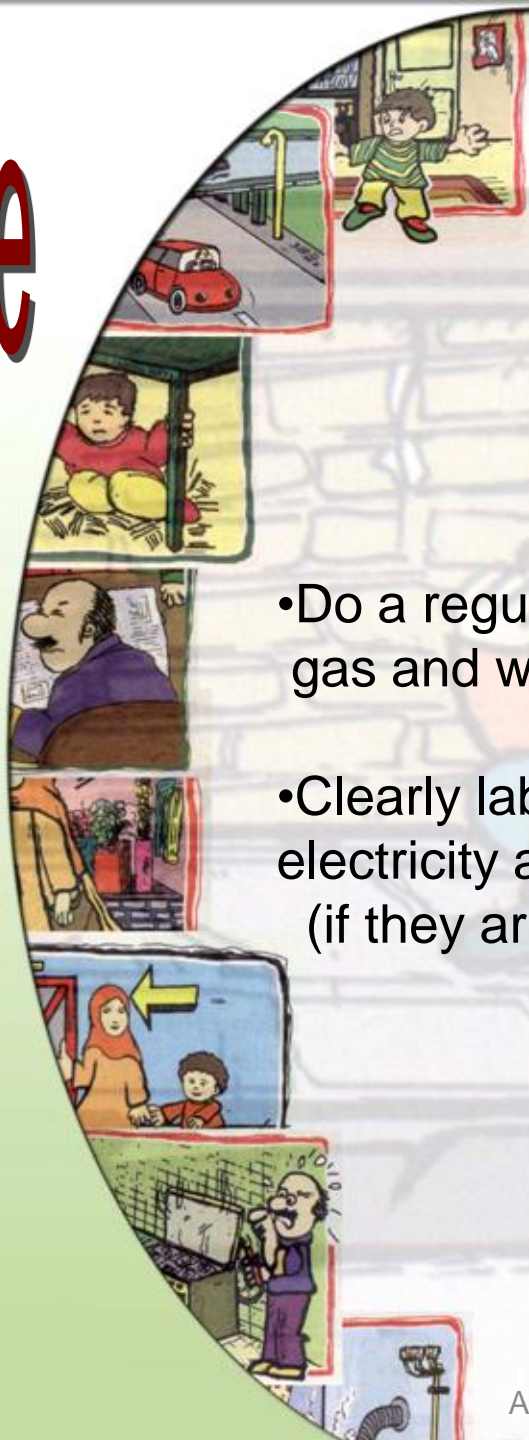


Before



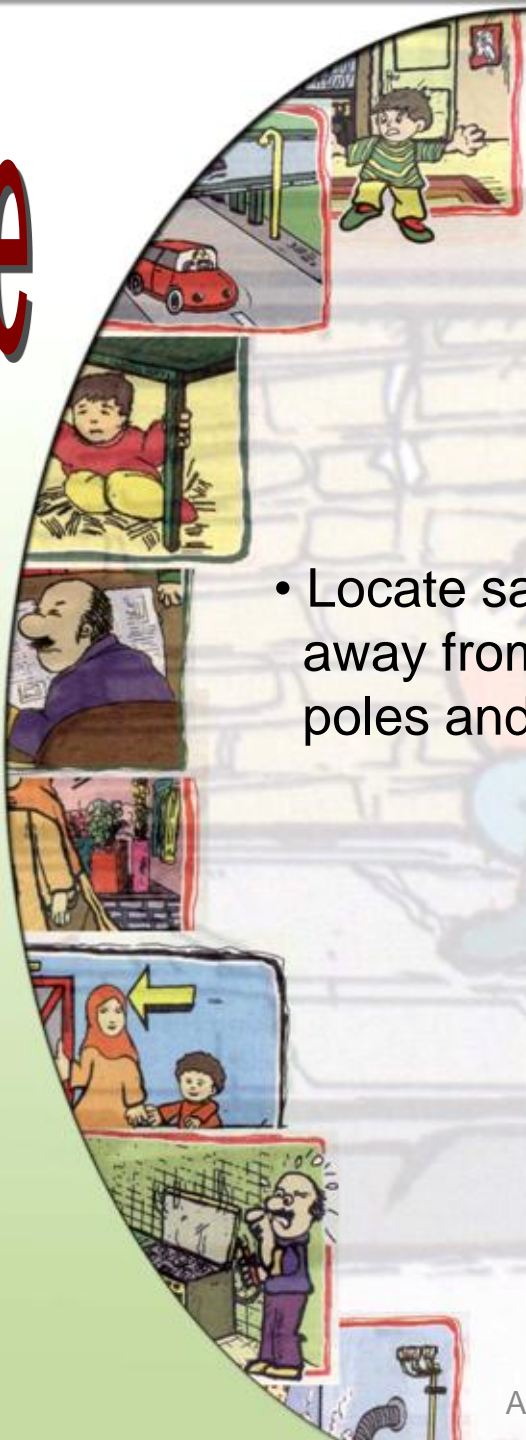
- Do a regular maintenance of the electrical cables and gas and water lines.
- Clearly label the on-off positions for the water, electricity and gas and show everybody in place (if they are old enough) how to turn them off.

Before

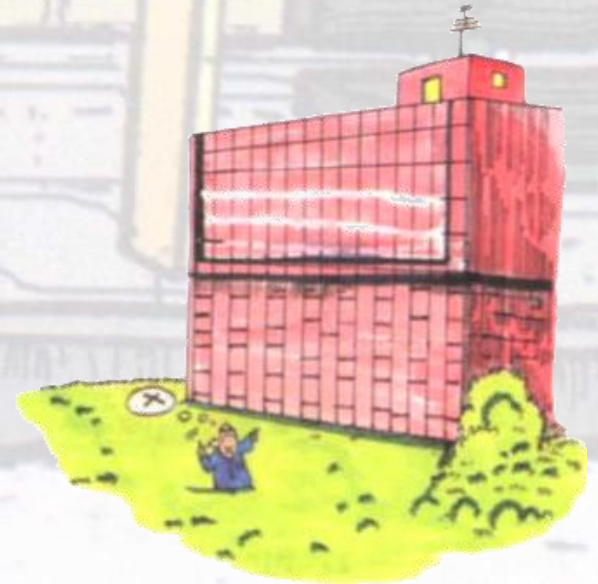


- Do a regular maintenance of the electrical cables and gas and water lines.
- Clearly label the on-off positions for the water, electricity and gas and show everybody in place (if they are old enough) how to turn them off.

Before



- Locate safe places outside which are: open places away from buildings, trees, electricity and telephones poles and lines.



Before

- Assess the structure of the building and the extent of risk In case of earthquake.
- Maintain the building to raise its efficiency to cope with earthquake.
- Define responsibilities of each family member in case of earthquake.





Short Film

Al Dabbeek J. and Yameen H.

