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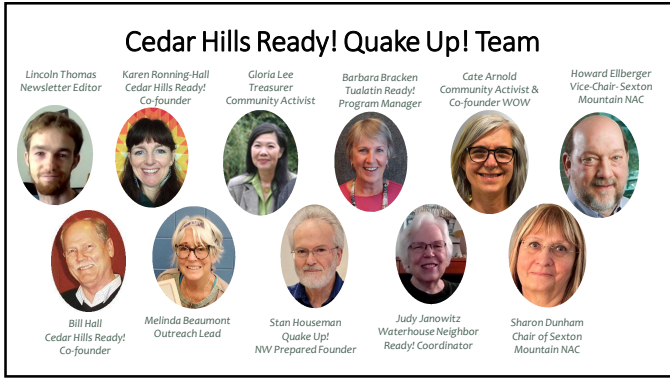
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## AGENDA

- 7:00 PM – Introduction & Welcome
- 7:05 PM – Our Vulnerabilities
- 7:10 PM – Visualize “The Big One”
- 7:15 PM – Preparing to Survive
- 7:25 PM – Making your Home Safer
- 7:50 PM – Question & Answer
- 8:00 PM – Meeting Adjourns

3/20/23 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUP.NW.ORG 4

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## Our Vulnerabilities

DISASTERS & INFRASTRUCTURE DAMAGE

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUP.NW.ORG 5

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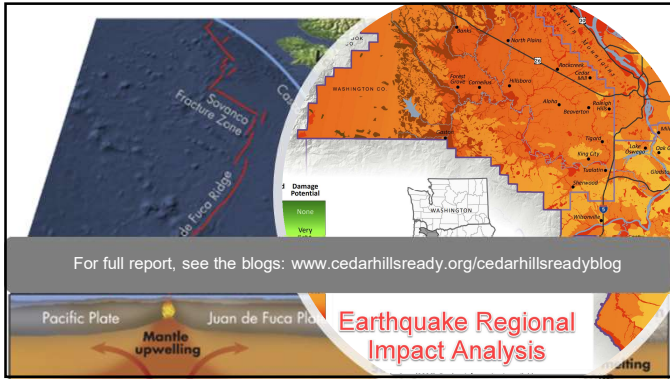
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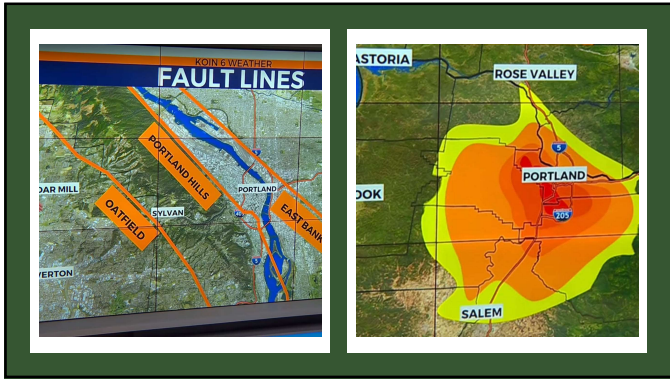
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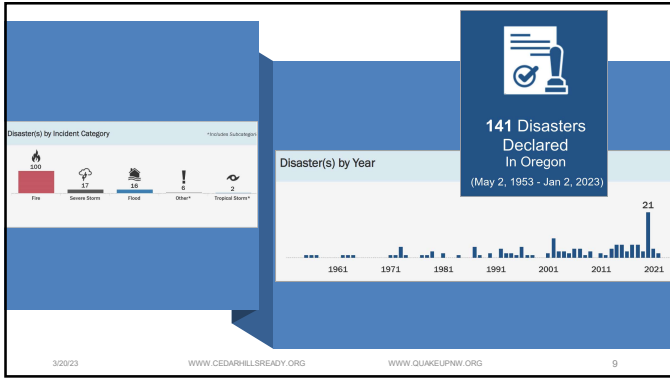
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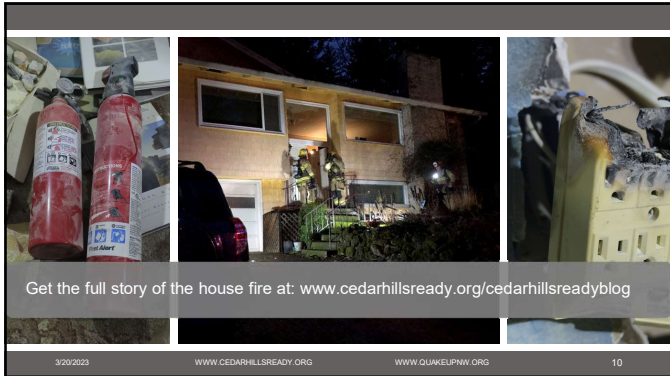
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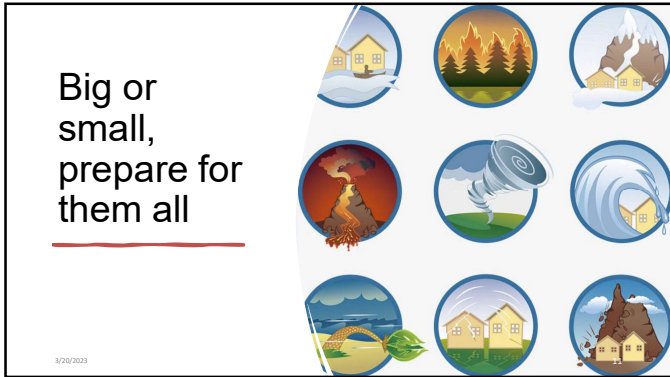
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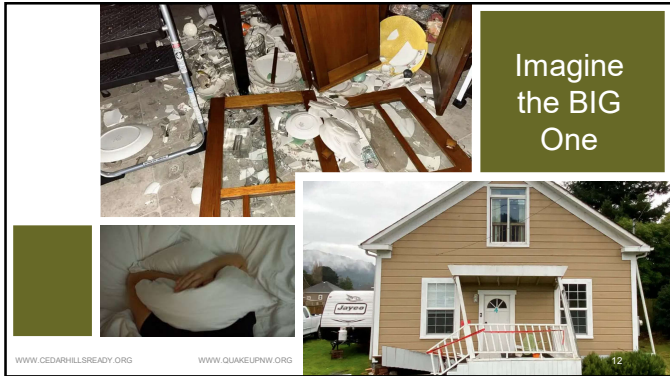
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What is going to fall and hurt or even kill me or someone I love?  
**What can I do to stay safe?**

WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNOW.ORG 13

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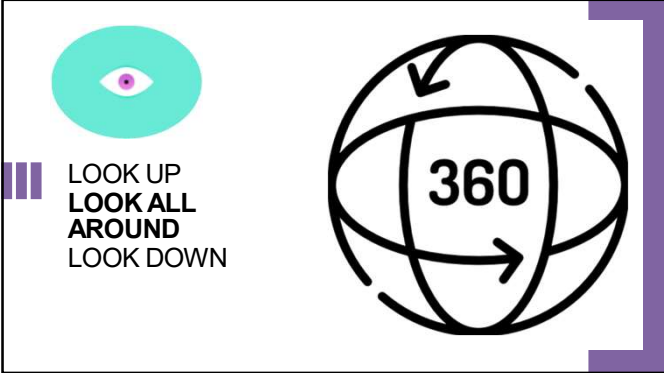
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**LOOK UP  
 LOOK ALL AROUND  
 LOOK DOWN**

**360**

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Imagine Your Bedroom





**CUREE-Caltech Woodframe Project**

WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNOW.ORG

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**Earthquake prep steps**

- Step 1 – Practice Drop, Cover, & Hold On
- Step 2 – Make an under-bed safety kit
- Step 3 – Make a family emergency plan
- Step 4 – Teach family how to shut off utilities
- Step 5 – Protect yourself from fire
- Step 6 – Find and fix hazards in your home
- Step 7 – Get to know your neighbors

**Plan + Prepare + Practice = Resilience**

WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG

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**Step 1 – Practice**

1 DROP! 2 COVER! 3 HOLD ON!

For excellent videos to practice drills, see: <https://www.youtube.com/user/greatshakeout>

ShakeAlert Because seconds matter.

WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG

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**COVER! HOLD ON!**

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### ShakeAlert® Earthquake Early Warning Basic:

- 1 During an earthquake, a rupturing fault sends out different types of waves. The fast-moving P-wave is first to arrive, followed by the slower S-wave and later-arriving surface waves.
- 2 Sensors detect the P-wave and immediately transmit data to a ShakeAlert® processing center where the location, size and estimated shaking of the quake are determined. If the earthquake fits the right profile a ShakeAlert® Message is issued by the USGS.
- 3 The ShakeAlert® Message is then picked up by delivery partners (such as a transportation agency) that could be used to produce an alert to notify people to take a protective action such as Drop, Cover, and Hold On and/or trigger an automated action such as slowing a train.

