

Sample of an Announced Earthquake Drill: Drop, Cover, and Hold On

- Use songs, rhymes, books, or scripted stories to teach children the basics of what happens in an earthquake, how to Drop, Cover, and Hold On, and how to assume the “turtle pose.” Teach the turtle pose, by showing how to kneel on the ground and cover your head with your hands. Bend at the waist so your face is close to your knees and protected from falling objects.
- Tell the children that during an earthquake, the Earth might move beneath their feet like a boat in the waves. Explain that earthquakes may be noisy, with loud banging, crashing, or rumbling sounds and ringing alarm bells.

NOTIFICATION	<ul style="list-style-type: none">■ Tell the children that an earthquake drill is about to happen. Then say “Earthquake—Drop, Cover, and Hold On,” or use a bell or alarm to signal the drill.
---------------------	--

INDOOR ACTION	<ul style="list-style-type: none">■ Drop to the ground with the children, take cover under a sturdy piece of furniture such as a heavy desk or table (if available), and hold on. Try using role-play imagery like: “I am a mama chicken and you are my little chicks, get under my wings! Now let’s all be turtles, get in your turtle pose!”■ Huddle together facing away from windows while you assume a turtle pose. Pretend that the table is a log or a rock.■ Demonstrate how to cover your eyes with your free hand (the one you’re not holding on with).■ If there are no sturdy pieces of furniture to get under, huddle together and assume the turtle pose next to an interior wall but away from windows, overhead light fixtures, and tall pieces of furniture that might fall over.■ <i>For infants:</i> Carefully pick up the baby in your arms, holding the child against your chest, and carry them as you Drop, Cover and Hold On. The adult will provide additional protection above and on either side of the child. Alternatively, place infants in an evacuation crib (or other infant evacuation equipment) and roll it next to an interior wall. Lock the wheels and shield the infants from falling objects.
----------------------	--

OUTDOOR ACTION	<ul style="list-style-type: none">■ Move the children into the open, away from buildings, fences, trees, tall playground equipment, utility wires, and streetlights.■ Have the children face away from windows and assume a turtle pose.
-----------------------	---

CONCLUSION	<ul style="list-style-type: none">■ Stay under cover until the drill is over. Work up to staying under cover for one minute or longer after seeking cover.■ Take attendance and ensure all children are present and safe.
-------------------	--