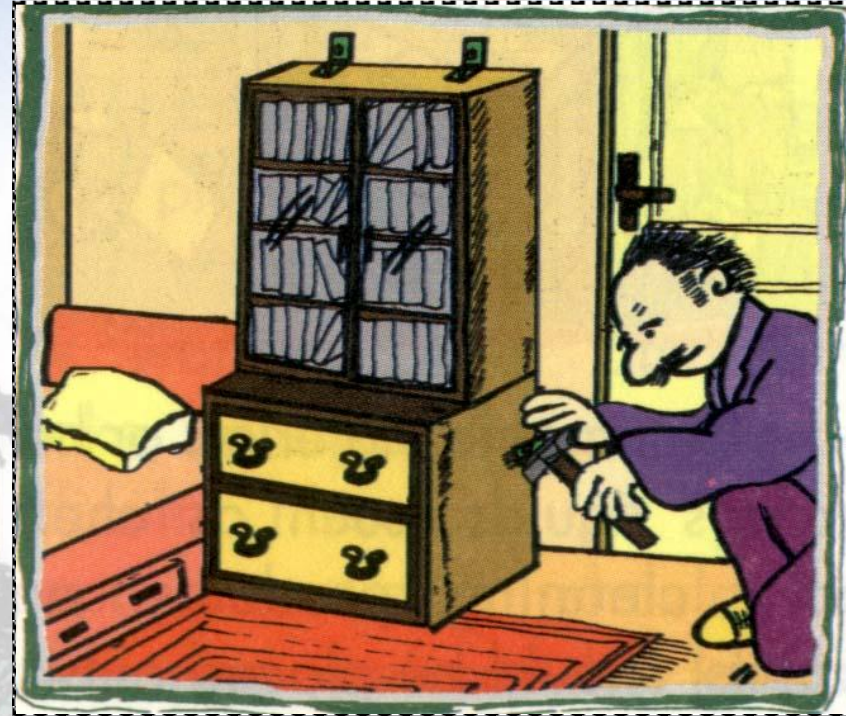


Short Film

فلم قصير

Al Dabbeek J. and Yameen H.

Before



Before

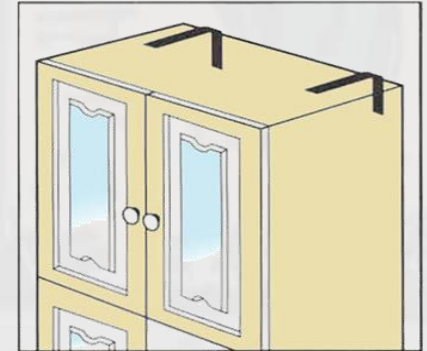
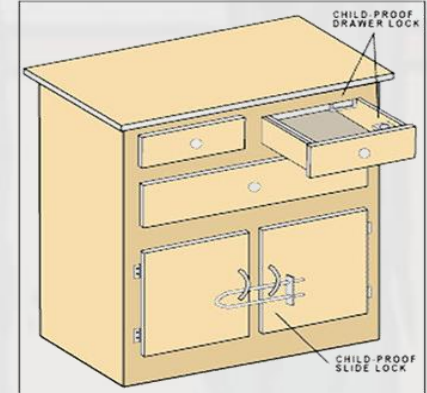


Before

زوايا تثبيت خارجية
جانبيه او علويه

زوايا تثبيت
داخليه

براغي خلفيه
تثبت بالجدار



Before



Before



كوابل مطاطية ذات اطراف
لاصقة لتثبيت التلفاز لمقاومة
القوى الزلزالية

Before



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Before



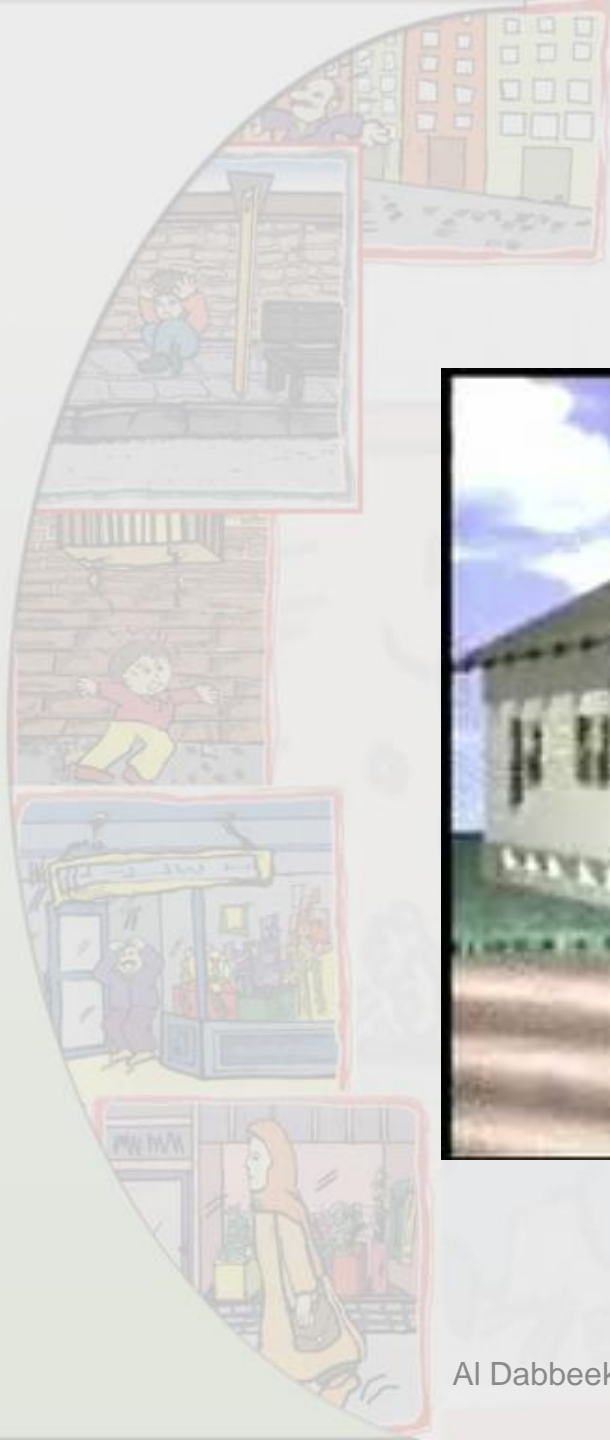
How to fix the shelves

During



How to act during earthquakes?

**Stay calm and act in accordance with
the previous instructions**



Short Film

Al Dabbeek J. and Yameen H.