The diagram illustrates the ShakeAlert system. It shows a fault line with an epicenter. P-waves (Primary waves) travel faster than S-waves (Secondary waves). Sensors are placed on the ground to detect the P-wave. Data is sent to a ShakeAlert processing center. Delivery partners then disseminate the alert. A smartphone icon shows a notification.

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stretcher courses

header courses

Read our March 10<sup>th</sup> blog for more info: [www.cedarhillsready.org/cedarhillsreadyblog](http://www.cedarhillsready.org/cedarhillsreadyblog)

Map of Portland Unreinforced Masonry Buildings (UMBs)

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### Step 2 – Make an Under-bed kit

Get the list on our "Go Bag" webpage at: <https://www.cedarhillsready.org/go-bags.html>

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**Step 3 – Make an emergency plan**

Get the Emergency plan worksheet at webpage <https://www.cedarhillsready.org/emergency-plan.html>

- Out-of-state contact information
- Routes for getting home
- Meeting place outside your home
- Neighborhood gathering site
- Out-of-neighborhood site
- Share the information

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 24

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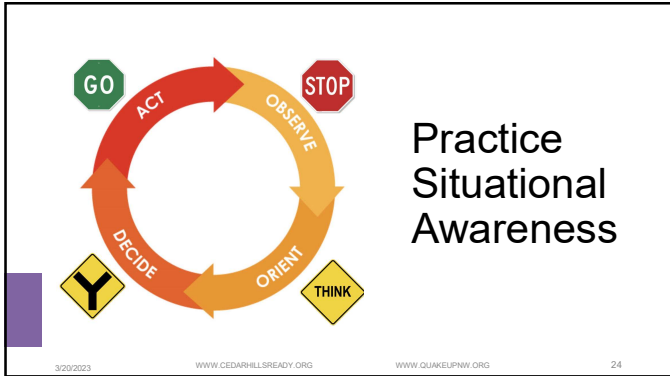
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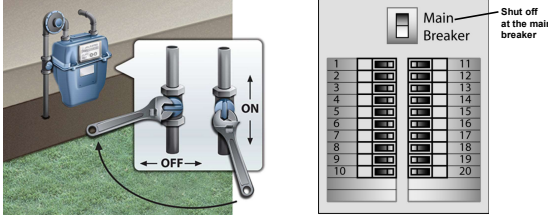
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 **Step 4 – Teach family about utility shutoffs**



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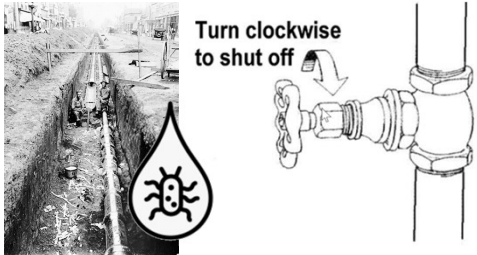
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**Turn clockwise to shut off**



**Shutoff water to avoid contamination**

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 26

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**How much water Do you need to survive?**

**1 gallon** per person & pet every day

8 cups drinking  
4 cups washing  
4 cups cooking

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 27

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Gas Main Shut off Valve

Main Water Shut off Valve

Utility Shutoff Locator Map

Street

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 28

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TO USE FIRE EXTINGUISHER

**P.A.S.S.**

- PULL PIN
- AIM AT BASE OF FIRE
- SQUEEZE HANDLE

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 29

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**CLISE**  
BEFORE YOU DOZE

You may only have **2 minutes** to escape a home fire.

American Red Cross

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 30

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**FACTS**

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 31

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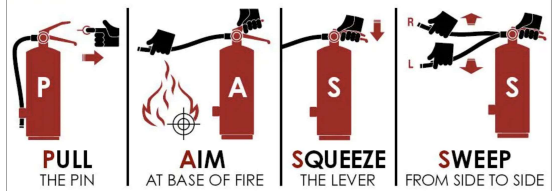
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**HOW TO USE A FIRE EXTINGUISHER**



**P** PULL THE PIN

**A** AIM AT BASE OF FIRE

**S** SQUEEZE THE LEVER

**S** SWEEP FROM SIDE TO SIDE

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 32

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**Fire Escape Ladders**

- Will it fit the windowsill?
- Will it reach the ground?
- Can it be used more than once?
- Do you have one for each upstairs bedroom?