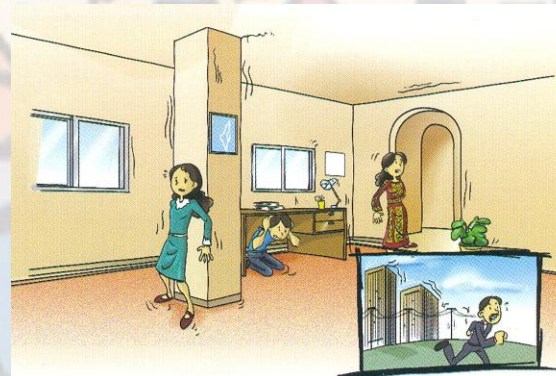
Short Film

Al Dabbeek J. and Yameen H.

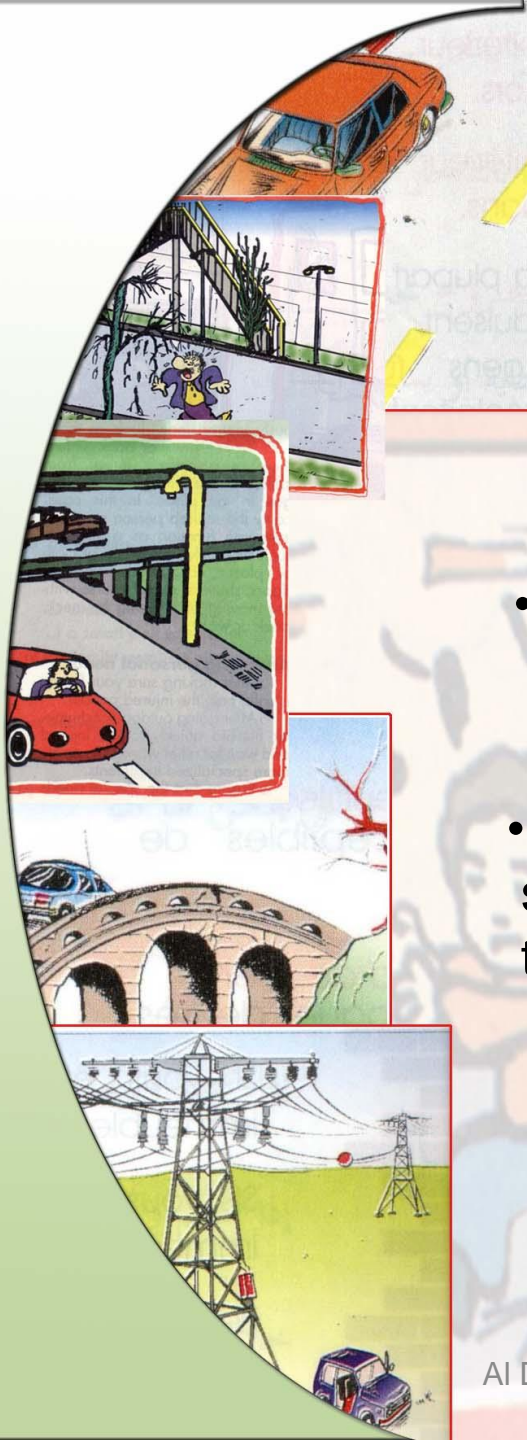
During

Indoors (home, place of work or study)

- Bent, protect yourself and hold on; beneath a solid table or desk until the end of the quake, if you don't find these things, go to the safest place ... at the corners of the rooms, in front of the pillars of the house, and stay away from windows and external walls.



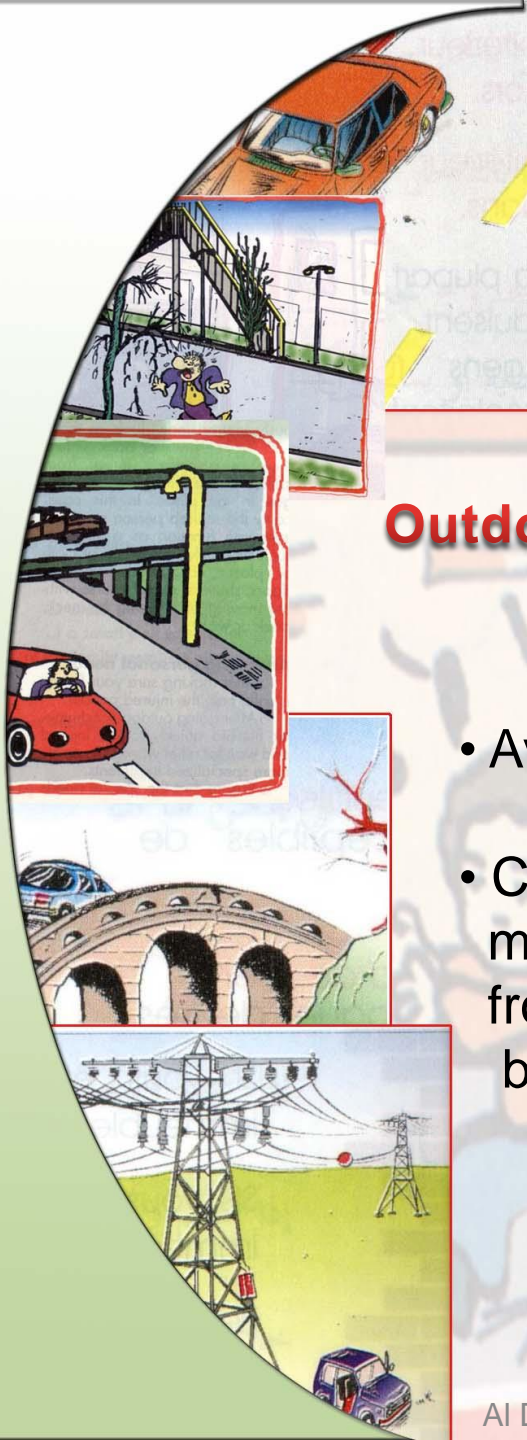
During



- Stay inside, especially if you are on the upper floors.
- In multi-storey buildings it is preferred to stay in the staircase area and do not take the elevator.

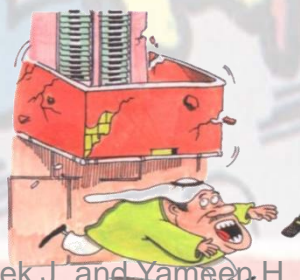


During



Outdoors /open space (outside the home, on roads, in public places)

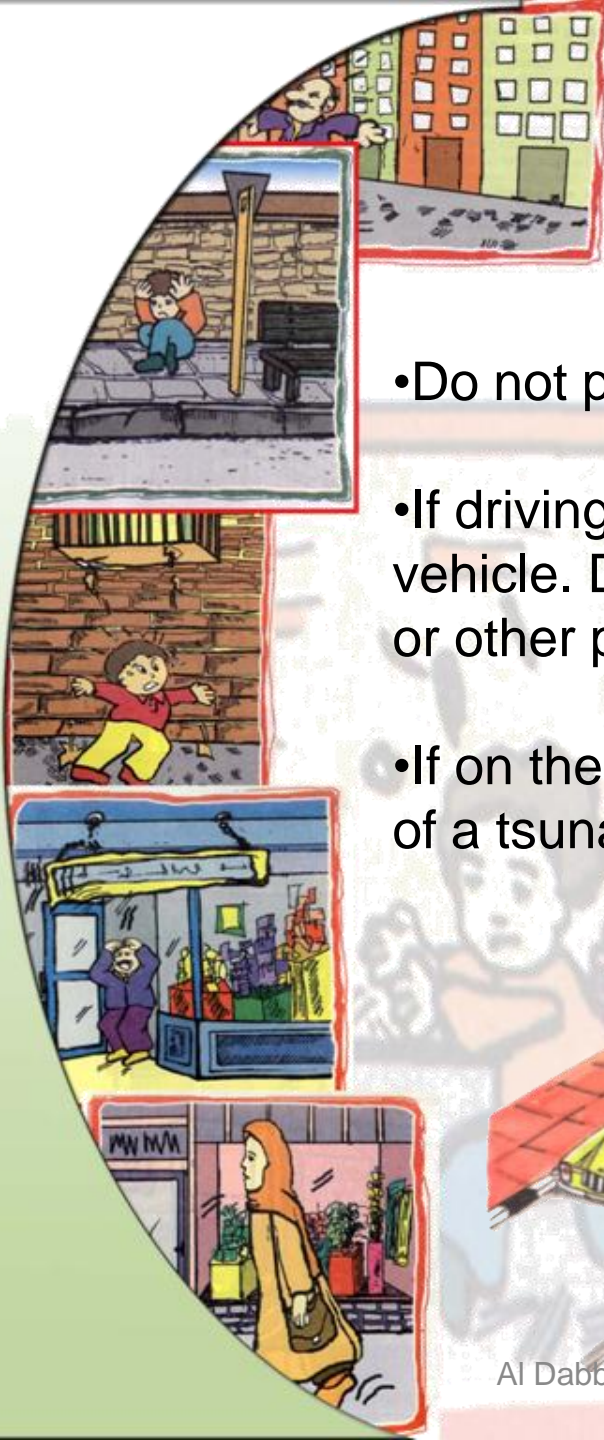
- Avoid entering buildings
- Cover the back of your head and your eyes to minimize injury from flying debris, stay away from buildings, power and telephones lines, big trees, do not stand beneath balconies.



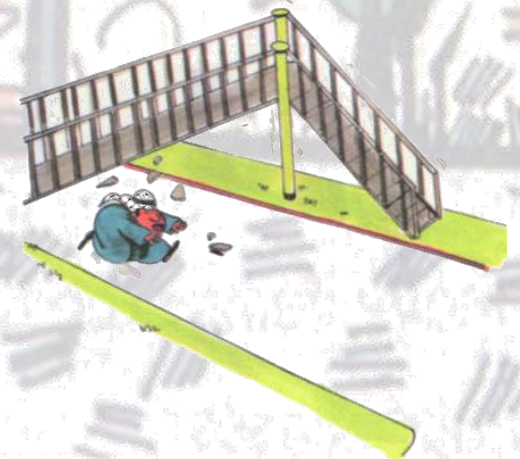
During



During



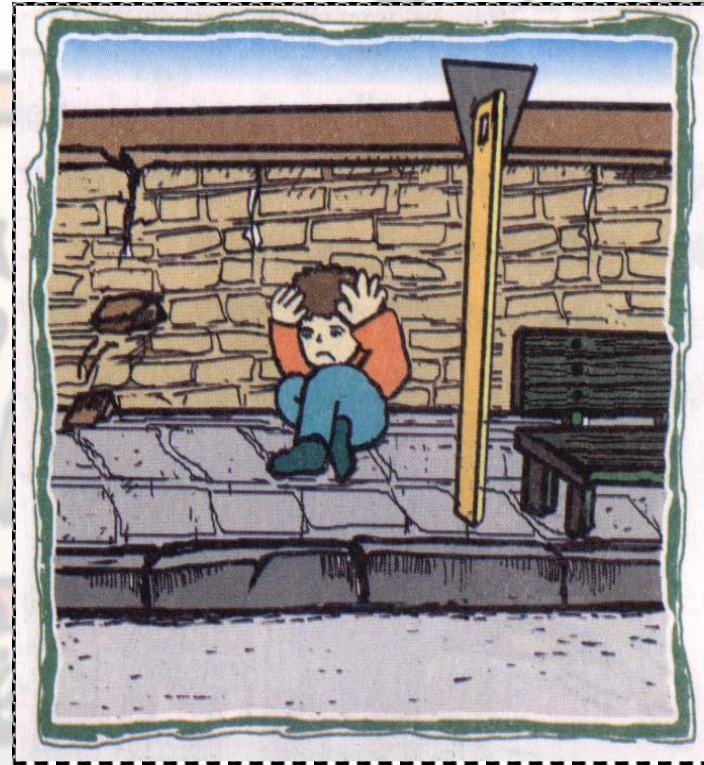
- Do not pass over or under bridges
- If driving, slow down, turn right and stay in the vehicle. Do not stop near power lines, bridges, or other potentially dangerous locations.
- If on the beach, head to a high ground for fear of a tsunami





Do not stand beneath balconies.