For Fire Escape Ladders, see: <https://www.safewise.com/blog/top-window-escape-ladders/>

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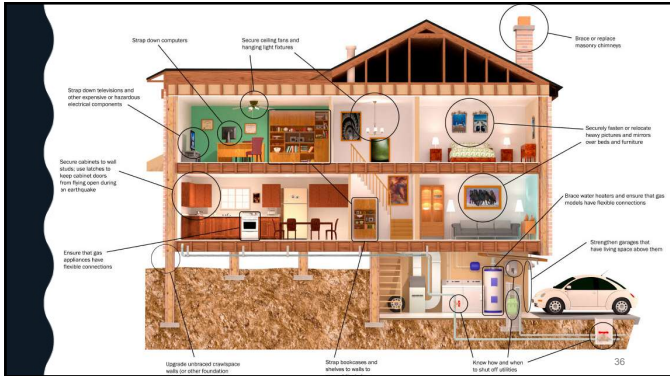
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**Secure Kitchen Cabinets & Appliances**

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 40

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**Attach Tall Furniture and Objects**

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 41

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**Fasten Garage and Storage Items**

3/20/2023 WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG 42

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### Strengthen Windows & Glass

The first image shows a window with a large hole in the glass. The second image shows a person applying a clear safety film to a window. The third image shows a window with a spiderweb pattern of cracks in the glass.

3/20/2023      WWW.CEDARHILLSREADY.ORG      WWW.QUAKEUPNW.ORG      43

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### Structural Hazard Mitigation\*

The diagram shows a cross-section of a house with labels for various structural elements: collar tie, roof rafter, ceiling joist, bearing wall, exterior wall, floor joist, bearing beam, foundation wall, column, footing, Metal bracket, Floor joist, Rim joist, Top plate, Stud, Plywood, Nails, Retrofit foundation plate, Sill plate, and Metal bracket. A red text box at the bottom right says: **\*We suggest you consult professionals for retrofits**

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### Priority Hazard Fixes

- Install flexible connections for all gas appliances; ensure main gas shut-off valve works
- Secure wall hangings.
- Attach large, heavy pieces of furniture and big ceiling fixtures
- Install safety glass and/or safety film
- Assess structural hazards (with a professional)

3/20/2023      WWW.CEDARHILLSREADY.ORG      WWW.QUAKEUPNW.ORG      45

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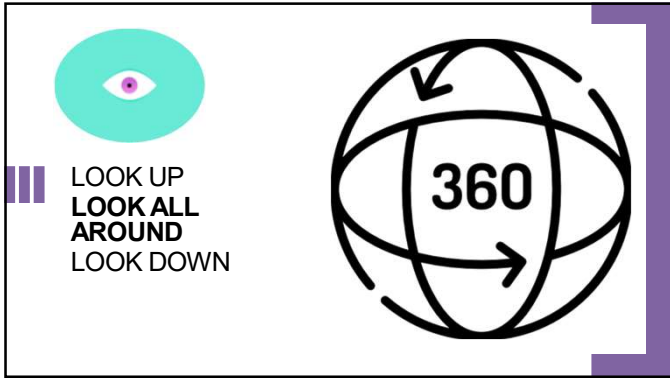
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**Get Prepared Now!**

**Cedar Hills Neighborhood Earthquake Ready!**

**Earthquake prep steps**

- Step 1 – Practice Drop, Cover, & Hold On
- Step 2 – Make an under-bed safety kit
- Step 3 – Make a family emergency plan
- Step 4 – Teach family how to shut off utilities
- Step 5 – Protect yourself from fire
- Step 6 – Find and fix hazards in your home
- Step 7 – Get to know your neighbors

**Plan + Prepare + Practice = Resilience**

WWW.CEDARHILLSREADY.ORG WWW.QUAKEUPNW.ORG

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**You're invited to join the fun!**

**Neighborhood Ready! Disaster Scenario Game**

**Free Event!**

**Mon, 6:30 PM, Apr 17**

**REGISTER HERE**

<https://tinyurl.com/scenario041723>

Improve your survival skills & prepare in a playful way  
Demos of water purification, go bags, & more.  
Its free & everyone is welcome!

For more info: www.cedarhillsready.org or info.cedarhillsready@gmail.com (971-361-0348)

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