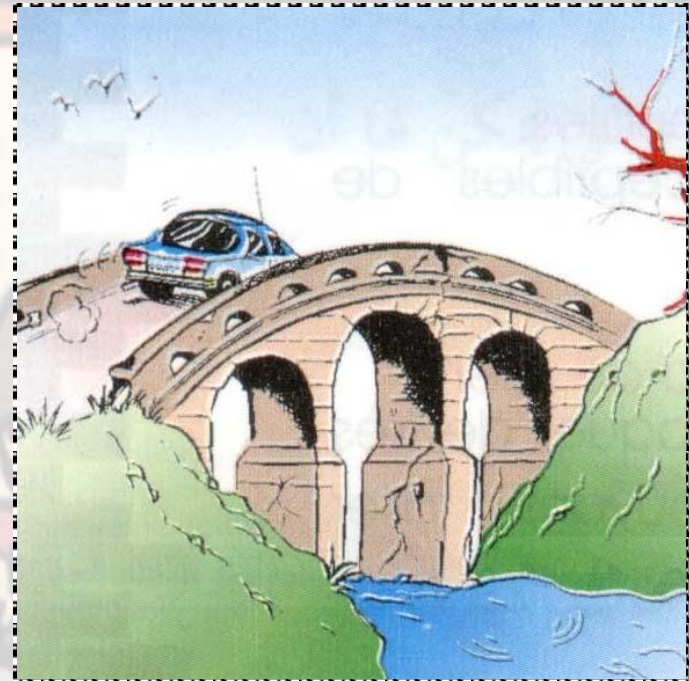
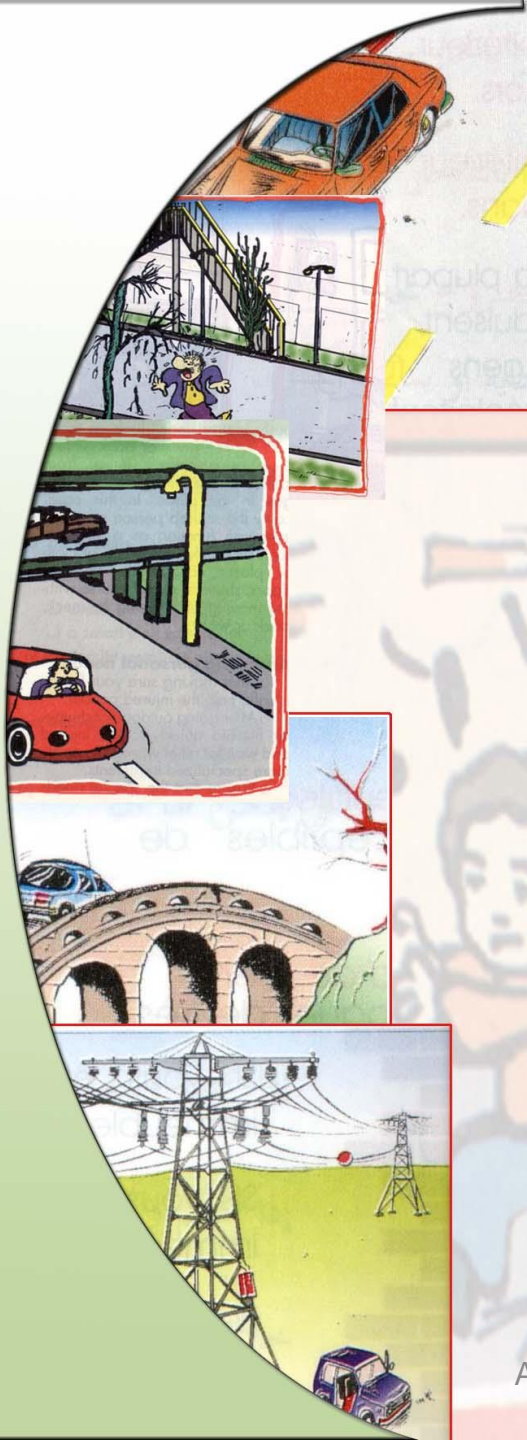
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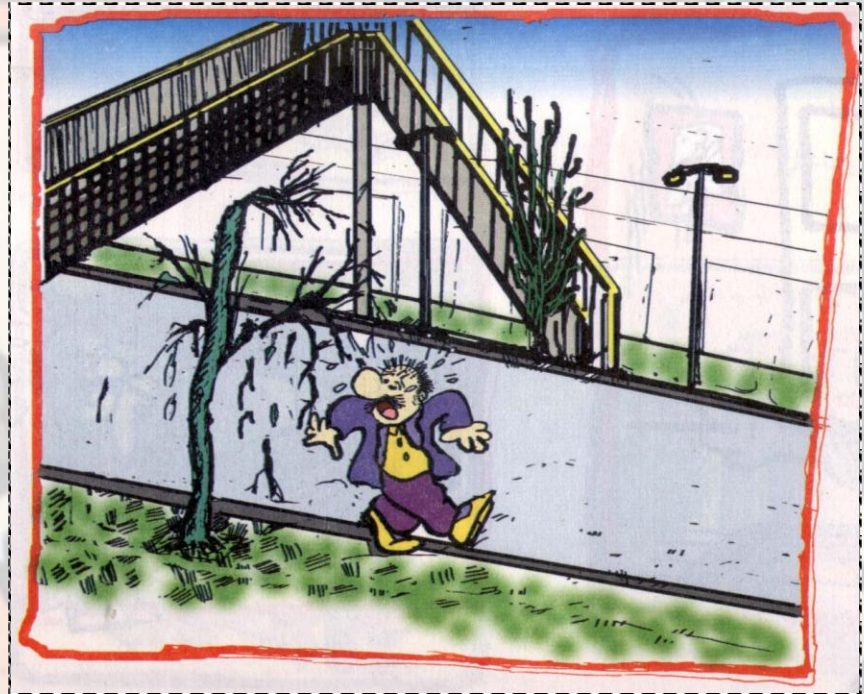
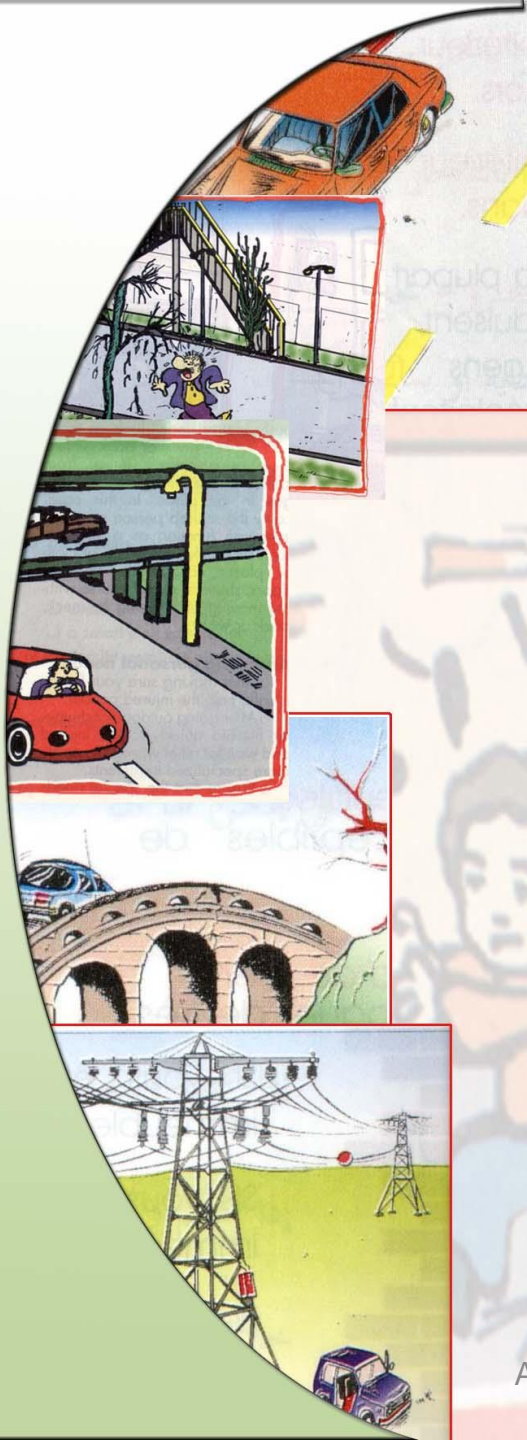
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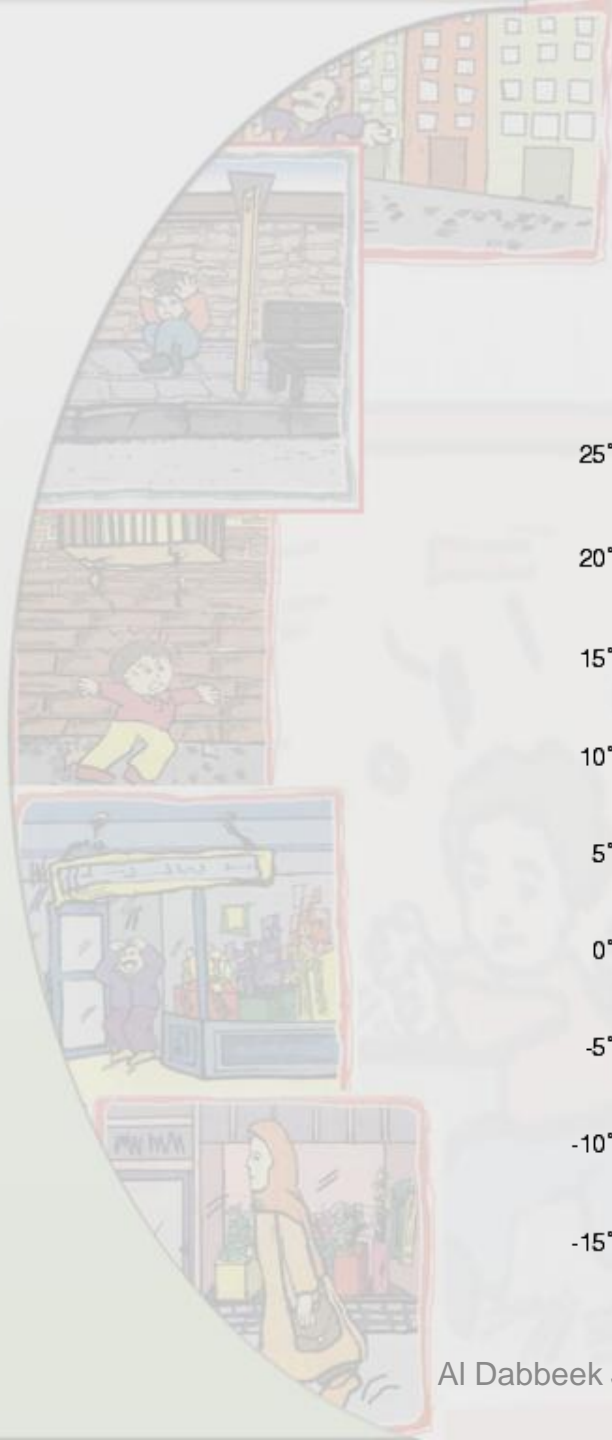


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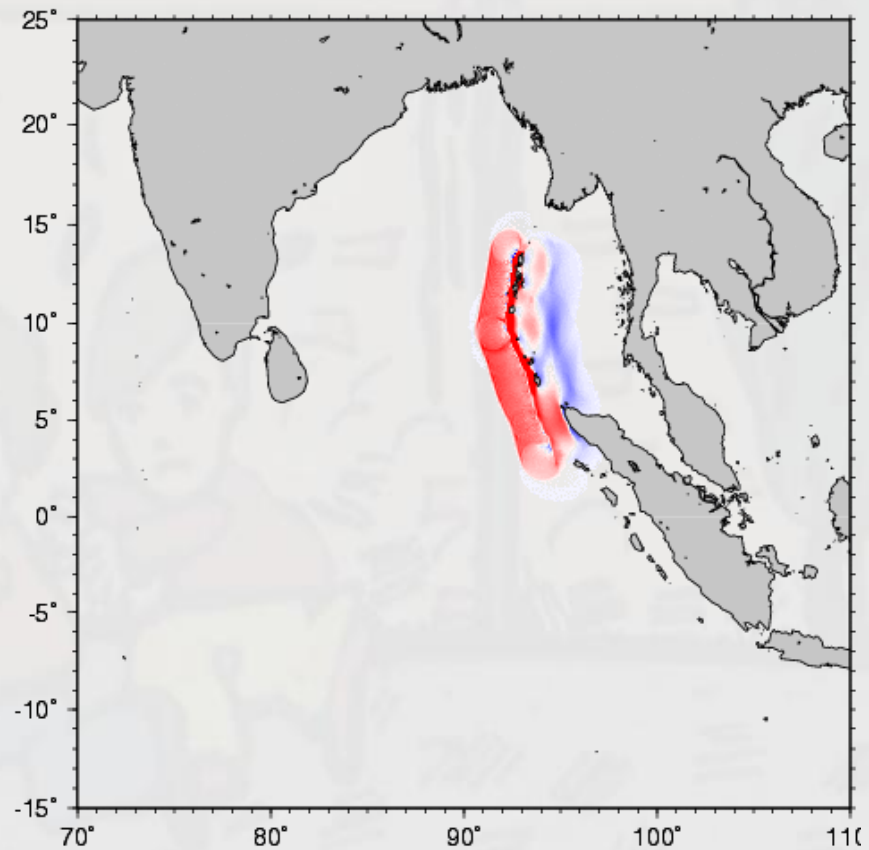


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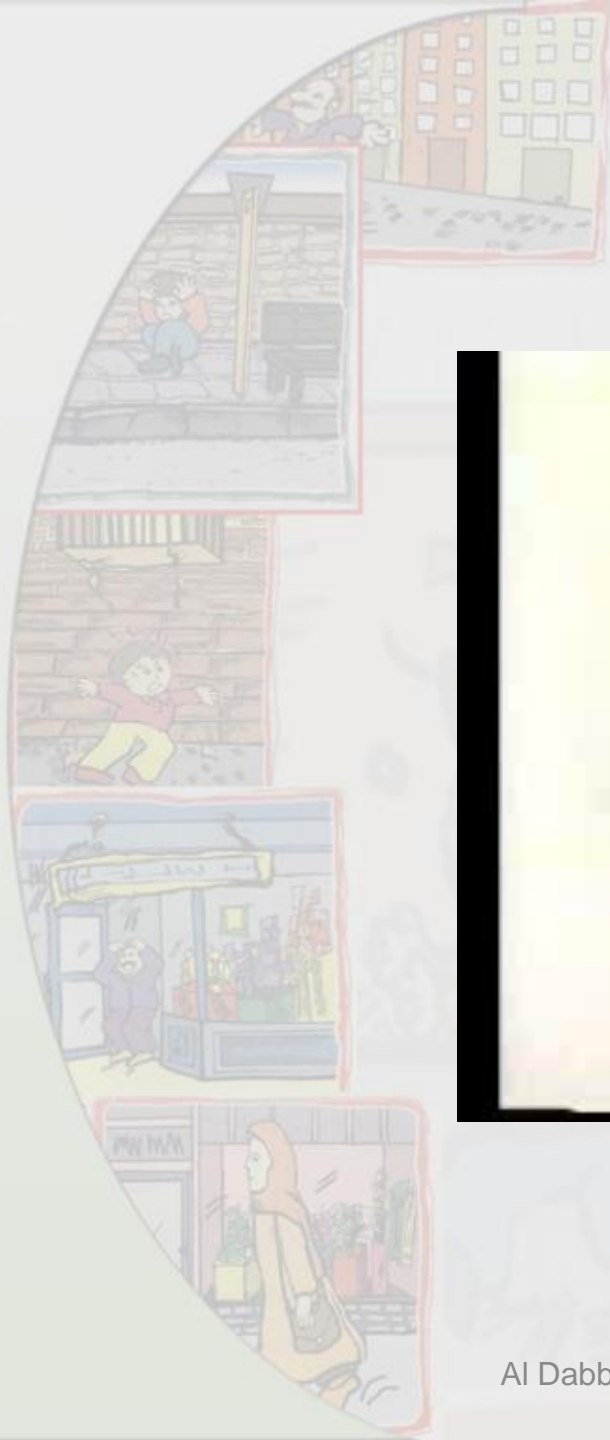




2004 Sumatra Earthquake 010 min



animation
Al Dabbeek J. and Yameen H.



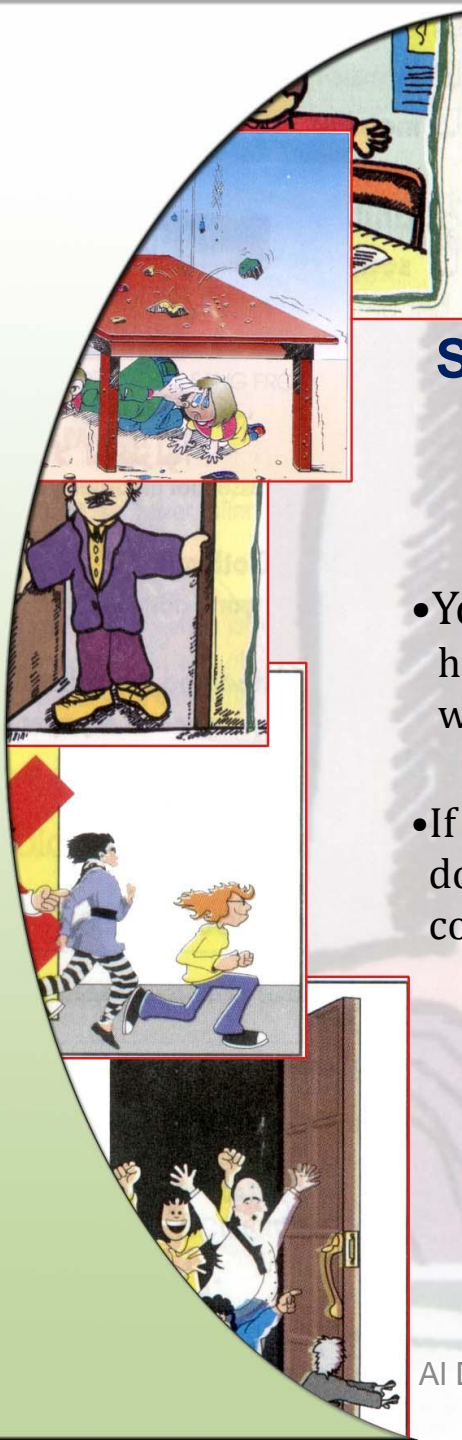
Short Film

Al Dabbeek J. and Yameen H.

During



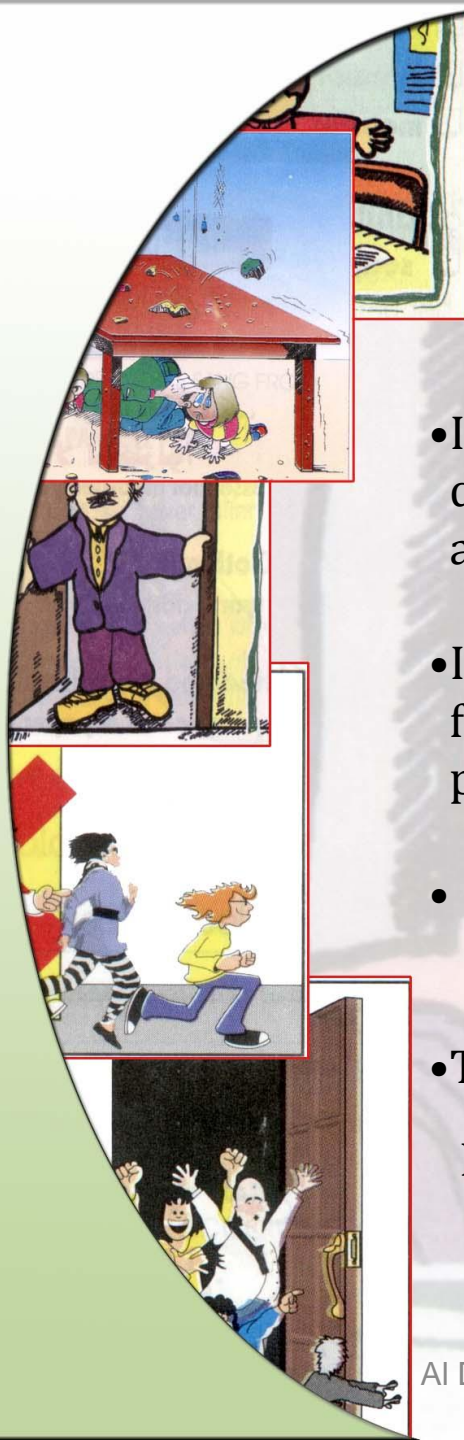
During



Special instructions regarding persons with special needs and the people who help them.

- You should discuss and identify appropriate ways to help people with special needs or older people who are with you at home or place of work or study.
- If you are confined to a wheelchair, try to get under a doorway or into an inside corner, lock the wheels, and cover your head with your arms.

During



- If you are able, seek shelter under a sturdy table or desk. Stay away from outer walls, windows, fireplaces, and hanging objects.
- If unable to move from a bed or chair, protect yourself from falling objects by covering up with blankets and pillows.
- If you are outside, go to an open area away from trees, telephone poles, and buildings, and stay there.
- Try to help the people with special needs to reach a safe place

After

What to do after an Earthquake:

Remember very well that aftershocks will occur, and they may be stronger than the initial quake.

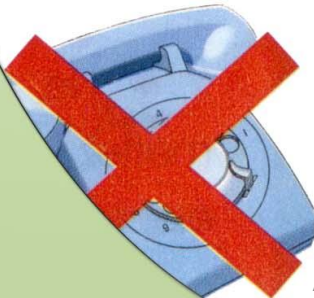


صورة 9

After

Indoors (home, place of work or study)

- Make sure that you were not injured
- Turn off gas, electricity, and water, open doors and windows



After



- Check the status of family members, neighbors or co-workers, and do first aid if it's needed.
- Keep phone lines clear for emergency use.



After



- Wear shoes at all times to avoid stepping on broken glass.
- Listen to the radio to receive the latest emergency information or any instructions available.



After



- Do not ignite matchsticks or use any electrical device before making sure that there is no gas leak.

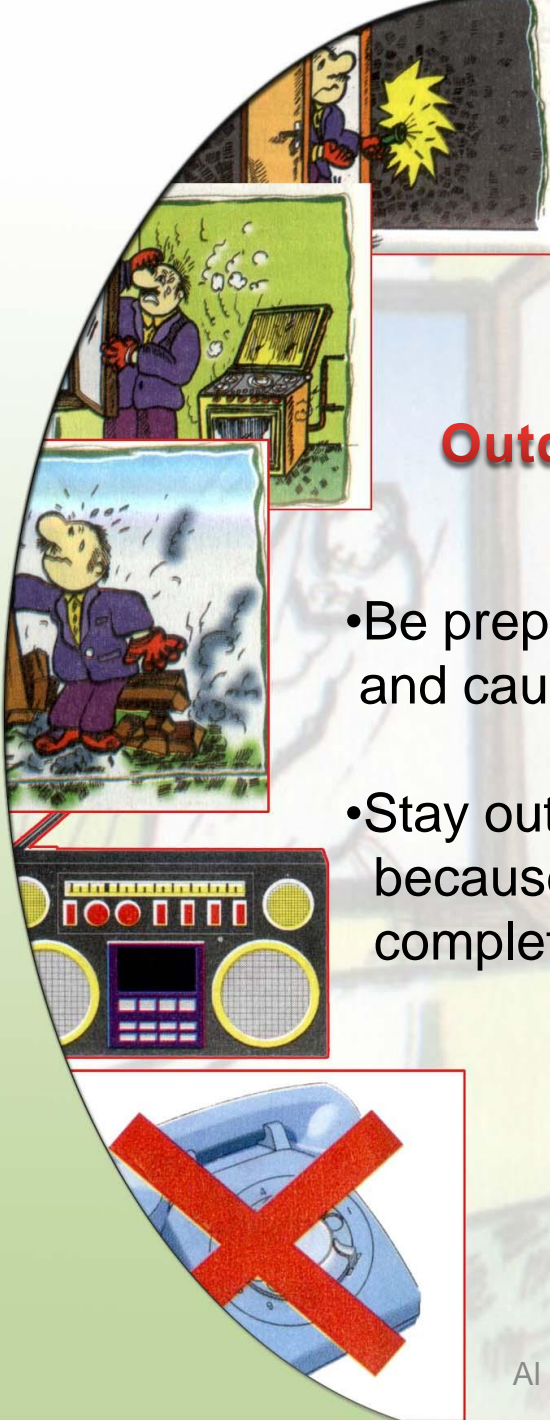


- If there was a fire, it must be surrounded and extinguished by fire extinguisher or a wet cover.
- If everything and everybody was fine and safe, volunteer in the nearest emergency body (civil defense, security teams, medical teams, etc.)

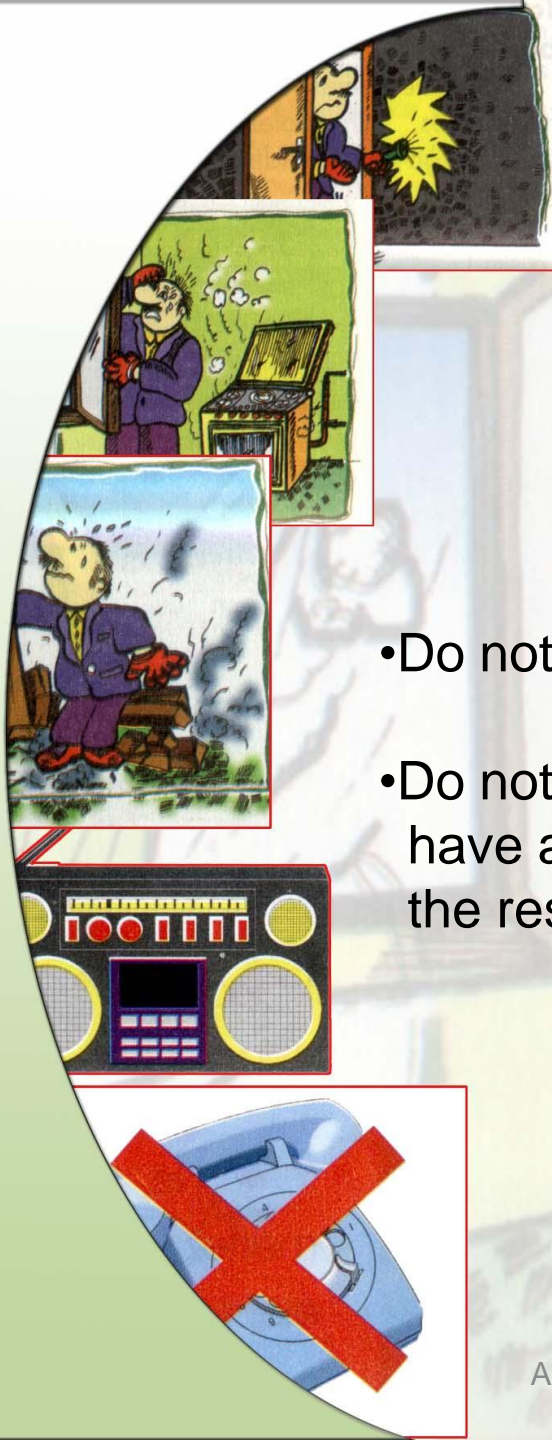
After

Outdoors and in public places

- Be prepared for aftershocks that may be stronger and cause more damage.
- Stay out of and away from damaged buildings because aftershocks might destroy them completely.



After



- Do not touch electric cables.
- Do not approach the stricken areas if you do not have a role to help, as this obstructs the work of the rescue teams.

Thank You!



موقع المركز:
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مركز التخطيط الحضري والحد
من مخاطر الكوارث
www.najah.edu

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شكراً لحسن اصغائكم